Resource and Program Listing by County, City/Community

**Ramsey County**

**Civic Engagement**

- AARP
  - [www.aarp.org](http://www.aarp.org)
- National Library Service for the Blind & Handicapped
  - [www.loc.gov/nls](http://www.loc.gov/nls)
- Ramsey County Parks & Recreation
  - [www.ramseycounty.us/residents/parks-recreation](http://www.ramseycounty.us/residents/parks-recreation)

**Clinics & Physicians**

- PORTICO HealthNet - clinic referrals in various languages
  - [www.porticohealthnet.org](http://www.porticohealthnet.org)
- U of M Dental School
  - [www.dentistry.umn.edu/degrees-programs/community-outreach-experience](http://www.dentistry.umn.edu/degrees-programs/community-outreach-experience)

**Clothing & Household Items**

- Bridging
  - [www.bridging.org](http://www.bridging.org)

Loaves & Fishes Advocacy Program Referrals-Ramsey County

(St. Paul specific links coming soon)
- Twin Cities Free Market
- www.twincitiesfreemarket.org

**Crisis Hotlines & Help**

- Alzheimer's Association
  - www.alz.org/mnnd

- Cornerstone 24 Hour Help One Day MN-Domestic or Sexual Violence
  - www.cornerstonemn.org

- FTC Identity Theft Hotline
  - www.usa.gov/identity-theft

- Hunger Solutions- MN Food Helpline
  - www.hungersolutions.org

- Live Well at Home
  - www.mnlivewellathome.org

- Minnesota Help
  - www.MinnesotaHelp.info

- Minnesota Unemployment Benefits
  - www.uimn.org

- MN Poison Control
  - www.mnpoison.org

- National Suicide Prevention Lifeline
  - www.suicidepreventionlifeline.org

- Ramsey County Adult Protection Services Against Abuse 24-hour line
  - www.ramseycounty.us/residents/assistance-support/protection-crisis-resources

- Ramsey County Government Center East
  - www.ramseycounty.us/content/government-center-east

- Ramsey County-Urgent Care Mental Health

- Senior Linkage Line MN Help
  - www.minnesotahelp.info/public

- Senior Services Ramsey County - intake line for home-based services
  - www.ramseycounty.us/residents/assistance-support/assistance/seniors

- Social Security Administration
  - www.ssa.gov
Loaves & Fishes Advocacy Program Referrals-Ramsey County

- United Way Crisis; call 211 from any phone; multilingual; Lyft  
  www.211.unitedway.org
- Veteran's Crisis Line  
  www.minneapolis.va.gov

**Education Opportunities**

- Computer Tech - Microsoft Accessibility Tools for Disability  
  www.microsoft.com/en-us/accessibility
- Pacer  
  www.pacer.org/pandr/proglist.asp
- Senior Citizen Education Program at U of M  
  www.onestop.umn.edu/academics/senior-citizen-education-program

**Employment Services**

- Community Action Partnership Project Success in Ramsey County  
  www.caprw.org/community-action-services
- Goodwill-Easter Seals  
  www.goodwilleasterseals.org
- HIRED  
  www.hired.org

**Energy Assistance**

- Community Action Partnership  
  www.caprw.org/community-action-services
- Salvation Army Heat Share  
  www.salvationarmynorth.org
- Sustainable Resource Center Weatherization Program  
  www.src-mn.org
Faith-based Organizations

- Metro Hope Ministries  www.metrohope.org

Financial Assistance

- AnnualCreditReport.com  www.annualcreditreport.com
- Lutheran Social Service of MN Financial Counseling  www.lssmn.org/services/financial-and-employment
- Prepare & Prosper  www.prepareandprosper.org
- Ramsey County Financial Assistance-health and wellness  www.ramseycounty.us/residents/assistance-support/assistance/financial-assistance
- The Lift Garage-AUTO  www.theliftgarage.org

Food Resources

- Fare For All Co-op Food Buying Program  www.fareforall.org
- Food Allergy Support  www.foodallergysupportmn.org
- Keystone Community Services-food shelves by location  www.keystoneservices.org
- Meals on Wheels  www.meals-on-wheels.com
- Nutrition Assistance Program for Seniors (NAPS)  www.health.state.mn.us/divs/fh/csfp/index.html
- Open Arms of MN  www.openarmsmn.org
- Optage Senior Dining  www.optage.org
- Store to Door's Shop & Deliver Groceries  www.helpatyourdoor.org/services
Healthcare

