# Table of Contents

## Food Equity and Access
- Family Pathways Hunger Relief ................................................................. 2
- Fare For All........................................................................................................ 3
- Supplemental Nutrition Assistance Program (SNAP)....................................... 3
- PTCC SNAP 50/50 Program ........................................................................... 3
- Twin Cities Mobile Market ............................................................................ 3

## Housing
- A Place For You ............................................................................................... 4
- Avenues for Homeless Youth ........................................................................... 4
- Drop-in Centers ............................................................................................... 4
- Downtown Saint Paul: ..................................................................................... 4
- Downtown Minneapolis: YouthLink Drop-In Center ......................................... 4
- Lakes and Pines ............................................................................................... 4
- Youth Services Network .................................................................................. 4
- YMCA Youth Resource Line ........................................................................... 4

## Mental Health Resources
- Emergency Mental Health .............................................................................. 5
- Mental Health 24 hour hotline ......................................................................... 5
- National Suicide Prevention Lifeline ............................................................... 5

## Mental Health Agencies
- Cambridge Medical Center-Mental Health Services ....................................... 5
- Fairview Counseling Center ............................................................................ 5
- Family-Based Therapy Associates (FBTA)......................................................... 5
- Family Innovations, INC .................................................................................. 5
- Haven Center Counseling ............................................................................... 6
Lakes Area Human Services ..................................................................................................6
Lighthouse Child & Family Services ....................................................................................6
Mille Lacs Health Systems Behavioral Health .....................................................................6
Nystrom & Associates, LTD.................................................................................................6
St. Croix Regional Medical Center - Counseling and Psychological Services ....................6
Therapeutic Services Agency (TSA) .....................................................................................6
County Social Services ........................................................................................................1
Aitkin County Social Services ............................................................................................1
Anoka County Social Services ............................................................................................1
Chisago County Human Services .......................................................................................1
Carlton County Family Social Services ...............................................................................1
Hennepin County Human Services ..................................................................................1
Pine County Human Services .............................................................................................1
Sherburne County Social Services ....................................................................................1
Stearns County Human Services .......................................................................................1
Washington County Community Services .........................................................................1
Transportation ....................................................................................................................2
Arrowhead Transit- Pine County .........................................................................................2
Heartland Express- Chisago-Isanti County .........................................................................2
Timber Trails Public Transit ...............................................................................................2
Utilities ...............................................................................................................................2
Lakes & Pines .......................................................................................................................2
Food Equity and Access

*Family Pathways Hunger Relief*
[https://www.familypathways.org/our-work/map-of-services/](https://www.familypathways.org/our-work/map-of-services/)

Family Pathways provides food assistance through our 9 food shelves, Mobile Food truck, community and holiday meals, summer lunch program for school-age children and volunteer-driven backpack program for students. Families and individuals may shop once a month and select their family needs. In addition, weekly visits are encouraged to pick up fresh fruits, vegetables, bread and dairy.

