

Surviving the Tough Times

Listed are resources compiled by United Way 2-1-1 to help residents of Stearns, Benton, and Sherburne counties to help during tough economic times.

Unemployment help:

Have you, your spouse, friend or family member recently lost a job? Have your work hours been cut? Situations like this can be difficult and stressful for an individual or family. Many people do not know where to start.

File for Unemployment: Apply online at www.uimn.org or call 1-877-898-9090.

Minnesota WorkForce Centers: Provides free tools, resources and services needed for job search, career planning, and training needs.
Hours 8:00 a.m.-4:00 p.m., Monday through Friday
1542 Northway Drive, Door 2, St. Cloud
Call (320) 308-5320 for more information



Financial Tips:

- Switch to basic cable
- Utilize your local food shelf
- Ask employer about Cobra Benefits
- Prepare a complete household budget
- Stop using credit cards, instead pay with cash
- Ask for free or reduced lunches at child's school
- Ask credit card companies to reduce interest rates
- Downgrade cell phone plan or switch to prepaid phone
- Volunteer to gain new skills and to connect with community resources
- DO NOT ignore your lenders or creditors, communicate with them
- Contact your utility company about hardship payments, visit www.staywarm.mn.gov
- Apply for Minnesota Health Care Program, visit www.dhs.state.mn.us or call 1-800-657-3672

**Central Minnesota Community Resource Listing
Services Addressing Basic Needs for Stearns, Benton, Sherburne,
and Wright Counties.**

DEVELOPED BY: UNITED WAY 2-1-1

Basic needs includes food, housing, material goods, transportation, temporary financial assistance, and more. Services may be based on income or sliding fee scale.

Dental Care

St. Cloud Technical College Dental Clinic, 1540 Northway Drive, St. Cloud
CLOSED IN SUMMER
320-308-5919

Smile Center, Highway 10, 195 Jefferson Blvd, Big Lake
763-263-2222 or 1-866-748-6684

Disabilities Information & Referral

Independent Lifestyles, 519 2nd St. North, St. Cloud
320-529-9000 or 1-888-529-0743

Disability Linkage Line
1-866-333-2466

Emergency Shelter

Anna Marie's Alliance Battered Women's Shelter
320-253-6900 or 1-800-950-2203

Church of the Week/Place of Hope Ministries, 511 North 9th Ave, St. Cloud
Check-in time between 5 pm – 6 pm
320- 203-7881

Salvation Army Emergency Shelter, 400 Highway 10 South, St. Cloud
320-252-2229

**For more community resources call United Way 2-1-1 by dialing 2-1-1 or
from a cell phone 1-800-543-7709**

October 2nd, 2009

Employment Agencies

Labor Ready, 1708 W. St. Germain Street, St. Cloud
320-255-9900

Minnesota Workforce Center, 1542 Northway Drive Door 2, St. Cloud
320-308-5320

Financial Assistance

Benton County Human Services, 531 Dewey Street, Foley
320-968-5087 or 1-800-530-6254

Catholic Charities Emergency Services, 157 Roosevelt Road Suite 100, St. Cloud
320-229-4560 or 1-800-830-8254

Salvation Army, 400 Hwy 10 S, St. Cloud
320-252-4552

Sherburne County Social Services, 13880 Highway 10, Elk River
763-241-2600 or 1-800-433-5239

Stearns County Human Services, 705 Courthouse Square, St. Cloud
320-656-6000

Tri-CAP, 2110 23rd Avenue S, Waite Park
320-251-1612 or 1-888-765-5597

Financial Counseling

Catholic Charities Financial & Housing Counseling, 157 Roosevelt Road, St. Cloud
320-650-1660 or 1-800-830-8254 ext. 1660

The Village Family Service Center, 3950 3rd Street North Suite 102, St. Cloud
320-258-4633

Tri-CAP, 1210 23rd Avenue S, Waite Park
320-251-1612 or 1-888-765-5597

Food

Albany Food Shelf, 741 Lake Avenue, Albany
320-845-2343

Avon Food Shelf, Religious Education Center, Avon
320-356-7224

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Food Cont.

