



Catholic Community of St. Odilia

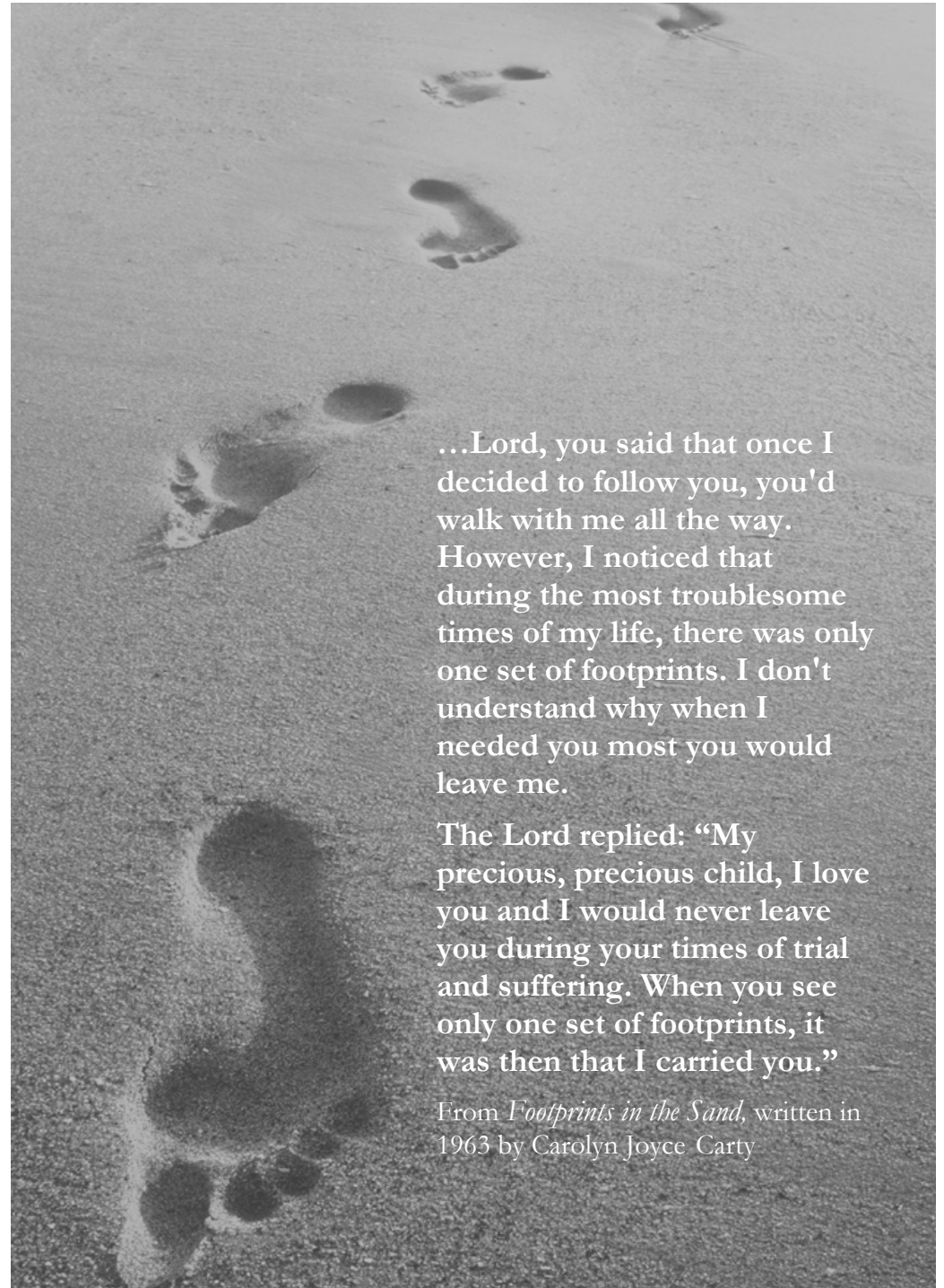
Community Programs of Support

Getting help when you need it

This brochure is on St. Odilia's website, under Pastoral > Pastoral Care:

www.stodilia.org

Revised March 2012



...Lord, you said that once I decided to follow you, you'd walk with me all the way. However, I noticed that during the most troublesome times of my life, there was only one set of footprints. I don't understand why when I needed you most you would leave me.

The Lord replied: "My precious, precious child, I love you and I would never leave you during your times of trial and suffering. When you see only one set of footprints, it was then that I carried you."

From *Footprints in the Sand*, written in 1963 by Carolyn Joyce Carty

Purpose

This pamphlet describes the support groups within and near our St. Odilia parish community and is offered to those in need. This pamphlet is maintained by the Catholic Community of St. Odilia, Shoreview. Additions or suggestions for improving this pamphlet should be forwarded to the St. Odilia Coordinator of Pastoral Care Ministry and Befriender Ministry, 651-484-6681.

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Please note...

The Church of St. Odilia provides the information that is contained in this pamphlet from publicly available resources and neither warrants nor endorses any organization listed herein but provides this information for consideration and resource purposes only, and for no other purpose.

“I know the plans I have for you, declares the Lord—plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11

