



Community Support Resource Directory



TABLE OF CONTENTS

To navigate to a certain section, click on the title or page number below.

ADVOCACY	2
AFFORDABLE HEALTH CARE	2
COMPREHENSIVE EPILEPSY CENTERS.....	2
DISABILITY ORGANIZATIONS.....	3
EDUCATION	6
EMPLOYMENT	7
EPILEPSY INFORMATION	7
FINANCIAL/BASIC NEEDS ASSISTANCE	8
HOUSING.....	9
INSURANCE	11
LEGAL/DISCRIMINATION.....	11
MENTAL HEALTH/GRIEF.....	14
OTHER.....	16
PRESCRIPTION ASSISTANCE.....	17
SEIZURE ASSIST DOGS	18
SENIORS	18
SOCIAL SERVICES/INFORMATION.....	18
STATE/COUNTY AGENCIES	23
SYNDROMES.....	25
TRANSPORTATION.....	27
VETERANS	29

ADVOCACY

Outfront MN

310 E 38th St Unit 209
Minneapolis, MN 55409

612.822.0127

access@outfront.org

www.outfront.org

(Leading Minnesota towards LGBTQ equality through anti-violence, education, legal and trans justice, and public policy.)

Area served: Minnesota

AFFORDABLE HEALTH CARE

Patient Advocate Foundation

421 Butler Farm Road, Hampton, VA 23666

1.800.532.5274

help@patientadvocate.org

www.patientadvocate.org

(Direct case management services and financial assistance to patients and caregivers to help them navigate the health care system, access affordable care, and learn self-advocacy.)

Area served: United States

Languages: Spanish, Tagalog, Chinese and French

St. Mary's Health Clinics

1884 Randolph Avenue,

St. Paul, MN 55105

651.287.7777

info@stmarysclinics.org

www.stmaryshealthclinics.org

(Free medical care, outreach and education to low-income, uninsured families and individuals who are not eligible for government programs.)

Area served: Twin Cities metro

COMPREHENSIVE EPILEPSY CENTERS

Gillette Children's Specialty Healthcare Epilepsy Program

200 University Ave. East, St. Paul, MN 55101

651.290.8707, 800.719.4040 toll free

efmn.org | 1-800-779-0777

www.gillettechildrens.org/conditions-care/epilepsy-and-seizures/epilepsy-diagnosis-treatment

(Level 3 Pediatric Epilepsy Center)

Mayo Clinic

200 1st Street SW, Rochester, MN 55905

507.284.2111, 507.538.3270 (appointments)

www.mayoclinic.org/epilepsy

(Level 4 Adult/Pediatric Epilepsy Center)

MINCEP Epilepsy Care

St. Louis Park Clinic

5775 Wayzata Boulevard, Suite 255

St. Louis Park, MN 55416

952.525.4500

www.mphysicians.org/our-clinics/st-louis-park-clinic-epilepsy-care-program

(Level 4 Adult/Pediatric Epilepsy Center)

Languages: Website available in multiple languages

Minnesota Epilepsy Group

225 Smith Avenue N., Suite 201, St. Paul, MN 55102

651.241.5290

www.mnepilepsy.org

(Level 4 Adult/Pediatric Epilepsy Center)

National Association of Epilepsy Centers

1150 Connecticut Avenue NW, Suite 803,

Washington, DC 20036

202.800.7074

info@naec-epilepsy.org

www.naec-epilepsy.org

(Accrediting agency for comprehensive epilepsy centers)

Area served: United States

DISABILITY ORGANIZATIONS

Alzheimer's Association - Minnesota-North Dakota Chapter

7900 West 78th Street, Ste 100, Edina, MN 55439

24/7 Information and Support: 1.800.272.3900

Chapter Offices:

Minneapolis: 952.830.0512

St Paul: 651.789.9832

Duluth: 218.733.2560

Rochester: 507.289.3950

St Cloud: 320.257.0699

Fergus Falls: 218.998.3603

www.alz.org/mnnd

(Care consultation, support groups, education and advocacy for those affected by Alzheimer's)

Area served: Minnesota and North Dakota

Arc Minnesota

info@arcminnesota.org

www.arcminnesota.org

(Information, assistance, education and advocacy for people with intellectual and development disabilities and their families.)

Area served: Minnesota

Arc Minnesota Regional Offices:

Arc Greater Twin Cities

2446 University Ave. W., Suite 110, St. Paul, MN 55114

952.920.0855; 833.450.1494 toll-free

Area served: Twin Cities Metro (Anoka, Carver, Dakota, Hennepin, Ramsey, Scott, and Washington counties)

Arc Midstate

PO Box 251, St. Cloud, MN 56302

Local: 320.251.7272, Toll free 833.450.1494

Area served: Stearns, Benton, Morrison and Todd counties

Arc Northland Chapter

424 W. Superior St., Suite 500, Duluth, MN 55802

218.726.4725

Email: info@arcnorthland.org

www.arcnorthland.org

Area served: Southern St. Louis, Carlton, Lake, and Cook counties

Arc Range

Toll Free: 833.450.1494

Area served: Northern St. Louis, Itasca, and Koochiching counties

Arc Southeast

6301 Bandel Road NW, Suite 605

Rochester, MN 55901

507.287.2032; 888.732.8520 toll-free

Area served: Dodge, Fillmore, Goodhue, Houston, Olmsted, Rice, Wabasha, and Winona counties

Arc Southwest

Fairmont Office:

Box 674, Fairmont, MN 56031

507.235.8580; 800.427.2895 toll-free

Mankato Office:

501 South Second Street, Mankato, MN 56001

507.345.4223; 866.502.4082 toll-free

Area: Blue Earth, Brown, Cottonwood, Faribault, Jackson, Le Sueur, Lincoln, Lyon, Martin, Murray, Nicollet, Nobles, Pipestone, Redwood, Rock, Waseca, Watonwan, and Yellow Medicine counties

Arc Stevens County Chapter

P.O. Box 453, Morris, MN 56267

Phone: (320) 589-3096

Email: arccc@fargocity.com

Area served: Stevens County

Arc West Central

P.O. Box 863, Moorhead, MN 56561-0863

218.233.5949; 800.411.0124 toll-free

Email for regional director:

donnaatherton@arcminnesota.org

Area served: Becker, Clay, Douglas, Grant, Norman, Otter Tail, and Wilkin counties

Autism Society of Minnesota

2380 Wycliff Street, #102, St. Paul, MN 55114

651.647.1083

info@ausm.org

www.ausm.org

(Advocacy, education, support, collaboration, and community building for individuals and families affected by Autism Spectrum Disorder)

Area served: Minnesota

Brain Injury Alliance of Minnesota

2277 Highway 36 West, Suite 200, Roseville, MN 55113

612.378.2742, 800.669.6442 toll free

Email: info@braininjurymn.org

www.braininjurymn.org

(Support to those affected by brain injury through advocacy and public policy, resource facilitation services, case management, and statewide educational opportunities)

Area served: Minnesota

Centers for Independent Living in Minnesota:

Access North Center for Independent Living of Northeast Minnesota

1309 East 40th Street, Hibbing, MN 55746

218.262.6675; 800.390.3681 toll free

Email: info@accessnorth.net

www.accessnorth.net

Area served: Aitkin, Carlton, Cass, Cook, Crow Wing, Itasca, Koochiching, Lake, Pine, and St. Louis counties

Freedom Resource Center for Independent Living, Inc.

2701 9th Ave. S, Suite H, Fargo, ND 58103

701.478.0459 Voice/TTY; 800.450.0459 toll free

freedom@freedomrc.org

www.freedomrc.org

Area served: Western MN and southeastern ND, with another MN office in Fergus Falls and ND offices in Wahpeton, Lisbon & Jamestown

Independent Lifestyles Inc., CIL

215 North Benton Drive

Sauk Rapids, MN 56379

320.529.9000, 888.529.0743

ilicil@independentlifestyles.org

www.independentlifestyles.org

Area served: Central MN, with another office in Little Falls

Metropolitan Center for Independent Living (MCIL)

530 Robert Street North, St. Paul, MN 55101

651.646.8342

Email: mcil@mcil-mn.org

www.mcil-mn.org

Area served: Twin Cities metro

Minnesota Association for Centers for Independent Living

1309 East 40th Street, Hibbing, MN 55746
218.262.6675

www.macil.org

(Non-profit that advocates for a statewide network of independent living services and supports for Minnesotans with disabilities. Their website provides information about the eight Centers for Independent Living in Minnesota, listed below)

Options Resource Center for Independent Living

318 3rd St NW, East Grand Forks, MN 56721

218.773.6100; 800.726.3692 toll-free

Email: options@myoptions.info

www.myoptions.info

Area served: Northwest MN and Northeast ND, with MN outreach offices in Roseau, Thief River Falls and Crookston, and ND outreach offices in Cavalier and Devils Lake

SEMCIL (Southeastern Minnesota Center for Independent Living)

2200 Second Street SW, Rochester, MN 55902

507.285.1815; 888.460.1815 toll free

Email: semcil@semcil.org

www.semcil.org

Area served: Southeastern MN (Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha and Winona counties), with another office in Winona

Southern Minnesota Independent Living Enterprises & Services (SMILES)

709 S. Front St. Suite 7, Mankato, MN 56001
507.345.7139; 888-676-6498

www.smilescil.org

Area served: Southern MN, with additional offices in Fairmont and New Ulm

SWCIL (Southwestern Center for Independent Living)

109 S. Fifth St., Suite 700, Marshall, MN 56258
507.532.2221; For MN Relay, dial 711

E-mail: swcil@swcil.com

www.swcil.com

Area served: Southwestern MN (Cottonwood, Jackson, Lincoln, Lyon, Murray, Nobles, Pipestone, Redwood, Rock, and Yellow Medicine counties)

ConnectAbility of Minnesota

2901 3rd Street South, Waite Park, MN 56387
320.253.0765

Hello@ConnectAbilityMN.org

www.connectabilitymn.org

(Inclusive events and a range of transportation and home-based services to empower individuals with physical and invisible barriers to achieve their potential.)