<table>
<thead>
<tr>
<th>Location</th>
<th>Day/ Time</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cambridge</td>
<td>Monday: 9:00am – 6:00pm&lt;br&gt;Tuesday: 9:00am – 6:00pm&lt;br&gt;Wednesday: 9:00am – 6:00pm&lt;br&gt;Thursday: 9:00am – 6:00pm&lt;br&gt;Friday: 9:00am – 6:00pm&lt;br&gt;Saturday: 9:00am – 3:00pm</td>
<td>763-552-3663</td>
</tr>
<tr>
<td>1575 1st Ave E</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cambridge MN 55008</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chisago Lakes Area</td>
<td>Monday: 9:00am – 6:00pm&lt;br&gt;Tuesday: 9:00am – 6:00pm&lt;br&gt;Thursday: 9:00am – 6:00pm</td>
<td>651-982-0042</td>
</tr>
<tr>
<td>10586 Liberty Lane</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chisago City MN 55013</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Forest Lake</td>
<td>Monday: 9:00am – 6:00pm&lt;br&gt;Tuesday: 9:00am – 6:00pm&lt;br&gt;Thursday: 9:00am – 6:00pm&lt;br&gt;Saturday: 9:00am – 3:00pm</td>
<td>651-464-2698</td>
</tr>
<tr>
<td>935 Lake Street S</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PO Box 187</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Forest Lake MN 55025</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hinckley</td>
<td>Monday 10:00 AM to 6:00 PM&lt;br&gt;Tuesday 2:00 to 6:00 PM on&lt;br&gt;Wednesday 9:00 AM to 6:00&lt;br&gt;Saturday 9:00 AM to 12:00</td>
<td>651-464-2098</td>
</tr>
<tr>
<td>321 Fire Monument Road</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hinckley, MN - 55037</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mora</td>
<td>Tuesday and Friday&lt;br&gt;9:30am - 12:00pm&lt;br&gt;1st Tuesday of the month&lt;br&gt;5:00am - 6:00pm</td>
<td>320-679-5513</td>
</tr>
<tr>
<td>214 NW Railroad Ave</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mora, MN - 55051</td>
<td></td>
<td></td>
</tr>
<tr>
<td>North Branch</td>
<td>Monday: 9:00am – 6:00pm&lt;br&gt;Tuesday: 9:00am – 6:00pm&lt;br&gt;Thursday: 9:00am – 6:00pm</td>
<td>651-982-0042</td>
</tr>
<tr>
<td>6381 Main St</td>
<td></td>
<td></td>
</tr>
<tr>
<td>North Branch MN 55056</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onamia</td>
<td>Monday: 12:00pm – 5:00pm&lt;br&gt;Tuesday: 10:00am – 3:00pm&lt;br&gt;Wednesday: 12:00pm – 5:00pm&lt;br&gt;Friday: 10:00am – 3:00pm</td>
<td>320-532-7665</td>
</tr>
<tr>
<td>502 E Main St</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onamia MN 56359</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pine City</td>
<td>Monday: 9:00am – 6:00pm&lt;br&gt;Wednesday: 11:00am – 5:00pm&lt;br&gt;Thursday: 9:00am – 6:00pm&lt;br&gt;Friday: 9:00am – 12:00pm</td>
<td>320-629-0128</td>
</tr>
<tr>
<td>220 7th St SW</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pine City MN 55063</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Fare For All
https://fareforall.thefoodgroupmn.org/
Fare For All is a great way to save money on quality, nutritious food. They buy fresh fruits, vegetables, and frozen meat in bulk to save customers up to 40% off grocery store prices. They select the best food from shipments, pre-pack it to give customers the best deals. Fare For All is community supported and open to everyone—there are no qualifications to participate.

Ruby’s Pantry
https://rubyspantry.org/  https://rubyspantry.org/distribution-calendar/
Ruby’s Pantry holds Pop-Up Pantry’s in a number of locations across Minnesota and Wisconsin every month. Ruby’s Pantry is faith-based and is organized and hosted by a group of volunteers from a local church. A Pop-Up Pantry is held either at the church location or at a site easily accessible for guests. There are no income or resident limits/requirements and you can attend a Pop-Up Pantry at any location.

<table>
<thead>
<tr>
<th>Location</th>
<th>Day/ Time</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access Church</td>
<td>2nd Saturday of the Month</td>
<td></td>
</tr>
<tr>
<td>4359 392nd Street</td>
<td>10:00-11:30 am</td>
<td></td>
</tr>
<tr>
<td>North Branch, MN 55056</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pine City Armory</td>
<td>4th Thursday of the Month</td>
<td>651.674.0009</td>
</tr>
<tr>
<td>1305 Main Street South</td>
<td>5:00-6:30 pm</td>
<td><a href="mailto:goodnews@rubyspantry.org">goodnews@rubyspantry.org</a></td>
</tr>
<tr>
<td>Pine City, MN 55063</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Supplemental Nutrition Assistance Program (SNAP)
www.applymn.dhs.mn.gov
SNAP helps Minnesotans with low incomes get the food they need for nutritious and well balanced meals. The program provides support to help stretch your household food budget.

