

ISANTI COUNTY RESOURCE DIRECTORY

*EMPLOYMENT & TRAINING CENTER
PINE TECHNICAL COLLEGE
WORKFORCE CENTER
1575 EAST HIGHWAY 95
CAMBRIDGE, MN 55008*

Updated March 2009

*In collaboration with Cambridge-Isanti School District 911
Early Childhood and Family Programs
Interagency Early Intervention Committee*

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NOTES

Remember, work pays!

ISANTI COUNTY FAMILY SERVICES

(763) 689-1711

Fax: (763) 689-9877

Oakview Office Complex 1700 East Rum River Drive South, Suite A
Cambridge, MN 55008

Help for those Isanti County residents who qualify. Call for information on:

Minnesota Family Investment Program

Diversionary Work Program

General Assistance

Food Stamps

Medical Assistance

Emergency Assistance

Senior Drug Program

EBT – Lost, stolen or disputes regarding ATM's or stores 1-888-997-2227

Child Support Services – Parents on DWP, MFIP or FSET programs must co-operate with child support services. Non-cooperation will lead to a reduction/ sanction in your monthly grant by 10% or more. Parents can check on child support cases on line at www.childsupport.des.state.mn.us

ISANTI COUNTY SOCIAL SERVICES

(763) 689-1711

Fax : (763) 689-9877

Oakview Office Complex 1700 East Rum River Drive South, Suite A
Cambridge, MN 55008

Help for Isanti County residents. Costs depend upon ability to pay. Services:

Individual, family, marital and group counseling

Help if there are problems in the home

Children and Adult Foster Care: licensing, information, referrals

Vulnerable adult services

Chemical Dependency services

Mental Health services

Help paying for Child Care

ISANTI COUNTY PUBLIC HEALTH SERVICE

(763) 689-4071

555 18th Av SW, Cambridge MN 55008

Hours: Monday-Friday, 8:00 a.m. – 4:30 p.m.

Services are available to Isanti County residents who need them. Fees are paid by vendor, or based on income. *Services provided:*

Assistance with newborns, including home visits; follow-up services for children with special needs

Education on health issues; physical assessment and screening

Many services available for senior citizens

Provides information and referral for a person who has a health concern. We will help provide a referral to someone who can help.

Children's Immunization Clinics-walk in clinics-call for schedule. Donations of \$5 suggested for each.

SOCIAL SECURITY INSURANCE ADVOCATES

Advocates that can assist MFIP Participants in making applications to SSI. At NO cost.

Costs related to representative payee fees would come out of the client's SSI benefits if found eligible.

Jack Casper
Casper Vocational Rehab
PO Box 753
Duluth MN 55801
218-727-6603 Fax 800-822-2214

Jean A Lastine, Executive Director
Central MN Legal Services
430 First Ave N, Suite 359
Minneapolis MN 55401-2017
612-332-8151

Mary Atwood & Bryan Burman
Disability Advocates of Duluth
301 West First St # 508
Duluth MN 55802
218-529-1601

James Soderberg
Churches United in Ministry
102 West 2nd St
Duluth MN 55802
218-726-0418 or 218-726-0153

Tom Ehrbright
Disability Specialist, Inc
1907 Wood Road
Cook MN 55723
218-666-2676 or 1-800-642-6393

Diane Heldt
Lifetrack Resources, Inc
709 University Ave West
St Paul MN 55104-4804
651-227-8471

Mid-MN Legal Assistance
430 First Ave N, Suite 300
Minneapolis, MN 55401-1780
612-332-1441

Patty Nadeau
5 Spring Street
Duluth MN 55807
218-624-5598

William Orr, Attorney at Law
401 Second Ave South, Suite 418
Minneapolis MN 55401
612-338-8299

Lionel H Peabody, Attorney at Law
600 Board of Trade Bldg
301 West First St
Duluth MN 55802
218-727-0595 or 1-800-777-8445

Peter Vogel
Rosemeier, Anderson & Vogel
210 Second St NE
Little Falls MN 56345
320-632-5458 or fax: 320-632-5496

Ethel Schaen, Attorney at Law
325 S Griggs-Midway Bldg
1821 University Ave
St Paul MN 55104
651-642-9520

Bonnie J Niemi
Sisu Services
PO Box 28
Duluth MN 55801-0028
218-525-7219 or 1-877-728-4714

Steven J Wolfe
Southern MN Regional Legal Services
166 East 4th St, Suite 200
St Paul MN 55101
888-575-2954

DENTISTRY

Advanced Dental Clinic (612) 341-0183
825 8th Street South, Suite 2, Minneapolis, MN
M-F 7am – 5pm Call for appointment anyone can receive service

Argosy University Dental Hygiene Clinic (651) 846-3381
1515 Central Parkway Eagan, MN 55121
Anyone can receive services. Cleanings, Fluoride treatment, Sealants, X-rays. Call for appointment.