Area served: Minnesota

Disability Hub MN (formerly Disability Linkage Line)

530 Robert Street North, St. Paul, MN 55101
1.866.333.2466

www.disabilityhubmn.org

www.mn.db101.org (Disability Benefits 101)

www.mn.hb101.org (Housing Benefits 101)

(Free statewide resource network that helps individuals with disabilities solve problems, navigate the system

and plan for their future in the areas of health, housing, benefits, work, and more)

Area served: Minnesota

Family Voices of Minnesota

2223 5th Street

Unit #10933

St. Paul, MN 55110

Talk / Text: 612.440.1609

Toll Free: 866.334.8444

Email: Connected@familyvoicesmn.org

www.familyvoicesofminnesota.org

(Information, tools and resources for parents and families of children with special healthcare needs and disabilities)

Area served: Minnesota

Family Voices of North Dakota

PO Box 163, 312 2nd Ave. W

Edgeley, ND 58433

701.493.2634

Email: fvnd@drtel.net

www.fvnd.org

(Information, tools and resources for parents and families of children with special healthcare needs and disabilities)

Area served: North Dakota

Fraser Community Services

2400 W. 64th St., Minneapolis, MN 55423

612.861.1688

E-mail: fraser@fraser.org

www.fraser.org

(Minnesota's largest provider of autism and early childhood mental health services. Fraser serves infants through adults with healthcare, housing, education and employment.)

Area served: Minnesota

Languages: Website available in 16 different languages; services provided in multiple languages

Goodwill-Easter Seals Minnesota

553 Fairview Ave. N., St. Paul, MN 55104

651.379.5800

www.goodwilleasterseals.org

(Provides job training, placement and related services to people with disabilities or other barriers to independence and employment)
Area served: Minnesota

House of Everyday Learning

3001 11th St. So., Fargo, ND 58103

701.356.5410

Email: ladonna@houseofeverydaylearning.com

www.houseofeverydaylearning.com

(Support services for individuals with special needs and their families)

Area served: Fargo/Moorhead

National Multiple Sclerosis Society Upper Midwest Chapter

2829 University Avenue SE, Suite 900

Minneapolis, MN 55414

612.335.7900, 800.344.4867 toll free

www.nationalmssociety.org/Chapters/MNM

(Working to improve the quality of life for people affected by MS)

Area served: Minnesota, Iowa, North & South Dakota, several counties in western Wisconsin and Nebraska)

National Parkinson Foundation Minnesota

8085 Wayzata Boulevard, Suite 100

Golden Valley, MN 55426

763.545.1272

E-mail: minnesotadakotas@parkinson.org

www.parkinson.org/MinnesotaDakotas

(Wellness & exercise, support groups and educational events for people with Parkinson's, their care partners and families)

Area served: Minnesota, North Dakota, South Dakota

PACER Center

8161 Normandale Blvd., Bloomington, MN 55437

952.838.9000, 800.537.2237 toll free

www.PACER.org

(Individual assistance, workshops, publications and other resources for families of children and young adults with disabilities. The federal government's

designated parent training and information center for Minnesota)

Area served: Minnesota and across the nation

Languages: Website available in Hmong, Spanish and Somali

Pathfinder Services of North Dakota

PO Box 758, Minot, ND 58702

701.837.7500

Email: info@pathfinder-nd.org

www.pathfinder-nd.org

(Resources to educate parents, youth, professionals, and the community, focusing on individuals birth-26 with learning differences or challenges.)

Area served: North Dakota

Proof Alliance (formerly MOFAS)

1876 Minnehaha Ave W, St. Paul, MN 55104

651.971.2370 or 1.866.90.MOFAS (66327)

www.proofalliance.org

(Support, resources, and information related to Fetal Alcohol Spectrum Disorders - FASD)

Area served: Minnesota

United Cerebral Palsy of Minnesota

200 University Ave E, St. Paul, MN 55101

651.265.7361

Email: info@ucpmn.org

<https://ucpmn.org/>

(Educates, advocates and provides support services to ensure a life without limits for people with a spectrum of disabilities)

Area served: Minnesota

EDUCATION

College Possible Minnesota

755 Prior Avenue North, Suite 200

Saint Paul, Minnesota 55104

651-917-3525

Email: MNInfo@CollegePossible.org

www.collegepossible.org/communities/minnesota

(Program that helps students from diverse backgrounds get into college and persist through graduation.)

Area served: Minnesota

EMPLOYMENT

CareerForce

332 Minnesota St., Suite E200, St. Paul, MN 55101

651.259.7501

CareerForce@state.mn.us

www.careerforcemn.com

(Offers classes, workshops, and career fairs. Counselors help people connect to job search resources, provide assistance with interviewing and resume writing, and help navigate various government benefits.)

Area served: Minnesota (~50 locations)

Languages: Phone services in English, Hmong, Somali & Spanish. On-site services for non-English speakers offered by CareerForce staff or via phone translation service.

Hired

217 5th Ave N, Third Floor, Minneapolis, MN 55401

612.808.9500

information@hired.org

www.hired.org

(Career training, employment services and support for adults and youth seeking employment. Online career interest and aptitude assessments.)

Area served: Twin Cities Metro

Minnesota Department of Economic Development – Vocational Rehabilitation Services Unit

1st National Bank Bldg., 332 Minnesota St., Ste E200
St. Paul, MN 55101

651.259.7366, 800.328.9095 toll free

Email: vrs.customerservice@state.mn.us

www.mn.gov/deed/job-seekers/disabilities

(Counseling, training and support to help people with disabilities prepare for, find and keep a job)

Area served: Minnesota

MinnesotaWorks

Help Desk: 651.259.7500, 1.800.345.2537

www.minnesotaworks.net

(Free searchable online job bank. View thousands of job listings from private employers statewide.)

Area served: Minnesota

Vocational Rehabilitation Services

www.mn.gov/deed/job-seekers/disabilities/find-vrs

(Helps people with disabilities prepare for, find and keep a job, and live as independently as possible.)

Area served: Minnesota

EPILEPSY INFORMATION

American Epilepsy Society

135 South LaSalle Street, Suite 2850, Chicago, IL 60603

312-883-3800

Email: info@aesnet.org

www.aesnet.org

(Professional organization for epilepsy clinicians and researchers. Publishes bi-monthly journal *Epilepsy Currents*.)

Area served: United States

Center Watch

300 N. Washington St., Suite 200, Falls Church, VA
22046

617.948.5100

www.centerwatch.com

(Information and search engine for clinical trials.)

Area served: International

CURE Epilepsy

420 N. Wabash Avenue, Suite 650, Chicago, IL 60611

312.255.1801, 844.231.2873 toll free

www.cureepilepsy.org

(Funds research to find cures for epilepsy.)

Area served: United States

Epilepsy Foundation of Minnesota

1600 University Ave. W., Ste. 300, St. Paul, MN 55104

651.287.2300 or 800.779.0777

Email: info@efmn.org

www.efmn.org

(Youth, adult and family programs for those affected by epilepsy, one-on-one support through Information Services, advocacy, education and training on seizures and epilepsy.)

Area served: Minnesota and eastern North Dakota

Languages: Information Services available in Spanish; some materials available in Spanish, Hmong and Somali.

East Metro Region

651.287.2315

abedwards@efmn.org

Northern Minnesota Region

218.624.1330

Email: lisa.peterson@efmn.org

Southern Minnesota Region

507.287.2103

Email: mhernandez@efmn.org

West Metro Region

651.287.2319

ewilliams@efmn.org

Western Minnesota Region

651.287.2358

lisa.necastro@efmn.org

Donated Goods Office

651.287.2300

Email: customerservice@efmn.org

Epilepsy Foundation (National)

3540 Crain Highway, Suite 675, Bowie, MD 20716

301.459.3700 – Main

1.800.332.1000 – 24/7 Epilepsy & Seizures Helpline

Email: ContactUs@efa.org

www.epilepsy.com

(Community services, public education, federal and local advocacy, seizure first aid training, and research funding into new treatments and therapies.)

Area served: United States

Languages:

Spanish

Helpline: 1.866.748.8008

www.epilepsy.com/espaol

North American Antiepileptic Drug Pregnancy Registry

Massachusetts General Hospital, 125 Nashua Street, Suite 8438, Boston, MA 02114

888.233.2334

www.aedpregnancyregistry.org

(Registry to obtain and publish information on the safety of seizure medications during pregnancy.)

Area served: United States and Canada

Talk About It

www.talkaboutit.org

(Partnership between the Epilepsy Foundation and actor Greg Grunberg. Website pairs celebrities and epilepsy experts to raise epilepsy awareness and reduce stigma.)

U.S. National Library of Medicine – Clinical Trials

8600 Rockville Pike, Bethesda, MD 20894

www.clinicaltrials.gov

(Database of privately and publicly funded clinical studies conducted around the world.)

