Community Resource Guide
FOR CHILDREN AND FAMILIES IN DAKOTA COUNTY

HEALTH CARE
DENTAL
WOMEN’S HEALTH
FOOD
HOUSING
SPECIAL NEEDS/DISABILITY
SUPPORT FOR FAMILIES

Dakota County Public Health Department
651.554.6100  •  www.dakotacounty.us
### Dakota County Services

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<tr>
<th>Service</th>
<th>Phone Number</th>
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<tr>
<td>General information</td>
<td>651.437.3191</td>
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<tr>
<td>Child Support</td>
<td>651.554.5909</td>
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<tr>
<td>Employment and Economic Assistance</td>
<td>651.554.5611</td>
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<tr>
<td>Employment and Economic Assistance Hours</td>
<td>8:00 a.m. – 4:30 p.m.</td>
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<tr>
<td>- Cash and emergency assistance</td>
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<td>- Food assistance</td>
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<td>- Financial Empowerment Services</td>
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<td>- Medical assistance</td>
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<tr>
<td>Social Services</td>
<td>651.554.6000</td>
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<tr>
<td>- Children and Family Intake 952.891.7459</td>
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<td>- Adult Services Intake 651.554.6424</td>
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<tr>
<td>Community Living Services</td>
<td>651.554.6336</td>
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<td>- Aging and disability services</td>
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<td>- Autism Spectrum Disorder</td>
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<td>- Developmental disabilities</td>
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<td>- Personal care assistance</td>
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<tr>
<td>Dakota County Library</td>
<td>651.437.3191</td>
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<tr>
<td>Dakota County Parks</td>
<td>952.891.7000</td>
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<tr>
<td>Dakota County Veterans Services</td>
<td>651.554.5601</td>
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### Crisis Services

<table>
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<tr>
<th>Service</th>
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<tr>
<td>Dakota County Crisis Intervention</td>
<td>952.891.7171</td>
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<tr>
<td><a href="http://www.dakotacounty.us">www.dakotacounty.us</a> (search “Mental Health”)</td>
<td></td>
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<tr>
<td>24-hour response and referral in a mental health crisis</td>
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<tr>
<td>Casa De Esperanza</td>
<td>651.772.1611</td>
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<tr>
<td><a href="http://www.casadeesperanza.org">www.casadeesperanza.org</a></td>
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<tr>
<td>24-hour bilingual domestic violence helpline</td>
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<tr>
<td>Dakota County Housing Crisis Line</td>
<td>651.554.5751</td>
</tr>
<tr>
<td><a href="http://www.dakotacounty.us">www.dakotacounty.us</a> (search “housing assistance”)</td>
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<tr>
<td>Lewis House</td>
<td>651.452.7288</td>
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<tr>
<td>- Eagan</td>
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<td>- Hastings</td>
<td>651.437.1291</td>
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<tr>
<td>- Sexual Assault Hotline</td>
<td>651.405.1500</td>
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<tr>
<td><a href="http://www.360communities.org">www.360communities.org</a></td>
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<tr>
<td>Available 24 hours a day for housing and protection</td>
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For more information on programs and services in Dakota County go to [www.dakotacounty.us](http://www.dakotacounty.us) and enter the keyword in the search box.

**General information** 651.554.6100
Fax number: 651.554.6130 / Email: public.health@co.dakota.mn.us

**Asthma Program** 651.554.6115
For children (birth-age 18) diagnosed with asthma. Staff visit and work with the family on ways to reduce the child's symptoms, discuss community resources and decrease exposure to triggers in the home.

**Car Seat Program** 952.891.7523
Staff work with medical assistance plans to offer car seat education and car seats. There is no cost to eligible pregnant women and children (birth through age 8). To apply, fill out online form at www.dakotacounty.us and search car seat.

**Child and Teen Checkups (C&TC)** 952.891.7500
Child and Teen Checkups staff can help find a doctor, or dentist, make an appointment, find transportation or an interpreter for families with children and young adults on Medical Assistance from birth to age 21.

**Family Home Visiting** 651.554.6115
Home visits support families during pregnancy and after delivery. Staff can provide growth and development checks for infants and children, and resources for children with special needs. To apply call or fill out online form at www.dakotacounty.us and search home visits.

