

"WONDERFUL WORLD" COLLECTION



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RESOURCE EAST CENTRAL MN GUIDE

*The East Central MN Resource Guide
 was developed with the desire to help others
 in their quest for self-sufficiency.*

*The resources in this booklet are available to you
 and your family, but YOU must take the first step.*

Call. Ask for what you need. You are worth it.

Serving

Anoka	Isle	Pease
Becker	Milaca	Princeton
Big Lake	Monticello	St. Cloud
Cambridge	Mora	Wabkon
Clearwater	Onamia	Waite Park
Elk River	Otsego	Zimmerman



Christ Centered Counseling

• In person • Online

www.biblicamentoringcenter.com

The goal of Biblical counseling is to identify the root issues of the heart and use the Word of God to transform and heal our lives.

**401-1st St. Suite B
 Princeton, MN 55371**

763-250-1292

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ALCOHOL / DRUG ABUSE

ALCOHOL ABUSE

AA Meeting Locator www.aameetinglocator.org
Alcohol Anonymous Meetings www.meetings.intherooms.com
Greater Minneapolis Intergroup www.aaminneapolis.org
Phones answered 24 hours 952-922-0880
Mille Lacs Reservation 320-532-4163
MinnesotaHelp.info www.mnhelp.com
Recovery Plus 320-229-3760/1-800-742-4357
RESOURCE Chemical and Mental Health 763-243-1200
Timber Bay / Youth www.timberbay.org

DRUG ABUSE

Central MN Area of Narcotics Anonymous 877-767-7676
www.naminnnesota.org
MN Teen Challenge/www.mntc.org/Adults & Teens . . . 612-373-3366
Narcotics Anonymous Meetings . . . www.meetings.intherooms.com
SAMHSA. www.findtreatment.samhsa.gov
Senior LinkAge Line 1-800-333-2433

CAMBRIDGE

Dellwood Recovery Center 763-688-7723
Cambridge Medical Center www.allina.com
Adolescent. 522 - 11th Avenue SW
Crossroads. 1001 - 1st Avenue NE
Outpatient. 701 Dellwood Street S.

ELK RIVER

Fairview Recovery Services 612-672-2736
Adolescent / 1232 School Street. 763-241-3558
Riverplace Counseling Center 763-427-9777
9816 NW Hwy. 10 / www.riverplacecenter.com . . Intake: Ext. 13

MONTICELLO

Prairie House 651-785-5647
Intake 651-338-3317
305 Prairie Road www.mlrecovery.org

MORA

Dellwood Recovery Center / 100 Pine Street 763-688-7723

ALCOHOL / DRUG ABUSE (cont.)

OTSEGO

Nystrom and Associates Ltd. 763-746-9492
9075 Quaday Ave. NE, Suite 102 . . www.nystromcounseling.com

PRINCETON

RESOURCE Chemical and Mental Health 763-243-1200
1506 - 1st Street www.resource-mn.org

ST. CLOUD

Clara's House (Ages 5-18) 320-229-4950
1564 Cty. Road 134
Recovery Plus 320-229-3760/1-800-742-4357
713 Anderson Avenue www.centracare.org

CHILDCARE SERVICES

Minnesota Childcare Resource 320-629-5164/1-888-291-9811

MILLE LACS COUNTY

Community & Veteran Services . . . 320-983-8208/1-888-270-8208
Lakes and Pines 320-679-1800/1-800-832-6082
www.lakesandpines.org

ST. CLOUD

Child Care Choices, Inc. 320-251-5081/1-800-288-8549

SHERBURNE COUNTY

Health and Human Services. 763-765-4000/1-800-433-5239
Midwest Child Care Resource. . . . 320-269-8727/1-800-292-5437

CLOTHING / HOUSEHOLD ITEMS

ANOKA

Once Upon A Child 763-421-3879
3401 Round Lake Blvd. M-F 9:30-8, Sat. 9:30-6, Sun. 12-5

CAMBRIDGE

Family Pathways Thrift Store 763-552-3003
City Center Mall, 130 N. Buchanan St. M-Sat. 9-7, Sun. 10-5

CLOTHING / HOUSEHOLD ITEMS (cont.)

ELK RIVER

ABBA Crisis Pregnancy Center 763-441-7777
953 - 4th Street / Clothing/furniture 24 hour hotline
Goodwill / www.goodwill.org 763-274-1822
19624 Holt Street NW M-F 9-9, Sat. 9-6, Sun. 11-6
Salvation Army Thrift Store 763-274-2764
321 Baldwin Avenue M-F 9-7, Sat. 9-6
Samaritan Way Thrift Store 763-241-0242
19463 Evans Street NW M-F 10-7, Sat. 10-6, Sun. 11-6

FOLEY

Family Pathways Thrift Store 320-345-2230
6001 Hwy. 25 NE Tue.-Sat. 9-5

ISLE

Helping Hands Clothing Closet. 320-676-1050
610 Mille Lacs Avenue
One More Time Store 320-676-8295
245 W. Main Street M-F 9-4, Sat. 9-3

MILACA

Community Closet 320-983-6440
155 - 2nd Avenue SW. M-F 10-4
Cornerstone Thrift Store. 612-390-4901
11168 - 105th Street
Discovery Thrift Store 320-982-2500
205 - 3rd Avenue NW Tue.-F 9:30-5, Sat. 9-4
New To You 320-982-1200
210 Central Ave.

MORA

One More Time Store 320-679-0538
206 W. Forest Avenue. M-F 9-4, Sat. 9-3

ONAMIA

Family Pathways Thrift Store 320-532-7665
502 Main Street

CLOTHING / HOUSEHOLD ITEMS (cont.)

PRINCETON

Family Pathways Thrift Store 763-631-5022
605 S. Rum River Drive. M-F 9-7, Sat. 9-6, Sun. 10-5
His Givers 763-389-1674
Clothing, household and personal care item distribution.
Princeton Used Clothing Center 763-389-8380
Princeton Mall, 116 S. Rum River Drive, Suite 9
Hours: M & F 12-5:30, Tue. & Thu. 9-4, Sat. 9-1, Closed Wed.
SWAN (Stuff We All Need) 612-834-8532
Shampoo, soap, deodorant, toothpaste/brush and more distribution.
Thrift with a Twist, 31587 - 125th Street 763-389-1674

ST. CLOUD

Barker's More 4 Less 320-257-4766
3356 W. Division Street. M-Sat. 9-9, Sun. 10-6
Catholic Charities Emergency Services 320-229-4560
157 Roosevelt Road, Suite 100 www.ccstcloud.org
Clothing/household items for individuals or family once a month at
no cost. You must provide ID for all members of the household.
Savers. 320-203-0558
3326 W. Division M- Sat. 9- 9, Sun. 10- 6
The Fashion Exchange 320-656-1525
540 N. 25th Avenue. M-Sat. 10-6

WAITE PARK

Goodwill / www.goodwill.org 320-654-9012
50 S. 2nd Avenue Hours: M-F 9-9, Sat. 9-6, Sun. 11-6
Donation Hours: M-F 9-8, Sat. 9-5, Sun. 11-5
Once Upon A Child. 320-253-7193
110 - 2nd Street S., Suite 101. M-F 10-8, Sat. 9:30-6, Sun. 12-5
Salvation Army 320-251-7554
506 Division Street M-F 10-6:30, Sat 5-5:30
The Treasure Chest 320-255-1808
113 - 28th Avenue S. M-Sat. 9-6

COUNSELING

- BIG LAKE**
 Mischief Managed Therapy Services763-355-4749
- ELK RIVER**
 Abba Crisis Pregnancy Center763-441-7777
 953 - 4th Street NWwww.abbaprc.org
 Central MN Mental Health Center763-441-3770
 253 - 8th Street NW, Suite A
 Riverplace Counseling Center763-427-9777
 9816 NW Hwy. 10 . . www.riverplacecenter.com. Intake: Ext. 13
- MILACA**
 Fairview Counseling Center.320-983-7445
 150 - 10th Street NW
 Lighthouse Child & Family Services320-983-2335
 160 - 3rd Avenue NW
 Riverwood Centers. 320-396-3333, 1-800-523-3333
 210 Central Avenue N., Suite 4 www.5cmhc.org
 Rum River Life Choices Center 320-983-3771/763-389-7876
www.milacapregnancy.com . . . www.pregnancydecisionline.org
- PRINCETON**
 Bible Mentoring Center763-250-1292
 Bible based counseling and mentoring
 401 - 1st St. Suite B www.biblicamentoringcenter.com
 Eclectic Dragonfly Therapy Services763-482-1185
 RESOURCE Chemical and Mental Health763-243-1200
 1506 - 1st Street www.resource-mn.org
- ST. CLOUD**
 Caritas Mental Health Clinic 320-650-1660/1-800-562-5130
 911 N. 18th Street. www.ccstcloud.org
 Central MN Mental Health Center.320-252-5010
 Detox Crisis Center320-252-6654/1-800-635-8008
 1321 N. 13th Street
 Clara House320-229-4950
 1564 County Road 134