Brooten Belgrade Elrosa Food Shelf, 412 Eastern Avenue, Brooten
320-346-2804

Catholic Charities Emergency Services, 157 Roosevelt Road, St. Cloud
320-229-4560

Cold Spring Area Food Shelf, 401 Main Street, Cold Spring
320-685-8785

CROSS Center Food Shelf, 150 4th Avenue, Foley
320-968-7012

Fare For All, Fresh fruits, produce, & frozen, (meat at reduced rate)
1-800-582-4291

Good News Assembly of God Church, 712 17th Avenue South, St. Cloud
320-255-0620

Holdingsford Area Food Shelf, City Center, Holdingsford
320-746-2637

Kimball Food Shelf (St. Ann's Church), 441 Hazel Avenue East, Kimball
320-398-2211

Melrose Area Food Shelf, 211 South 5th Avenue East, Melrose
320-256-2555

Paynesville Community Service Center, 1105 W Main Street, Paynesville
320-243-4575

Rice Food Shelf, Old Village Hall, Main Street, Rice
320-393-2915

Salvation Army, 400 Hwy 10 S, St. Cloud
320-252-4552

Sauk Centre Food Shelf, 523 Sinclair Lewis Avenue, Sauk Centre
320-351-2287

St. Joseph Community Food Shelf, 12 West Minnesota Street, St. Joseph
320-363-7505

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Free Community Meals

Mon – Fri 11:30 am – 12:45 pm
Salvation Army, 400 Hwy 10 S, St. Cloud

Mon – Sat 5 pm – 5:45 pm
Place of Hope, 511 9th Ave, St. Cloud

Saturday & Sunday
Various churches in St. Cloud
Call 2-1-1 or 1-800-543-7709 for locations and times

Health Services

Benton County Public Health, 531 Dewey Street, Foley
320-968-5160

Pregnancy Resource Center, 3400 1st Street N, St. Cloud
320-253-1962

Health Partners Health Stations,
Cash Wise, 113 South Waite Avenue, Waite Park
Coborn's, 110 First Street South, Sauk Rapids

Mid Minnesota Family Medicine Center, 1520 Whitney Court Suite 200, St. Cloud
320-240-3157

Planned Parenthood, 451 E St Germain Suite 100, St. Cloud
320-252-9504

Sherburne County Public Health, 13880 Highway 10, Elk River
763-241-2750 or 1-800-433-5237

Stearns County Public Health, 705 Courthouse Square, St. Cloud
320-656-6155

Housing

Central Minnesota Housing Partnership, 810 West Saint Germain, St. Cloud
320-259-0393

Catholic Charities, 157 Roosevelt Road, St. Cloud
320-229-4576 or 1-800-830-8254

Domus Transitional Housing, St. Cloud
320-259-9270

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Housing Cont.

Hope on Ninth, 525 9th Ave, St. Cloud
320-202-3100

Housing Coalition, 777 Lincoln Avenue NE, St. Cloud
320-259-7676

Housing and Redevelopment Authority (HRA), 1225 West St. Germain Street, St. Cloud
320-252-0880

HRA – Stearns County, 401 Westwind Court, Cold Spring
320-685-7771

Supported Housing for Youth (S.H.Y.), 374 4th Ave S, St. Cloud
320-240-8204

Tri-CAP, 1210 23rd Avenue S, Waite Park
320-251-1612 or 1-888-765-5597

Legal Services

Central Minnesota Legal Services, 830 West St Germain Suite 309, St. Cloud
320-253-0138 or 1-800-622-7773

St. Cloud Area Legal Services, 830 W. St. Germain Suite 300, St. Cloud
320-253-0121 or 1-888-360-2889

Mental Health

Caritas Mental Health Clinic, 157 Roosevelt Road, St. Cloud
320-650-1660 or 1-800-830-8254 ext. 1660

Catholic Charities Life Transitions, (Grief and Loss), 312 2nd Avenue North, Sauk Rapids
320-529-0427

Central Minnesota Mental Health Center, 1321 13th Street North, St. Cloud
320-252-5010

Four County Crisis Response Team
320-253-5555 or 1-800-635-8008

Hope Community Support Program & Drop-in Center, 157 Roosevelt Road #300, St. Cloud
320-240-3324

Lutheran Social Service Children & Family Services, 22 Wilson Avenue NE, St. Cloud
320-251-7700

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Mental Health Cont.

Mental Health Consumer/Survivor Network of Minnesota,
3400 1st Street North #201, St. Cloud
320-654-9641

Health Partners (Behavioral Health Clinic), 1245 15th Street N, St. Cloud
320-253-6952 or 1-800-370-0570

St. Cloud Hospital & CentraCare Health System, 1900 CentraCare Circle, Suite 2475
320-229-4977 or 1-800-835-6652

STARS for Children's Mental Health, 407 Washington Street, Monticello
763-271-5322 or 1-877-333-0083

Parenting

Birthline, 1411 W St. Germain Suite 5, St. Cloud
320-252-4150

Child Care Choices, 2901 Clearwater Road, St. Cloud
320-251-5081

New Beginnings, 40 N 25th Avenue, St. Cloud
320-255-1252

Resource Training and Solutions, 4150 2nd Street South Suite 550, St. Cloud
320-255-3236

St. Cloud Area Crisis Nursery, 1205 6th Avenue S, St. Cloud
320-654-1090

Senior Information & Referral

Central MN Council on Aging, 1301 W St Germain St. Suite 101, St. Cloud
320-253-9349

Senior Linkage Line
1-800-333-2433

Transportation

St. Cloud Area Faith in Action, 1115 North 4th Avenue, Sauk Rapids
320-258-8673

Rural Stearns Faith in Action, 715 1st Street North, Cold Spring
320-685-3693

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Transportation Cont.