Area served: International

FINANCIAL/BASIC NEEDS ASSISTANCE

Bridging

201 W 87th St, Bloomington, MN 55420

952.888.1105

bridging.org

(Provides quality furniture and household goods for those pursuing housing stability.)

Area served: 7-county Twin Cities metro area. Second warehouse in Roseville.

**Cerner Charitable Foundation
(Formerly First Hand Foundation)**

2800 Rock Creek Parkway
North Kansas City, Missouri 64117
816.201.1569
cernercharitablefoundation@cerner.com
www.cernercharitablefoundation.org

(Provides income-based funding for children ages 18 and younger whose families cannot afford medical care, equipment, vehicle modifications, or displacement related to care. Ages 19-21 may be considered if they are in a child-like state.)

Area served: United States and International

Community Action Agencies

mn.gov/dhs/people-we-serve/adults/economic-assistance/food-nutrition/resources/community-action-agencies.jsp

(Provides resources and programs for low-income families.)

Area served: Minnesota

Kids Kare Fund

218.362.6880
kidskarefund@gmail.com
www.kidskarefund.org

(Provides funds to help cover out-of-pocket expenses incurred as a result of a child's medical treatment.)

Area served: St. Louis and parts of Itasca County

Salvation Army - Northern Division

2445 Prior Ave N, Roseville, MN 55113
651.746.3400
centralusa.salvationarmy.org/northern

(Christian faith-based organization that provides assistance with shelter, food, paying bills, employment, addiction, disaster relief, youth programs, and case

management to help families break the cycle of crisis. Services vary by location; find local information using their website's "Location" search.)

Areas served: Minnesota and North Dakota

The 30 Days Foundation

the30daysfoundation@live.com
www.the30-daysfoundation.org

(Helps Minnesota families and individuals in real life financial crisis by providing a one-time grant for housing costs, moving expenses, prescription and medical, utilities and everyday essentials.)

Areas served: Minnesota

United Healthcare Children's Foundation

Attn: MN017-W400
9700 Healthcare Lane
Minnetonka, MN 55343
1.855.698.4223
customerservice@UHCCF.org
www.uhccf.org

(Provides income-based medical grants to help children age 16 and younger gain access to health-related services not covered, or not fully covered, by their family's commercial health insurance plan.)

Areas served: United States

HOUSING

American Indian Community Housing Organization

202 W 2nd St, Duluth, MN 55802
218.722.7225
www.aicho.org/#

(Housing and supportive services.)

Area served: Duluth

Family Promise

14515 Nowthen Blvd. NW, Ramsey, MN 55303
763.568.7365
info@familypromiseanoka.org
www.familypromiseanoka.org

(Shelter and housing stabilization for families experiencing homelessness with a goal to achieve permanent housing.)

Area served: Anoka County

Guild Services

122 Wabasha St. S., Suite 400

Saint Paul, MN 55107

651.291.0067

HART@guildservices.org

www.guildservices.org/housing

(Housing Access Resource Team provides support for those with SPMI diagnosis, homeless or at risk of being homeless to keep permanent affordable housing while improving their overall health and wellbeing.)

Area served: Dakota, Ramsey counties

HomeLine

8011 34th Ave S, Suite 126, Bloomington, MN 55425

612.728.5767, 1.866.866.3546 toll free

Email an attorney using form on website

www.homelinemn.org

(Hotline advocates provide free advice regarding Minnesota tenant/landlord law. Website offers free form letters and links to housing resources.)

Area served: Minnesota

Languages:

Spanish – 612.255.8870

Somali – 612.255.8860

Hmoob – 612.255.7104

HousingLink

1400 Van Buren St. NE, Ste 215, Minneapolis, MN 55405

612.522.2500

Email: info@housinglink.org

www.housinglink.org

(Affordable housing-related information, data and resources for tenants and landlords. Includes housing search engine and updated subsidized housing waitlists.)

Area served: Minnesota, North Dakota, Wisconsin

efmn.org | 1-800-779-0777

Itasca County HRA

102 NE Third Street, Suite 160

Grand Rapids, MN 55744

218.326.7978

info@itascacountyhra.org

www.itascacountyhra.org/

(Offers affordable housing opportunities to income-eligible individuals in Itasca County, including rental assistance and supportive services for homeless persons with disabilities.)

Area served: Itasca county

Life House – Duluth

102 W. First Street

Duluth, MN 55802

218.722.7431

jordon.johnson@life-house.org

lifehouseduluth.org/programs/housing

(Serves homeless and street youth ages 14-24 in the areas of transitional housing, mental health & wellness, education, and employment.)

Area served: St. Louis county

Minnesota Coalition for the Homeless

2233 University Ave W. Suite 423, St. Paul, MN 55114

651.645.7332

Email: info@mnhomelesscoalition.org

www.mnhomelesscoalition.org

(Advocacy organization that works to generate policies, community support and local resources for housing and services to end homelessness in Minnesota.)

Area served: Minnesota

Oasis of Central MN

213 1st Ave SE, Little Falls, MN 56345

320.632.9140

oasiscmdirector@outlook.com

oasiscentralmn.org

(Builds community and bridges gaps by being a resource and referral hub, increasing access to quality food and providing emergency housing and case management to individuals and families experiencing homelessness.)

Area served: Morrison County

Stepping Stone Shelter

3300 4th Avenue N, Cronin Building #14
Anoka, MN 55303
763.323.7006

steppingstoneeh.org

(Shelter and case management for adults experiencing homelessness with a goal to move to self-sufficiency.)

Area served: Five-county suburban metro

The Bridge for Youth

1111 West 22nd St. Minneapolis, MN 55405
612.230.6601

development@bridgeforyouth.org

bridgeforyouth.org

(Provides runaway and homeless youth with safe shelter, assists in the prevention and resolution of family conflicts and reunifies families whenever possible.)

Area served: Twin Cities Metro

INSURANCE

Comprehensive Health Association of North Dakota

4510 13th Avenue South, Fargo, North Dakota 58121
844.363.8457

www.chand.org

(Offers health insurance to North Dakota residents who can't find adequate health insurance coverage in the private market or who have lost their employer-sponsored group health insurance.)

Area served: North Dakota

Minnesota Department of Commerce

85 7th Place East, Suite 280, St. Paul, MN 55101
651.539.1500 (local)

651.539.1600 (complaints)

800.657.3602 (outside Twin Cities metro area)

Email: consumer.protection@state.mn.us

www.mn.gov/commerce/consumers/your-insurance

(Investigates consumer complaints and resolves disputes between consumers and insurers.)

Area served: Minnesota

Languages: some web pages available in Spanish, Somali & Hmong

North Dakota Insurance Department

600 E. Boulevard Ave., Bismarck, ND 58505
701.328.2440

Email: insurance@nd.gov

www.nd.gov/ndins/

(Help with insurance issues, Prescription Connection program for discount drugs, and State Health Insurance Counseling program to help seniors with questions about Medicare.)

Area served: North Dakota

Portico Healthnet

1600 University Avenue W, Suite 211, Saint Paul, MN 55104

651.489.2273, 866.489.4899 toll free

Email: info@porticohealthnet.org

www.porticohealthnet.org

(Helps uninsured individuals and families access affordable health coverage and care.)

Area served: Minnesota

Languages: Spanish, Hmong, Somali, Vietnamese

LEGAL/DISCRIMINATION

ADA Minnesota

530 Robert St N, Saint Paul, MN 55101

651.603.2015, 888.630.9793 toll free

Email: CindyT@mcil-mn.org

www.adaminnesota.org

(Technical assistance and information about ADA requirements and compliance.)

Area served: Minnesota

Central Minnesota Legal Services

www.centralmnlegal.org

(Central Minnesota Legal Services provides free legal help to low-income individuals and families to assist with civil legal issues.)

Minneapolis Office

612.332.8151

Area served: Hennepin and Anoka counties

St. Cloud Office

320.253.0138

Area served: Benton, Chisago, Isanti, Mille Lacs, Morrison, Sherburne, Stearns, Todd and Wright counties

Willmar Office

320.253.0138

Area served: Big Stone, Chippewa, Kandiyohi, LacQui Parle, Lincoln, Lyon, Meeker, Renville, Swift and Yellow Medicine counties

Jeanne A. Carpenter Epilepsy Legal Defense Fund

3540 Crain Highway, Suite 675, Bowie, MD 20716

800.332.1000 toll free

Email: legalrights@efa.org (for general legal questions; for specific legal and epilepsy issues, use form on website)

www.epilepsylegal.org

(Education, increased access to legal services, and advocacy in fighting epilepsy discrimination.)

Area served: United States

Job Accommodation Network (JAN)

P.O. Box 6080, Morgantown, WV 26506

304.293.7186, 877.781.9403 TTY, 800.526.7234 toll free

Email: jan@askjan.org

www.askjan.org

(Free, expert, and confidential guidance on job accommodations and disability employment issues.)

Area served: United States

Languages: website available in Spanish

LawHelpMN.org

www.lawhelpmn.org

efmn.org | 1-800-779-0777

(Free legal information, forms and documents, search engine for legal providers and clinics, free legal advice for low-income Minnesotans.)

Area served: Minnesota

Languages: Website available in Spanish, Hmong and Somali. Self-help library materials available in multiple languages, including Spanish, Hmong, Somali and French.