CRISIS HOTLINES

- Alexandra House 24 Hour Crisis /TTY Line763-780-2330
 CSD / www.c-s-d.org TTY 1-866-273-3323/1-800-642-6410
 Deaf or hard-of-hearing domestic violence/sexual assault victims.
 Domestic Violence 24 Hour Crisis Line 1-800-933-6914
 Gambling Problem 24 Hour Crisis Line 1-800-333-4673
 MN Domestic Violence 24 Hour Crisis Line 1-866-223-1111
 Poison Control 24 Hour Crisis /TTY Line. 1-800-222-1222
 Riverwood Centers 24 Hour Crisis Line 1-800-523-3333
 Sexual Violence 24 Hour Crisis Line 1-800-522-2055
 Sherburne County Crisis Nursery . . .763-765-4000/1-800-433-5239
 Suicide 24 Hour Hotline / www.suicidehelplines.org . .612-379-1199

"SAFE PLACE FOR NEWBORNS"

MN law allows a newborn to be dropped off anonymously and for the mother to NOT face child abandonment charges under the following conditions:

- The newborn is born within the past 7 days and unharmed
- The newborn baby is left at a hospital, urgent care, or an ambulance that is dispatched in response to a 911 call

Either the mother or someone acting with permission of the mother may drop off the baby. If these conditions are met, no questions will be asked.

DISABILITY SERVICES

- ALS / <http://webmn.alsa.org>. 1-888-672-0484
 Alzheimer's Association320-650-3070/1-800-272-3900
 Autism Society of Minnesota / www.ausm.org651-647-1083
 Brain Injury Association of MN612-378-2742/1-800-669-6442
www.braininjurymn.org
 CSD / www.c-s-d.org TTY 1-866-273-3323/1-800-642-6410
 Deaf or hard-of-hearing domestic violence/sexual assault victims.
 Deaf & Hard of Hearing Services320-255-3502/1-800-456-3690
 Dentistry for Disabled/Elderly 1-800-365-7229
 Developmental Disabilities Information. 1-800-582-5256
 Disability Benefits 101 www.db101.org

DISABILITY SERVICES (cont.)

- Disability Linkage Line / www.mcil-mn.org. 1-866-333-2466
 Disability Specialist, Inc.. 1-800-642-6393
 Equipalife763-479-8239
 Goodwill Easter Seals651-379-5800
 Helen Keller National Center for Deaf-Blind516-944-8900
www.hknc.org. TTY 516-944-8637
 Independent Lifestyles 320-529-9000/320-631-0713
www.independentlifestyles.org 1-888-529-0743
 Serving people with disabilities in Central Minnesota since 1997.
 Just For You763-631-4858
 2061 - 100th Ave., Princeton • Meeting place for disabled teens/adults.
 Mille Lacs County CVS320-983-8208/1-888-270-8208
 MN Children with Special Health Needs 1-800-728-5420
 MN Department of Employment. . . . www.positivelyminnesota.com
 MN Disability Law Center.612-332-1441/1-800-292-4150
 MinnesotaHelp.info www.mnhelp.com
 Services for seniors and caregivers; people with disabilities and caregivers; parents and families; and low income people.
 MN State Services for the Blind.651-642-0500/1-800-652-9000
www.mnssb.org TTY 651-642-0506/1-800-665-3276
 MS Society, Upper Midwest Chapter 1-800-582-5296
 MS LifeLines. 1-877-447-3243
 PACER Center.952-838-9000
 Parent training and information center for families of children and youth with all disabilities from birth through 21 years old.
 Parkinson Association of Minnesota.763-545-1272
 Rise-Employment Innovations/110 - 2nd St. NW, Milaca .320-983-2684
 STAR Program763-479-8239
 Statewide TTY service, 7-1-1 1-800-627-3529
 Telephone Equipment Distribution . . .651-431-5945/1-800-657-3663
 TED Program. TTY 1-888-206-6555
 Work Incentives Connection 651-632-5113/1-800-976-6728

Once I knew only darkness and stillness...my life was without past or future but a little word from the fingers of another fell into my hand that clutched at emptiness, and my heart leaped to the rapture of living.

- Helen Keller

DOMESTIC / SEXUAL ABUSE

- *** Ambulance, Fire and Police EMERGENCY 9-1-1 *****
- Alexandra House 24 Hour Crisis/TTY Line.763-780-2330
 CSD / www.c-s-d.org TTY 1-866-273-3323/1-800-642-6410
 Deaf or hard-of-hearing domestic violence/sexual assault victims.
 Mille Lacs Safe Home. 1-866-867-4006
 MN Domestic Violence 24 Hour Crisis Line 1-866-223-1111
 Timber Bay / Youth www.timberbay.org
 VINE / www.vinelink.com . . . TTY 1-866-847-1298/1-877-664-8463
 Free 24-hour telephone service provides information on offenders in the custody of the MN Department of Corrections and county jails. Victims and the public may register at any time for notification or may call the toll free number to check offender incarceration status.
- CAMBRIDGE**
 The Refuge.763-689-3532/1-800-338-7233
 Domestic Abuse Services & Emergency Shelters
- MILACA**
 Mille Lacs County Sheriff's Office . .320-983-8250/1-888-860-8250
 640 - 3rd Street SE
 Pearl Crisis Center320-982-6914
 Domestic Abuse Crisis Line1-800-933-6914
 Sexual Violence Crisis Line 1-800-522-2055
- MONTICELLO**
 Rivers of Hope763-295-3433/1-800-439-2642
- MORA**
 Refuge Network: Domestic Abuse Services & Emergency Shelters
 47 N. Park Street320-679-1737
- ST. CLOUD**
 Anna Marie's/www.annamarie.org. .320-253-6900/1-800-950-2203
 P.O. Box 367 TTY 320-258-3221
 Dedicated to providing safe shelter, support, and referral services for battered women and their children.
 Central MN Sexual Assault Center. .320-251-4357/1-800-237-5090
 24-hour crisis intervention center for victims of sexual violence.
 15 Riverside Drive NE www.cmsac.org

BATTERING

WHAT IT IS . . .

Battering, or the use of physical and/or sexual force, is a system of behaviors used to establish and maintain power/control over others.

Behaviors used to maintain power and control:

COERCION AND THREATS: Making/carrying out threats to do something to hurt her. Threatening to leave her, commit suicide, or report her to welfare. Making her drop charges or do illegal things.

INTIMIDATION: Making her afraid by using looks/actions. Abusing pets. Smashing things. Destroying her property. Displaying weapons.

EMOTIONAL ABUSE: Putting her down. Making her feel bad about herself. Calling her names. Making her think she's crazy. Playing mind games. Humiliating her. Making her feel guilty.

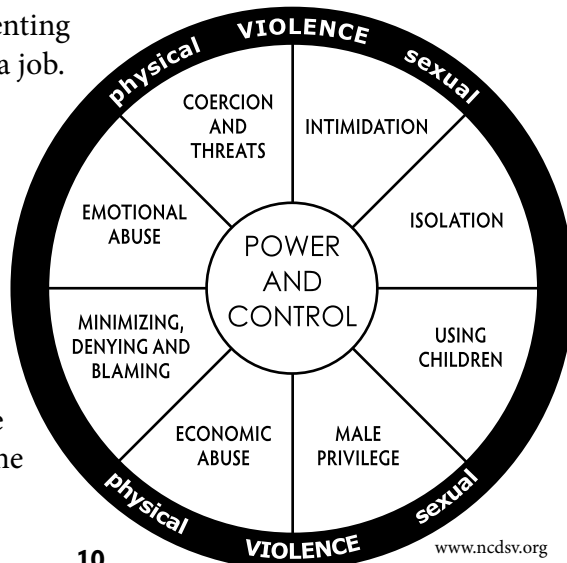
ISOLATION: Controlling what she does, who she sees and talks to, what she reads, and where she goes. Limiting her outside involvement. Using jealousy to justify actions.