| Program | Program Information (see the last page for street addresses) | Contact Information |
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| Crisis Situations | | |
| Child and Adult Protection/Domestic Violence | Alexandra House: Provides emergency shelter, support services, and advocacy to victims of sexual and domestic violence. Located in Blaine and Anoka, but serves victims across Minnesota. | Crisis Line: 763-780-2330 General: 763-780-2332 |
| | Anoka Child and Adult Protection: Serves both children and adults who are at risk of maltreatment by a caretaker. Child Protection: 8:00 a.m. to 4:30 p.m., call 763-422-7125 Adult Protection: 8:00 a.m. to 4:30 p.m., call 763-422-7070; after 4:30 p.m., call 651-792-3022 Emergency Police Dispatch for Child and Adult: 763-427-1212 | See the information to the left. |
| | Bridges to Safety Service Center: A collaborative effort of many services and organizations offering protective, legal, medical, and advocacy services to victims of domestic abuse in Ramsey County. Located in St. Paul City Hall. Hours: Monday through Friday, 8:00 a.m. to 4:30 p.m. | 651-266-9901 http://www.bridgestosafety.org/ |
| | Casa de Esperanza: Provides a shelter for battered Latinas and centers for advocacy services. All volunteers speak both English and Spanish. | Crisis Line: 651-772-1611 Plaza Latina: 651-774-3967 Mercado Central: 612-728-5438 www.casadeesperanza.org |
| | Crisis Nursery: Works in partnership with parents in crisis and the community to strengthen families and prevent child abuse and neglect. | 763-591-0100 Non-Emergency: 763-591-0400 www.crisisnursery.org |
| | Men's Line: A 24/7 crisis phone for men who are either perpetrators or victims of domestic abuse. | Crisis Line: 612-379-6363 General: 612-379-6367 |
| | MN Coalition for Battered Women and Teens: A statewide program that advocates for battered women and children and offers technical help and training. | www.mcbw.org Crisis Line: 651-646-0994 General: 1-800-289-6177 |
| | MN Domestic Violence Crisis Hotline: Provides 24/7 help for those looking for shelter or seeking to speak with an advocate. | 866-223-1111 www.mcbw.org |
| | National Domestic Violence Hotline (NDVH): A nonprofit organization that provides 24/7 crisis intervention. Advocates are available for victims and anyone calling on their behalf to provide crisis intervention, safety planning, information, and referrals to agencies in all 50 states, Puerto Rico, and the U.S. Virgin Islands. Accommodates more than 170 languages through interpreter services. | Crisis Line: 1-800-799-7233 TTY Line: 1-800-787-3224 www.ndvh.org |
| | Ramsey County Adult Protection Services: Serves adults who are at risk of maltreatment by a caretaker. | 8:00 a.m.-5:00 p.m.: 651-266-4012 After 5:00 p.m.: 651-291-6795 |
| Ramsey County Children's Crisis Response: Offers 24/7 onsite response to children in homes, schools, or institutions. | 651-774-7000 | |
| The St. Paul Domestic Abuse Intervention Project: A 24/7 confidential crisis line and legal advocacy group in St. Paul. Provides support to victims of domestic violence (physical, sexual, and emotional abuse). Workers help individuals follow-up with police and criminal assault cases, orders for protection, divorce, and outreach to the Asian community. Hmong, Somali, Spanish, as well as other language interpreters are available. | 651-645-2824 | |
| Psychiatric Services | Crisis Connection: A nonprofit agency that provides 24/7 crisis counseling by telephone throughout Minnesota. | 612-379-6377 www.crisis.org |
| | HCMC's Acute Psychiatric Services Center: Serves those in emotional crisis with 24/7 crisis counseling, assessment, and referral. | 612-873-3161 |
| | Adult Mental Health Urgent Care: Provides emergency services. The crisis unit provides 24/7 phone and outreach services. | 651-266-7900 |
| | Suicide Hotline: Gives suicidal callers hope through crisis counseling. | 612-873-2222 |

| Program | Program Information (see the last page for street addresses) | Contact Information |
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| <i>Crisis Situations (continued)</i> | | |
| Unplanned Pregnancies | A Community Caring for Life: Offers resources and referrals for those dealing with crisis pregnancies. | 651-291-4515 |
| | Women's Life Care Center, Little Canada: Provides free services (pregnancy tests, medical referrals, financial assistance, etc.). | 651-777-0350 |
| General County Services (Anoka and Ramsey) | | |
| Anoka County Resource Guide | Contains information for hotlines and crisis situations, basic needs, health and wellness, employment, financial, legal, education, early childhood care/education, youth services, senior services, and more. | 763-783-4700 www.accap.org |
| Anoka County Services for Seniors | Provides information and services for senior residents of Anoka County. | 763-783-4707 Emergency: 763-422-7000 |
| Ramsey County Community Human Services | Serves children and families, as well as low income, homeless, elderly, physically disabled, chemically dependent, mentally ill, and developmentally disabled individuals. Provides a wide range of community-based programs and services in the areas of public assistance, employment support, daycare, social services, child and adult protection, and clinical counseling. | 651-266-4444 http://www.co.ramsey.mn.us/home/index.htm |
| General Minnesota Resources | | |
| Catholic Charities of St. Paul and Minneapolis | Strengthens families and strives to reduce poverty in the Twin Cities. Has programs for children, families, and adults most in need, regardless of faith. Also offers counseling by licensed professionals on a sliding-scale fee basis. | General: 651-647-3100 Seniors: 651-215-2246 www.ccsmp.org |
| Lutheran Social Services of MN | Provides services for children and families, seniors, and people with disabilities. | www.lssmn.org |
| Minnesota Help Info | Provides online directory of services designed to help people in Minnesota identify resources, such as human services, information and referral, financial assistance, and other forms of aid and assistance within Minnesota. Known for its resources for seniors and their caregivers, people with disabilities and their caregivers, parents and families, and those with low income. | www.minnesotahelp.info/public |
| Minnesota Online Special Needs Directory | A statewide directory of resources available to persons with special needs, including adoption, food shelf, and housing. Resources categorized into 26 topics. | www.tc.umn.edu/~coop0001 |
| United Way's 2-1-1™ (formerly First Call for Help) | A confidential 24/7 free information and referral service for people of all ages to find the help and resources they need. Provides access to over 2600 local health and human services, including: counseling and support groups, crime/abuse services, parenting helpline, education and health services, consumer and legal services, and home care and chore services for older adults. | 211 or 651-291-0211 https://www.unitedwaytwincities.org/get_help/ |
| Addictions and Substance Abuse | | |
| Al-Anon (for those whose lives are affected by users of alcohol) | For general information about meetings in the Twin Cities, call the local or national number or visit the website. | 651-771-2208 888-425-2666 http://al-anon.alateen.org al-anon.alateen.org |
| | Monday meetings for men only at 6:00 p.m. at the Maplewood Alano Club, Maplewood. | 651-777-0405 |
| | Monday meetings at 7:00 p.m. at First Presbyterian Church, White Bear Lake. | 651-429-3381 |
| | Monday meetings at 7:30 p.m. at Roseville Lutheran Church, Roseville. | 651-487-7752 |
| | Wednesday and Friday meetings at 6:00 p.m. at the Maplewood Alano Club, Maplewood. | 651-776-2840 |
| | Thursday meetings at 7:00 p.m. at Presbyterian Church of the Way, Shoreview. | 651-482-8895 |
| | Thursday meetings at 7:30 p.m. at St. Philip's Lutheran Church, Fridley. | Walk-in policy |
| | Alive and Free: Meets on Fridays at 11:00 a.m. at Beaver Lake Lutheran Church, Maplewood. | 651-739-8092 |