**Follow Along Program** 651.554.6178
Keeps track of your child's development from birth - 3 years old. Find out if your child is playing, talking, growing, moving, and acting like other children the same age.

**Immunizations for children and adults** 952.891.7999
Immunization walk-in clinics are held monthly in West St. Paul and Apple Valley. Call for information or to schedule an appointment.

**Radon Testing**
Test your home for radon. Pick up a test kit in Apple Valley (952.891.7500) or West St. Paul (651.554.6100), call for availability.

**Tuberculosis testing and treatment** 952.891.7500
Dakota County offers tuberculosis skin tests by appointment. People with tuberculosis can receive medication at no cost.

**WIC Nutrition Program** 952.891.7525
For pregnant women and children up to age 5. Women, Infants, and Children (WIC) is a nutrition program that offers free nutritious foods and nutrition education to families. Breastfeeding support and education for women is provided.

This directory is a general guide to resources and does not imply endorsement by the Dakota County Public Health Department. The information is subject to change.

DCPHD-HR-2947 (12/2018)
Multi-Service Agencies

These agencies may help with food, housing, transportation, utilities and emergency assistance.

360 Communities 952.985.5300
www.360communities.org

CAP Agency 651.322.3500
www.capagency.org

Hastings Family Service 651.437.7134
www.hastingsfamilyservice.org
Serves ISD 200 residents and Hastings area

Mission Outpost 952.898.9311
http://popmn.org/gethelp/basicneeds
Prince of Peace Lutheran Church, Burnsville

Neighbors Inc. 651.455.5000
www.neighborsmn.org
Inver Grove Heights, South St. Paul, West St. Paul, Mendota Heights, Mendota, Sunfish Lake and Lilydale residents

Salvation Army 651.746.3400
www.salvationarmynorth.org

Help Lines

United Way 2-1-1 (dial 211) 651.291.0211
www.211unitedway.org

Disability Linkage Line 1.866.333.2466

MinnesotaHelp.Info www.minnesotahelp.info/index (Searchable resource database)

Clothing

360 Communities 952.985.5300
www.360communities.org

Community Clothes Closet 952.898.9595
www.hosannalc.org
Hosanna! Lutheran Church, Lakeville

Hastings Family Service 651.437.7134
www.hastingsfamilyservice.org
Serves ISD 200 residents and Hastings area

Mission Outpost 952.435.8102
www.popmn.org
Prince of Peace Lutheran Church, Burnsville

Neighbors Inc. 651.455.5000
www.neighborsmn.org

Children with Special Needs/Disabilities

Autism Spectrum Disorder Information & Resources
www.dakotacounty.us (search “Autism”)

The ARC Greater Twin Cities 952.920.0855
https://arcgreatertwinities.org/
Parent advocacy to expand opportunities and enhance quality of life

PACER Center 952.838.9000
www.pacer.org
Support and advocacy for children with disabilities and their families

Fraser Center 612.767.7222
www.fraser.org
Services for autism, mental health, rehabilitation

Living Well with ADHD 952.921.5870
www.centerforlivingwellwithadhd.org

Living Well Disability Services 651.688.8808
www.livingwell.org

Family Voices of MN 1.866.334.8444
www.familyvoicesofminnesota.org
Parent-to-parent support

National Alliance on Mental Illness of Minnesota (NAMI Minnesota) 651.645.2948
www.namihelps.org

Cultural Services

These agencies may help with food, family support, employment, education, health and wellness and empowerment.

Indian Health Board 612.721.9800
www.indianhealthboard.com

Centro Tyrone Guzman (Latino) 612.874.1412
www.centromn.org

CLUES (Latino)
- St. Paul 651.379.4280
- Aging Well Services 651.379.4200
www.clues.org

ECHO www.echominnesota.org
Emergency health and safety information in multiple languages

Neighborhood House 651.789.2500
www.neighb.org

Progressive Individual Resources, Inc. 651.222.6567
http://pirimn.org/

Zacah 651.705.5968
www.zacah.org
Islamic organization to support Muslims and followers of other faiths
## Dental Services

**Dental fillings, extractions, other services**

On Medical Assistance? Contact your health plan about dental.