Appletree Dental Mobile Dentistry (763) 784-7570
8960 Springbrook Drive, Suite 150, Coon Rapids, MN 55433-5852
Anyone can receive services. No sliding fee scale. Call to see if accepting new public assistance patients.

Century College (651) 779-5787
3300-Century Ave North, White Bear Lake, MN 55110
Anyone can receive services per visit preventive care, provide sealants, no fillings. Afternoons and evenings, Sept-May. Call for appointment.

Hennepin County Medical Center Dental Clinic (612) 873-2370
701 Park Ave, Minneapolis, MN 55415-1623
M-F 8am – 4:30pm
Extractions only, Dentures, Children's Clinic (12 yrs and under) Public Assistance and most dental insurance policies accepted. Call for appointment.

Lake Superior College Dental Hygiene Clinic (218) 733-5939 or (800) 432-2884
2101 Trinity Road Duluth, MN 55811 Call for appointment.

The Smile Center
Minnesota Care & Medical Assistance Accepted
Two Metropolitan Area Locations:
M-F: 7am – 10pm, Sat & Sun 8 am – 5 pm
195 Jefferson Blvd Highway 10, Big Lake, MN 55309 (763) 263-2222 or (866) 748-6684 Fax (763) 263-5822
13899 Highway 13 Savage, MN 55378 (800) 422-6904
Deerwood:
M-F 8am – 8pm, Sat & Sun 8am – 5pm
21343 Archibald Road, Hwy 6, Deerwood, MN (218) 534-3141 or (800) 477-7645 Fax: (218) 534-3949

University of Minnesota Emergency Dental Clinic (612) 625-4908
Only for emergencies, does not see children. Fee for service, 30% less than private practice clinics. Dental care provided to people ages 16 years and older. Emergencies are by appointment only.

University of Minnesota School of Dentistry adults (612) 624-8400 children (612) 625-7171
515 Delaware St S.E., Minneapolis, MN 55455-0329
Anyone can receive services, free walk in screenings for oral surgery. Call ahead for hours at (612) 624-8600. All other services by appointment only. Three levels of discount based on who performs the work: Students 25- 40%, Graduate Students 15%, Faculty- no discount. Accepts most private insurance plans, including most Delta Dental Plans.

REHABILITATION SERVICES (WORKFORCE CENTER) (763) 689-7136

1575 E Hwy 95, Cambridge, MN 55008

Rehabilitation Services works with individuals who have disabilities, providing a variety of services. The services include but are not limited to: vocational planning, employment information and referral service. They also provide guidance in maintaining employment.

RISE – EMPLOYMENT INOVATIONS (763) 689-2093

602 Main Street No. PO Box 86 Cambridge, MN 55008 FAX: 763 689-1925

Rise is a private, nonprofit vocational rehabilitation agency which provides career planning , Vocational training, employment, job placement, and support services to adults with disabilities and other barriers to employment. We also offer transitional housing and independent living skills Services to adults who have mental health disabilities.

HEALTH DIMENSIONS REHABILITATION (763) 689-5385

Pediatrics Little Steps Clinic

Private organization which provides occupational and physical therapy and speech language pathology.

SERVICES FOR THE BLIND AND VISUALLY HANDICAPPED (651) 642-0500

West Metro, 2200 University W. St 240, St. Paul MN 55114

Rehabilitation services for those with a visual handicap, which is a road block to training or employment. Please have name, address, phone number and birth date available.

DEAF SERVICES DIVISION 320-255-3502/ TTY # (320) 255-3699

Regional Services Center for the Hearing Impaired, 54 – 28th Ave N, St. Cloud MN 56301

Advocate for the hearing impaired that may need help and advice for obtaining services. Leave name, phone number and request.

MINNESOTA CARE 1-800-657-3672

Minnesota Care is open to all Minnesota residents who meet program and income guidelines. Enrollees pay a monthly premium based on family size, the number of people covered and income. Some services covered: doctor and clinic visits, dental, immunizations, vision care, prescriptions, lab and X-ray services, mental health services, chemical dependency treatment, chiropractic services, home care services, rehabilitative therapy, hospice care, ambulance, emergency care, medical equipment and supplies. Call for information and an application.