| Program | Program Information (see the last page for street addresses) | Contact Information |
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| <i>Addictions and Substance Abuse (continued)</i> | | |
| AI-Ateen (for teens whose lives are affected by users of alcohol) | Greater Minneapolis and St. Paul: For general information about meetings in the Twin Cities, call the local 24/7 number or visit the website. | St. Paul: 651-771-2208 Mpls: 952-920-3961 888-425-2666 www.al-anon-alateen-msp.org |
| | Tuesday meetings at 7:30 p.m. at the Maplewood Alano Club, Maplewood. | 651-779-0432 |
| | Wednesday meetings at 7:00 p.m. at the Forest Lake 156 Club, Forest Lake. | No number available |
| | Thursday meetings at 7:30 p.m. at the Fridley Alano Club, Fridley. | 763-571-5910 |
| Alcoholics Anonymous (AA) | Greater Minneapolis: For general information about meetings, call the local 24/7 number or visit the website. | 952-922-0880 www.aaminneapolis.org |
| | Greater St. Paul: For general information about meetings, call the local 24/7 number or visit the website. | 651-227-5502 www.aastpaul.org |
| | Meetings are held at New Brighton Alano Society, Mounds View. Call for current times and schedules. | 763-717-9196 |
| | Sunday meetings at 6:30 p.m. at St. Odilia Church, Shoreview. | 651-484-6681 |
| | Monday meetings at 5:30 p.m. at Roseville Lutheran Church, Roseville. | 651-487-7752 |
| | Monday meetings at 6:00 p.m. at the Amethyst Counseling Center, New Brighton. One meeting is for men and women, and one meeting is for women only. | 651-633-4532 |
| | Monday meetings for women only at 6:00 p.m. at Hosanna Lutheran Church ELCA, Forest Lake. | 651-464-5502 |
| | Monday meetings at 7:00 p.m. at St. Rose of Lima Parish Center, Roseville. | 651-645-9389 |
| | Wednesday meetings at 6:30 p.m. at St. Christopher's Episcopal Church, Roseville. | 651-633-4589 |
| | Thursday meetings at 7:00 p.m. at Calvary Church White Bear, St. Paul. | 651-558-2625 |
| | Thursday meetings at 7:30 p.m. at St. Philip's Lutheran Church, Fridley. | Walk-in policy |
| | Thursday meetings at 8:00 p.m. at First Presbyterian Church, White Bear Lake. | 651-429-3381 |
| | Friday meetings at 6:00 p.m. held by Shoreview 12x12 AA Group at the Shoreview Community Center, Shoreview. | 651-486-9520 651-780-9440 |
| | Saturday meetings at 7:00 p.m. at St. Stephen Lutheran Church, White Bear Lake. | 651-777-1107 |
| Co-Dependents Anonymous (CoDA) | A twelve-step program and fellowship of men and women whose common purpose is to develop healthy relationships. See the website for the meetings offered, in addition to those listed below. | www.codependents.org www.codependency.org |
| | Wednesday meetings at 6:00 p.m. at Church of St. Thomas Moore, East Campus, St. Paul (Formerly St. Luke's Catholic Church). | 651-227-7669 |
| | Thursday meetings at 6:00 p.m. at Unity North Church, Coon Rapids. | 763-754-6489 |
| Crystal Meth Anonymous (CMA) | A fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problem and help others to recover from addiction to crystal meth and all other mind-altering substances. See the website for the meetings offered, in addition to those listed below. | www.cmamn.org |
| | Step/Topic, CMA: Holds Wednesday and Friday meetings at 7:00 p.m. at 170 Maria Street, St. Paul. | Walk-in policy |
| | Ground Zero, CMA: Holds Thursday meetings at 7:00 p.m. at the Alano Society of Downtown, St. Paul. | Walk-in policy |

| Program | Program Information (see the last page for street addresses) | Contact Information |
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| <i>Addictions and Substance Abuse (continued)</i> | | |
| Debtors Anonymous | A fellowship of men and women who share their experience, strength, and hope with each other in recovering from compulsive debting. See the website for the meetings offered, including online and telephone meetings and those listed below. | 1-800-421-2383 www.debtorsanonymous.org |
| | Tuesday meetings at 7:00 p.m. at Dayton Avenue Presbyterian Church, St. Paul. | Walk-in policy |
| | Meetings on the first Friday of the month at 7:00 p.m. at St. Christopher's Episcopal Church, Roseville. | Walk-in policy |
| Emotions Anonymous (EA) | A twelve-step organization. Fellowship is composed of people who gather in weekly meetings for the purpose of working toward recovery from emotional difficulties. See the website for the meetings that take place throughout the community, in addition to those listed below. | 651-647-9712 www.emotionsanonymous.org |
| | Meetings on Mondays at 7:00 p.m. at Hamline Church United Methodist School, St. Paul. | Walk-in policy |
| | Meetings on Thursdays at 7:00 p.m. at St. Philip's Lutheran Church, Fridley. | Walk-in policy |
| GamAnon (for those whose lives are affected by gamblers) | An organization for the spouse, family, or close friends of compulsive gamblers. See the website for the meetings that take place throughout the community, in addition to those listed below. | Hotline: 888-435-7166 www.gamanonmn.com www.gam-anon.org |
| | Monday meetings at 7:00 p.m. at St. Phillip's Lutheran Church, Fridley. | Walk-in policy |
| Gamblers Anonymous | A fellowship of men and women who share their experience, strength, and hope with each other in recovering from compulsive gambling. See the website for the meetings offered, in addition to those listed below. | www.gamblersanonymous.org ga.meetingtimes.com |
| | Monday meetings at 7:00 p.m. at St. Philip's Lutheran Church, Fridley. | Walk-in policy |
| | Thursday meetings at 7:00 p.m. at Presentation Catholic Church, Maplewood. | Walk-in policy |
| Mothers Against Methamphetamine (MaMa) | Provides competent and compassionate drug education and rehabilitation resources for the addict, his or her family, and the community, including those at risk for educational and occupational failure, family disintegration, and life threatening infectious disease due to exposure to methamphetamine. | www.mamasite.net |
| Narcotics Anonymous (NA) | A nonprofit fellowship of men and women for whom drugs have become a major problem. Recovering addicts meet regularly to help each other stay clean. See the website for meetings that take place throughout the community, in addition to those meetings listed below. | 877-767-7676 www.naminnnesota.org |
| | Mondays: 12:30 p.m. at the Midway Alano Club, St. Paul. | Walk-in policy |
| | Tuesdays: 7:30 p.m. at the New Brighton Alano Society in Mounds View: | Walk-in policy |
| | Thursdays: 12:30 p.m. at the Midway Alano Club in St. Paul and 7:00 p.m. at the New Brighton Alano Society in Mounds View. | Walk-in policy |
| | Fridays: 10:30 p.m. at the Midway Alano Club, St. Paul. | Walk-in policy |
| | Saturdays: 7:00 p.m. at United Church of Christ, New Brighton. | Walk-in policy |
| Nicotine Anonymous | A twelve-step fellowship of men and women helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. | www.nicotine-anonymous.org |
| | Monday meetings at 7:00 p.m. in the Maplewood Professional Building, Maplewood. See the website for further meetings. | 651-653-3646 |
| Overeaters Anonymous | For general information, visit the website. | www.overeaters.org |
| | Tuesday meetings at 9:45 a.m. and Saturday meetings at 8:00 a.m. at St. Christopher's Episcopal Church, Roseville. | 651-633-4589 |
| Sex Addicts Anonymous | A twelve-step program offered to anyone who suffers from sex addiction. See the website for information on meetings. | 1-800-477-8191 http://saa-recovery.org/ |