**Children's Dental Services** 612.746.1530  
[http://childrensdentalservices.org](http://childrensdentalservices.org)

Children from birth to age 26 and pregnant women; accepts MA; Sliding fee and free care.

**Community University Health Care** 612.301.3433  

Fees based on family size and income.

**Dentistry for Children & Adolescents** 952.435.4102  
[http://www.childrensdent.com](http://www.childrensdent.com)

MA not accepted - only physical or mental disability accepted.

**Helping Hands Health Center** 651.224.7561

**Hope Dental Clinic** 651.789.7605  
[www.hopedentalclinic.org](http://www.hopedentalclinic.org)

**Indian Health Board** 612.721.9800  
[http://indianhealthboard.com](http://indianhealthboard.com)

**Metropolitan State Univ. Dental Clinic** 651.793.1793  
[http://dental.metrostate.edu/](http://dental.metrostate.edu/)

No sliding fee or free services.

**Minnesota Dental Association** 800.950.3368  
[www.mndental.org](http://www.mndental.org)

Search option for Find-a-Dentist by area.

**MN Donated Dental** 651.454.6290  
[http://dentallifeline.org/minnesota](http://dentallifeline.org/minnesota)

Free care for permanently disabled, elderly or medically fragile.

**Prince of Peace Dental Clinic** 952.898.9318  

**Sharing & Caring Hands-Dental** 612.338.4640  
[www.sharingandcaringhands.org/day-services](http://www.sharingandcaringhands.org/day-services)

**Southern Heights Dental Group** 507.334.6433  
[www.southernheightsdental.com](http://www.southernheightsdental.com)

**True North Community Dental Clinic** 952.403.5149  
[http://truenorthcdccom/](http://truenorthcdccom/)

**University of MN Dental Clinics** 612.625.2495  
[www.dentalclinics.umn.edu/](http://www.dentalclinics.umn.edu/)

**West Side Dental Clinic** 651.602.7575  
[http://westsidechs.org](http://westsidechs.org)

## Education

**Dental cleaning and x-rays**

**Argosy University Dental Hygiene Clinic** 651.846.3381

**Century College** 651.779.5787

**Normandale Community College Dental Hygiene Clinic** 952.358.8608

### Head Start

**Early Head Start (Pregnancy to age 3) and Head Start (Age 3 to school age)** 651.322.3500  
www.capagency.org

### Early Childhood Education

**Burnsville/Eagan/Savage ISD 191** 952.707.4150  
[www.communityed191.org](http://www.communityed191.org)

**South St. Paul Public School District 6** 651.457.9418  
[www.tridistrictce.org](http://www.tridistrictce.org)

**West St. Paul ISD 197** 651.403.8390  
[www.tridistrictce.org](http://www.tridistrictce.org)

**Inver Grove Heights ISD 199** 651.306.7503  
[www.invergrove.k12.mn.us](http://www.invergrove.k12.mn.us)

**Hastings School District ISD 200** 651.480.7678  
[www.hastingscommunityed.com](http://www.hastingscommunityed.com)

**Rosemount/Eagan/Apple Valley ISD 196** 651.423.7920  
[www.district196.org](http://www.district196.org)

**Farmington ECFE ISD 192** 651.460.3200  
[www.farmingtontice.com](http://www.farmingtontice.com)

**Lakeville ECFE ISD 194** 952.232.2150  
[www.isd194.org](http://www.isd194.org)

**Help Me Grow** 1.866.693.4769  
[http://helpmegrowmn.org](http://helpmegrowmn.org)

### Adult Education


**Minnesota Literacy Council** 651.645.2277  
[http://www.mnliteracy.org/hotline](http://www.mnliteracy.org/hotline)  
1.800.222.1990 / Text 612.424.1211  
Contact to find local classes.
Financial Help

Employment & Economic Assistance  651.554.5611
www.dakotacounty.us (search “Financial Counseling”)  Assistance for emergency, food, financial, prenatal care and child care

Angel Foundation  612.627.9000
www.mnangel.org  For cancer patients

Energy Assistance (CAP Agency)  651.322.3500
Financial assistance to help pay utility and fuel bill (October to May)

