

# Be The Best Parent You Can Be

Resource list for Central Minnesota parents of children - all ages. Feel free to contact these resources regarding parenting. This list is also available on United Way's website: [unitedwayhelps.org](http://unitedwayhelps.org)

## Local Agencies

### United Way 2-1-1: Community Help Line

Connects people with community resources: support groups, basic needs, etc. Free, confidential, 24/7, multilingual. Dial 2-1-1 or (800) 543-7709 [www.unitedwayhelps.org](http://www.unitedwayhelps.org) [www.211unitedway.org](http://www.211unitedway.org)

### Anna Marie's Alliance

Crisis line, shelter and support for women experiencing abuse and their children (all ages). Free, safe & confidential.

(320) 253-6900 TTY: (320) 258-3321 [www.annamaries.org](http://www.annamaries.org)



### Arc Midstate

Parent support groups, education, and advocacy for children with developmental and other special needs. (320) 251-7272 [www.arcmidstate.org](http://www.arcmidstate.org)

### Birthline

Classes, education, and support for anyone facing pregnancy. Mentoring support & prenatal medical exams. Necessary infant supplies available. (320) 252-4150 [www.birthline.org](http://www.birthline.org) Text: (320) 200-4306

### Caritas Mental Health Clinic

Individual/family counseling for behavioral or mental health issues. Parenting assessments and adolescent groups. Sliding fee scale. Co-parenting classes for parents facing divorce or separation. (320) 650-1660 [www.ccstcloud.org](http://www.ccstcloud.org)

### Central MN Mental Health Center

Resources, referrals, evaluations, and counseling for families with parenting concerns. Sliding fee scale. (320) 252-5010 [www.cmmhc.org](http://www.cmmhc.org) 24/7 Mental Health Crisis: (320) 253-5555

### Central MN Sexual Assault Center

Resources for parents on issues of child sexual abuse and ways to talk with children about prevention. Support for parents and victims. Confidential. (320) 251-4357 [www.cmsac.org](http://www.cmsac.org)

### Child & Adolescent Behavioral Health Services/CentraCare

Full continuum of children & adolescent services regarding mental health and behavioral health. (320) 229-4945 [www.centracare.com](http://www.centracare.com)

### Milestones: Relatives as Parents

Support groups, mentors, workshops, legal steps and first step manuals for grandparents and relatives who are caring for/raising children of a relative or close friend. (320) 251-5081 [www.cmilestonesmn.org](http://www.cmilestonesmn.org)

### Milestones: Child Care Aware

Referrals and tools for choosing child care. (320) 251-5081 or (866) 511-2244 [www.mnchildcare.org](http://www.mnchildcare.org) [www.parentaware.org](http://www.parentaware.org)

### Circle of Parents

Free parent support group held at St. Cloud Library. Children's program provided during group. 320-229-5105 #7 CircleofParentsSTC@gmail.com [www.pcamn.org](http://www.pcamn.org)



### Crisis Nursery of Sherburne County

Provides parents who are experiencing a stressful situation a temporary, voluntary, safe place for children, ages infant to 12, for up to 72 continuous hours. (763) 765-4000 or (800) 433-5239. After hours (763) 765-3500 Sheriff's Dept.

### St. Cloud Area Crisis Nursery-Lutheran Social Service

Free, 24/7, temporary, safe haven for children of parents experiencing a crisis. Offers emergency day/night care, ages infant to 12, for up to three days, by calling a 24-hour crisis hot line. (320) 654-1090

### Crisis Nursery of Wright County

Short term overnight (up to 72 hours) and day care for up to five days in a licensed child care home setting for children, ages 0-12, that are in need of temporary, safe, and nurturing care. Free & confidential. (763) 271-1681

### Early Childhood Family Education

Parenting classes, education, resources, & family literacy programs. Fees based on income. For ages birth to kindergarten.