- Center for Africans Now in America - Mental Health
  [www.mncana.com](http://www.mncana.com)
- Disability HUB MN
  [www.disabilityhubmn.org](http://www.disabilityhubmn.org)
- Medicaid-State Office
  [www.medicaidplanningassistance.org/medicaid-eligibility-minnesota](http://www.medicaidplanningassistance.org/medicaid-eligibility-minnesota)
- Medicare-Social Security
- Miracle Ear Foundation
  [www.miracle-ear.com](http://www.miracle-ear.com)
- MN Adult & Teen Challenge-Chemical Dependency Programs
  [www.mntc.org](http://www.mntc.org)
- MN Sure Navigators for Health Insurance
  [www.mnsure.org/help/index.jsp](http://www.mnsure.org/help/index.jsp)
- NAMI National Alliance Mental Illness
  [www.namimn.org](http://www.namimn.org)
- Partnership for Prescription Assistance
  [www.pparx.org](http://www.pparx.org)
- Portico Healthnet/480 Care Referral Line
  [www.porticohealthnet.org](http://www.porticohealthnet.org)
- Quit Plan-Help Quit Smoking
  [www.quitplan.com/services-to-help/signup.html](http://www.quitplan.com/services-to-help/signup.html)
- RX Outreach; Mail Order Pharmacies
  [www.rxoutreach.org](http://www.rxoutreach.org)
- Sight & Hearing Association MN-Hearing Aid Bank of MN (apply for assistance)
  [www.sightandhearing.org/Services/HearingAidBankofMN.aspx](http://www.sightandhearing.org/Services/HearingAidBankofMN.aspx)
- Starkey Hearing Foundation
  [www.starkeyhearingfoundation.org](http://www.starkeyhearingfoundation.org)

Home Maintenance

- Bridging (home, basic essentials)
  [www.bridging.org](http://www.bridging.org)
• Hearts & Hammers Twin Cities - exterior on own home  www.heartsandhammers.com
• Help at Your Door  www.helpatyourdoor.org/services
• Keystone Community Services  www.keystoneservices.org
• Minnesota Home Ownership Center  www.hocmn.org/resources-for-homeowners
• Presbyterian Homes Optage Home Health Care  www.optage.org
• Rebuilding Together Twin Cities  www.rebuildingtogether-twincities.org
• TC Habitat for Humanity Restore Home Improvement  www.tchabitat.org

Housing Resources

• AEON Leasing Call Center  www.aeon.org
• BDC Management Co - incl mobility impaired  www.bdcmgmt.com
• Beacon Interfaith  www.beaconinterfaith.org
• Catholic Charities of St Paul & Mpls  www.cctwincities.org/all-services
• Common Bond Properties Headquarters for Online Search  https://properties.commonbond.org
• Common Bond Properties Online Search  www.properties.commonbond.org
• Housing Link Search  www.housinglink.org
• Housing Resource Network (for apartment)  www.housinglink.org
• HUD FHA Resource Center  www.hud.gov/program_offices/housing/sfh/fharesourcectr
• Lutheran Social Service of MN-Coordinated Entry System by County  
  www.lssmn.org/services/housing-and-assistance

• National Handicap Housing Institute (barrier free housing)  
  www.nhhiaccessiblehousing.com

• Presbyterian Homes  
  www.preshomes.org

• Ramsey County Coord Access to Housing & Shelter (CAHS)  
  www.mnepartmentofhealth.info/Providers/Ramsey_County_Health_and_Human_Services/Coordinated_Access_to_Housing_and_Shelter_CAHS

• Ramsey County Singles: Dorothy Day Center

• Vison Loss Resources intake free in-home assessment  
  www.visionlossresources.org

Legal Aid

• Immigrant Law Center of MN  
  www.ilcm.org

• Legal Aid client Intake Line  
  www.mylegalaid.org

• MN Legal Advice Online  
  www.mnlegaladvice.org

• Volunteer Lawyers Network Client Intake Line  
  www.vlnmn.org

Pets

• Animal Humane Society Free Pet Helpline  
  www.animalhumanesociety.org/pet-helpline