360 Communities  952.985.5300
www.360communities.org

Hastings Family Service  651.437.7134
www.hastingsfamilyservice.org

Lutheran Social Service Financial Counseling  1.888.577.2227
www.lssmn.org/debt

Neighbors, Inc.  651.455.5000
www.neighborsmn.org

Social Security Administration  1.800.772.1213
www.ssa.gov

Zacah  651.705.5968
www.zacah.org  Islamic organization to support Muslims and followers of other faiths

Food Shelves and Community Meals
www.dakotacounty.us (search “Food Shelves”)  Many local churches offer community meals free or by donation.

Minnesota Food Helpline  1.888.711.1151
Hunger Solutions  651.486.9860
www.hungersolutions.org (Find your local food shelf)

360 Communities  952.985.5300
www.360communities.org

Neighbors, Inc.  651.455.5000
www.neighborsmn.org

Dakota County WIC  952.891.7525
Hastings Family Service  651.437.7134
www.hastingsfamilyservice.org

The Open Door Pantry  651.688.3189
www.theopendoorpantry.org

Fare for All  763.450.3880
www.fareforall.org

Meals on Wheels  612.623.3363
www.meals-on-wheels.com

Farmers Market
http://minnesotagrown.com (Some markets accept EBT and WIC)

Fitness

- Dakota County Parks - www.dakotacounty.us/parks
- City Parks - www.dakotacounty.us (search “cities and townships”)
- Fitness and Exercise in Dakota County
  www.dakotacounty.us (search “Fitness and Exercise”)  Find indoor walking options, Simple Steps Walking Program, and where to play in Dakota County in the Tips for Parents section.

Health Insurance

MNsure  1.855.366.7873
Monday-Friday 8:00 a.m - 6:00 p.m.
www.mnsure.org

Dakota County Employment and Economic Assistance  651.554.5611
www.dakotacounty.us

MinnesotaCare  651.297.3862
www.mn.gov/dhs

Portico Healthnet  651.489.2273
www.porticohealthnet.org  1.866.489.4899 / Interpreters are available  Helps uninsured/assistance with application

Crown Medical Center  612.871.4354
www.crownmedicalcenter.org  Green card medical exams and travel clinic services

Diamondhead Community Clinic  952.707.4171
http://www.isd191.org  Must live in School District 191

Dakota Child and Family Clinic  651.209.8640
www.dakotachildandfamily.org

Minnesota Family Planning and  1.800.783.2287
STD (Sexually Transmitted Disease hotline)
http://sexualhealthmn.org

Public Health Immunization Clinic  952.891.7999
www.dakotacounty.us (search “Immunization Clinic”)  952.891.7999

St. Mary’s Clinic  651.287.7777
www.stmaryshealthclinics.org  Free non-emergency health care for uninsured, appt. required

Westside Community Health Services  651.602.7500
www.westsidechs.org

Other resources:
- STD testing clinics - www.dakotacounty.us (search “STD testing”)
- www.health.state.mn.us (search “low cost health services”)
### Mental Health

**Dakota County**
www.dakotacounty.us (search “Mental Health”)

- **Adult Mental Health** 651.554.6424
- **Children’s Mental Health** 952.891.7453
- **Crisis Response 24-hour** 952.891.7171

24-hour phone and face-to-face crisis intervention

### Mental health providers and resources

**Minnesota Mental Health Clinic** 651.454.0114
www.mmmentalhealthclinics.com
Community support program funded by Dakota County
Apple Valley, Eagan and Lakeville

**Associated Clinic of Psychology**
- **Appleton** 952.432.1484
- **West St. Paul** 651.450.0860

**Fast-Tracker**
www.Fast-TrackerMN.org
Mental Health Clinics & Substance Use Disorder Resources

**National Alliance on Mental Illness of Minnesota**
(NAMI Minnesota)
www.namimhels.org

**Mental Health Minnesota**
651.493.6634
www.mentalhealthmn.org

### Chemical Dependency

**Dakota County Chemical Health** 651.554.6000
www.dakotacounty.us (search “Chemical Health”)

**Alcoholics Anonymous (AA)** 952.922.0880
www.aaminnneapolis.org
Greater Minneapolis Intergroup helps anyone who has a drinking problem. Phones answered 24 hours.