MINIMIZING, DENYING, AND BLAMING: Making light of the abuse and not taking her concerns about it seriously. Saying the abuse didn't happen. Shifting responsibility for abusive behavior. Saying she caused it.

USING CHILDREN: Making her feel guilty about the children. Using the children to relay messages. Using visitation to harass her. Threatening to take the children away.

ECONOMIC ABUSE: Preventing her from getting or keeping a job. Making her ask for money. Giving her an allowance. Not letting her know about or have access to family income. Taking her money.

MALE PRIVILEGE: Treating her like a servant: making all the big decisions, acting like the "master of the castle," being the one to define men's and women's roles.



The measure of a man's real character is what he would do if he knew he would never be found out.

-Thomas Macaulay

THE FACTS . . .

- Every 15 seconds a woman is beaten in the United States (Source: FBI)
- Battery is the most significant cause of injury to women in this country (Source: U.S. Surgeon General)
- About 30% of women seeking treatment in hospital emergency rooms are victims of abuse from husbands or boyfriends
- More than half of all abusive husbands batter their wives when they are pregnant, making them four times more likely to bear infants with low birth weight

Victims of domestic violence can:

- Ask for community assistance by calling the police or sheriff
- Go to court and file a petition requesting an Order for Protection from domestic abuse

Obtaining an Order for Protection can:

- Restrain abusers from further acts of abuse
- Direct the abuser to leave your household
- Prevent the abuser from entering your residence, school, or place of employment
- Award you temporary custody of your children and set up conditions for visitation
- Direct the abuser to pay support to you and the minor children if the abuser has a legal obligation to do so
- Direct the abuser to enter a batterers program, CD treatment or other counseling. Advocates will assist in filling out the Order for Protection and accompany you to court hearings.

I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do.

-Helen Keller

EMPLOYMENT

Central MN Jobs & Training Services www.cmjts.org
Job search assistance, career guidance, educational opportunities, on the job training. Adults, Seniors and Youth.

Cambridge - Isanti County 763-279-4492
140 Buchanan Street, Suite 152

Milaca - Mille Lacs County 320-983-2995
155 SW 2nd Ave., Suite 101

Monticello - Wright County. 763-271-3700
406 E. 7th Street

Mora • Kanabec County 320-679-6484
903 E. Forest Ave.

Zimmerman - Sherburne County 763-856-9220
26070 - 2nd Street E.

DWP/MFIP/<http://mn.gov/dhs>. . 651-431-2000/TTY 1-800-627-3529
Diversionary Work Program/Minnesota Family Investment Program
Helps individuals/families work toward economic stability. DWP is a four-month program that helps low-income families find a job. MFIP helps low-income families with children move out of poverty.

Experience Works. 320-352-7903
For persons 55 and older

Goodwill Easter Seals Minnesota Employment. 651-379-5800
MN Dept. of Employment/Economic Development . . 651-259-7114

MN Department of Labor/Industry . 651-284-5005/1-800-342-5354
MN Federal Bonding Program 651-259-7500/1-800-345-2537

For At-Risk Employees www.bonds4jobs.com
MN Workforce Centers TTY 651-296-3900/1-888-438-5627

www.positivelyminnesota.com
Cambridge. TTY: Use MN Relay 711/763-279-4492

140 N. Buchanan Street, Suite 152
Monticello TTY 763-271-3745/763-271-3700

406 E. 7th Street
Mora TTY 320-679-6494/320-679-6484

903 Forest Avenue E.
St. Cloud. TTY 320-308-6434/320-308-5320

1542 Northway Drive, Door 2

EMPLOYMENT (cont.)

ANOKA
Atlas Staffing 763-427-2500
78 W. Main Street www.atlasstaffinginc.com

Masterson Personnel 763-422-9298
530 W. Main Street, #3 www.mastersonpersonnel.com

CAMBRIDGE
Command Center 763-552-9675
320 Garfield Ave. S. www.commandonline.com

Masterson Personnel 763-689-1927
1001 - 1st Ave. E., #145. www.mastersonpersonnel.com

ELK RIVER
Atlas Staffing 763-274-2782
19242 Evans St. NW www.atlasstaffinginc.com

The Work Connection 763-441-6526
940 Highway 10 www.theworkconnection.com

MILACA
Employment/Training Center. . . . 320-983-2222/1-866-595-7389
155 - 2nd Ave SW, Suite 102 www.pinetech.edu

Rise Employment Innovations 320-983-2684
110 - 2nd Street NW www.rise.org

PRINCETON
The Work Connection 763-389-5648
400 - 2nd Street S. www.theworkconnection.com

ST. CLOUD
Aerotek. 320-255-5050/1-888-237-6835
1743 - 7th Street S. www.aerotek.com

Atlas Staffing 320-257-0330
420 E. St. Germain Street. www.atlasstaffinginc.com

Doherty Staffing Solutions 320-253-4473
2806 W. Division Street. www.dohertystaffing.com

Kelly Services 320-253-7430
4150 - 2nd Street S., #425 www.kellyservices.com

Labor Ready. 320-255-9900
1708 W. St. Germain Street www.laborready.com

ManPower 320-251-1924
425 E. St. Germain Street, #103 www.manpower.com

EMPLOYMENT (cont.)

ST. CLOUD (cont.)

- Masterson Personnel320-253-3850
60 - 10th Avenue S.www.mastersonpersonnel.com
ProStaff320-656-9777
1727 W. St. Germain Streetwww.prostaff.com
The Work Connection320-259-9675
200 - 25th Avenue S., Suite 103

UNEMPLOYMENT INSURANCE

- Unemployment Benefits apply online or call.
www.uimn.org651-296-3644/1-877-898-9090
TTY 1-866-814-1252

The road to success is always under construction.

ENERGY / FUEL ASSISTANCE

- Energy Assistance Hotline. 1-866-657-3710
Salvation Army Heat Share 1-800-842-7279

MILLE LACS COUNTY

- Lakes & Pines320-679-1800/1-800-832-6082
www.lakesandpines.org

SHERBURNE COUNTY

- Health and Human Services.763-765-4000/1-800-433-5239
Salvation Army Heat Share / www.thesalv.army.org763-682-8941
Tri-CAP / www.tricap.org320-251-1612/1-888-765-5597

*Beautiful and graceful, varied and enchanting, small but approachable,
butterflies lead you to the sunny side of life.
And everyone deserves a little sunshine.*

- Jeffrey Glassberg

FAMILY SERVICES

- Children's Home Society/Lutheran Social Service of MN . . .651-646-7771
www.chsfs.org1-800-952-9302

International, domestic infant, and domestic waiting children adoption programs.

- Cold Weather Rule651-296-0406/1-800-657-3782
Family and Medical Leave Act (FMLA)www.dol.gov
Mille Lacs Band of Ojibwe Public Health320-532-7783
MN Department of Education651-582-8200

Answers to questions about birth to post secondary education.

- MN Family Planning and STD's/M-F 9-8, Sat. 9-2 . . . 1-800-783-2287
MN Telephone Service Discounts. . . .651-296-0406/1-800-657-3782
Timber Bay / Youthwww.timberbay.org
Wheels for Women / Refurbished Cars.612-378-0177
M-Thu. 8:30-5:30, F 8:30-5, Sat. 9-1

- Working Family Credit & EIC / www.irs.gov 1-800-829-1040

When you work, you may be eligible to receive extra money with credits: Working Family, Earned Income, Dependent Care, Child Tax or Refunds: Renters/Homeowners.

MILLE LACS COUNTY

- Community and Veteran Services . . .320-983-8208/1-888-270-8208
525 - 2nd Street SE, Milaca
Basic Needs, Child/Teen Checkups, Disability Programs,
Emergency Assistance, Follow Along Program, Food Stamps,
Food Support, Medical Assistance, MCSHCN, MFIP, WIC and more.

- Lakes and Pines320-679-1800/1-800-832-6082
www.lakesandpines.org

Emergency Food & Shelter, Energy Assistance, Housing Finance Agency Rehabilitation, Teen Father Project and more.

- Salvation Army320-982-1404
120 - 2nd Ave. SW, Milaca . . . Evenings/Weekends 320-983-8257

Alone we can do so little; together we can do so much.

- Helen Keller

FAMILY SERVICES (cont.)