| Program | Program Information (see the last page for street addresses) | Contact Information |
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| Employment | | |
| Anoka County | Workforce Center | 763-783-4800 |
| St. Odilia Advisory Resource (SOAR) for Jobs | Empowers those who are unemployed to succeed in finding another job. Provides those in transition an opportunity to meet an advisor who will assist in identifying important transitional steps and addressing matters of immediate concern. Meets on the second and fourth Mondays of the month at 7:00 p.m. at St. Odilia Church, Shoreview. | 651-484-6681 |
| Financial Help | | |
| See also the <i>General County Services</i> category and the <i>General Minnesota Resources</i> category for available services. | | |
| Clothing | Hallie Q. Brown Food Shelf: Community food shelf and clothes closet that is housed at St. Paul-Reformation Lutheran Church. Available to community members who live in the area. Open daily. Appointments necessary. | 651-251-9015 |
| | Joseph's Coat: Provides free clothing, small household items, and personal hygiene items. Open Mondays and Wednesdays, 9:00 a.m. to 12:00 p.m. and 1:00 p.m. to 4:30 p.m. Located in St. Paul. | 651-291-2472 www.josephscoatmn.org |
| Community Action Partnership for Ramsey and Washington Counties | Reduces energy costs for households by making home improvements. Income guidelines apply. | 651-645-6470 www.caprw.org |
| Housing | Anoka County Housing Referral Assistance: Anoka County maintains current lists of housing vacancies in the county. The county also maintains lists of subsidized housing and agencies that can help with funding. The program staff works with persons who are homeless and can work collaboratively with other agencies to help prevent foreclosures and homelessness. | 763-422-7304 www.co.anoka.mn.us |
| | Bridging, Inc.: Provides home furnishings for families in need. Warehouses in Bloomington and Roseville. | 651-631-3255 www.bridging.org |
| | Metro Housing and Redevelopment Authority (HRA): Assists low income seniors, singles, families, and persons with disabilities obtain decent and affordable housing in nearly 100 cities in the region. | 651-602-1428 TTY: 651-291-0904 www.metrocouncil.org |
| | Metro Shelter Hotline: Provides information about emergency shelter and transitional housing. For single adults, families, and youth in the seven-county metro area. | 888-234-1329 |
| Neighborhood Energy Connection | A nonprofit organization which performs energy audits, administers low-interest loans, and facilitates rebate programs. Income guidelines apply. | 651-221-4462, ext. 132 www.thenec.org |
| Prescription Drugs | Minnesota Drug Card: Minnesota residents have access to a free Prescription Drug Card program to receive savings of up to 75% (savings average around 30%) at more than 50,000 national and regional pharmacies. Participating pharmacies include: Target, Cub Pharmacy, Kmart Pharmacy, CVS/pharmacy, Hy-Vee, Pamida, Shopko, Walgreens, Snyder, and Thrifty White as well as thousands of independent pharmacies. This program has "LOWEST PRICE" logic to guarantee that you pay the lowest price on your prescriptions. Visit the website to print your card, which can be used immediately. | www.minnesotadrugcard.com |
| Upper Midwest Pension Rights Project | Offers pension counseling. | 866-783-5021 http://www.tcaging.org/findinghelp/pension.html http://www.midwestpensions.org/ |

| Program | Program Information (see the last page for street addresses) | Contact Information |
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| Food Needs | | |
| Fare for All | <p>A nonprofit cooperative food purchasing program that has been around since 1986 and is connected with the Emergency Food Shelf Network with distribution sites across Minnesota (local distribution sites are in Shoreview and Lino Lakes). Food packs of fresh fruit and vegetables, frozen meats, and/or other nonperishable food items can be purchased for about half the price that it would cost in the grocery store. Open to everyone. No restrictions.</p> <ul style="list-style-type: none"> • Express: You pay with cash. Distributions are held throughout the month. No registration or pre-payment necessary. • Traditional: You pre-order and pre-pay for food. Call the office or order online. Distribution is once a month. | <p>763-450-3880 1-800-582-4291 www.fareforall.org</p> |
| <p>Food Shelves</p> <p>NOTE: Many food shelves may serve only those residents who live within the food shelf boundaries. Call first to ensure eligibility.</p> | <p>Anoka County Food Shelves: Call to locate a food shelf in the Anoka County area.</p> <p>Food Shelf Locations Throughout MN: Call United Way's <i>Call for Help 24/7</i> line to locate a food shelf within your area.</p> <p>Centennial Community Food Shelf: Serves neighbors in need. Open Mondays and Thursdays from 4:00 p.m. to 6:00 p.m. Located in Our Savior's Lutheran Church, Circle Pines. Those served must provide two legitimate forms of ID showing a current address (such as a utility bill; no junk mail).</p> <p>Keystone Community Services, Roseville: Serves residents of Roseville, Little Canada, and portions of Maplewood. By appointment only.</p> <p>Neighborhood House: Serves residents who live within the 55107 ZIP code area. Serves non-English speaking clients. By appointment only.</p> <p>Pastor Paul's, Minneapolis: Open to everyone. A nonprofit organization that provides food to people in need. Eligibility requires one of the following: a family of two or more, a disabled person with proof, or an adult aged 60 living alone. Those served must pre-register by phone between 1:00 and 3:00 p.m. and provide a picture ID, current legitimate mail (such as a utility bill; no junk mail), and social security card. Open Monday through Friday from 9:30 a.m. to 11:00 a.m. Closed major holidays. Located in the historic Disciples Ministry Church Mission, Minneapolis.</p> <p>Ralph Reeder Food Shelf: Provides emergency food assistance and other related services to families who are experiencing an emergency or financial difficulty that limits their ability to purchase food and other necessary items for themselves and their families. Call to make an appointment. Located in New Brighton.</p> <p>Sharing Korner Food Shelf: Serves residents in the Frogtown area of St. Paul. Call first to verify the addresses that may be served. Those served must provide a photo ID and mail showing their current address. Call to make an appointment.</p> <p>White Bear Lake Emergency Food Shelf: Open to those who live within the boundaries of the White Bear Lake Area Public School District.</p> | <p>763-450-3860 211 or 651-291-0211 763-784-1971 651-917-3939 651-789-3630 612-521-4665 www.pastorpaul.org 651-621-7451 Ralph Reeder Food Shelf Brochure 651-293-1931 651-407-5310</p> |
| Food Stamps | See the <i>General County Services</i> category for general county phone numbers to contact for assistance. | |
| Meals on Wheels | <p>Residents of Anoka and Champlin School Districts</p> <p>Residents of Mounds View School District 621</p> <p>Residents of Roseville</p> <p>Residents of White Bear Lake</p> <p>Metro Meals on Wheels: Call to determine services offered and areas served.</p> | <p>763-236-8718 651-621-7431 651-604-3524 651-653-3123 612-623-3363 http://meals-on-wheels.com/</p> |