**Al Anon/Alateen** 651.771.2208
www.al-anon-alateen-msp.org
Al-Anon Family Groups, which includes Alateen and Al-Anon Adult Children; help families of alcoholics (Minneapolis/St. Paul)

**Anthony Louis Center (Adolescents)** 952.890.8879
www.anthonylouiscenter.com

**Narcotics Anonymous Minnesota** 1.877.767.7676
www.naminnnesota.us

**Tobacco Quit Plan Helpline** 1.888.354.7526
www.quitplan.com

### Pregnancy and Women’s Health

**Breastfeeding support**

**Dakota County Public Health**
- **Home Visits** 651.554.6115
- **Women, Infant and Children (WIC)** 952.891.7525

**Breastfeeding Connection**
www.fairview.org (search “lactation”)
Fairview Ridges Hospital

**The Birth Center**
www.northfieldhospital.org (search “birth center”) Northfield Hospital

**The Family Birthing Center** 651.404.1200
www.allinahealth.org/regina-hospital/services/birth-center
Regina Hospital, Hastings

**Lactation Support Center**
651.254.2380
www.regionshospital.com (search “lactation”) Regions Hospital

**Breastfeeding Support Center and Lactation Line**
www.stfrancis-shakopee.com (search “Breastfeeding Support”) St. Francis Hospital, Shakopee

**HealthEast Lactation Clinic**
651.232.3147
www.healtheast.org/maternity/during/breastfeeding
St. Joseph’s, St. John’s & Woodwinds Hospitals

**La Leche League**
612.922.4996
www.lllofmndas.org/find-a-group
Mother-to-mother education and support

**The Mother Baby Lactation Warm Line**
651.241.6250
http://themotherbabycenter.org/services/lactation-breastfeeding
United and Children’s Hospitals

**Amnion Crisis Pregnancy Center**
952.898.4357
www.amnioncpc.org

**Planned Parenthood**
952.890.0940
www.plannedparenthood.org

**Postpartum Anxiety and Depression Support Group**
612.863.4770
https://www.allinahealth.org (search “Postpartum”)

**Pregnancy and Postpartum Support Minnesota**
www.pregnancyandpostpartumsupportmn.com

**Pregnancy Choices**
952.997.2229
www.mypregnancychoices.com

**SAGE-Breast & Cervical Cancer Testing**
1.888.643.2584
www.health.state.mn.us (search “SAGE”)

**Wakota - A Guiding Star Center**
651.457.1195
www.guidingstarwakota.org
**Housing**

Dakota County Housing Crisis Line 651.554.5751  
www.dakotacounty.us (search "housing assistance")  
Emergency shelter, assistance to prevent eviction, and information on housing resources/referrals

C.O.R.E Drop In Center 612.205.7944  
www.thelinkmn.org/core  
Community, Outreach, Resources, and Engagement Drop In Center is for youth at-risk of or are currently homeless who can get help with basic needs (food, clothes, shower, laundry, etc.) and connected to case management and services such as housing

**Shelters**

Dakota Woodlands (for families) 651.456.9110  
www.dakotawoodlands.org

Harbor Shelter 651.480.8377  
Youth ages 12-20

**General**

Dakota County 651.675.4400  
Community Development Agency  
www.dakotacda.org  
Affordable housing

Affordable housing locator  
www.housinglink.org

Environmental Health concerns 952.891.7500  
Dakota County Public Health

Habitat for Humanity 612.207.1700  
Homeowner & Foreclosure Prevention Program  
www.tchabitat.org

Smoke-Free Housing Directory 651.646.3005  
http://www.mnsmokefreehousing.org/

**Legal Help**

Dakota County Family Court Self-Help Center
- Apple Valley 952.891.7135
- Hastings 651.438.8080
- West St. Paul 651.554.6200  
www.dakotacounty.us (search "legal help")  
Free 30-minute consultation on family court issues for county residents who do not have a lawyer

Immigrant Law Center of MN 1.800.223.1368  
www.ilcm.org  
Legal help for immigrants and refugees

LawHelpMN  
www.lawhelpmn.org

Legal Assistance of Dakota County 952.431.3200  
www.dakotalegal.org

Southern MN Regional Legal Services 1.888.575.2954  
www.smrls.org  
Free legal help for low-income people and immigration services

Tubman Chrysalis Center 612.870.2400  
www.tubman.org

**Parent Support**

Dakota County Public Health 651.554.6115  
www.dakotacounty.us (search "home visits")  
Family Home Visiting supports pregnant women and families with young children. They will offer helpful information and support for you to develop new skills as a parent.