PTCC SNAP 50/50 Program
Students who are currently receiving SNAP benefits are eligible.
For more information contact Erin White, Student Success Advisor, erin.white@pine.edu

Twin Cities Mobile Market
https://www.wilder.org/what-we-offer/twin-cities-mobile-market#find-a-stop
The Mobile Market stops in Saint Paul, Minneapolis and other locations in the Twin Cities from Tuesday to Friday every Week.
**Housing**

*A Place For You*

[www.apfy.org](http://www.apfy.org)

320-438-7070

A Place For You helps individual men and women who are experiencing homelessness in Pine, Kanabec, Isanti, Mille Lacs, Carlton and Chisago county.

*Avenues for Homeless Youth*

[https://avenuesforyouth.org/](https://avenuesforyouth.org/)

Offers shelter, short-term housing programs, and other support services for youth ages 16 to 20. *St. Stephens Human Services* compiles a handbook of the streets listing resources for people experiencing homelessness in Minneapolis and Saint Paul.

**Drop-in Centers**

These centers offer help finding housing plus a range of services including meals, hygiene, health clinics, and other support. Both serve youths including young adults up to age 24:

- Downtown Saint Paul: SafeZone Youth Drop-In Center 130 East 7th Street, Saint Paul, 651-224-9644. Open 1pm-8pm Monday-Friday, serving ages 14 to 24.
- Downtown Minneapolis: YouthLink Drop-In Center 41 N. 12th Street, Minneapolis 612-252-1200. Variety of services for youth ages 16 to 24. Open Monday, Tuesday, Thursday and Friday 9am-6pm for 18 to 24 year-olds, 2pm-6pm for 16 to 24 year-olds.

**Lakes and Pines**

[https://www.lakesandpines.org/](https://www.lakesandpines.org/)

Housing Assistance-offers emergency housing assistance to individuals and families experiencing a housing crisis. Home Improvements-Weatherization program, small cities development program, housing rehabilitation loan.

**Youth Services Network**

[https://ysnmn.org/#/home](https://ysnmn.org/#/home)

Combines information on shelter and services for youth and young adults ages 24 and younger by 13 social service agencies in the twin cities.

**YMCA Youth Resource Line**

[https://www.ymcamn.org/our_cause/how_we_help/help_kids_thrive](https://www.ymcamn.org/our_cause/how_we_help/help_kids_thrive)

763-493-3052

Connects youth and young adults ages 12 through 24 to community resources. Call 8am-8pm seven days a week.
Mental Health Resources

Emergency Mental Health

*Mental Health 24 hour hotline*
24-Hour Crisis Line: 1-800-523-3333 - Minnesota: Pine, Kanabec, Mille Lacs, Isanti, Chisago
24-Hour Crisis Line: 1-888-552-6642 - Wisconsin: Washburn, Polk, Barron

*National Suicide Prevention Lifeline*
www.suicidepreventionlifeline.org
1-800-273-TALK (8255)

Mental Health Agencies

*Cambridge Medical Center-Mental Health Services*
www.allinahealth.org/health-conditions-and-treatments/mental-health/care-team
763-689-8700 - Cambridge/ North Branch
Individual, family outpatient therapy, psychological evaluations, and medication management

*Fairview Counseling Center*
www.fairview.org/services/counseling-centers
612-672-6999 - Chisago City/ Forest Lake/ Maple Grove
320-983-7445 - Milaca 763-389-6326 - Princeton
Individual and couple counseling, assessment, and case management

*Family-Based Therapy Associates (FBTA)*
www.familybasedtherayyassociates.com
763-689-9407 - Cambridge 651-257-2733 - Chisago City
763-780-1520 - Coon Rapids
AHRMS Providers and In-Home Counselors; Individual, Couple, Family, Play Therapy, and Psychological Assessment

*Family Innovations, INC*
www.familyinnovations.com
763-421-5535 - Anoka 651-407-3631 - Centerville
715-338-3133 - Balsam Lake
Individual therapy, physical and sexual trauma survivor’s group
**Haven Center Counseling**  
Faith-based counseling, psychotherapy. Individual, couples, and family  
www.mnhavencenter.org  
651-277-4283-North Branch/Cambridge