| Program | Program Information (see the last page for street addresses) | Contact Information |
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| Grief | | |
| Bradshaw Grief Resource Center | Provides a variety of options to cope with and adjust to the death of a loved one. Several locations throughout the Twin Cities. | White Bear: 651-407-8300 |
| Capitol City Grief Coalition | A series offered by a non-denominational coalition of churches that provides an opportunity for individuals to obtain information and support for a variety of loss and grief issues. Location rotates among local churches. | 651-227-4430 |
| Caring and Sharing | Meets on the first and third Mondays of the month at 6:00 p.m. at North Heights Lutheran Church, Arden Hills. | 651-639-8226 763-571-1193 |
| Center for Grief | Offers support groups for children (ages 3-5 and grades K-6), teens, and adults. Adult support groups include those for young spouses, older widows/widowers, bereaved parents, adults who have lost a parent, and adults who have lost a sibling or friend. Sponsored by the archdiocese. | 651-641-0177 651-291-4400 www.griefloss.org |
| Companions in Grief | A six-week program regularly offered at St. Mary's of the Lake Church, White Bear Lake. | 651-429-7771 |
| Growing Through Loss Grief Support Series | A series offered by a non-denominational coalition of churches, of which St. Odilia is a member, that provides an opportunity for individuals to obtain information and support for a variety of loss and grief issues. Brochures are offered fall and spring. Location rotates among local churches. | 763-755-5335 www.growingthroughloss.org |
| HealthEast Hospice Bereavement Services | Support programs are offered through HealthEast to individuals who have lost a loved one. | 651-232-3665 |
| Infant Interment Ministry | St. John's in Little Canada provides a graveside service and burial space without charge for parents who have experienced an infant loss at St. John's Hospital in Maplewood. | 651-288-3268 |
| Loss of a Child and Pregnancy Loss | God's Children: Provides a nurturing environment that integrates prayer and grief to those who have experienced a loss of a baby through miscarriage, stillbirth, or infant death. Meeting days and times vary. Meetings take place at Nativity of Our Lord Catholic Church, St. Paul. Sponsored by the archdiocese. | 651-291-4400 www.archspm.org |
| | Parents of Murdered Children: Meets on the third Friday of the month at 10:00 a.m. and 6:30 p.m. at Holy Spirit Catholic Church, St. Paul. | 651-698-3353 |
| New Attitudes for Seniors | For those who have lost a spouse. Meets on the first Monday of the month at 1:00 p.m. at Fairview Community Center, Roseville. | 651-604-3520 |
| Support for Grieving Youth | Youth who have experienced the death of a loved one are invited to participate in a five-week support series. Designed for ages 3-18. Groups are organized by age and offer age-appropriate activities. Groups for adults will be held at the same time. Sponsored by Bereavement Services of HealthEast Hospice and Healing Quilt Bereavement Program of Children's Hospitals & Clinics of Minnesota. | 651-232-3665 (HealthEast) 612-813-6622 (Children's Hospital) |
| Survivors of Suicide (SOS) | For individuals and families who have experienced the death of a loved one through suicide. An informal group where individuals can find a supportive and caring place to discuss a wide range of topics and feelings following a suicide. Meets on the first Thursday of the month at 7:00 p.m. at Bradshaw Grief Resource Center in White Bear Lake. | 651-407-8300 |
| Health | | |
| Alzheimer's/Dementia | Alzheimer's/Dementia Support Group: Meets on the first Wednesday of the month at 2:30 p.m. at Lake Ridge Health Care Center, Roseville. | 651-486-2431 651-765-7692 |
| Diabetes | Meeting days and times vary. Meetings take place at Centennial United Methodist Church, Roseville. | 651-633-7644 |
| Health Care | St. Mary's Health Clinics provides health care services at no cost to low income, uninsured individuals, and families in our communities. Pre-natal, mental health, and dental services are not available, and emergency trauma or critical care cannot be provided. | 651-287-7777 |

| Program | Program Information (see the last page for street addresses) | Contact Information |
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| <i>Health (continued)</i> | | |
| Human Immunodeficiency Virus (HIV) and Hepatitis C Virus (HCV) | HealthPartners Specialty Center: Has a social worker who can help members of Health Partners with financing treatment. | 651-254-7877 |
| | The Minnesota Aids Project: Has current information on support groups. | 612-373-2437 |
| Infertility | In His Time: A support group for Catholic couples who struggle with infertility and follow the church's teaching on fertility. Meets on the second Monday of the month at 7:00 p.m. at St. John Evangelist Catholic Church, Hopkins. | 952-935-5536 |
| Mental Illness/ Depression | Meetings for depression and bipolar disorder are held on the second and fourth Tuesdays of the month at 7:00 p.m. at Sunrise United Methodist Church, Mounds View. Family and friends are welcome. | 651-484-9577 |
| | Meetings for postpartum depression are held on Wednesdays at 1:30 p.m. at Dakota County Northern Service Center, West St. Paul. Sponsored by Allina. | 612-863-4770 |
| | Psychology Today: A resource for finding a therapist in your area, along with a vast selection of wellness topics and resources. | www.psychologytoday.com |
| | The National Alliance on Mental Illness (NAMI) of Minnesota: Provides education, support, and advocacy for children and adults with mental illness and their families. | 651-645-2948 651-626-4435 www.namihelps.org |
| Parkinson's Disease | The Parkinson Association of Minnesota (PAM): An affiliate of the National Parkinson Foundation, which sponsors research, treatment, and support centers around the world. Also contact the Parkinson Disease Association of MN. | 763-545-1272 www.parkinsonmn.org |
| Vision Loss | Meetings held on the third Monday of the month at 10:00 a.m. in the Heritage apartment building of Lyngblomsten, St. Paul. | 651-632-5335 |
| Holistic (Wholeness) Wellness | | |
| Well Within | Provides a variety of integrative care services for mind, body, and spirit. Welcomes all seeking to become well within, especially during times of health and life transitions for you or someone you love. The <i>Becoming Well Within Minnesota</i> website is a directory that connects health care consumers and care givers with local resources that specialize in integrated or complementary medicine and other resources to help them get healthy, stay well, accomplish daily tasks, and stay balanced. | 651-451-3113 www.becomingwell.org www.wellwithin.org |
| Military | | |
| Family Assistance Centers (FACs) | A FAC is primarily an information and referral source, providing helpful information on TriCare assistance, point of contact for legal and pay issues, point of contact for community support, site for family communication, emergency assistance coordination, support family readiness groups, DEERS/ID card information, and budget counseling. | 651-282-4055 http://www.btyr.org/family-assistance-centers http://125fa.com/FACLocations.htm Brochure: Family Assistance Center Brochure |
| Military OneSource | Provides 24/7 help, anytime, anywhere at no cost to army, marine corps, navy, air force, and active duty members of the Guard and Reserve. Interpretation and translation services provided. Customized responses to relocation, child care, spouse employment, home repairs, and special needs issues. Counseling services available on coping with deployment and return, adjusting to new location, bi-cultural issues, marital and couples concerns, parenting and family matters, grief and loss, normal reactions to combat, stress management, and more. | 1-800-342-9647 www.militaryonesource.com |