PRINCETON

- Bright Child - Child Development Center763-389-4576
110 - 6th Ave. N.www.brightchildcdc.com

SHERBURNE COUNTY

- Parenting Apart.763-241-3524
8 hour class offered one Saturday per month for parents who are separating, divorcing or dealing with custody and visitation issues.

ST. CLOUD

- Caritas Mental Health Clinic320-650-1660
911 - 18th Street N.www.ccstcloud.org
Family Life and Respect Life320-252-4721
Marriage and pre-marriage preparations, parenting education,
marriage enrichment, sexuality and values education.
Head Start320-253-8110
Educational program for low income families for children from birth to five years old.

*The workshop of character is everyday life. The uneventful
and commonplace hour is where the battle is lost or won.*

- Mattie D. Babcock

*It takes only 3 bones to be successful.
A wishbone, to dream on.*

*A back bone, for strength and courage to get through the tough times.
A funny bone, to laugh at silly things that happen along the way.*

- Duffy Daugherty

FINANCIAL SERVICES

- LSS Financial Counseling Service 1-888-577-2227
Social Security/SSI 1-800-772-1213

Retirement and disability financial services.

ELK RIVER

- CAER.763-441-1020
Very limited financial assistance after all other resources have been exhausted. You will need to show a written denial.

MILLE LACS COUNTY

- Community and Veteran Services . . .320-983-8208/1-888-270-8208
525 - 2nd Street SE, Milaca
Basic Needs, Child/Teen Checkups, Disability Programs,
Emergency Assistance, Follow Along Program, Food Stamps,
Food Support, Medical Assistance, MCSHCN, MFIP, WIC and more.
Lakes and Pines320-679-1800/1-800-832-6082
www.lakesandpines.org

Emergency Food & Shelter, Energy Assistance, Housing Finance Agency Rehabilitation, Teen Father Project and more.

SHERBURNE COUNTY

- Health and Human Services.763-765-4000/1-800-433-5239
Temporary financial need for needy families, medical assistance,
food support, childcare subsidies, and child support.
Tri-CAP / www.tricap.org320-251-1612/1-888-765-5597
Assists with budgets and repairing credit. Classes.

ST. CLOUD

- Catholic Charities Housing & Financial Counseling. .320-650-1664
157 Roosevelt Road, Suite 200.www.ccstcloud.org
Salvation Army320-252-4552
223 E. St. Germain Street
Assists with bus tokens, heat share, gas vouchers, limited financial assistance and limited rental assistance.

Giving never moves in a straight line—it always travels in circles.

- Robert Schuller

FOOD SHELVES

Emergency Food Shelf www.emergencyfoodshelf.org
Passing the Bread 763-441-1020
Second Harvest www.2harvest.org 651-484-5117
United Way 2-1-1 211

BECKER

Food Shelf / Becker School District residents 763-261-4612
12060 Sherburne Ave. Tue. 9-11, Thu 4-5:30

BIG LAKE

Food Shelf / 160 Lake Street N. 763-263-2432
M/Thu. 5:30-7:30 pm, W 9-11, 2nd & 4th Sat. 9-11

CLEARWATER

Food Shelf 320-558-2954
1100 East County Road 75 Tue. 9-11 & 6-8, W 3-5

ELK RIVER

CAER Food Shelf / www.caerfoodshelf.org 763-441-1020
19279 Watson Street NW M/W/F 10-3, M & Thu. 6-8 pm
Elk River School District residents.

ISLE

Food Pantry 320-676-8434
Old Fire Hall next to City Hall 3rd Mon. of month 1-3

MILACA

Food Pantry 320-982-3773
120 - 2nd Avenue S. Thu. 10-6

MONTICELLO

Food Shelf / By appt. 763-295-4031
215 Cedar Street. M/W/F 9:30-11:30, W 6-7:30 pm

ONAMIA

Family Pathways Food Pantry. 320-532-7665
502 E. Main Street M/W 12-5, F 10-3

PRINCETON

Princeton Pantry 763-631-3578
104 - 6th Avenue S./Behind K-Bob Café M/W 1-3, F 9-11
Donations accepted at Hytech Auto, 301 N. Rum River Drive, M-F

FOOD SHELVES (cont.)

ST. CLOUD

Catholic Charities Emergency Services 320-229-4560
157 Roosevelt Road, Suite 100 Ext. 4560/1-800-830-8254
Senior Food Shelf/2nd & 4th Tue. 1-3 M 9-6, W 9-7, F 9-Noon
Salvation Army Food Shelf 320-252-4552
400 Hwy. 10 S. M-Thu. 8:30-11 & 1-4, F 8:30-11
Salvation Army Lunch Program 320-252-4552
400 Hwy. 10 S. M-F 11:30-12:45

FOOD PROGRAMS

Fare For All To Order: 763-450-3880/1-800-582-4291
www.fareforall.org / Save up to 40% on groceries. Food packages start
at \$10. Pay with cash, credit, debit or EBT card.
Minnesota Food Helpline 1-888-711-1151
www.hungersolutions.org
Ruby's Pantry Food Share 320-629-7400
www.homeandawayministries.org
United Way 2-1-1 211

ELK RIVER

Ruby's Pantry \$15 cash=\$100 food
2nd Tue. of month Doors open 3:30 pm. Distribution 4 pm.
Samaritan Way Thrift Store, 19463 Evans Street NW

MILLE LACS COUNTY

Community and Veteran Services . . . 320-983-8208/1-888-270-8208
525 - 2nd Street SE, Milaca
Lakes and Pines 320-679-1800/1-800-832-6082
www.lakesandpines.org

MORA

Soup For The Soul Homecooked meal every Mon. 4-7 pm
Located in Emma's Pizza, 113 Lake Street S.

OGILVIE

Ruby's Pantry / Hosted by New Hope CRC \$15 cash=\$100 food
Last Sat. of month. Doors open 7 am-Distribution 9 am
205 S. Hill Avenue

FOOD PROGRAMS (cont.)

ONAMIA

Ruby's Pantry \$15 cash=\$100 food
2nd Mon. of month. Doors open 9:30 am-Distribution 10 am
Onamia Community Center

WIC

WIC Program (Women, Infants and Children). 1-800-WIC-4030

MILLE LACS COUNTY

Community and Veteran Services . . . 320-983-8208/1-888-270-8208
525 - 2nd Street SE, Milaca

SHERBURNE COUNTY

Health and Human Services. 763-765-4116/1-800-433-5239

*If I don't celebrate the exquisiteness of each day,
I've lost something I will never get back.*
~ Sally P. Karioth

HEALTH - CLINICS / HOSPITALS

Sliding Fee Scale Clinics www.needymeds.org
Click on Free Clinics. Click on Minnesota.

ISLE

Mille Lacs Family Clinic 320-676-3661
360 - 3rd Avenue S.

ONAMIA

Mille Lacs Family Clinic 320-532-3154
200 Elm Street N.
Ne-Ia-Shing Clinic 320-532-4163
43500 Migizi Drive

ST. CLOUD

Mid-Minnesota Family Medicine. . . 320-240-3157/1-800-575-2982
1520 Whitney Court, Suite 200 www.centracare.com

HEALTH - DENTAL

Minnesota Dental Association 1-800-950-3368
www.mndental.org

Union Gospel Mission By appt. 651-789-7605
U of M Emergency Dental Clinic/Adults 612-625-4908
Children, Infant-16 years 612-625-7171
30% less than private practice clinics.

ONAMIA

Mille Lacs Family Clinic 320-532-3154
200 Elm Street N.
Ne-Ia-Shing Clinic 320-532-4163
43500 Migizi Drive

ST. CLOUD

St. Cloud Technical College Dental Clinic 320-308-5310
1540 Northway Drive

HEALTH - HOME CARE

CAMBRIDGE

Guardian Angels Elim Home Care/Hospice 763-552-2160
237 - 2nd Avenue SW

ELK RIVER

Guardian Angels Elim Home Care 763-241-0654
400 Evans Avenue

MILACA

Home Advantage Health Care 320-369-4221
11172 - 125th Avenue

ONAMIA

Mille Lacs Home Care/Hospice . . . 320-532-2800/1-888-532-4127
200 N. Elm Street

PRINCETON

Fairview Home Care & Hospice . . . 763-389-1923/1-800-570-6650
110 S. 6th Avenue

*It isn't the big pleasures that count the most;
it's making a great deal out of the little ones.*

~ Jean Webster

*There can be no happiness if the things we believe in
are different from the things we do.*

~ Freya Stark

HEALTH - INSURANCE

Volunteer Health Insurance Counseling 1-800-333-2433
Minnesota Care 1-800-657-3672
TTY Contact Relay Service 612-297-5353/1-800-627-3529

The best thing about the future is that it comes one day at a time.