Tri-CAP Transit Resource Center, 1200 23rd Avenue S, Waite Park
320-257-4456

Metro Bus/Dial-a-Ride, 665 Franklin Avenue NE, St. Cloud
320-252-1010

Foley Area CARE, 251 4th Ave. N, Foley
320-968-7848

Used Clothing

Catholic Charities Emergency Services, 157 Roosevelt Road, St. Cloud
320-229-4560

CROSS Center, 150 4th Avenue, Foley
Phone: 320-968-7012

Expressions of Hope Thrift and Specialty Shop, 511 N 9th Ave., St. Cloud
320-203-7881

Goodwill Easter Seals, 50 South 2nd Avenue, Waite Park
320-654-9012

Treasure Chest, 113 28th Avenue, Waite Park
320-230-8823

Used Furniture

Barker's More 4 Less, 3356 West Division Street, St. Cloud
320-257-4766

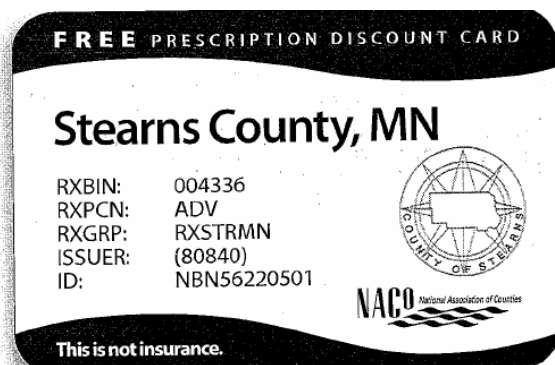
The Used Furniture Store, 1646 Highway 23 E
320-230-8823

Prescription Drug Discount Cards

- Free Discount card
- Average savings of 22% on commonly used medicines
- No membership fees
- No enrollment forms
- No restrictions or limits on frequency of use
- Any Stearns County resident is eligible to use the card
- Available at most human service agencies
- Call 1-877-321-2652 to find a participating pharmacy in you area
- Questions? Call Stearns County Health at 320-656-6155 or visit NACo's website at www.naco.org

- Free Discount Card
- No enrollment required
- No activation fees
- Use as often as needed
- Copies permitted
- For more information about Familywise visit www.familywise.com

Print, cut out and bring the card to your pharmacy to start saving on your prescription drug costs.



familywise® PRESCRIPTION DRUG DISCOUNT CARD
WWW.FAMILYWISE.ORG

<p>These cards are being distributed nationwide, free of charge, by the FamilyWise Partnership and participating United Way agencies, county agencies, community and faith-based organizations, some pharmacies, and schools. Discounts are provided by and available only at participating pharmacies.</p> <p>THIS IS NOT INSURANCE - DISCOUNTS ONLY</p> <p>OTHER IMPORTANT INFORMATION</p> <ul style="list-style-type: none"> • Covers all prescription drugs. Accepted at most pharmacies nationwide. Pricing is the lesser of the discounted price or pharmacy's retail price. • Go to WWW.FAMILYWISE.ORG for a list of participating organizations and pharmacies, additional cards, drug prices, and other program information. • Cannot be used with other prescription cards. Some restrictions apply. Benefits subject to change without notice. Provided by Agelity, Inc. <p>OTRA INFORMACIÓN IMPORTANTE</p> <ul style="list-style-type: none"> • Cubre todos los medicamentos de venta con receta. Se acepta en casi todas las farmacias por toda la nación. Pague el precio más bajo, ya sea el descuento del plan, o el precio usual de la farmacia. No puede usarse con otras tarjetas para medicamentos. • Visite WWW.FAMILYWISE.ORG y obtenga la lista de organizaciones y farmacias participantes, más tarjetas, precios de medicamentos e información del programa. • Descuentos provistos por y válidos sólo en farmacias participantes. Existen ciertas restricciones. Beneficios sujetos a cambio sin aviso previo. 	<p>Member ID: 010108 Group ID: 39401 Bin: 610194 PCN: FW Pharmacies: 877-HELP-977 Members: 866-810-3784 Expires: 12/31/2012 Copies Permitted</p>
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