Mid-Minnesota Legal Aid

111 N Fifth St., Suite 100

Minneapolis, MN 55403

Intake Line: 612.334.5970 or 1.800.292.4150

Email: info@mylegalaid.org

www.mylegalaid.org

Legal Aid Offices:

(Free civil legal services for those with low incomes or age 60+)

Area served: 20 MN counties for low-income, 26 MN counties for age 60+. Offices in Minneapolis, St. Cloud and Willmar.

MN Disability Law Center Offices:

(Free civil legal assistance to individuals with disabilities, regardless of age or income, on legal issues related to their disabilities.)

Area served: Minnesota. Offices in Minneapolis, Duluth, Mankato and Fertle.

Minnesota Attorney General's Office

445 Minnesota St, Ste 1400, St. Paul, MN 55101

651.296.3353 (Twin Cities), 1.800.657.3787 (outside the Twin Cities)

www.ag.state.mn.us

(Assistance with consumer complaints and reports of scams and fraud.)

Area served: Minnesota

Languages: Phone interpreter service available. Online consumer assistance and complaint forms available in Spanish, Hmong, Somali, and Karen)

Minnesota State Department of Human Rights

540 Fairview Ave N, Ste 201, St. Paul, MN 55104

651.539.1100, 1.800.657.3704

Email: info.mdhr@state.mn.us

www.mn.gov/mdhr

(Agency responsible for enforcing civil rights under the Minnesota Human Rights Act)

Area served: Minnesota

Languages: website available in more than 100 languages

North Dakota Attorney General's Office

600 E. Boulevard Ave., Dept. 125, Bismarck, ND 58505

701.328.2210, 800.366.6888 TTY

Email: ndag@nd.gov

www.ag.nd.gov

(Consumer Protection Division enforces laws protecting consumers against fraud and other deceptive business practices. Other divisions include Criminal Investigation, Gaming, Licensing, Fire Marshal, Lottery, State Crime Lab and Medicaid Fraud.)

Area served: North Dakota

North Dakota Department of Labor and Human Rights

600 East Boulevard Ave Dept 406, Bismarck, ND 58505

701.328.2660, 1.800.582.8032 In-state toll free

800.366.6888 or 800.366.6889 TTY (Relay ND)

Email: labor@nd.gov

www.nd.gov/humanrights

(Enforces state laws pertaining to human rights and wage payments; provides the public with education and resources about those rights.)

Area served: North Dakota

Protection & Advocacy Project aka Disability Rights North Dakota

400 East Broadway, Ste. 409, Bismarck, ND 58501

701.328.2950, 800.472.2670 toll free

efmn.org | 1-800-779-0777

Email: panda@nd.gov

www.ndpanda.org

(Information and referral about disability-related issues, assistance with self-advocacy, education and training, advocacy services, legal representation, protective services, systems and legislative advocacy.)

Area served: North Dakota

Southern Minnesota Regional Legal Services

800 Alliance Bank Center, 55 E 5th St

St. Paul, MN 55101

Intake line: 1.888.575.2954

www.smrls.org

(Free legal help to low-income and senior citizen (60+) clients in a full range of civil matters.)

Area served: 33 counties of southern Minnesota, including the east and south metro. Offices in Albert Lea, Mankato, Rochester, St. Paul, Shakopee, Winona, and Worthington. Immigration and Education Services offices in St. Paul and Rochester.

Languages: phone interpreters provided as needed

U.S. Equal Employment Opportunity Commission-Minnesota Area Office

330 S Second Avenue, #720, Minneapolis, MN 55401

612.552.7306

www.eeoc.gov

(Enforces federal laws prohibiting employment discrimination)

Area served: Minnesota, North Dakota, South Dakota

Languages: website available in Spanish

Volunteer Lawyers Network

600 Nicollet Mall, Suite 390A

Minneapolis, MN 55402

612.752.6677

www.vlnmn.org

(Provides civil legal services to low-income people through volunteer attorneys.)

Area served: Minnesota

Languages: Spanish-speaking attorneys and bilingual interpreters; website available in Spanish

MENTAL HEALTH/GRIEF

African American Family Services

310 Groveland Ave S, Suites 1 & 7

Minneapolis, MN 55403

612.813.5034

www.aafs.net

(Provides culturally specific chemical and mental health services.)

Area served: Twin Cities

Children's Grief Connection

1074 Lombard Ave., St. Paul, MN 55105

651.395.8177

Email: hope@childrensgriefconnection.com

www.childrensgriefconnection.com

(Programs for grieving children and families, including Hearts of Hope Family Grief Camp.)

Area served: Minnesota

Family Means

1875 Northwestern Avenue South, Stillwater, MN 55082

651.439.4840, 800.327.3203 toll free

www.familymeans.org

(Multi-service nonprofit agency that offers counseling and therapy, and services around caregiving, financial management and grief.)

Area served: Twin Cities metro, southeastern Minnesota, and western Wisconsin)

Center for Grief & Loss

1129 Grand Avenue, St. Paul, MN 55105

651.641.0177

Email: cg@griefloss.org

www.griefloss.org

(A program of Family Means offering specialized therapy for grief, trauma and life transitions for individuals, couples and families, and grief support groups.)

Area served: Center located in St. Paul

Mental Health Connect

4100 Lyndale Ave S. Minneapolis, MN 55409

612.312.3377

navigator@mhconnect.org

www.mhconnect.org

(Provides community-based resources, support, and education to improve access to mental health services and to connect individuals to the services they need.)

Area served: Twin Cities Metro

Mental Health Minnesota

2233 University Ave W, Suite 200, St. Paul, MN 55114

651.493.6634, 800.862.1799 toll free

Email: info@mentalhealthmn.org

www.mentalhealthmn.org

(Helping people with mental health recovery and wellness through peer-to-peer programs, support groups, information and referrals, search tool for mental health crisis response.)

Area served: Minnesota

Minnesota Warmline

651.288.0400, 877.404.3190 toll free, or text "Support" to 85511

(A service of Mental Health Minnesota providing information, help and support for those facing a mental health concern, staffed by Certified Peer Specialists.)

Minnesota Association for Children's Mental Health

23 Empire Dr., Suite 1000, St. Paul, MN 55103

651.644.7333, 800.528.4511 toll free

Email: info@macmh.org

www.macmh.org

(Education and resources for professionals, families and youth.)

Area served: Minnesota

**National Alliance on Mental Illness – Minnesota
(NAMI-Minnesota)**

1919 University Ave. W, Suite 400, St. Paul, MN 55104
651.645.2948, 1.888.626.4435 toll free
Email: namihelps@namimn.org

www.namimn.org

(Serves individuals with mental illness, their families, professionals and the community at large with education, support and advocacy.)

Area served: Minnesota (see website for local NAMI affiliate contact information)

Languages: Website available in 18 languages

988 Suicide & Crisis Lifeline

Dial 988

Dial 711, then 988 (TTY)

988lifeline.org

(Free and confidential 24/7 emotional support to people in suicidal crisis or emotional distress. Website provides specific resources for youth, disaster survivors, Native Americans, veterans, loss survivors, LGBTQ+, suicide attempt survivors, and deaf and hard of hearing.)

Area served: United States

Languages: Spanish

**North Dakota Federation of Families for Children's
Mental Health**

1104 2nd Ave S, Fargo, ND 58103

701.235.9923

Email: tredroad@ndffcmh.com

www.ndffcmh.org

(Support, advocacy and education focused on the needs of children and youth with emotional, behavioral or mental disorders and their families.)

Area served: North Dakota

People Incorporated

3000 Ames Crossing Road, Suite 600, Eagan, MN 55121

651-774-0011 – main agency number

info@peopleincorporated.org

efmn.org | 1-800-779-0777

www.peopleincorporated.org

(Skills teaching and case management to help adults with intractable epilepsy develop and achieve goals specific to their individual needs and desires.)

Area served: Northern Minnesota, St. Cloud area, and Twin Cities metro.

Program Supervisor:

Byron Broughten - 651.368,6168

byron.broughten@peopleincorporated.org

Reclaim

2446 University Ave W, Suite 104, St Paul, MN 55114

612.235.6743

info@reclaim.care

www.reclaim.care

(Mental health support for queer and trans youth ages 13-25.)

Area served: Twin Cities

SUDEP Action (formerly Epilepsy Bereaved)

18 Newbury Street, Wantage, Oxfordshire, OX12 8DA
UK

011.44.1235.772850

Email: info@sudep.org

www.sudep.org

(Voluntary organization working to prevent unnecessary deaths from SUDEP)

Area served: UK and international

SUDEP Aware

Suite 350, 455 Danforth Avenue, Toronto Ontario, M4K
1P1, Canada

1.416.556.8770

Email: info@sudepaware.org

www.sudepaware.org

(Raising awareness and understanding of SUDEP.)

Area served: Canada and international

The Compassionate Friends

48660 Pontiac Trail, #930808, Wixom, MI 48393

877.969.0010 toll free

Email: Use form on website's Contact page

www.compassionatefriends.org

(Support to bereaved families after the death of a child.)

Area served: United States and international. Find local chapters using website's search tool.

Languages: Website available in more than 100 languages.

The Village Family Service Center

P.O. Box 9859, Fargo, ND 58106

701.451.4900, 800.627.8220

www.thevillagefamily.org

(Regional community behavioral health services, including counseling, family engagement, addiction, and financial counseling.)