| Program | Program Information (see the last page for street addresses) | Contact Information |
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| Relationships | | |
| Befrienders | Provides a listening presence for parishioners of St. Odilia, Shoreview. | 651-484-6681 |
| Caregivers | Caregiver Support Program: Provides on-call respite on a one-time or temporary basis. Offered through Catholic Charities. | 651-647-3100 |
| | Caregiver support meetings on the second and fourth Wednesdays of the month at 1:30 p.m. at Lyngblomsten, St. Paul. | 651-632-5335 |
| | Caregiver meetings held on the first and third Thursdays of the month at 10:00 a.m. to noon at Nativity Lutheran Church, St. Anthony. During this time, group respite is available for care receivers from 10:00 a.m. to 1:00 p.m. Offered by Anoka County and the Faith Community Nurse Program of Mercy and Unity Hospitals. | 612-781-2766 763-754-7717 |
| Divorced and Separated | Monday meetings at 7:00 p.m. at St. Timothy's Catholic Church, Blaine. Call to verify that meeting is taking place. | 763-784-1329 |
| | Thursday meetings at 7:00 p.m. at North Heights Lutheran Church, Arden Hills. | 651-797-7852 |
| MOMS | St. Odilia Community MOMS Group: Meets September through May on Wednesday mornings at 9:00 a.m. at St. Odilia Church, Shoreview. Childcare offered to children 6 and under. | 651-484-6681 |
| | MOMS Club of Shoreview and Arden Hills: Meets on the last Friday of the month (children are welcome). | shoreviewmoms@yahoo.com |
| Parenting | Children's Home Society & Family Services: Offers a variety of support groups for parents. | 651-222-0311 www.chsfs.org |
| Singles | Sunday Spirits Walking Group: Invites single adults to walk, talk, and meet new friends. Sunday meetings at 3:30 at Central Park, Roseville. | 651-482-0406 763-221-3040 |
| Stepparents | For one or both parents living in a stepfamily situation. Meets September through May on the second Tuesday of the month at 7:00 p.m. at St. Odilia Church, Shoreview. | 651-484-7846 |
| Troubled Marriages | Retrouvaille: A weekend experience for struggling couples, regardless of religious background, who want to build a stable, loving marriage, re-establish communication, and gain insights into themselves as individuals and as a couple. | 651-464-5855 1-800-470-2230 http://retrouvaille.org/ |
| | Worldwide Marriage Encounter: Designed to give married couples the opportunity to examine their lives together. | www.owenblock.com |
| Widowed | Monday meetings at 7:00 p.m. at St. Timothy's Catholic Church, Blaine. | 763-784-1329 |
| Respect Life | | |
| Adoption and Alternatives to Abortion | Adoption Option Council of Minnesota: Promotes adoption as an option for unintended pregnancies. Volunteers work to assure accurate and fair consideration of adoption planning, to inform and educate the public about the validity of adoption, and to provide financial support to birth parents. | 952-944-0866 http://adoptionoptionmn.org/ |
| | Children's Home Society and Family Services: Provides a rich array of domestic and international adoption program services and many post-adoption educational offerings and support groups. Programs change every 6 months. A detailed list of programs with days and times of meetings can be found on the website. | 651-646-7771 1-800-952-9302 http://chsfs.org |
| | Crossroads Adoption Services: Employs a client-centered, educative approach to adoption. | 952-831-5707 www.crossroadsadoption.com |
| | Holy Family Catholic Adoption Agency: Primarily works with Catholic families to choose adoption over abortion. Leave a message on the hotline, if necessary. | 651-298-0133 Hotline: 612-209-5869 www.holyfamilyadoption.org |
| | Minnesota Citizens Concerned for Life (MCCL): Provides contacts to more than 100 pregnancy care centers that offer a variety of services, including free pregnancy testing, counseling, and alternatives to abortion. Brochure provided by MCCL. | 612-825-6831 (MCCL) |
| | First Care Pregnancy Center: Provides adoption services. Based in Richfield. | 612-866-7643 |