RX CONNECT 1-800-333-2433

Helping Minnesotans get the prescription drugs they need. www.Minnesotahelp.info

**GREATER MINNESOTA SECTION 8 HOUSING CHOICE VOUCHER
PORTABILITY CONTACTS**

Aitkin County

Nancy Houg, (218) 927-2151 Fax: (218) 927-4159
EMAIL: njhahra@charterinternet.net
215 Third Street Southeast Aitkin, MN 56431-1799

Benton County

See Wright County

Isanti County

Marilyn Fromm, (763) 689-3883 Fax: (763) 689-3883
EMAIL: cambhra@sherbtl.net
121 South Fern Street Cambridge, MN 56401

Meeker County

Sandy Tischer, Jodi Rodriguez, (763) 552-1447 or 1-877-370-3071
Fax: (763) 552-0197 EMAIL: meeckerhousing@earthlink.net
Section 8 Processing Center
Post Office Box 368 Cambridge, MN 55008

Mille Lacs County

See Aitkin County (or) Mora

Kanabec County

Rose Dunn, (320) 679-4789 Fax: (320) 679-5638
EMAIL: pinecrest@ncis.com
420 Bean Avenue Mora, MN 55051

Pine County

See Kanabec County

Sherburne County

See Wright County

Stearns County

Cheryl Josephs, (320) 685-7771 Fax: (320) 685-7580
EMAIL: cjosephs@warpdriveonline.com
312 North 1st Street, Suite 2 Cold Spring, MN 56320

Wright County

Louise Reis, (320) 252-0880 Fax: (320) 252-0880
EMAIL: general@stcloudhra.com
1225 West St. Germain St Cloud, Mn 56301

LOW INCOME HOUSING LIST

Many of these complexes have resident managers so you may be able to go and apply at the office or manager's apartment. There is usually a waiting list. Call so your name can go on the waiting list.

Braham	320-396-0136 952-935-0359	Braham Meadows Apartments Braham Square Town homes
Cambridge	763-689-5323 763-689-0330	Dellwood South Town homes Townsquare & Townsquare East Apartments
Isanti	1-800-676-6505 763-444-3825	Elmhurst Apartments Oakwood Estates Apartments

HOME LINE TENANT HOTLINE

(612) 728-5767

or 866-866-3546

Tenancy Advocate in Minnesota
3455 Bloomington Avenue
Minneapolis, MN 55407

www.homelinemn.org

Home Line provides free legal, organizing, education, repairs, caretaker services in units and advocacy services so that tenants throughout MN can solve their own rental housing problems.

SUBSIDIZED HOUSING

Isanti County is now participating in a Section 8 Housing Assistance Program. Call and have your name put on the waiting list as soon as possible as it's usually a long waiting list. This program offers assistance with housing where you do not have to reside in a low-income complex.

For more information: Housing and Redevelopment Authority of Cambridge (HRA)

**Bridge Park Apartments
121 South Fern
Cambridge, MN 55008
763-689-3883**

LAKES AND PINES COMMUNITY ACTION COUNCIL

1-800-832-6082

Fax # 320-679-4139

1700 Maple Ave E., Mora, MN 55051

Lakes and Pines is a private, non-profit corporation serving the seven county area of Aitkin, Carlton, Chisago, Isanti, Kanabec, Mille Lacs and Pine counties. Mission of L&PCAC is to assist lower income families and individuals to become self-sufficient. They administer many programs:

Head Start	Weatherization
Energy Assistance	Budgeting
Deferred Loan Program	Accessibility Loan Program
Homeless Program	Garden Seed Project
Education Grants (Case Management)	Emergency Shelter
Minnesota Housing Finance Agency	

FAMILY PATHWAYS

(763) 552-3663

For services, locations and information:

352 Garfield Suite 352 West Gate Plaza in Cambridge, MN 55008

Senior Services Program – companionship to help meet the needs of seniors

- ❖ The Food Pantry - Six different locations
- ❖ Children and Family Program – for children with special needs
- ❖ The Family Pathways Thrift Store – seven different locations in the area
- ❖ Community Advocate Program – helping people access systems and plan self-sufficiency
- ❖ Respite Relief – for caregivers in the area

NEW PATHWAYS

(763) 691-0121

Street address:

310 Ashland St, Cambridge MN 55008

A private, non-profit Family Resource Center that serves at-risk families with children. NEW PATHWAYS can provide confidential family assessments, resource referrals, case management and advocacy to families seeking support in providing a safe, prosperous and nurturing home life. Call for information and/or an appointment.