Area: North Dakota and Minnesota

Touchstone Mental Health

2312 Snelling Avenue, Minneapolis, MN 55404

612.874.6409

info@touchstonemh.org

www.touchstonemh.org

(Provides services for people whose lives are affected by mental illnesses. Programs include residential treatment, case management, care coordination, supportive housing, fitness and more.)

Area served: Twin Cities Metro

Vail Place

23 9th Ave. S., Hopkins, MN 55343

952.938.9622

info@vailplace.org

www.vailplace.org

(Single point of access and coordination for adults with serious mental illness needing essential daily living services (housing, employment, health and wellness, efmn.org | 1-800-779-0777

etc.); and connections to other critical community resources (medical, dental, benefits, etc.).)

Area served: Twin Cities Metro

OTHER

Family Caregiver Alliance

101 Montgomery Street, Suite 2150, San Francisco, CA 94104

415.434.3388 or 800.445.8106 toll free

Email: Use form on "Contact Us" page of website

www.caregiver.org

(Support services to family caregivers of adults with physical and cognitive impairments.)

Area served: United States

Languages: Website available in Spanish, Chinese, Tagalog, Korean, Vietnamese

Find Your Elected Officials

Minnesota: www.gis.leg.mn/OpenLayers/districts/

MedicAlert Foundation

101 Lander Ave., Turlock, CA 95380

1.800.432.5378 Toll free

www.medicalert.org

(Nonprofit membership organization provides medical IDs plus 24/7 emergency support.)

Area served: United States

Hunger Solutions Minnesota

555 Park Street, Suite 400

St. Paul, MN 55103

651.486.9860

1.888.711.1151 – Minnesota Food HelpLine

Email: Use form on Contact page of website

www.hungersolutions.org

(Minnesota Food HelpLine assesses the caller's situation and provides solutions to their food needs. Find Help Map on website identifies local food resources.)

National Family Caregivers Association

1150 Connecticut Avenue NW, Suite 501
Washington, DC 20036
202.454.3970

855.227.3640 – Caregiver Help Desk

www.caregiveraction.org

(Information, resources and support for family caregivers.)

Area served: United States

Riding on Angel's Wings

5062 120th Ave. N., Felton, MN 56536

218.359.0007 – office

701.793.5153 - cell

Email: execdirectorROAW@aol.com

www.ridingonangelswing.wordpress.com

(Equine assisted activities and therapy for individuals with special needs.)

Area served: Fargo/Moorhead area

Sibling Support Project

www.siblingsupport.org

(Programs and online communities to address the concerns of brothers and sisters of kids with disabilities and health concerns.)

Area served: International

TNT Kid's Fitness and Gymnastics Academy

2800 Main Ave., Fargo, ND 58103

701.365.8868

Email: kidscomefirst@tntkidsfitness.org

www.tntkidsfitness.org

(Promoting physical, cognitive and social skills through movement in kids and adults with special needs.)

Area served: Fargo

PRESCRIPTION ASSISTANCE

Medicine Assistance Tool (formerly Partnership for Prescription Assistance)

efmn.org | 1-800-779-0777

Email: Use form on website's "Contact Us" page

medicineassistancetool.org

(Search engine with information on public and private assistance programs that help those with financial need get access to their prescription.)

Area served: United States

Languages: Spanish

NeedyMeds

50 Whittemore St., Gloucester, MA 01930

1.800.503.6897

Email: info@needymeds.org

www.needymeds.org

(Non-profit that connects people to programs that will help them afford their medications and other healthcare costs. Also offers free drug discount card.)

Area served: United States

Languages: Spanish

PatientAssistance.com, Inc.

11608 Darryl Drive, Baton Rouge, LA 70815

Email: Use form on website's "Contact Us" page

www.PatientAssistance.com

(Free resource designed to help connect patients who can't afford their prescription medications with patient assistance programs.)

Area served: United States

RxAssist

Email: info@rxassist.org

www.rxassist.org

(Database of pharmaceutical companies' patient assistance programs, as well as practical tools, news, and articles for managing medication costs.)

Area served: United States

RxHope

www.rxhope.com

(Information on available patient assistance programs to provide affordable medications for low-income individuals.)

Area served: United States

Rx Outreach

P.O. Box 66536 Saint Louis, MO 63166

1.888.796.1234 or 1.800.769.3880

questions@rxoutreach.org

www.rxoutreach.org

(Nonprofit mail order pharmacy offering affordable medication for eligible low-income individuals and families.)

Area served: United States

Languages: Website available in English and Spanish

The Assistance Fund

4700 Millenia Blvd., Suite 410, Orlando, FL 32839

855.845.3663

www.tafcares.org

(Charitable patient assistance organization that helps with out-of-pocket costs for copayments, coinsurance, deductibles, and other health-related expenses. TAF manages more than 70 disease programs, including epilepsy.)

Area served: United States

SEIZURE ASSIST DOGS

Can Do Canines

9440 Science Center Drive, New Hope, MN 55428

763.331.3000

www.can-do-canines.org

(Trains and provides assistance dogs to people with disabilities, including seizure disorders, free of charge.)

Area served: Minnesota and Wisconsin

Pawsitivity Service Dogs

197 Griggs St. N., St. Paul, MN 55104

efmn.org | 1-800-779-0777

651.321.3647

www.pawsitivityservicedogs.com

(Rescues and trains service dogs for veterans, children, and others with disabilities, including epilepsy.)

Area served: Primarily Minnesota and adjacent states

Service Dogs for America

920 Short Street, P.O. Box 513, Jud, North Dakota 58454

701.685.2242

Email: info@servicedogsforamerica.org

www.servicedogsforamerica.org

(Trains and certifies service dogs for individuals with disabilities, including seizure disorders.)

Area served: United States

SENIORS

Area Agencies on Aging (MN)

www.mn.gov/board-on-aging/about-us/area-agencies

(Web page providing links to the seven Area Agencies on Aging across the state that connect older Minnesotans to the community supports they need as they age.)

Area served: Minnesota

Minnesota Senior Linkage Line

540 Cedar Street, St. Paul, MN 55164

(800) 333-2433

senior.linkage@state.mn.us

www.mn.gov/senior-linkage-line

(Assists seniors and caregivers by connecting them to local services.)

Area served: Minnesota

SOCIAL SERVICES/INFORMATION

African Immigrants Community Services

1433 E. Franklin Ave, Suite 13B Minneapolis, MN 55404

612.871.9481

info@aicsmn.org

www.aicsmn.org

(Meeting the needs of east African immigrants through youth employment, social services, health and career development.)

Area served: Twin Cities

Languages: Somali, Amharic, Arabic, English

Afro American Development Association (AADA)

11232 28th Avenue S, Suite 104,

Moorhead, MN 56560

218.277.5220

info@aadevassoc.org

www.aadevassoc.org

(Supports New Americans with services around employment and training, housing, a Somali Youth Program, English Language Learner classes, transportation, and after school services.)

Area served: Northwest, West Central and Twin Cities

Languages: Somali, Amharic, Arabic, English

Amherst H. Wilder Foundation

451 Lexington Parkway North, Saint Paul, MN 55104

651.280.2000

www.wilder.org

(Programs and services in the areas of mental health and wellness, healthy aging and caregiving, community leadership, childcare and preschool, housing, and family independence.)

Bhutanese Community of Minnesota

2499 Rice St, Ste. 150, Roseville, MN 55113

651.202.3715

bcom@bhutaneseemn.org

www.bhutaneseemn.org

(Orientation to employment services, development and placement services, English Language Learning classes, referrals to childcare providers and other social service programs.)

CAPi USA (Formerly Center for Asian & Pacific Islanders)

3702 E. Lake St., Suite 200, Minneapolis, MN 55406

612.721.0122

info@capiusa.org

www.capiusa.org

(CAPi helps immigrants, refugees, and those in need meet their basic needs, find financial stability, and get engaged in their communities.)

Area served: Minnesota

Caring Bridge

2750 Blue Water Road, Suite 275, Eagan, MN 55121

651.452.7940

Email: CustomerCare@CaringBridge.org

www.caringbridge.org

(Free websites that connect people experiencing a significant health challenge)

Area served: International

Catholic Charities of Southern MN-Winona

111 Market Street, Suite 2, P.O. Box 379

Winona, MN 55987

507.454.2270

info@ccsomn.org

www.ccsomn.org

(Active Aging, Shelters, Family Support Services.)

Area served: Southern Minnesota. Additional offices in Albert Lea, Austin, Mankato, Owatonna, Rochester and Worthington.

Catholic Charities of St. Paul and Minneapolis

1200 2nd Ave. South Minneapolis, MN 55403

612.204.8500

info@cctwincities.org

www.cctwincities.org

(Serves seniors, youth and families, people experiencing or at risk of homelessness, and people with disabilities in the areas of mental health, housing, food, and medical care.)

Area served: Twin Cities Metro

Centro Tyrone Guzman

1915 Chicago Ave, Minneapolis, MN 55404

612.874.1412

infocenter@centromn.org

www.centromn.org

(Multi-service Latino organization serving all ages, with a focus on education, health and wellness.)

Area served: Minnesota

Languages: Website in Spanish and English

Children's Defense Fund- Minnesota

555 Park St., Suite 410, St. Paul, MN 55103
651.227.6121

www.cdf-mn.org

(Advocates at the local, state and federal levels on behalf of children, and conducts research, outreach and youth development initiatives.)

