

Resource List

Abused women shelters/support groups

- Midway Family Service and Abuse Center
St. Paul, MN 55104
Business #: 612-232-5585
Hotline/Crisis: 612-232-5585
- Battered Women's Legal Advocacy Project, Inc.
1611 Park Avenue Suite 2
Minneapolis, MN 55404
Phone: (612) 343-9842
Phone: (800) 313-2666
Fax: (612) 343-786

Addiction services/support groups

- Minnesota Teen Challenge
612-FREEDOM
www.mntc.org

Birth centers/home birth options

- Health Foundations Family Health & Birth Center
968 Grand Avenue
Saint Paul, MN 55105
651.895.2520
- Morning Star Women's Health & Birth Center
6111 Excelsior Boulevard
St. Louis Park, MN 55416
612-922-4784

Birth Doulas/services

- Everyday Miracles Pregnancy Center
1121 Jackson St NE, Suite 121
Minneapolis, MN 55413
612-353-6293
- The Childbirth Collective – Metro – childbirthcollective.org

Child abuse protection

- Hennipen County Child Abuse reporting hotline – 612-248-3552
- Ramsey County CPS reporting line – 651-266-4500

Child Birth Education

- BabyLove – Lamaze Method
www.babylovemn.com
651-200-3343
- Minny Mama Birth Services – Bradley Method
www.minnymama.com
701-471-9312

Child Care Options

- Open Arms Lutheran Child Development Center – Michelle - 651-735-4202 (offers discounted childcare)
- Above and Beyond Nannies
Aboveandbeyondnannies.com
14305 Fridley Way
Apple Valley, Minnesota 55124
(952) 431-4100
- Nannies from the Heartland
Nanniesheartland.com
5490 Balsam Lane No
Minneapolis MN 55442-1805
(763) 550-0219

Children's hospitals

- St Paul Children's – St Paul
345 N. Smith Ave.
St. Paul, MN 55102
(651) 220-6000
- Minneapolis Children's – Minneapolis
2525 Chicago Ave. S.
Minneapolis, MN 55404
(612) 813-6000

Chiropractors/massage therapists

- City Chiropractic – Dr. Michael Johnson (chiropractic & massage)
1931 University Ave NE
Minneapolis, MN 55418
612-706-8900
- Victoria at Grayson Salon (massage therapist)
1900 County Road D East
Maplewood, MN 55109
651-773-0003

Family Dr/Pediatricians

- Dr. John H. Kapsner, MD
HealthEast Roselawn Clinic
1983 Sloan St
Suite 1
St Paul, MN 55117

Fathers

- Catholic Charities: (Tom Anderson) 651.603.0220
- Memorial Blood Centers (paternity testing): 612.871.6636
- Resource Center for Fathers and Families: 612.874.1509 (Parenting Classes, Anger Management)

Food & Formula Help

- Dorothy Day Center: 651-293-1919
- Food Shelves: 211 or 651-291-0211
- Food Stamps: 651-266-4444
- Ramsey County WIC (Supplemental food and nutrition program for children through age 6, pregnant women, and mothers who are breastfeeding)
651-266-1300
- Washington County WIC: 651-430-6657
- MAC (Mothers and Children/food program for pregnant women, breastfeeding women and children up to the age of 6)
651-484-8241
- Second Harvest Heartland: St. Paul Office 651-484-5117 (food shelf information)

Green/Organic parenting options

- Body Sense
10144 Juniper Lane
Eden Prairie
888-788-5237
www.bodysense.com
- Bumble Bee Boutique
Minneapolis
bumblebeeboutique.com

Hospitals/Urgent Care

- Region's Hospital St Paul
640 Jackson Street St. Paul
651-254-3456
- HealthPartners Clinics
www.healthpartners.com/public/care/get-care-now/
612-339-3663
800-551-0859

Incest/sexual abuse support

- Sexual Violence Center
3757 Fremont Ave N.
Minneapolis, MN
55412-2013
24 hr helpline: 612-871-5111
- Rape and Sexual Abuse Center
2431 Hennepin Avenue So
Minneapolis, MN 55405
24 hr helpline: 612-825-4357

Lactation consultants

- HealthEast Lactation Consultants
651-232-3147
- United Hospital Breastfeeding Clinic
651-241-6250
- Methodist Hospital Breastfeeding Clinic
952-993-5124

Lawyer/Legal Services

- Pearson Law Group, LLC
Travis Pearson
612-910-1722
Travis@pearsonlawmn.com

Le Leche League

- NE Minneapolis
Samantha 612-432-1066
meeting 1st Tue 10am
- Roseville
Jenni 651-488-2583
meeting 1st Thur 7pm
- St Paul metro
Barb 651-702-9063
meeting 3rd Thur 7pm

Maternity stores

- Nine
1014 Mainstreet
Hopkins, MN 55343
952-935-2944
www.ninecosign.com
- Bellies to Babies
6638 Penn Ave S
Richfield, MN
612-869-0164
www.belliestobabies.net

Midwives

- Fern M Aspen, CNM - Stillwater - 651-478-3023
- Twin Cities Midwifery (home birth) - 651-335-1283

Multiples groups

- Northside M.O.M's of Minnesota (Mothers of Multiples)
<http://www.northsidemoms.org/>
- Minnesota Valley Mothers of Multiples
<http://www.mvmom.org>

Nannies/child care

- Above and Beyond Nannies
Aboveandbeyondnannies.com
14305 Fridley Way
Apple Valley, Minnesota 55124
(952) 431-4100
- Nannies from the Heartland
Nanniesheartland.com
5490 Balsam Lane No
Minneapolis MN 55442-1805
(763) 550-0219

New parent groups

- New Mama Group by Amma Maternity
6-week class on infant care, postpartum adjustment and more
<http://www.AmmaMaternity.com>
952-926-BABY
- Childbirth Collective
Parent Topic Nights
<http://childbirthcollective.org>

OBGYN/CNM

- Oakdale Obstetrics & Gynecology
<http://www.oakdaleobgyn.com>
763-587-7000

Parenting classes/resources

- www.extension.umn.edu/family
- www.extension.umn.edu/parenteducation/onlinetools.html

Perinatal loss support

- Missing Grace Pregnancy and Infant Loss
Maple Grove Covenant Church meets 2nd & 4th Tuesdays 6:30-8:30pm
<http://www.missinggrace.com>
- Subsequent Pregnancy After Loss Support Group – St Paul
United Hospital Garden View Med Bldg Rm. 4057
Meets 1st & 3rd Mondays 5-6:30pm FREE
Ann Klein, RN 651-241-6206

Physical Therapists

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Postpartum doulas

- Ann Kirchner
<http://www.farmingtondoulaservices.com>
612-203-3746
- Rae Baker
doularae@hotmail.com
612-558-4847

Special needs family resources

- Help Me Grow Intervention Service (birth-2 years or 3-5 years)
1-866-693-4769
- MN Department of Health
www.health.state.mn.us/divs/fh/mcshn/mcshn.html
651-201-3650

Teen Parents

- The Young Fathers Program
East Side Neighborhood Service, Inc.
1700 Second Street NE
Minneapolis, MN. 55413
612-781-6011
- AGAPE House for Mothers
1002 Blair Ave
St Paul, MN 55104
www.agapehouseinc.com
651-488-6056

Yoga/Wellness Classes

- Blooma – 952-848-1111
3919 44th Street | Edina, MN 55424
968 Grand Avenue | St. Paul, MN 55105

Misc

- Project Partners Organizing, LLC (organizational services)– Roseville - 651-592-6870