Community Resource Guide

FOR CHILDREN AND FAMILIES IN DAKOTA COUNTY

Dakota County Public Health Department
651.554.6100 ■ www.dakotacounty.us

Public Health
Prevent. Promote. Protect.
TO GOOD HEALTH

Accredited Health Department
PHAB
Advancing public health performance
Public Health Accreditation Board

Public Health Department

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 Public Health Department
1 Mendota Road W., Suite 410, West St. Paul, MN 55118
Ph: 651.554.6100 / Fax: 651.554.6130
Email: public.health@co.dakota.mn.us

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)

Dakota County Services

General information **651.437.3191**

Child Support **651.554.5909**

Employment and Economic Assistance **651.554.5611**
Hours 8:00 a.m. – 4:30 p.m.
- Cash and emergency assistance
- 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 Crisis Line **651.554.5751**
Emergency shelter, assistance to prevent eviction and information on housing resources and referrals
www.dakotacounty.us (search "housing assistance")

Casa De Esperanza **651.772.1611**
www.casadeesperanza.org
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

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

Dakota County Chemical Health **651.554.6000**
www.dakotacounty.us (search "Chemical Health")
The county can assist people with a chemical health assessment and treatment if they:
- are a current county resident; don't have health insurance that covers chemical dependency treatment or the insurance plan has denied coverage
- meet the MN State guidelines for income & household size

Please contact the Adult Intake Unit in Social Services at 651.554.6424 for eligibility.

Alcoholics Anonymous (AA) **952.922.0880**
www.aaminneapolis.org
Greater Minneapolis Intergroup provides support and resources for anyone seeking help with their drinking. Phones answered 24 hours.

Al Anon/Alateen **651.771.2208**
www.al-anon-alateen-msp.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.naminnesota.us

Tobacco Quit Plan Helpline **1.888.354.7526**
www.quitplan.com

If you think you or someone you know has an opioid addiction:
- *Call your primary care provider*
- *Call the SAMHSA's National Helpline at **1.800.662.HELP***
- *OR go to the SAMHSA website online at **https://www.samhsa.gov/***

*Visit **www.cdc.gov/drugoverdose** to learn more about protecting yourself and your loved ones from opioid abuse, addiction, and overdose.*

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.neighborsmn.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 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 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 **1.888.577.2227**
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").

Food

Many local churches offer community meals free or by donation.

Food Shelves and Free Community Meals in Dakota County
www.dakotacounty.us (search "Food Shelves")

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

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.minnesotagrown.com (Some markets accept EBT and WIC)

WOMEN, INFANTS & CHILDREN (WIC) PROGRAM

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

WIC offers:

- Nutrition information specific to your family's needs
- Breastfeeding education and support
- Healthy foods
- Referrals to other 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.

WIC DAKOTA COUNTY

To apply or for more information call 952-891-7525 or text "dakotawic" to 85511.

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
For children age birth - High School and live in School District 191.

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. 651.539.2099
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	Every year from
6 months	18 months	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

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 Community Development Agency **651.675.4400**
www.dakotacda.org
Affordable housing

Affordable housing locator
www.housinglink.org

Environmental Health concerns **952.891.7500**
Dakota County Public Health

Habitat for Humanity Homeowner & Foreclosure Prevention Program **612.207.1700**
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 651.291.2837
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

- 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.

It's FUN, EASY and FREE!

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

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 providers & other resources

Associated Clinic of Psychology
- **Apple Valley** 952.432.1484
- **West St. Paul** 651.450.0860

Fast-Tracker
www.Fast-TrackerMN.org
Mental Health Clinics & Substance Use Disorder Resources

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

Parent Support

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

IMMUNIZATIONS FOR CHILDREN AND ADULTS

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").

Transportation

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**
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 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.

LOOP Bus System **651.234.2272**
www.dartsconnects.org
An affordable circular bus system to aid older adults in shopping and interacting in the community. Currently in Hastings, West St. Paul, Lakeville and South St. Paul. Wheelchair and scooter accessible.

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.

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: **651.293.8176**
Partners in Breastfeeding Class
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 **be healthy**

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.