~ Abraham Lincoln

HEALTH - MEDICAL EQUIPMENT

Goodwill Easter Seals Minnesota 320-654-9527
Medical Equipment Loan
Princeton Mobility and Medical Products 763-631-0801
116 S. Rum River Drive

HEALTH - PRESCRIPTIONS

Medication Assistance Programs 651-431-2500/1-800-882-6262
Partnership for Prescription Assistance 1-888-477-2669
Prescription Drug Advocates 612-412-9438/1-800-801-2156
Rx Connect (All ages) 1-800-333-2433

Family Wize www.familywize.org
Good Rx www.goodrx.com
Needy Meds www.needymeds.org
The Medicine Program www.themedicineprogram.com

HEALTH - PUBLIC

Breast and Cervical Cancer Screening 888-643-2584
Colorectal Cancer Screening 651-556-0680
Fairview Diabetes Education and Management 763-389-6336
Fairview H.E.A.R.R.T. 612-672-7272
Heart Education and Risk Reduction Tips
MinnesotaHelp.info www.mnhelp.com
MinnesotaHelp.info is an online directory of services for seniors/
caregivers, people with disabilities/caregivers, parents/families and
low income people.
Sage Screening and Heart Health Services. 888-643-2584

MILLE LACS COUNTY

Community and Veteran Services . . 320-983-8208/1-888-270-8208
525 - 2nd Street SE, Milaca

Most folks are about as happy as they make up their minds to be.

~ Abraham Lincoln

BELIEVE
THERE IS
GOOD IN
THE WORLD

HOUSING

AFFORDABLE / LOW INCOME

Council For Affordable and Rural Housing www.carh.org
Housing Link www.housinglink.org
Simplifying affordable housing.
Rent.com. www.rent.com
Free search for apartments and homes.

BECKER

Guardian Angels Senior Housing 763-241-4430
Woodbriar, 12115 Rye Street

ELK RIVER

Guardian Angels Senior Housing 763-241-4430
Angel Ridge, 280 Evans Avenue
Guardian Oaks, 350 Evans Avenue
Riverview Apartments, 925 Angel Ridge
Lanesboro Heights Townhomes 763-441-2642
11798 Highland Road NW

ISLE

Isle View Apartments 320-676-8624
205 N. 1st Avenue

MILACA

Centennial Terrace / Senior Housing 320-982-5405
380 - 1st Street E. TTY 1-800-627-3529
Centennial Manor 320-982-5405
210-310 - 1st Street E. TTY 1-800-627-3529
Key Row Apartments. 320-982-3371
410 - 4th Avenue NW
Park Apartments 320-983-6631
240 - 2nd Avenue SW
Phoenix Apartments 320-983-6550
145 - 3rd Street SE
VOA Living Center 320-983-2658
15854 Docken Drive

HOUSING (cont.)

AFFORDABLE / LOW INCOME (cont.)

ONAMIA

- Oakwood Apartments320-532-4321
201 Oak Street N.
Onamia Shores320-532-4321
300 Ash Street

PRINCETON

- D & G Apartments1-800-450-7723
805 - 6th Avenue N.
Oakwood Court.763-427-4700
905 W. Branch Street
Princeton Apartments763-389-5074
206 - 4th Avenue S.
Riverview Place Apartments1-800-676-6505
1308 - 15th Avenue N.
West Birch Townhomes763-389-2400
504 - 13th Avenue N.

ZIMMERMAN

- Guardian Angels Senior Housing763-241-4430
Pine Cone Manor, 12612 - 3rd Avenue S.
Pine Tree Manor, 12616 - 3rd Avenue S.
Woodview Apartments.763-274-2700
13120 Woodview Lane

EMERGENCY / HOMELESS

- Alexander House763-780-2330
Shelter for battered women and their children.
Home Free763-559-4945
Provides shelter for battered women and their children.
United Way 2-1-1211
ANOKA
Stepping Stone Emergency Housing763-323-7006
2621 N. Ferry StreetAdult only shelter

EMERGENCY / HOMELESS (cont.)

CAMBRIDGE

- New Pathways, Inc.763-691-0121
310 S. Ashland Street

MILLE LACS COUNTY

- Community and Veteran Services . .320-983-8208/1-888-270-8208
525 - 2nd Street SE, Milaca
Lakes and Pines320-679-1800/1-800-832-6082
www.lakesandpines.org

ST. CLOUD

- Anna Marie's/www.annamarie.org. .320-253-6900/1-800-950-2203
P.O. Box 367TTY 320-258-3221
Dedicated to providing safe shelter for battered women/children.
Landon Place Community Shelter320-229-7684
Homeless shelter for families with children
Place of Hope Ministries.320-203-7881
511 - 9th Avenue N.
Salvation Army Emergency Shelter320-252-2229
400 Hwy. 10 S.Intakes from 9-11 am, 6-9 pm

LOANS / ASSISTANCE

- Homeless Outreach Program763-786-8334
HOME Line612-728-5767/1-866-866-3546
Renters Hotline/Tenant Advocacywww.homelinemn.org
Housing/Urban Development / www.hud.gov612-370-3000
LSS Financial Counseling1-800-777-7419/1-888-577-2227
MN Home Ownership Center.651-659-9336/1-866-462-6466
MN Housing Finance Agency.1-800-657-3769/1-800-710-8871
www.mnhousing.gov
MN Mortgage Foreclosure Prevention Association . . .763-783-4705
USDA Rural Development.763-689-3354
United Way 2-1-1211

CAMBRIDGE

- Habitat for Humanity763-689-0288
206 Ashland Street S.

HOUSING (cont.)

LOANS / ASSISTANCE (cont.)

MILLE LACS COUNTY

- Lakes and Pines320-679-1800/1-800-832-6082
www.lakesandpines.org

MORA

- Housing/Redevelopment Authority (HRA)320-679-4789
160 Vahalla Circle

PRINCETON

- Housing/Redevelopment Authority (HRA)763-389-2442
801 - 3rd Street N.

ST. CLOUD

- Habitat for Humanity320-656-8890
777 Lincoln Avenue NE
Housing/Redevelopment Authority (HRA)320-252-0880
1225 W. St. Germain Street
Catholic Charities Housing Services320-229-4576
157 Roosevelt Road, Suite 200.www.ccstcloud.org/housing
Catholic Charities Supported Housing for Youth . . .320-229-6035
1730 - 7th Avenue S.www.ccstcloud.org/shy
Central Minnesota Housing Partnership320-259-0393
37 - 28th Avenue N., Suite 102
The Village Financial Resource Center.1-800-450-4019
Stearns Financial Center, 4140 Thielman Lane, # 303

WAHKON

- Volunteers of America Our Home Program320-495-3820
40392 - 75th Avenue
Homeless parent/children. Disabled/care for disabled child.

WAITE PARK

- Tri-CAP / www.tricap.org320-251-1612/1-888-765-5597

SECURITY DEPOSIT REFUND

At the end of the tenancy, a landlord must return a tenant's security deposit plus simple, non-compounded interest, or give the tenant a written explanation as to why the deposit will not be returned. The landlord must do this within 21 days after the day the tenancy ends, provided that the tenant has given the landlord a forwarding address.

INTEREST RATE	TIME FRAME
3 percent	Prior to July 31, 2003
1 percent	August 1, 2003 to present

If the landlord does not return the deposit or return an explanation in the time allowed, the landlord must pay the tenant a penalty equal to the amount withheld and interest and also pay the tenant the amount of the deposit and interest wrongfully withheld. Minnesota law allows a landlord to withhold from a security deposit only the amount necessary for unpaid rent, damages to the rental unit beyond ordinary wear and tear, or other money the tenant owes to the landlord under an agreement (e.g. water bills).