Area served: Hennepin County

Chinese Social Service Center

6632 Penn Ave. S., Richfield, MN 55423
612.529.2602

(Provides social services programs including ESL and citizenship classes, senior services, youth programming, health screening, home care services to the elderly and disabled, and senior adult day care service.)

Area served: Twin Cities

Comunidades Latinas Unidas En Servicio (CLUES)

info@clues.org

www.clues.org

(Connects Latino individuals and families to skills, resources and systems of support).

Languages: Spanish, English

Austin Office

111 Main St. N, Austin, MN, 55912
507.355.2575

Minneapolis Office

Career Force Center
777 East Lake Street, Minneapolis, MN 55407
612.746.3500

St. Paul Office

797 East 7th Street, St. Paul, MN, 55106
651.379.4200

Willmar Office

324 3rd Street SW #2, Willmar, MN 56201
320.262.5106

Confederation of Somali Community in MN

420 15th Ave S, Minneapolis, MN
612.605.3222

info@csc-mn.org

www.csc-mn.org

(Resources and assistance on: education, housing, jobs and training, health services, legal advice, domestic services, immigration and more.)

Area served: Minnesota

Discapitados Abriéndose Caminos (d.a.c.)

107 7th Ave S, St. Paul, MN 55075
651.293.1748

centro@dacmn.org

www.dacfamlycenter.org

(Helps families affected by disabilities overcome barriers to healthcare, public services, schools, and community systems through personalized support.)

Area served: Twin Cities

Languages: Spanish, English

Eritrean Community Center

1935 University Ave. W., St. Paul, MN 55104
763.746.6786

(Services include: information on housing and food resources, interpreting services, cultural events and youth programs.)

Area served: Minnesota

Ethiopian Community in Minnesota

1821 University Ave W., Suite 233, St. Paul, MN 55104

651.645.9668

ecmonemn@gmail.com

www.ethiopiancommunitymn.org

(Provides information and resources related to education, health care, housing and employment.)

Area served: Minnesota

Languages: Amharic

Evergreen Youth & Family Services

820 Beltrami Ave NW, Bemidji, MN 56601
218.751.4332

hr@evergreenyfs.org

www.evergreenyfs.org

(Serves children, youth, and young families with emergency food and shelter, mentoring, independent living skills training, counseling, pregnancy prevention, transitional housing and community suicide prevention.)

Area served: Beltrami County

First Link

2-1-1 or 701.235.SEEK (7335)

www.myfirstlink.org

(Free, confidential service available 24/7/365 for listening and support, referrals to resources/help, and crisis intervention.)

Area served: North Dakota and parts of Minnesota

Hands Across the World

1605 Goettens Way, Suite 206

St. Cloud, MN 56301

320.260.1072

info@handsacrosstheworldmn.org

www.handsacrosstheworldmn.org

(Provides a first learning experience to newly arrived immigrants and refugees who do not have language or living skills necessary to thrive in a new community.)

Area served: Central Minnesota

Hispanic Outreach of Goodhue County

628 W. 5th St. Red Wing, MN 55066

651.301.2184

Info@HispanicOutreach.org

www.hispanicoutreach.org

(Provides programs and services that strengthen the Hispanic community contribution to Goodhue County while growing Hispanic cultural awareness.)

Area served: Goodhue County

Languages: Spanish, English

Hmong American Partnership (HAP)

1075 Arcade St., St. Paul, MN 55106

651.495.1557

www.hmong.org

(Offers programs in workforce development, economic and community development, children and family services, and health and wellness.)

Area served: Twin Cities

Intercultural Mutual Assistance Association

2500 Valleyhigh Dr. N.W., Rochester, MN 55901

507.289.5960

www.imaa.net

(Fosters the well-being and independence of refugees and immigrants through programs including victim services, employment, community health worker, interpretation, and translation.)

Area served: Southeast Minnesota

International Institute of Minnesota

1694 Como Ave, St. Paul, MN 55108

651.647.0191

mdonahue@iimn.org

www.iimn.org

(Provides services and resources to empower New Americans (immigrants and refugees) in the pursuit of their goals.)

Area served: Minnesota

Languages: Amharic, Arabic, Burmese, Dutch, French, German, Japanese, Karen, Kiswahili, Oromo, Russian, Somali, Spanish, and Tigrinya. Other languages available through outside interpreter services.

Islamic Center of Minnesota

1401 Gardena Ave. N.E., Fridley, MN 55432

763.571.5604

icm@islamiccentermn.org

www.islamiccentermn.org

(Free clinic and food-shelf, adult education services, library/bookstore, burial services and family counseling.)

Area served: Twin Cities

Karen Organization of Minnesota (KOM)

2353 Rice St., Suite 240, Roseville, MN 55113

651.788.7593

www.mnkaren.org

(Offering employment and social services including public assistance, housing, immigration, school/ELL enrollment, MNsure assistance, and health and life skills trainings, and youth leadership training.)

Area served: Minnesota

Languages: English, Sgaw Karen, Pwo Karen, Burmese, Thai.

Korean Service Center

630 Cedar Ave. S. #B1 Minneapolis, MN 55454

612.342.1345

contact@kscmn.org

www.kscmn.org

(Areas of focus are: support services, adjustment, wellness, advocacy, community education, and culturally competent long-term care services.)

Area served: Twin Cities (second location in St. Paul)

Lao Advancement Organization of America

2648 W. Broadway Ave. Minneapolis, MN 55411

612.302.9154

laoa@laoamerica.org

www.theseadproject.org/lao-center-of-mn

(Youth programs and services, chemical dependency prevention program, and Elderly health and social services programs.)

Area served: 7 county Twin Cities metro, Lao communities in greater Minnesota.

Languages: Lao, English, Thai

Lao Assistance Center of Minnesota

503 Irving Ave. N., Suite 100A, Minneapolis, MN 55405

612.374.4967

sunny@laocenter.org

www.hocmn.org/agency/lao-assistance-center-of-minnesota

(Resource for those looking for legal referral, tax preparation, elderly services, chemical dependency, court probation community works, health insurance, health education and screening, unemployment, organizing, US citizenship class, translation, interpretation, alcohol treatment and assessments, domestic abuse referral, financial literacy, voting, housing education.)

Area served: Minnesota

Languages: English, Lao, Thai

Lutheran Social Service of Minnesota

2485 Como Avenue, Saint Paul, MN 55108

651.642.5990 or 800.582.5260

www.lssmn.org

(Serves youth and families, seniors, people with disabilities, veterans and refugees in the areas of finances, employment, mental health, housing, and more.)

Area served: Minnesota

Minnesota Council of Churches

122 Franklin Ave. W., #100, Minneapolis, MN 55404

612.870.3600

mcc@mnchurches.org

www.mnchurches.org

(Provides case management, employment, immigration and education services to refugees and asylees.)

Area served: Twin Cities, Mankato

Minnesota Indian Women's Resource Center

2300 15th Ave S., Minneapolis, MN 55404

612.728.2000

www.miwrc.org

(Non-profit social and mental health services organization committed to traditional ways of being and support of Native women and their families.)

Area served: Twin Cities

MinnesotaHelp.info

800.333.2433 for questions or assistance with the website

www.minnesotahelp.info

(Online directory of health and human service resources.)

Area served: Minnesota

Languages: Website available in more than 100 languages

Neighborhood House

179 E. Robie St., St. Paul, MN 55107

651.789.2500

www.neighb.org

(Help with basic needs, education, multiple youth programs, and health and well-being.)

Area served: St. Paul

Languages: English, Hmong, Karen, Burmese, Spanish, Amharic, Tigrigna

Organization of Liberians in MN

7001 78th Ave. N. Suite 200, Brooklyn Park, MN 55445
763.270.5894
olmnus1@gmail.com
www.olmn.org

(Provides social services to immigrants and refugees in education, housing, health, employment, and other social initiatives.)

Area served: Minnesota

Oromo Community of Minnesota

465 Macubin St. St. Paul, MN 55103
651.217.4446
info@oromomn.org
www.oromomn.org

(Provides a multitude of social services including health education, health access, employment counselling, youth development and senior services.)

Area served: Minnesota

Languages: Oromo

Tibetan American Foundation of Minnesota

1096 Raymond Ave. St. Paul, MN 55108
651.917.9556
office@tafm.org
www.tafm.org

(Social services, tutoring, academic mentoring.)

Area served: Minnesota

Languages: Tibetan

United Cambodian Association of MN, Inc

1385 Mendota Heights Rd., Suite 500
Mendota Heights, MN 55120
651.222.3299
info@ucamin.org
www.ucamn.info

(Five areas of focus include elders, families, youth, health and legal services.)

Area served: Minnesota

United Way 211

Call 2-1-1, 651.291.0211, or 800.543.7709 toll free
www.211unitedway.org

(24/7 phone line to obtain free information and referrals on a range of health and human services resources.)

Area served: Minnesota

Languages: Call menus in English, Spanish and Hmong.

Urban League Twin Cities

2100 Plymouth Ave N., Minneapolis, MN 55411
612.302.3100
www.ultcmn.org

(From employment to education to engagement, the Urban League seeks to help African descendants strive for and achieve economic empowerment and self-sufficiency.)

Area served: Twin Cities

Vietnamese Social Services

277 University Ave. W. St. Paul, MN 55103
651.632.8927
info@vssmn.org
www.vssmn.org

(Programs in health education and promotion, youth development, elder services, English proficiency, and employment and job training.)