| Program | Program Information (see the last page for street addresses) | Contact Information |
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| <i>Respect Life (continued)</i> | | |
| <i>Adoption and Alternatives to Abortion (continued)</i> | Uphold: A support group for women who have placed their babies for adoption. Based in Richfield. Sponsored by First Care Pregnancy Center. | 612-866-7643 |
| Natural Family Planning | Modern Natural Family Planning (NFP): A healthy, medically safe, reliable, and easy to learn method. Individual provider groups offer instruction (in the ovulation or sympto-thermal methods of NFP) to the entire archdiocesan community and to people of all faiths with the hope of strengthening marriage and families. | 651-291-4489 http://www.njnfp.org/index.php http://www.archspm.org/departments/family-planning/index.php |
| Post-Abortion Healing and Services | Conquerors: A support program for men and women suffering from the painful effects of a past abortion. Led by trained volunteers who have been through the program. Group sessions run two to three times a year. Each session is twelve weeks in length with meetings each week for 2 1/2 hours. Sponsored by First Care Pregnancy Center. | 612-866-7643 612-866-7715 |
| | Project Rachel: Offers free one-on-one support from trained lay volunteers to individuals in emotional, psychological, and spiritual pain as a result of abortion. Sponsored by the archdiocese's Office of Marriage and Family Life. | 651-291-4515 651-291-4400 http://hopeafterabortion.com/rachel/index.cfm/?location=nm |
| Pregnancy Support and Resource Centers and Services | Bethany Christian Services: Provides counseling for unplanned pregnancies. | 1-800-238-4269 www.bethany.org |
| | Birthright: Offers free pregnancy tests, confidential help and advice, legal, medical, and educational referrals, prenatal information, maternity and baby clothes, housing referrals, adoption information, and social agency referrals. | 651-646-7033 763-757-0715 www.birthright.org |
| | Cradle of Hope: A nonprofit organization with the sole purpose of giving financial aid to pregnant Minnesota women and Minnesota women with newborn infants less than 3 months of age. | 651-636-0637 http://cradleofhope.org/ |
| | Metro Women's Center: Provides life-affirming community resources and alternatives to abortion to help plan for a baby's future. Services include free pregnancy tests; help with informing parents or the baby's father about a pregnancy; OB/GYN, ultrasound, adoption, financial resources, and low-cost legal help referrals; post-abortion advising; access to trained dula's (labor companions); and assistance in arranging alternative schooling or finding a home during a pregnancy. | 763-533-8642 www.metrowomenscenter.org |
| | First Care Pregnancy Center: Has five First Care Pregnancy Resource Centers, each of which provides free pregnancy testing, decision-making counseling, education, and support during pregnancy. | Anoka: 763-323-3435 Minneapolis: 612-623-8378 Richfield: 612-866-7643 Rochester: 507-282-3377 St. Paul: 651-730-4342 www.firstcareminnesota.com |
| | PROLIFE Across AMERICA: Also known as "The Billboard People," offers information and alternatives, as well as post-abortion assistance to callers and those in need. | Hotline: 1-800-366-7773 prolifeamerica.org |
| | Seton Services: Sponsored by Catholic Charities, provides prenatal medical care for uninsured and low-income pregnant women; prenatal support for pregnant women, their partners, and families; adoption services for those considering adoptive placement and couples who would like to adopt; post-adoption program services to birth parents, adopted adults, and adoptive families whose adoption was facilitated by Catholic Charities; and child-care classes. | 651-647-3100 |
| | The Archdiocesan Life Fund: Provides emergency financial aid to pregnant women in financial need or to mothers with infants up to 12 months of age. Grants are made for necessities, such as medical expenses, prescription drugs, prescription formula (not covered by the WIC program), and rent or child care expenses for women on bed rest. | 651-291-4515 |
| | Total Life Care Centers: A life-affirming organization, with 26 Life Care Centers in the network, which assists people facing unplanned pregnancies. | 651-291-9473 www.totallifecare.org |

| Program | Program Information (see the last page for street addresses) | Contact Information |
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| <i>Respect Life (continued)</i> | | |
| Women's Life Care Center | See the <i>Crisis Situations</i> category at the beginning of this brochure. | |
| Seniors (see also the Caregivers section in the Relationships category) | | |
| Also see the <i>General Minnesota Resources</i> category of this brochure for other services available to seniors. | | |
| Community Wellness & Education | A Lyngblomsten outreach service that provides education, health assessments, and resources to help seniors retain their independence, maintain their social life, prevent devastating illnesses, and learn how to preserve their health. Meetings on the third Thursday of the month at 10:00 a.m. | 651-632-5335 |
| Eldercare Locator | A public service of the U.S. Administration on Aging. Helps find local agencies, in every U.S. community, that can help older persons and their families access home and community-based services like transportation, meals, home care, and caregiver support services. | 1-800-677-1116 www.eldercare.org |
| Metropolitan Area Agency on Aging | The Metropolitan Area Agency on Aging (MAAA) is the designated area agency on aging for the seven county metropolitan area. Offers a variety of services. | 651-641-8612 www.tcaging.org |
| Senior Housing Directory | Includes a comprehensive list of housing options for older persons in the St. Paul, Minneapolis, and 11-county metropolitan area. | 952-945-4022 www.seniorhousinginc.org |
| Senior RX Care | Helps customers save from 20 to 85% on the cost of their medications by getting their prescriptions filled in Canada. The prescription service allows customers to access the same medications that are available to them locally, but at much lower Canadian prices. Complete online form. | 877-828-7555 www.seniorrxcare.com |
| Senior Services | <ul style="list-style-type: none"> • Anoka County Senior Information Line: A free information and referral service linking older adults and families with local services, including senior outreach program, a senior companion program, and a program to help people with chores. | 763-783-4707 |
| | <ul style="list-style-type: none"> • Catholic Senior Services: Has resources to connect seniors to services in the archdiocese, including housing and continuum of care. | 877-420-6461 651-291-4400 www.catholicseiorservices.org |
| Seniorlinkage.com | Provides support on health insurance plans, Medicare Parts A, B, and D, senior life insurance, senior apartments, retirement investment, retirement plans, elder care, senior health, and senior communities. | www.seniorlinkage.com |
| Young at Heart | Sponsored by North Heights Lutheran Church, Arden Hills. Call for quarterly brochure on activities and Bible studies. | 651-797-7800 |
| Victims of Abuse, Exploitation, and Harassment | | |
| Child and Adult Protection | See the <i>Crisis Situations</i> category at the beginning of this brochure. | |
| Church Ministry Related | The archdiocese accepts complaints about and offers support for ministry-related sexual misconduct. Call the number indicated to reach the Advocate Coordinator, Vicar General, and Chancellor. Or, write to the Archbishop and mark the letter "personal and confidential." | 651-291-4497 651-291-4400 |
| Domestic Violence | See the <i>Crisis Situations</i> category at the beginning of this brochure. | |