**Lakes Area Human Services**  
Individual, Couple, Family, Chemical Dependency and Psychological Assessment  
http://www.lakesareahumanservices.com/  
651-464-2194-Forest Lake       651-464-2194-St. Paul

**Lighthouse Child & Family Services**  
Christian counseling, individual, couples, family therapy. In-home therapy  
https://lighthousecfs.com/  
320-989-2335-Milaca/ Princeton/Cambridge/St. Cloud

**Mille Lacs Health Systems Behavioral Health**  
Individual, Marriage, and Family counseling, psychiatric services  
http://www.mlhealth.org/health-services/behavioral-health  
320-532-3154-Onamia

**Nystrom & Associates, LTD**  
Counseling and Psychotherapy, Chemical Dependency, Psychological Assessment, In-Home therapy  
www.nystromcounseling.com  
763-746-9492-Elk River/Otsego       763-274-3120-Maple Grove  
651-628-9566-New Brighton       218-722-4379-Duluth

**St. Croix Regional Medical Center - Counseling and Psychological Services**  
Individual, family outpatient therapy, psychological evaluations, and medication management  
www.scrmc.org/our-services/counseling-psychological-services/  
715-483-3221-St.Crois Falls       715-825-3278-Balsam Lake  
651-400-2240-Lindstrom Clinic

**Therapeutic Services Agency (TSA)**  
www.hoperealized.com  
320.629.7600- Pine City       651-224-4114- Coon Rapids/ St. Paul  
Individual, couple, family, chemical dependency and psychological assessment, in home family services
County Social Services

Aitkin County Social Services
https://www.co.aitkin.mn.us/departments/hhs/child-social-services.html

Anoka County Social Services
https://www.anokacounty.us/101/Services

Chisago County Human Services
https://www.chisagocounty.us/334/Health-Human-Services

Carlton County Family Social Services
https://co.carlton.mn.us/307/Family-Social-Services

Hennepin County Human Services
https://www.hennepin.us/your-government/projects-initiatives/regional-human-service-offices

Isanti County Family Services
https://www.co.isanti.mn.us/170/Family-Services

Kanabec County Family Services
www.kanabeccounty.org

Mille Lacs County Social Services
http://www.co.mille-lacs.mn.us/

Pine County Human Services
www.co.pine.mn.us

Sherburne County Social Services
https://www.co.sherburne.mn.us/101/Services

Stearns County Human Services
https://co.stearns.mn.us/AdultsFamilies/HealthyFamilies

Washington County Community Services
https://www.co.washington.mn.us/469/Community-Services
Transportation

**Arrowhead Transit- Pine County**
Anyone! Arrowhead Transit is public transportation in Northeastern Minnesota. Our services can accommodate many transportation needs including getting to and from work, appointments and shopping. Our goal is to reduce the transportation barriers to find and retain employment, independent living, and simply getting you to where you need to go.

http://arrowheadtransit.com/
800-862-0175

**Heartland Express- Chisago-Isanti County**
The Chisago-Isanti County Heartland Express is a public transportation service. We provide curb-to-curb service. Most passengers can request and be provided same day service, but reservations should be made by noon the working day before. The only limitations are to time constraints in scheduling and/or buses on route at any given time.

https://www.chisagocounty.us/301/Public-Transit---Heartland-Express
651-213-5790

**Timber Trails Public Transit**
Kanabec County Timber Trails Public Transit offers three types of transportation to fit the specific needs of our constituents: Public Transit, Common Carrier, and Veteran’s Transportation. All of the drivers in each program are subject to extensive background reviews, random drug and alcohol testing and specialized training.

http://timbertrailstransit.com/
888-217-5222

Utilities

**Lakes & Pines**
Energy Assistance Program assist in paying a portion of the household’s home heating bills. Reach out for Warmth assists households when funds for Energy Assistance are no longer available. Energy Crisis Assistance- for emergency situations such as utility shutoff notice or non-delivery for fuel. Energy Related Repair- helps homeowners repair or replace a failing furnace

https://www.lakesandpines.org/