Area served: 7-county Twin Cities metro

Wright County Area United Way

PO Box 243, Monticello, MN 55362
763.688.1919
www.wrightcountyareaunitedway.org

(We focus our efforts on the areas of Food, Shelter, Health & Education for youth, families and seniors.)

Area served: Albertville, Monticello, Buffalo and St. Michael in Wright County

STATE/COUNTY AGENCIES

County and Tribal Human Services

www.mn.gov/dhs/people-we-serve/adults/health-care/health-care-programs/contact-us/county-tribal-offices.jsp

(Human Services offices are the point of access for government assistance with food and nutrition, housing, income, health care and childcare.)

Area served: This web page lists all county and tribal human services offices throughout the state of Minnesota.

Minnesota Council on Developmental Disabilities

370 Centennial Office Bldg., 658 Cedar St.
St. Paul, MN 55155
651.296.4018, 800.627.3529 or 711 - MN Relay Service,
877.348.0505 toll free
Email: admin.dd@state.mn.us
www.mncdd.org
(Information, education and training related to developmental disabilities)
Area served: Minnesota

Minnesota Council on Disability

121 E. Seventh Place, #107, St. Paul, MN 55101
651.361.7800 (VRS), 800.945.8913 (VRS) toll free
Email: council.disability@state.mn.us
www.disability.state.mn.us
(Policy, training, and disability-related technical resource.)
Area served: Minnesota

Minnesota Department of Education

1500 Hwy 36 West, Roseville, MN 55113
651.582.8200,
Email: mde.contactus@state.mn.us
www.education.mn.gov
(Mission: Improve educational achievement by establishing clear standards, measuring performance, assisting educators and increasing opportunities for lifelong learning.)
Area served: Minnesota

Adult Basic Education

651-582-8594
Email: mde.abe@state.mn.us

Special Education Division

651.582.8616
Email: mde.special-ed@state.mn.us

Compliance and Assistance Team

651.582.8689

mde.complianceassistance@state.mn.us

Minnesota Department of Health (MDH)

P.O. Box 64975, St. Paul, MN 55164
651.201.5000, 888.345.0823 toll free
www.health.state.mn.us
(Protecting, maintaining and improving the health of all Minnesotans)
Area served: Minnesota

Child and Family Health Division

651.201.3589
health.cfhcommunications@state.mn.us

Minnesota Children with Special Health Needs

651.201.3650, 800.728.5420 toll free
health.cyshn@state.mn.us

Minnesota Department of Human Rights

540 Fairview Avenue North, Suite 201,
Saint Paul MN 55104
651.539.1100, 1.800.657.3704 toll free
MN Relay 711 or 1.800.627.3529
Email: info.mdhr@state.mn.us
www.mn.gov/mdhr
(The state's civil rights enforcement agency)
Area served: Minnesota
Languages: Website is available in more than 100 languages

Minnesota Department of Human Services

444 Lafayette Rd., St. Paul, MN 55155
651.431.2000, TTY/TDD service 800.627.3529
Email: DHS.info@state.mn.us
www.mn.gov/dhs
(Works with counties, tribes and nonprofit partners to help ensure that Minnesota seniors, people with disabilities, children and others meet their basic needs, including food and nutrition, housing, income, health care and childcare)
Area served: Minnesota
Languages: DHS runs a Multilingual Referral Line to offer services in 15 languages.

Adult Mental Health Division

PO Box 64981
St. Paul, MN 55164-0981
Phone: 651-431-2225

Aging and Adult Services

PO Box 64976
St. Paul, MN 55164-0976
Phone: 651-431-2600

Children's Mental Health Program

P.O. Box 64977, St. Paul, MN 55164
651.431.2460

Deaf and Hard of Hearing Services Division

PO Box 64969
St. Paul, MN 55164-0969
Phone: 651-431-2355

Disability Services Division

PO Box 64967
St. Paul, MN 55164-0967
Phone: 866-267-7655 or 651-431-4300

**Economic Assistance and Employment
Supports Division**

PO Box 64951
St. Paul, MN 55164-0951
Phone: 651-431-4000

Housing and Support Services Division

PO Box 64842
St. Paul, MN 55164-0842
Phone: 651-431-3941

Minnesota Department of Labor and Industry

443 Lafayette Rd. N., St. Paul, MN 55155
651.284.5005, 800.342.5354 toll free
www.dli.mn.gov

(Provides mediation and information services to people injured on the job; enforces MN OSHA regulations)
Area served: Minnesota

Minnesota Relay Service

800 Holiday Dr #260, Moorhead, MN 56560
Voice: 651.602.9005, 1.800.657.3775 toll free
Video Phone: 651.964.1514, 1.866.635.0082 toll free
To make a Relay call: Dial 711, or TTY 1.800.627.3529.
See website for direct numbers for other call types.
mn.relay@state.mn.us
www.mn.gov/commerce/consumers/your-phone/minnesota-relay/
(Free program that allows individuals who are deaf, deafblind, hard of hearing, or speech disabled to place and receive telephone calls to anywhere in the world)
Area served: Minnesota
Languages: Spanish

**Office of the Ombudsman for Mental Health &
Developmental Disabilities**

Metro Square Bldg., 121 7th Place East, #420
St. Paul, MN 55101
651.757.1800, 800.657.3506 toll free
Email: ombudsman.mhdd@state.mn.us
mn.gov/omhdd/contact/
(Assists with concerns or complaints about services for and rights of persons with mental or developmental disabilities, chemical dependence or emotional disturbance.)
Area served: Minnesota; individual county offices listed on website

SYNDROMES

Batten Disease Support and Research Association

2780 Airport Drive, Suite 342, Columbus, Ohio, 43219
800.448.4570
Email: info@bdsra.org
www.bdsra.org
(Information and support for families affected by Batten disease.)
Area served: North America

Doose Syndrome Epilepsy Alliance

PO Box 15224, Colorado Springs, CO 80935-5224
Email: info@doosesyndrome.org
www.doosesyndrome.org

(Information and support for families and caregivers of children with Doose Syndrome.)

Area served: International

Dravet Syndrome Foundation, Inc.

PO Box 3026, Cherry Hill, NJ 08034

203.392.1955

Email: info@dravetfoundation.org

www.dravetfoundation.org

(Funding research, raising awareness, and supporting individuals and families affected by Dravet Syndrome.)

Dup15q Alliance

P.O. Box 1669, Highland Park, IL 60035

1.313.509.7984

Email: info@dup15q.org

www.dup15q.org

(Family support for those affected by Dup15q Syndrome, raising awareness and promoting research.)

Area served: United States

Languages: website available in more than 100 languages

GLUT 1 Deficiency Foundation

PO Box 737, Owingsville, KY 40360

Email: info@g1dfoundation.org

www.g1dfoundation.org

(Awareness, education and advocacy for Glut1 Deficiency families, support and funding for research.)

Area served: United States

Languages: website available in more than 100 languages

Hope for Hypothalamic Hamartomas

P. O. Box 721, Waddell, AZ 85355

Email: info@hopeforhh.org

www.hopeforhh.org

(Information and support for HH patients and caregivers, promote research toward early detection, treatment and a cure.)

Area served: International

International Foundation for CDKL5 Research

P.O. Box 926, Wadsworth, Ohio 44282

efmn.org | 1-800-779-0777

330.294.5005

Email: info@cdkl5.com

www.cdkl5.com

(Promotes advocacy and research, and provides resources for individuals and families impacted by CDKL5 Deficiency Disorder.)

Area served: International

Languages: Website available in more than 100 languages.

International Rett Syndrome Foundation

4600 Devitt Drive, Cincinnati, OH 45246

1.513.874.3020

Email: admin@rettsyndrome.org

www.rettsyndrome.org

(Invests in Rett Syndrome research and empowers families with information, knowledge and connectivity.)

Area served: International

Languages: Website available in more than 100 languages

Lennox-Gastaut Syndrome Foundation

6030 Santo Rd, Ste 1, Unit 420878, San Diego, CA 92142

1.718.374.3800

Email: info@lgsfoundation.org

www.lgsfoundation.org

(Provides information about Lennox-Gastaut Syndrome while raising funds for research, services and support for individuals living with LGS and their families.)

Area served: International

National Organization for Rare Disorders (NORD)

55 Kenosia Avenue, Danbury, CT 06810

203.744.0100, 800.999.6673 toll free

844.259.7178 Assistance in Spanish

www.rarediseases.org

(Advocacy, education, mentorship for patient organizations, research support for rare diseases, financial help through patient assistance programs.)

Area served: United States

Languages: Spanish

Rasmussen's Encephalitis Children's Project

79 Christie Hill Road, Darien, CT 06820

917.971.2977

Email: swohlberg@rechildrens.com

www.facebook.com/REChildrensProject

(Spreads awareness of Rasmussen's encephalitis while supporting scientific research directed toward a cure.)

Area served: United States

Languages: Facebook page available in more than 100 languages

The Sturge-Weber Foundation

P.O. Box 418, Mt. Freedom, NJ 07970

973.895.4445

Email: swf@sturge-weber.org

www.sturge-weber.org

(Connects and provides support for patients and families living with Sturge-Weber Syndrome.)

Area served: International

The Hemispherectomy Foundation

PO Box 1239, Aledo, Texas 76008

www.hemifoundation.homestead.com/welcome.html

(Emotional, financial, and educational support to individuals and their families who have undergone, or will undergo, a hemispherectomy or similar brain surgery.)