Minnesota Attorney General's Office.www.ag.state.mn.us
651-296-3353/1-800-657-3787
TTY 651-297-7206/1-800-366-4812

No one can make you feel inferior without your consent.
~ Eleanor Roosevelt

INFORMATION / ASSISTANCE

- American Red Cross 1-800-733-2767
 PO Box 201, Milaca 320-983-2953
 1301 W. St. Germain Street, #100, St. Cloud 320-251-7641
 Serves disaster victims with emergency communication, travel and financial assistance.
- American Widow Project 1-877-297-9436
 For those who have lost the heroes of yesterday, today and tomorrow.
- Benefits Check Up www.benefitscheckup.org
 Free service for 55+ of programs that can help with expenses for:
 Food, Health Care, Housing, Legal, Medications, Taxes and more
- Better Business Bureau 1-800-646-6222
- Department of Corrections www.doc.state.mn.us
 Check for sexual predators in your neighborhood.
- Great River Faith in Action / www.gra-fia.com 763-263-4277
 Supportive services for seniors and those in need.
- Department of Human Services / <http://mn.gov/dhs> 651-431-3676
- Dianne Craft / Child Diagnostics www.diannecraft.org
- FREE Phone MN / www.FreePhoneMN.org 612-293-8559
- Library Search. www.publiclibraries.com/minnesota.htm
- MN Help Information / www.minnesotahelp.info 1-800-333-2433
- PCs for People / www.pcsforpeople.com 651-354-2552
- Poison Control 612-873-3141/1-800-222-1222
www.mnpoison.org 24 hours
- ReStore (Habitat for Humanity) / www.cmhfh.org 320-281-3167
 2801 W. St. Germain Street, St. Cloud W-Sat. 10-6
- Rule 25 Referral - Chemical Dependency Treatment Fund
- Anoka County. 763-422-7078
- Isanti County 763-689-1711
- Mille Lacs County 320-983-8208
- Ramsey County 651-266-4008
- Sherburne County 763-241-2600
- Stearns County 320-656-6000
- Union Gospel Mission 651-228-1800
- United Way 2-1-1 211

LEGAL

- Attorney General's Office 651-296-3353/1-800-657-3787
 Landlord/tenant rights, mortgages www.ag.state.mn.us
- HOME Line 612-728-5767/1-866-866-3546
 Renters Hotline/Tenant Advocacy www.homelinemn.org
 Offers free legal housing services, if you rent or own.
- MN Department of Human Rights 651-296-5663/1-800-657-3704
 Discrimination complaints in the areas of employment, housing, public accommodations.
- MN Disability Law Center 612-332-1441/1-800-292-4150
- MN Statutes, Laws, and Rules 651-296-2868
- United Way 2-1-1 211
- MORA**
 7 County Senior Federation (50+) 320-679-4700/1-866-679-4700
 47 North Park, Suite 7
- ST. CLOUD**
 Central MN Area Legal Services 320-253-0138/1-800-622-7773
www.mylegalaid.org M-F 8:30-Noon, 1-5
 830 W. St. Germain Street
- St. Cloud Area Legal Services 320-253-0121/1-888-360-2889
 Senior Law Project (60+) M-F 8:30-Noon, 1-5
 830 W. St. Germain Street www.lawhelpmn.org
- *** Ambulance, Fire and Police EMERGENCY 9-1-1 *****
- POLICE NON-EMERGENCY**
- Elk River Police Department - Non-emergency. 763-635-1260
- Isle Police Department - Non-emergency 320-676-8507
- Milaca Police Department - Non-emergency 320-983-6166
- Mille Lacs County Sheriff's Office - Non-emergency. 320-983-8250
 After hours non-emergency: 1-888-860-8250
- Onamia Police Department - Non-emergency 320-532-3131
- Princeton Police Department - Non-emergency 763-631-5967
 After hours non-emergency: 1-888-860-8250
- Tribal Police Department - Non-emergency 320-532-3430

MENTORING

- Circle of Friends (COF) 651-462-4398
- Foster Grandparents 320-229-4587/1-866-895-7992
www.seniorcorps.org
- Timber Bay / Youth www.timberbay.org
- ELK RIVER**
 Boys and Girls Club 763-241-5000
 905 - 6th Street NW
- MILACA**
 Central Mille Lacs United Way 320-983-3434
 Give Me Five program (GM5). 320-982-7193
 Mille Lacs County 4-H. 320-983-8317/1-888-680-8317
 635 - 2nd Street SE
- ONAMIA**
 Mille Lacs Band of Ojibwe Boys/Girls Club. 320-532-7518
 43408 Oodena Drive, Onamia
- PRINCETON**
 Kinship Youth Mentoring of Princeton 763-631-5967
 604 S. 3rd Street, #151
- WAITE PARK**
 Girl Scouts MN and WI Lakes and Pines 320-252-2952
www.gslakesandpines.org 1-800-955-6032

{ *Do what you can, with what you have, where you are.* }
 ~ Theodore Roosevelt

{ *Love is seeking the other person's highest good.* }
 ~ Les Feldick

PREGNANCY

"SAFE PLACE FOR NEWBORNS"

MN law allows a newborn to be dropped off anonymously and for the mother to NOT face child abandonment charges under the following conditions:

- The newborn is born within the past 7 days and unharmed
- The newborn baby is left at a hospital, urgent care, or an ambulance that is dispatched in response to a 911 call

Either the mother or someone acting with permission of the mother may drop off the baby. If these conditions are met, no questions will be asked.

- Depression/Anxiety After Pregnancy/20 locations 612-672-6669
- Financial Aid for Pregnancy Related Expenses 651-636-0637
www.cradleofhope.org
- Heartbeat International / www.optionline.org 1-800-712-4357
- Mille Lacs County CVS 320-983-8208/1-888-270-8208
 525 - 2nd Street SE www.co.mille-lacs.mn.us
- Minnesota Citizens Concerned for Life www.mccl.org
 Go to PREGNANT? and then down to Need Help?
- Timber Bay / Youth www.timberbay.org
- CAMBRIDGE**
 Pregnancy Resource Center 763-689-4319
 M/T/Thu. 10-6, W/F 10-4
- ELK RIVER**
 Abba Crisis Pregnancy Center 763-441-7777
 953 - 4th Street NW www.abbaprc.org
 Free pregnancy testing, support groups, clothing/furniture.
- MILACA**
 Rum River Life Choices Center 320-983-3771
 121 - 2nd Ave. SW. M-Thu. 10-2:30. www.milacapregnancy.com
 After Hours Assistance. www.pregnancydecisionline.org
- MORA**
 Crisis Pregnancy Center 320-679-4493
 114 Maple Avenue W., Suite 2 M-W 11-4, F/Sat. by appt.

PREGNANCY (cont.)

ONAMIA

Mille Lacs Health System320-495-3421/1-877-535-3154
 Childbirth Classes, 200 Elm Street N. . . www.millelacshealth.com

PRINCETON

Fairview Northland Hospital763-389-1313
 Childbirth Classes, 911 Northland Drive.www.fairview.org
 Rum River Life Choices Center763-389-7876
 712 S. Rum River Dr. M-Thu. 10-2:30. www.milacapregnancy.com
 After Hours Assistance.www.pregnancydecisionline.org

ST. CLOUD

Birthline, Inc. / www.birthline.org . .320-252-4150/1-800-786-0200
 1411 W. St. Germain Street, Rm. 5 . . . M/W 8-4, T/Thu. 9-9, F 9-4
 Catholic Charities Pregnancy Counseling.320-650-1660
 157 Roosevelt Road, Suite 200.www.ccstcloud.org
 Crisis Pregnancy Center320-253-1962/1-800-450-1962
 305 - 5th Avenue S., Suite 170
 LSS Pregnancy Options320-251-7700/1-888-205-3769
 22 Wilson Avenue NE, Suite 110 . . www.pregnancyminnesota.org
 Pregnancy Resource Center320-253-1962
 305 - 5th Avenue S., Suite 170M-W 10-5, Thu. 2-6, F 10-4

ADOPTION

Each year more than 50,000 American women lovingly place their baby in an adoptive home. This decision is often made by women who first thought abortion was their only way out. Adoption can be a loving option for birth mother, baby and adoptive family. Many local pregnancy centers have free adoption support services available.

Bethany Christian Services / www.bethany.org763-553-0344
 Caritas Family Services / www.ccstcloud.org320-252-4121
 God's Children / www.adoptgodschildren.com1-877-233-2025

SENIOR - CENTERS / DINING

CENTERS

ELK RIVER

413 Proctor Avenue763-635-4500

MILACA

170 - 2nd Avenue SW.320-982-6337

ONAMIA

517 Main Street320-532-3885

PRINCETON

604 - 3rd Street S.763-389-4602

DINING

Mille Lacs Elder Nutrition Program, Onamia.320-532-4181

CATHOLIC CHARITIES —

BECKER

Senior Dining/Meals on Wheels763-261-4466
 Woodbriar Apartments.12115 Rye Street

BIG LAKE

Senior Dining/Meals on Wheels763-263-0058
 Keller Lake Commons655 Norwood Lane

CAMBRIDGE

Senior Dining763-689-4691
 332 - 3rd Avenue NW

ELK RIVER

Senior Dining/Meals on Wheels763-441-6288
 Guardian Oaks Building350 Evans Avenue NW

FOLEY

Senior Dining/Meals on Wheels320-968-6721
 Dewey Place Apartments455 Dewey Street

ISANTI

Senior Dining/Meals on Wheels763-444-6100
 Isanti Community Center121 West Noreulis Street

SENIOR - DINING (cont.)