- Albany Area Schools: (320) 356-7346 x7601
- Annandale Schools: (320) 274-3058
- Becker Schools: (763) 261-4050
- BBE - Belgrade Brooten Elrosa: (320) 346-2278 x1218
- Eden Valley/Watkins Schools: (320) 453-2900 x1132
- Foley Schools: (320) 968-8526
- Holdingford Schools: (320) 746-4431
- Kimball Schools: (320) 398-7700 x2527
- Maple Lake Schools: (320) 963-7453
- Melrose Schools: (320) 256-4254
- Paynesville Schools: (320) 243-7543
- ROCORI Schools: (320) 685-8631
- Sartell/St. Stephen Schools: (320) 656-3763
- Sauk Centre Schools: (320) 352-6521
- Sauk Rapids/Rice Schools: (320) 255-8910
- St. Cloud Area Schools: (320) 253-5828

*"helping children and youth achieve their potential"*

United Way  
of Central Minnesota



# Be The Best Parent You Can Be

## Father Project - Goodwill Easter Seals

Parenting groups, employment services, case management, child support services and legal direction for fathers.

(320) 654-9527 x122

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

## Four County Response Team/ Mental Health Crisis Phone Line

Serves children, adults and families in Wright, Sherburne, Benton, and Stearns counties who are experiencing a mental health crisis. Available 24/7.

(320) 253-5555 or (800) 635-8008

## Hands Across the World

Support and education for families from diverse cultures regarding parenting skills and school involvement.

(320) 260-1072

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

## Help Me Grow

A place for parents to call about their child's development. For birth to 3 years of age. (320) 252-8427 or (866) 693-4769

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

## Lutheran Social Service

Support and educational tools for parents. In-office and in-home mental health family counseling. If applicable, fees billed to insurance. After school programs for children with mental health needs. (320) 251-7700 or (800) 582-5260

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



## Parent Voices of NAMI St. Cloud

Support for families and caregivers of children affected by mental illness and assistance in finding guidance they need. Meets monthly at Clara's House, St. Cloud. (320) 654-1259

[www.namistcloud.com](http://www.namistcloud.com)

## Public Health

Information for parenting services including WIC, immunizations, and child and teen checkups.

Stearns County (320) 203-6942

Benton County (320) 968-5087

Sherburne County (763) 765-4000

Wright County (763) 682-7456

## Reach Up Inc.

Family programs that provide parenting skills and child development education for parents and their children; ages 0-5. (320) 253-8110 or (877) 848-4912  
[www.reachupinc.org](http://www.reachupinc.org)

## Resource Training and Solutions

Community workshops, support groups and free materials for parents.

(320) 255-3236 or (844) 335-3276

[www.resourcetraining.com](http://www.resourcetraining.com)

## THRIVE

A network of local services that support the healthy social and emotional development of children, ages 0-5, with a special emphasis on ages 0-3.

(320) 258-1103

[www.thrivingyoungminds.com](http://www.thrivingyoungminds.com)

## The Village Family Service Center

Counseling, financial services and support for parents/caregivers and children in-office and in-home. Fees billed to insurance or sliding fees.

(320) 253-5930 or (866) 304-2697

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

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

## Online Resources

### Born Learning

Explore ways to turn everyday moments into fun learning opportunities. Information on children's nutrition, health care, sleep, and education needs at each stage of growth, infancy to five years. [www.bornlearning.org](http://www.bornlearning.org)

*"Tell me, and I will forget.  
Show me and I may  
remember. Involve me, and  
I will understand."  
- Confucius*

## MN Fathers & Families Network

Resources and referrals for fathers seeking support and parent education.  
[www.mnfathers.org](http://www.mnfathers.org)



## Prevent Child Abuse Minnesota

Resources to help prevent child abuse and neglect by promoting positive parenting and healthy families. Resource line: (800) 244-5373  
[www.pcamn.org](http://www.pcamn.org)

## University of MN Extension Service

Educational tools for building strong parent-child relationships, training for parents who are facing separation, and information on how to promote healthy food choices.

[www.extension.umn.edu/Family](http://www.extension.umn.edu/Family)

## Zero to Three

Information and tools designed to help parents nurture their young children's development. (800) 899-4301  
[www.zerotothree.org](http://www.zerotothree.org)

## United Way of Central Minnesota Resources Imagination Library

Free book program for children from birth to their fifth birthday. Upon enrollment, each child will receive a book in the mail every month at no cost to their family. Parents must live in United Way of Central Minnesota's service area. (320) 223-7992. Register online: [www.unitedwayhelps.org](http://www.unitedwayhelps.org)

## Read. Talk. Play.

Promoting the simple things parents can do with their child everyday to encourage learning. (320) 252-0227  
[www.unitedwayhelps.org](http://www.unitedwayhelps.org)