• Animal Humane Society Pet Emergencies & Financial Assistance  
  www.animalhumanesociety.org/health/pet-emergencies-and-financial-assistance

• Animal Humane Society St Paul  
  www.animalhumanesociety.org/vetcenters

• MN SNAP  
  www.mnsnap.org

Loaves & Fishes Advocacy Program Referrals-Ramsey County
- Pet Poison Hotline: [www.petpoisonhelpline.com](http://www.petpoisonhelpline.com)

**Phones & Computers**

- MN STAR Program (assistive technology for disabled): [www.mn.gov/admin/star](http://www.mn.gov/admin/star)
- Open Access Connections: [www.openaccessconnections.org](http://www.openaccessconnections.org)
- PC’s for People: [www.pcsforpeople.org](http://www.pcsforpeople.org)
- TAG Mobile Minnesota Lifeline Service: [www.tagmobile.com/StatePages/Minnesota-Free-Lifeline-Phones](http://www.tagmobile.com/StatePages/Minnesota-Free-Lifeline-Phones)

**Shelters**

- Cornerstone Domestic Violence Emergency Shelter: [www.cornerstonemn.org/emergency-services/safe-housing](http://www.cornerstonemn.org/emergency-services/safe-housing)
- Ramsey Cty Coord Access to Housing & Shelter (CAHS): [www.minnesotahelp.info/Providers/Ramsey_County_Health_and_Human_Services/Coordinated_Access_to_Housing_and_Shelter_CAHS/](http://www.minnesotahelp.info/Providers/Ramsey_County_Health_and_Human_Services/Coordinated_Access_to_Housing_and_Shelter_CAHS/)
- United Way Crisis; call 211 from any phone: [www.gtcuw.org/get-help](http://www.gtcuw.org/get-help)

**Social Services**

- Avivo: [www.avivomn.org](http://www.avivomn.org)
- CAPI Immigrant Opportunities: [www.capiusa.org](http://www.capiusa.org)
- Catholic Charities: [www.cctwincities.org](http://www.cctwincities.org)
- Lutheran Social Service of MN: [www.lssmn.org/services/older-adults](http://www.lssmn.org/services/older-adults)
- People Incorporated - Mental Health Services: [www.peopleincorporated.org/programs](http://www.peopleincorporated.org/programs)

Loaves & Fishes Advocacy Program Referrals-Ramsey County
• Ramsey County Human Services  www.ramseycounty.us/your-government/departments/health-and-wellness/social-services
• Volunteers of America MN & WI  www.voamnwi.org/minnesota

Tax Aid
• AARP Tax Aide  www.aarp.org
• IRS Hotline  www.irs.gov
• Prepare & Prosper  www.prepareandprosper.org

Transportation
• Charity Cars  www.800charitycars.org
• Go Go Grandparent (Uber/Lyft)  www.gogograndparent.com
• Help at Your Door  www.helpatyourdoor.org/services
• Metro Mobility Customer Service  www.metrotransit.org/metro-mobility
• Metro Transit  www.metrotransit.org
• Transit Assistance Program (TAP)  www.metrotransit.org/TAP
• Transit Link Dial a Ride  www.metrotransit.org/transit-link

Veterans
• MN Assistance Council for Veterans (metro regions)  www.mac-v.org
• Ramsey County Veterans Services  www.ramseycounty.us/residents/assistance-support/assistance/veterans-assistance
• Veteran's Affairs Medical Center  www.minneapolis.va.gov
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• Veterans Aid & Attendance (A&A)  
  www.veteranaid.org

• Veteran’s Linkage Line MN Vet Services  
  www.mn.gov/mdva

**Volunteer Opportunities**

• Hands on Twin Cities  
  www.handsontwincities.org

• Lutheran Social Service of MN  
  www.lssmn.org/services/older-adults

• Meals on Wheels  
  www.meals-on-wheels.com

• MN Senior Corps  
  www.mnseniorcorps.org

**Voter Registration**

• Minnesota Voter Registration  
  www.sos.state.mn.us/elections-voting/register-to-vote