ISLE

Senior Dining/Meals on Wheels320-532-3885
 Faith Lutheran Church First and Lake Street

MILACA

Senior Dining/Meals on Wheels320-983-6158
 Milaca Park Apartments240 - 2nd Avenue SW

MONTICELLO

Senior Center763-295-2000
 505 Walnut Street, Suite 3

MORA

Senior Dining/Meals on Wheels320-679-4029
 Dala House Apartments470 Bean Avenue

ONAMIA

Senior Dining/Meals on Wheels320-532-3885
 Senior Citizens Center517 Main Street

PRINCETON

Senior Dining/Meal on Wheels763-389-4602
 Crystal Court Apartment604 S. 3rd Street

ST. CLOUD

Whitney Senior Center320-650-3068
 1527 Northway Drive

WAHKON

Senior Dining/Meals on Wheels320-532-3885
 Wahkon City Hall151 - 2nd St East

ZIMMERMAN

Senior Dining/Meals on Wheels763-856-4082
 Pine Cone Manor12612 3rd Avenue South

Age is not important unless you're a cheese.
 ~ Helen Hayes

SENIOR - GENERAL

Catholic Charities Health Education Program320-229-4591
 157 Roosevelt Road, Suite 200, St. Cloud.www.ccstcloud.org

Central MN Council on Aging320-253-9349/1-800-333-2433
 1301 W. St. Germain Street, Suite 101, St. Cloud . . . www.mcoa.org

Central MN Jobs & Training Serviceswww.cmjts.org
 Match job seekers, businesses, training. Adults, Seniors and Youth.

Cambridge - Isanti County763-279-4492
 140 Buchanan Street, Suite 152

Milaca - Mille Lacs County320-983-2995
 155 SW 2nd Ave., Suite 101

Monticello - Wright County.763-271-3700
 406 E. 7th Street

Mora • Kanabec County320-679-6484
 903 E. Forest Avenue

Zimmerman - Sherburne County763-856-9220
 26070 - 2nd Street E.

East Central Senior Resource Center.320-679-4065
 100 Park Street S., Morawww.region7erdc.org

Experience Works.320-352-7903
 For persons 55 and older

Family Pathways Senior Services763-631-5025
 1575 - 1st Avenue E., Cambridgewww.familypathways.org

Foster Grandparents320-229-4587/1-866-895-7992
www.seniorcorps.org

Great River Faith in Action / www.gra-fia.com763-263-4277
 Supportive services for seniors and those in need.

Mille Lacs County CVS320-983-8208/1-888-270-8208
 525 - 2nd Street SE, Milaca

MinnesotaHelp.infowww.mnhelp.com
 Online directory of services for seniors/caregivers; people with disabilities/caregivers; parents/families; and low income people.

Senior Helpers.763-262-9966
 In-home care assistancewww.seniorhelpers.com

7 County Senior Federation (50+) . . .320-679-4700/1-866-679-4700
 Senior LinkAge Line / www.mnhelp.com1-800-333-2433

SENIOR - LONG TERM CARE

- MILACA**
 Country Meadows320-983-6386
 740 - 2nd Street SE
 Elim Home320-983-2185
 730 - 2nd Street SE
- ONAMIA**
 Mille Lacs Long Term Care Center . .320-532-7970/1-877-535-3154
 200 Elm Street N.
- PRINCETON**
 Caley House Assisted Living763-389-0424
 104 S. 8th Avenue
 Elim Care and Rehab Center763-389-1171
 701 - 1st Street
 Sterling Pointe763-389-8655
 1250 Northland Drive

SOCIAL SECURITY/SSI

- Disability Specialist / www.disabilityspecialist.net. . .1-800-642-6393
 Representing Social Security Disability Claimants. No recovery, no fee.
 Social Security/SSI1-800-772-1213
 Will help with retirement and disability financial services.

*I do the very best I know how—the very best I can;
 and I mean to keep doing so until the end.*
 ~ Abraham Lincoln

SUPPORT GROUPS

- Alcoholics Anonymous & Alanon . . www.meetings.intherooms.com
 Alliance of Hope for Suicide Survivors. . . www.allianceofhope.org
 American Widow Project1-877-297-9436
 For those who have lost the heroes of yesterday, today and tomorrow.
 Battered Women's Support Group . . .320-982-2901/1-800-933-9614
 Depression and Anxiety After Pregnancy612-672-6669
 Divorce Net www.divorcenet.com
 Support communities and interactive tools.
 Lupus Foundation of Minnesota952-746-5151/1-800-645-1131
 Minnesota Kinship Caregivers651-917-4640
 NAMI Minnesota651-645-2948/1-888-NAMI-HELPS
 National Alliance on Mental Illness of MN . . . www.namihelps.org
 National Suicide Prevention. . TTY 1-800-799-4889/1-800-273-8255
 Timber Bay / Youth www.timberbay.org

- MILACA**
 Circles of Hope / Zion Lutheran Church320-369-4228
 245 Central Avenue.1st Thu. of month 6-8
 A monthly peer support group providing information and
 support for the challenges of balancing work and family.
 FIRE (Families Inspiring Respect for Everyone)320-982-7193
 500 Hwy. 23 West
 Pearl Crisis Center320-982-2901
 210 - 2nd Ave., # 104 . . . Domestic violence/Sexual assault support

- PRINCETON**
 Cancer Support Group.763-389-5441
 2045 - 100th Avenue
- ST. CLOUD**
 Place of Hope Ministries.320-203-7881
 511 - 9th Avenue N.
 Single Parents Support Group320-253-2664
 YMCA, 1530 Northway Drive, Child care is provided. . . . F 6-8 pm

TAX INFO / CREDITS / REFUNDS

- Internal Revenue Service / www.irs.gov1-800-829-1040
 MN Dept. of Revenue651-296-3781/1-800-652-9094
www.taxes.state.mn.us TTY 711
 7 County Senior Federation (50+) . . .320-679-4700/1-866-679-4700
 Free Income & Property Tax Filing.

FREE TAX ASSISTANCE

(February - April 10th)

- Catholic Charities & Financial Counseling320-252-4121
 Lakes and Pines320-679-1800
 MN Department of Revenue651-297-3724/1-800-657-3989
 For those with disabilities, low income and seniors.
 United Way 2-1-1211
 VITA (Volunteer Income Tax Assistance)651-296-3781

TAX CREDITS

- Earned Income Credit and the Minnesota Working Family Credit.
 These tax credits are for people who have low to moderate incomes.
 Earned Income Tax Credit info1-800-829-1040
 Working Family Tax Credit info1-800-652-9094

RENTERS / HOMEOWNERS REFUNDS

- Renters/Homeowners Property Tax Refund. . www.taxes.state.mn.us
 MN Department of Revenue1-800-652-9094
 Whether you're a renter or a homeowner, you could be eligible for
 a property tax refund. Fill out a Minnesota property tax refund
 form M1PR to see if you qualify.
- **Renters**—You'll need a **Certificate of Rent Paid**. Get one from your landlord in January. It shows how much of your rent helped pay property taxes.
 - **Homeowners**—You'll need your **Statement of Property Taxes** to find out how much tax you paid on your home.

TRANSPORTATION

- Care Cabs320-251-7433/1-800-535-7190
 Provides transportation for wheelchair bound people. Fare varies and may be covered by Medical Assistance.
- LJs Handi-Van / Princeton & Milaca . .763-389-9440/1-800-528-9538
- Metro Transit612-373-3333
 Ride Share/Carpool Services. Connects people with others that are commuting to ride share between cities, not intercity.
- Schu-tran320-968-7478/1-877-968-8898
 Public transportation. Fare varies and may be covered by Medical Assistance, MNet, UCare or other insurances..
- Speedy Van320-774-7960
 Provides transportation for disabled people. Fare varies and may be covered by Medical Assistance.
- MILLE LACS COUNTY**
 Community and Veterans Services.320-983-8208
 Great River Faith in Action763-263-4277/1-888-698-0089
 Timber Trails Public Transit320-983-2494/1-888-217-5222

CAR MAINTENANCE

- CAER.763-441-1020
 Car care clinic is offered monthly on first-come, first-serve basis.
 They assist with some repairs on legal vehicles.
- SHERBURNE COUNTY**
 Health and Human Services.763-765-4000/1-800-433-5239
Auto Readiness available to MFIP applicants which is a loan that you may apply for with your financial worker for repairs or auto insurance when funds are available.