Directory of Program Locations

Adoption Option Council of MN, P.O. Box 75, Elk River, 55330 (952-944-0866)
 Alano Society of Downtown, St. Paul, 520 N Robert St, St. Paul, 55101 (651-222-6536)
 Amethyst Counseling Center, 1403 Silver Lake Rd, New Brighton, 55112 (651-633-4532)
 Archdiocese of St. Paul, 226 Summit Ave, St. Paul, 55102 (651-291-4400)
 Beaver Lake Lutheran Church, 2280 Stillwater Rd, Maplewood, 55119 (651-739-8092)
 Birthright, 299 Snelling Ave N, St. Paul, 55104 (651-646-7033)
 Bradshaw Grief Resource Center, 4600 Greenhaven Drive, White Bear, 55127 (651-407-8300)
 Bridges to Safety Service Center, St. Paul City Hall, 15 W Kellogg Blvd, St. Paul, 55102 (651-266-8500)
 Bridging, Inc., 1633 Terrace Drive, Roseville, 55113 (651-631-3255)
 Calvary Church White Bear, 4604 Greenhaven Drive, St. Paul, 55127 (651-484-0066)
 Casa De Esperanza, 927 Payne Ave, St. Paul, 55130 (651-774-3964)
 Centennial United Methodist Church, 1524 W County Rd C2, Roseville, 55113 (651-633-7644)
 Children's Home Society & Family Services, 1605 Eustis Ave, St. Paul, 55108 (651-646-6393 and 651-646-7771)
 Church of St. Thomas Moore, East Campus, 1079 Summit Ave, St. Paul, 55105 (651-227-7669)
 Cradle of Hope, 1935 West County Rd B2, Suite 241, Roseville, 55113 (651-636-0637)
 Crossroads Adoption Services, 7600 Parklawn Ave, Suite 352, Mpls, 55435 (952-831-5707)
 Dakota County Northern Service Center, 1 Mendota Rd W, West St. Paul, 55118 (651-554-6600)
 Dayton Avenue Presbyterian Church, 217 Mackubin St, St. Paul, MN 55102 (651-227-7389)
 Fairview Community Center, 1910 W Co. Rd B, Roseville, 55113 (651-604-3500)
 First Care Pregnancy Center, 1515 E 66th St, Richfield, 55423 (612-866-7643)
 First Care Pregnancy Center, 1902 5th Ave, Suite 3, Anoka, 55303 (763-323-3435)
 First Care Pregnancy Center, 2105 Old Hudson Rd, St. Paul, 55119 (651-730-4342)
 First Care Pregnancy Center, 308 SE Oak St, Mpls, 55414 (612-623-8378)
 First Presbyterian Church, 4821 Bloom Ave, White Bear Lake, 55110 (651-429-3381)
 Forest Lake 156 Club, 156 NW 3rd St, Forest Lake, 55025 (651-464-9906)
 Fridley Alano Club, 6279 University Ave, Fridley, 55432 (763-571-5910)
 Hallie Q Brown Food Shelf, St. Paul-Reformation Lutheran Church, 100 North Oxford St, St. Paul, 55104 (651-251-9015)
 Hamline Church United Methodist, 1514 Englewood Ave, St. Paul, MN 55104 (651-645-0667)
 Holy Spirit Catholic Church, 515 Albert St S, St. Paul, 55116 (651-698-3353)
 Hosanna Lutheran Church ELCA, 9300 Scandia Trail N, Forest Lake, 55025 (651-464-5502)
 Joseph's Coat, 1107 West 7th St, St. Paul, 55102 (651-291-2472)
 Keystone Community Services, 2833 N Hamline, Roseville, 55113 (651-756-7018)
 Lake Ridge Health Care Center, 2727 Victoria St, Roseville, 55113 (651-483-5431 or 651-486-2540)
 Lyngblomsten Care Center Main Campus, 1415 Almond Ave, St. Paul, 55108 (651-646-2941)
 Lyngblomsten Heritage Apartments, 1440 Midway Pkwy, St. Paul, 55108 (651-632-5429)

Maplewood Alano Club, 1955 Prosperity Ave, Maplewood, 55109 (651-777-0405)
 Maplewood Professional Building, 1655 Beam Ave, Maplewood, 55109
 Metro Women's Center, 6418 Bass Lake Rd, Crystal, 55428 (763-533-8642)
 Midway Alano Club, 1161 Sherburne Ave, St. Paul, 55104 (651-645-4005)
 Minnesota Citizens Concerned for Life (MCCL), 4249 Nicollet Ave, Mpls, 55409 (612-825-6831)
 National Alliance on Mental Illness (NAMI) of MN, 800 Transfer Rd #31, St. Paul, 55114 (651-645-2948)
 Nativity Lutheran Church ELCA, 3312 Silver Lake Rd, St. Anthony, 55418 (612-781-2766)
 Nativity of Our Lord Catholic Church, 1900 Wellesley Ave, St. Paul, 55105 (651-696-5401)
 Neighborhood House, 179 E Robie, St. Paul, 55107 (651-789-3630)
 New Brighton Alano Society, 2284 County Rd I, Mounds View, 55112 (763-717-9196)
 North Heights Lutheran Church, 1700 W Highway 96, Arden Hills, 55112 (651-797-7800)
 Our Savior's Lutheran Church, 9185 Lexington, Circle Pines, 55014 (763-784-1971)
 Pastor Paul's, 1000 Oliver Ave N, Mpls, 55411 (612-521-4665)
 Presbyterian Church of the Way, 3382 N Lexington, Shoreview, 55126 (651-484-3346)
 Presentation Catholic Church, 1725 Kennard St, Maplewood, 55109 (651-777-8116)
 Ralph Reeder Food Shelf, Pike Lake Education Center, 2101 14th St NW, New Brighton, 55112 (651-621-7450)
 Roseville Lutheran Church, 1215 W Roselawn, Roseville, 55113 (651-487-7752)
 Seton Services, Catholic Charities, 1276 University Ave W, St. Paul, 55104 (651-647-3100)
 Sharing Korner Food Shelf, 595 Arundel St, St. Paul, 55103 (651-293-1931)
 Shoreview Community Center, 4600 Victoria St N, Shoreview, 55126 (651-490-4700)
 St. Christopher's Episcopal Church, 2300 Hamline Ave, Roseville, 55113 (651-633-4589)
 St. John Evangelist Catholic Church, 6 Interlachen Rd, Hopkins, 55343 (952-935-5536)
 St. John's in Little Canada, 380 Little Canada Rd E, Little Canada, 55117 (651-484-2708)
 St. Mary's Health Clinics, 1884 Randolph Ave, St. Paul, 55105 (651-287-7700)
 St. Mary's of the Lake Church, 4690 Bald Eagle Ave, White Bear Lake, 55110 (651-429-7771)
 St. Odilia Faith Community, 3495 N Victoria St, Shoreview, 55126 (651-484-6681)
 St. Philip's Lutheran Church, 6180 NE Highway 65, Fridley, 55432 (763-571-1500)
 St. Rose of Lima, 2048 Hamline, Roseville, 55113 (651-645-9389)
 St. Stephen Lutheran Church, 1965 County Rd E, White Bear Lake, 55110 (651-777-1107)
 St. Timothy's Catholic Church, 707 89th Ave NE, Blaine, 55434 (763-784-1329)
 Sunrise United Methodist Church, 7687 Long Lake Rd, Mounds View, 55112 (763-786-4926)
 United Church of Christ, 1000 Long Lake Rd, New Brighton, 55112 (651-633-1327)
 Unity North Church, 11499 Martin St NW, Coon Rapids, MN 55433 (763-754-6489)
 White Bear Lake Emergency Food Shelf, 1884 Whitaker Avenue, White Bear Lake, 55110 (651-407-5310)
 Women's Life Care Center, 2870 Middle St, Little Canada, 55117 (651-777-0350)