Safe Families for Children 612.518.5986  
www.safe-families.org

Parent Aware 1.888.291.9811  
http://parentaware.org  
Searchable database of child care and early learning programs

Dakota County Child Care Licensing 952.891.7400  
For licensed child care homes

Kids-n-Kinship 952.892.6368  
www.kidsnkinship.org

**Job Skills**

MN Workforce Centers  
www.mnworkforcecenter.org  
Services that can help you look for a job, change careers or create or update a resume

- West St. Paul WorkForce Center 651.554.5955
- Burnsville WorkForce Center 952.703.3100
- Shakopee WorkForce Center 952.445.7087

MinnesotaWorks.net  
www.minnesotaworks.net  
Online job bank, and other employment web sites to search for and apply for jobs
Prescription Medications

Some pharmacies participate in drug discount programs and may offer generic drugs for a low fee. Contact your pharmacy.

Dispose of medications safely through the Dakota County Sheriff’s office. Drop boxes are available at various locations, visit www.dakotacounty.us (search “safe disposal”).

Transportation

Contact your health plan for transportation for a medical appointment if you are on MinnesotaCare or Medical Assistance.

DARTS 651.455.1560
www.dartsconnects.org
Serving older adults with transportation.

GoDakota 651.203.0183
www.dakotacounty.us (search GoDakota)
Helps you find public and private transportation options and services like Metro Transit, Minnesota Valley Transit Authority and DARTS. Free travel training is available.

GAPP Services, Inc. 952.953.9299
Transportation for county residents using volunteer drivers. Must schedule at least one week in advance.

Just Friends Program 651.437.7134
www.hastingsfamily service.org
Transportation, friendly visiting, and grocery shopping assistance. Service area is Hastings and school district 200.

LOOP Bus System 651.234.2272
www.dartsconnects.org

Metro Mobility 651.602.1111
www.metrotransit.org/metro-mobility TTY 651.221.9886
For certified riders unable to use other buses due to disability of health conditions.

Metro Transit 612.373.3333
www.metrotransit.org
The Transit Assistance Program (TAP) helps make public transit more affordable ($1 per ride) for low-income residents who meet income requirements (www.metrotransit.org/TAP).

Minnesota Valley Transit Authority 952.882.7500
www.mvta.com

Neighbors Inc. of South St. Paul 651.455.1508
www.neighborsmn.org
Serves low-income community members in Inver Grove Heights, South St. Paul, West St. Paul, Mendota Heights, Mendota, Sunfish Lake and Lilydale.

We are excited to meet you and your family before your child starts school.

Come in for a free, one-hour visit to learn about how your child is developing.

Why is this visit important?
- Every child is different – we can help your child build on their strengths to get ready for school learning.
- Children’s brains grow the fastest in the first three years of life.
- The sooner we see you, the more we can offer you!

How it helps you
- Meet the friendly school staff in your district.
- We will make a plan together to help your child be the best they can be.
- We can help you sign up for Early Childhood Family Education classes and Pre-School Scholarships.

How it helps your child
- Get their hearing, vision, height, and weight checked.
- Find out more about how they play, talk, and develop.
- They go home with a free book!

We are excited to meet you!
Call to make an appointment:

Burnsville-Eagan-Savage Schools ISD 191
952-707-4117

Inver Grove Heights Schools ISD 199
651-306-7520

Early Learning and Family Resource Center ISD 197
West St. Paul
651-403-8390

South St. Paul
Early Learning
Early Childhood Screening Office
651-288-6897

We are excited to meet you!
Call to make an appointment: