Additional Helpful Numbers

Call 911
For Police, Fire and Medical Emergencies.

Call 211
for United Way Information and Referral
Cell phone users call 651.291.0211
24 hour information and referral regarding health and social services in the metro area.

English spoken 24 hours a day. Hmong, Spanish and Somali interpreters weekdays 8:00am - 6:00pm and 24 hours on weekends and holidays.

Call 651.291.6795
For Emergency Social Services
After hours response for Ramsey County Social Services. Weekdays 5pm - 8am and 24 hours on weekends and holidays.

Call 651.222.4731
For Legal Aid
Legal assistance for income-eligible clients

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Child and Teen Checkups Program
and
Healthy Communities Section

Food, Clothing and Shelter Resources for Ramsey County Residents
Food

- **Ramsey County Women, Infant and Child Program (WIC):**
  Supplemental food and nutrition program for women and mothers who are breastfeeding; income eligibility, health screening and nutrition counseling is available.
  651.266.1300

- **Food Shelves:**
  To find the nearest food shelf call Second Harvest Heartland—St. Paul Office.
  651.484.5117
  (7am—4:30pm)

- **Food Stamps:**
  Apply in person at 160 E. Kellogg Blvd. Call for information about application procedures.
  651.266.4444

- **Free Meals:**
  To find the nearest location, times and days available, please call First Call for Help—2 1 1. Call phone users call 651.291.0211.

- **Fare for All:**
  Food for approximately half-price in exchange for two hours of community service; no income eligibility requirements. Call for information and site nearest to you.
  763.450.3880

Clothing and Furniture

- **Alley Shop:** (651.776.8708) Free clothing and household items through Arlington Hills Church for those with a referral slip from a social worker.

- **Birthright:** (651.646.7033) Emergency assistance to pregnant women and new mothers; maternity clothes, layettes, etc.

- **Catholic Charities:** (651.222.1787) Furniture available to Ramsey County residents referred through a social worker.

- **Disabled American Veterans Thrift Store:** (651.292.1707) Low cost furniture, clothing, household items, etc.

- **Goodwill/Easter Seal:** (651.379.5800)
  Low cost furniture, clothing, household items, etc.

- **Hallie O. Brown Community Center**
  (651.224.4602) Free clothing distribution.

- **Joseph's Coat:** (651.291.2472) Free seasonal clothes, personal care products and small household items

- **St. Vincent DePaul Thrift Store:**
  (651.227.1322) Low cost furniture, clothing, household items, etc.

- **Salvation Army Thrift Store:**
  (651.771.7779) Low cost furniture, clothing, household items, etc.

- **Women Life Center:** (651.776.2328)
  2 Locations; baby equipment, diapers, clothing and formula. Also offers parenting education and ultrasound for expectant mothers.

Shelter/Housing

- **Caroline Family Services:**
  (651.772.1394) Transitional housing and housing support services for low-income women with children who are homeless or at risk of being homeless.

- **Housing Link:** (651.291.0211) Call First Call for Help. Low to moderate income housing information.

- **Open Cities of St. Paul:** (651.221.4442)
  Transitional supportive housing for recovering chemically dependent women and their children.

- **Naomi Family Center:** (651.222.7962)
  Transitional housing for women and children; parenting programs.

- **St. Paul Public Housing:** (651.298.5158)
  Subsidized housing for low-income families.

- **The Family Place:** (651.225.9354)
  Crisis shelter intake for homeless families; support and social services for homeless families.

- **Therese Living Center:** (651.774.5594)
  Transitional housing for single women, pregnant women and women with children age 5 and under.

- **YWCA Transitional Housing Program:**
  (651.293.9296) Transitional housing for women and children.