Area served: International

Languages: Website available in more than 100 languages

Tuberous Sclerosis Alliance

8737 Colesville Road, Suite 400

Silver Spring, Maryland 20910-4487

301.562.9890, 800.225.6872 toll free

Email: info@tsalliance.org

www.tsalliance.org

(Programs, support services and resource information for those affected by Tuberous Sclerosis Complex.)

Area served: International

Languages: Website available in English and Spanish

TRANSPORTATION

Arrowhead Transit

702 3rd Avenue South

Virginia, MN 55792

800.862.0175

arrowheadtransit.com

(Provides scheduled and Dial-A-Ride bus service with wheelchair lifts, and a volunteer driver program for medical appointments.)

Area served: Aitkin, Carlton, Chisago, Cook, Isanti, Itasca, Koochiching, Lake, Pine and St. Louis counties

Dial a Ride

501 Laurel Street, Brainerd MN 56401

218.825.7433

astone@ci.brainerd.mn.us

www.ci.brainerd.mn.us/195/Transit

(Provides scheduled and Dial-A-Ride bus service with wheelchair lifts, and a volunteer driver program for medical appointments.)

Area served: Crow Wing County

Friendly Rider Transit

229 Harry Rich Dr., Wadena, MN 56482

218.631.5730

astone@ci.brainerd.mn.us

www.friendlyrider.com

(Scheduled-ride, curb-to-curb public bus service that is wheelchair and handicap accessible.)

Area served: Wadena and Northern Todd Counties

Mankato Mobility Bus

www.mankatomn.gov/residents/mankato-transit-system/paratransit

(Shared-ride bus service for qualified residents who would otherwise be unable to access public transportation due to mental and/or physical disability.)

Area served: Major portions of Mankato, North Mankato, Eagle Lake, Skyline and South Bend Township

Metro Mobility

390 N. Robert St., St. Paul, MN 55101

651.602.1111, TTY 651.221.9886

Email: metromobility@metc.state.mn.us

www.metrocouncil.org/Transportation/Services/Metro-Mobility-Home.aspx

(Door-to-door shared ride public transportation service for certified riders who are unable to use regular fixed-route buses due to a disability or health condition.)

Area served: Twin Cities Metro

Languages: Key website information available in Hmong, Karen, Somali, Spanish, and Vietnamese.

Translators available for phone assistance.

Minnesota Department of Transportation – Transit in Minnesota

www.dot.state.mn.us/transit/riders/index.html

(Map of Greater Minnesota municipal and tribal transit systems, intercity bus routes and stops, as well as public transit services in the Twin Cities Metro area. Includes links to individual transit provider websites.)

Area served: Minnesota

Minnesota Department of Public Safety, Driver and Vehicle Services Division

445 Minnesota St., Suite 190, St. Paul, MN 55101-5190

651.296.2025 or 651.296.2948 (Driver Compliance)

Email: dvs.driverslicense@state.mn.us

www.dps.mn.gov/divisions/dvs/Pages/default.aspx

(Driver Compliance phone line for information on seizure reporting, license status, and reinstatement.)

Area served: Minnesota

Languages: Website available in Spanish, Hmong and Somali

North Dakota Department of Transportation - Driver's License Division

608 East Boulevard Avenue, Bismarck, ND 58505

701.328.4353

Email: dl@nd.gov

www.dot.nd.gov/divisions/driverslicense/driver.htm

(Phone line for questions about reporting seizures.)

Area served: North Dakota

North Dakota Department of Transportation – Transit Providers

www.dot.nd.gov/divisions/localgov/transit-providers.htm

(Map of North Dakota that allows user to click on each county to see transit providers, services, hours and contact information.)

Area served: North Dakota

Northern Access Transportation

3133 Truck Center Dr

Duluth, MN 55806

218.728.5464

www.northern-access.com

(Full-service wheelchair-accessible transportation for the elderly or people with disabilities in northeastern Minnesota. Also handles long-distance trips that originate or terminate in their local service area.)

Area served: Carlton, Lake, St. Louis Counties in MN and Douglas County in WI

Otter Express

1225 N Tower Road

Fergus Falls, MN 56537

218-998-3002

Cindyr@Productivemn.org

www.otterexpress.com

(Otter Express provides transportation options for all residents (adults, children, youth, elderly, and individuals with disabilities). Call two days in advance to schedule.)

Area served: Fergus Falls, Breckenridge and Perham

Paul Bunyan Transit

706 Railroad Street SE

Bemidji, Minnesota, USA 56601

218.751.8765

info@paulbunyantransit.com

www.paulbunyantransit.com

(Provides Dial-A-Ride curb to curb service and a volunteer driver program for medical appointments.)

Area served: Beltrami, Roseau, and Lake of the Woods Counties

Peoples Express

15578 Shady Acres Drive, Wadena, MN 56482
218.631.2909

www.peoplesexpressmn.com

(Door-to-door specialized van transportation offering wheelchair and ambulatory services for medical travel for local or long-distance travel to facilities throughout Minnesota and the surrounding states.)

Area served: Main service area is 28 counties in western and central Minnesota, but can travel to other areas of Minnesota, North and South Dakota, and Iowa

St. Cloud Metro Bus

665 Franklin Ave NE St. Cloud MN 56304
320.251.1499

www.ridemetrobus.com/home/overview

(Metro Bus operates Dial A Ride, a shared-ride paratransit service for those who are unable to use fixed routes due to a disability.)

Area served: St. Cloud, Sartell, Sauk Rapids and Waite Park

STRIDE Paratransit

2402 West Michigan Street, Duluth, MN 55806
218.623.4316

planning@duluthtransit.com

www.duluthtransit.com/home/getting-there/stride-paratransit

(Dial-a-ride transportation service for qualified individuals with disabilities in the Twin Ports.)

Area served: Duluth, Superior, Proctor, Hermantown, and Rice Lake

Transit Link

390 N. Robert St., St. Paul, MN 55101
651.602.LINK (5465)

Email: transitlink@metc.state.mn.us

www.transitlinktc.org

(Curb-to-curb shared-ride public transportation for trips that can't be accomplished on regular transit routes alone.)

efmn.org | 1-800-779-0777

Area served: Twin Cities metro area where regular route service is infrequent or unavailable.

Languages: Key website information available in Hmong, Karen, Somali, Spanish, and Vietnamese.

Translators available for scheduling rides via phone.

Zips Paratransit

4300 E River Rd NE, Rochester, MN 55906
507.328.2439

planning@duluthtransit.com

www.rochestermn.gov/government/departments/public-transportation/zips-paratransit-service

(Origin-to-destination transportation service for persons who cannot use Rochester Public Transit's bus service due to a disability. All ZIPS vehicles are wheelchair accessible.)

Area served: Rochester, within the boundaries of 75th St N, 80th Ave E, 60th St S, and 60th Ave W. See website for service area map

VETERANS

Career Force Veterans Services

www.careerforcemn.com/veterans-resources

(Websites offer links to career services for veterans and a list of local veteran employment representatives.)

Area served: Minnesota

Minnesota Assistance Council for Veterans Southern Region

1000 University Avenue W, St. Paul, MN 55104
833.222.6228

mac-v@mac-v.org

www.mac-v.org

(Direct services and assistance to veterans for housing, employment, and legal assistance. MACV will directly refer to other service provider partners for other areas of need.)

Area served: Minnesota, with headquarters in St. Paul and regional offices in Duluth and Mankato

Minnesota Association of County Veterans Service Officers

1.888.LinkVet (546.5838)

www.macvso.org/find-a-cvso.html

(Online search tool to locate the nearest CVSO (county veterans service officer). CVSOs are the primary source of contact for all veterans benefits and services.)

Area served: Every county in MN has a CVSO

Minnesota Department of Veterans Affairs - LinkVet

1.888.LinkVet (546.5838)

mn.gov/mdva

(One-stop customer service line for all Minnesota veterans. Website offers live online chat.)

Area served: Minnesota

Minnesota Military & Veterans Exchange

info@mnme.us

www.mnme.us

(Raises awareness and provides organized, effective access to the resources available to the Minnesota military and veteran community, including housing, financial assistance, employment, education, mental health, legal services, and more.)

Area served: Minnesota

Operation 23 to Zero

P.O. Box 89, Stillwater, MN 55082

operation2320@outlook.com

www.op23tozero.com

(Veteran and military suicide prevention through awareness and a network of support.)

Area served: Upper Midwest

Project Got Your Back

1650 West 82nd Street, Suite 850

Minneapolis, MN 55431

info@projectgotyourback.org

www.projectgotyourback.org

(Provides opportunity, advocacy and access for returning vets to prepare them for long-term employment and entrepreneurial opportunities. Supports currently serving, prior service, veterans, families and caregivers.)

Area served: Midwest

The Mission Project

912 3rd Avenue NE, Minneapolis, MN 55413

952.393.7524

missionproject2005@gmail.com

www.missionproject2005.org

(Committed to mental health, advocacy, reintegration, suicide prevention, camaraderie and fellowship for all military and veterans.)

Area served: Metro

Tribal Veteran Service Officers

1.888.LinkVet (546.5838)

www.mn.gov/mdva/about/tribalvso.jsp

(List of offices with culturally connected service representatives who help Native American veterans access the benefits and services they have earned.)

Area served: Minnesota

U.S. Department of Veteran's Affairs

800.698.2411

www.va.gov

(Information about benefits for veterans.)

Area served: United States