*Don't put the key to your happiness in someone else's pocket.
 Keep it in your own.*

VETERANS

- Catholic Charities.** 320-229-4576/1-800-830-8254
 Veteran's Transitional Housing M-F 8-4:30
 157 Roosevelt Road, Suite 200, St. Cloud
- Mille Lacs County CVS** 320-983-8208/1-888-270-8208
 525 - 2nd Street SE, Milaca
- Veteran's Affairs.** 1-800-488-8244
- Veterans Crisis Line** 1-800-273-8255
 Free, confidential; Veterans, families www.veteranscrisisline.net
- Veterans LinkAge Line** 1-888-546-5838

THRIFTY WEBSITES

- Betty Crocker** www.bettycrocker.com
 Free recipes, coupons and newsletters.
- Cafe Mom** www.cafemom.com
 Moms meet online to talk, share advice, make new friends, and more.
- Dollar Stretcher** www.stretcher.com
 Free online thrifty living newsletter.
- Freecycle** www.freecycle.org
 People who are giving (and getting) stuff for free in their own towns.
 It's all about reuse and keeping good stuff out of landfills. Each
 local group is moderated by local volunteers (them's good people).
 Membership is free.
- Penny Pincher Gazette** www.ppgazette.com
 Online grocery coupons, recipes and articles.
- The Motherhood** www.themotherhood.com
 Thrifty parenting tips.
- The Thrift Shopper** www.thethriftshopper.com

*Love without Principle is a jelly-fish; wishy-washy, spineless.
 Principle without Love is an iceberg; cold, rigid, aloof.
 When Love directs with Principle and they are balanced,
 a healthy mind, body and spirit is created.*
 ~ Joseph and Cynthia Hudspeth

LIVING A BALANCED LIFE

This is one person's opinion of living a balanced life.
 By *trying* to keep the following in balance it helps me
 be a better person to be around myself and others.

- Keep God #1
- Get Enough Sleep
- Eat Healthy
- Exercise
- Drink Water
- Breathe Deep
- Have Fun
- Love Myself & Others
- Forgive Myself & Others
- Not Worry
- Be Kind
- Be Grateful

HALT - GREAT REMINDER FOR ME. WHENEVER I AM ANY OF THESE:

- HUNGRY
- ANGRY
- LONELY

TIRED ► I have to "halt" and be extra gentle when dealing with myself and others.



• LETTER FROM A WOMAN WHO HAS TURNED HER LIFE AROUND •

When I was first asked to tell my story, I said, "No." But the more I thought about it, I realized I had to. I was once in a dark place and now I'm not.

I grew up a product of divorce like many families. My mother and father did the best they could but as I've learned through time and experience we can't place our hope in any one person.

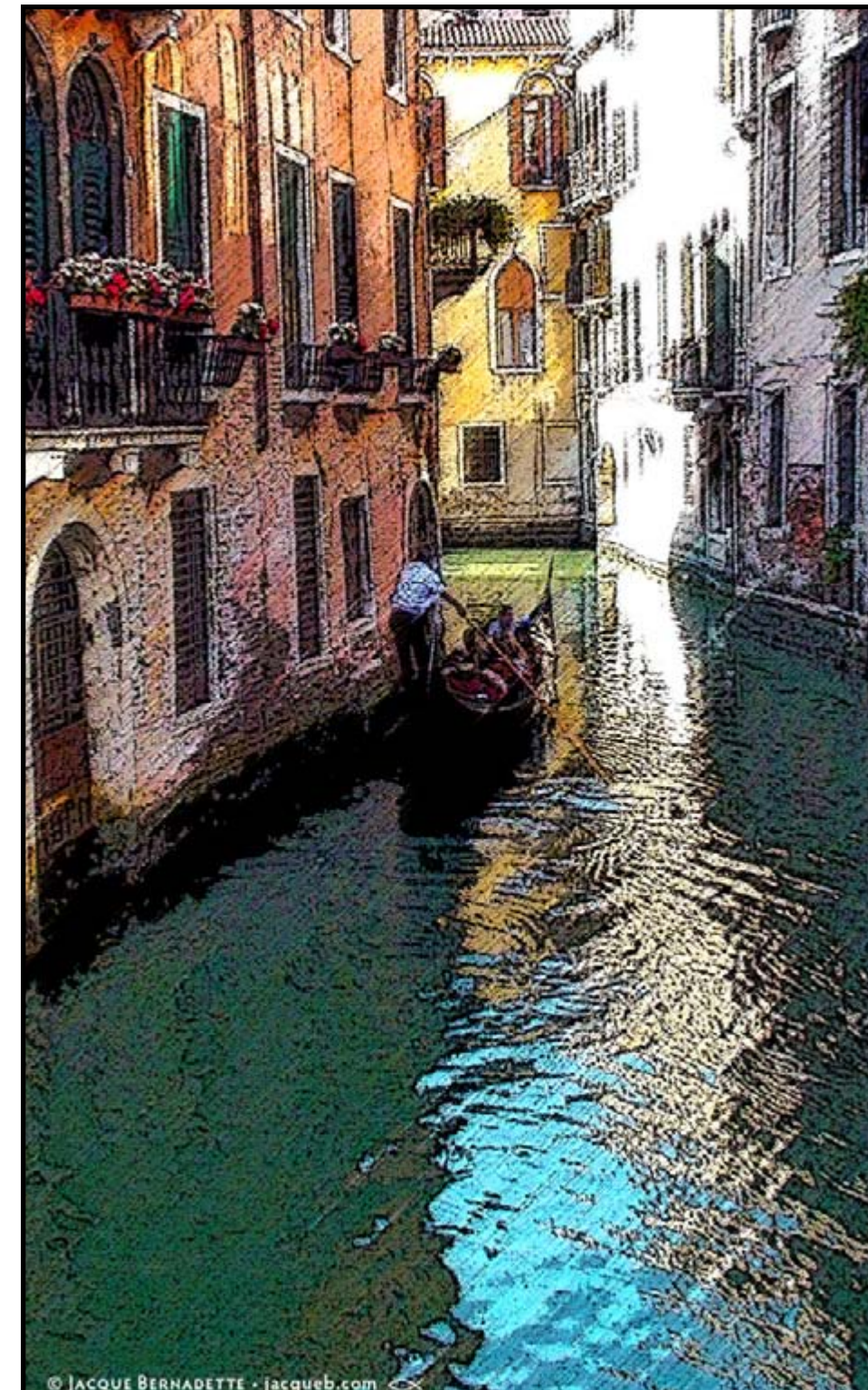
I've made some horrible mistakes and many wrong choices. I knew I didn't want to go on living the way I was so I got help. Going to different groups on self-esteem, co-dependency and adult children of alcoholics helped me to see I had to learn a new way to live. How I grew up and how I was living wasn't healthy and I no longer wanted that.

It wasn't easy. It was a lot of hard work. I pushed past my fears and took different risks by opening up to others who wanted to help and worked on my past. I saw how unforgiveness, anger, and fear occupied too much space in my heart and it was something I wanted to be free of. I know now that I had to go through the pain of my past to get to the amazing life I have now. How I grew up did affect me as an adult.

I learned how to forgive others and myself also. I learned I can never run away from my problems. Now when difficulties happen I face them head on and deal with them, one at a time and one step at a time. Everyone you meet is going through some kind of battle. It doesn't matter what happened in the past, you have to keep moving forward.

The most important thing I learned is that with God, I don't have to be perfect. He loves me just the way I am. Even if sometimes others don't. I want to do right by God because in the end He is all that matters. He sent His son, Jesus Christ, to die for me. Knowing Jesus Christ gave me the power, hope and courage to turn my life around.

My hope for you is that you do something you fear—get out of your comfort zone and work to change whatever needs changing. We each only have one life and I pray that you have that desire to make your life better for yourself and for others.
 May you be blessed, Bernie K. (Psalm 37)



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