HOMELESS INTERFAITH HOSPITALITY NETWORK

(763) 691-0121

PO Box 366

Cambridge (corner of Ashland and Third)

cgray@sherbtel.net

This program provides a safe warm place to sleep, eat and care for children. This program also provides support and education options for parents with children, local churches provide private sleeping rooms to each family and meals with warm hospitality.

MN SPAY/NEUTER YOUR PET PROJECT

MSNP PROJECT Provides no cost spay/neuter surgery, microchip ID and vaccines to dogs and cats belonging to Isanti County residents that are on Public Assistance. The funds were made possible by a generous grant from an Isanti County resident. A big Thank You to this person!!

Call MSNP at 952-996-9292 and leave your name, address, phone number and a volunteer will contact you.

REDUCED PRICED ITEMS

Cambridge Family Pathways (763) 552-3003

Thrift Store

130 Buchanan Street, Cambridge

Hours: M-Sat 9:00-7:00

Isanti Family Pathways (763) 444-9551

Thrift Store

16 Main Street, PO Box 24, Isanti

Hours: M-Sat 8:30-6:30

Forest Lake Family Pathways (651) 464-4713

Thrift Store

1432 South Lake Street (Northland Mall)

Hours: M-F 9:00-8:00, Sat-9:00-6:00,

Sun 11:00-5:00

One More Time Clothing Store (320) 679-0538

Corner of West Forest & South Park

Mora, MN 55051

Hours: M-Fri 9:00-4:00 Sat- 9:00-3:00

Pine City Family Pathways (320) 629-3878

Thrift Store

800 Main Street

Pine City, MN 55063

Hours: M-F 8:00-7:00, Sat 8:00-5:00

Sun 10:00-5:00

Princeton Clothing

Riverside Mall

Princeton, MN 55371

Hours: Mon & Fri – 12:00-4:00

Tues & Thurs 9:00-4:00

Sat 9:00-12:00

Rush City Family Pathways (320) 358-4415

Thrift Store

Main Street Market Mall

Located ½ mile East of I-35

Rush City, MN

Hours: M-F 8:00-7:00, Sat-8:00-5:00

Shalom Shop

129 2nd Ave SE

Cambridge MN 55008

Used clothing in excellent Condition

Hours: M-F 9:00-4:00, Sat 9:00-3:30

Tusen Tak (320) 396-2633

208 West Central Drive

Braham, MN 55006

Hours: M-F 9:00-4:00, Sat 9:00-3:00

Wyoming Family Pathways (651) 462-6632

Thrift Store

26816 Kettle River Blvd

Wyoming, MN

Hours: M-S 8:00-9:00, Sun 10:00-5:00

COUNSELING SERVICES

FIVE COUNTY MENTAL HEALTH CENTER

****24 hour Emergency Hotline: 1-800-523-3333***

521 North Broadway Ave
Braham MN 55006
Phone: (320) 396-3333 or 800-223-1513
Hrs: Mon & Fri 8 a.m. – 5 p.m.
Tues, Wed, Thurs 8 a.m. – 8 p.m.

Cambridge Office
115 South Adams
Cambridge MN 55008
Phone: (763) 689-9463
Hrs: Mon & Tues 8 a.m. – 9 p.m.
Wed, Thurs, Fri 8 a.m. – 5 p.m.

Offices also in Rush City, Center City, Hinckley and Milaca. Call Braham office for appointments. Fee is based on the ability to pay. Medical Assistance accepted.

MORA PSYCHOLOGICAL SERVICES

630 S. Union St.
Mora, MN 55051
Phone: (320) 679-8161

Moorman and Counseling Associates
Main office 651-674-2031
133 2nd Ave. SW
Cambridge, MN 55008

KARCHER SERVICES

6344 385th Street
North Branch, MN 55056
Phone: (651) 277-0463

FAMILY BASED THERAPY ASSO.

Marcy Stoeckel
Cambridge MN
Call for appointments: 763-689-9407

LAKES AREA YOUTH SERVICE BUREAU

244 No. Lake, Forest Lake, Mn 55025
Fax: 651-464-3687 Phone: 651-464-3685
Carrie Dobie

Counseling, support groups, classes and workshops for Parents and Youth. Work with court ordered required classes such as: abuse, aggression, divorce and other topics.

***There are many other counseling services listed in your yellow pages. Be sure to ask about insurance, Medicare, Medical Assistance, sliding fee or Minnesota Care coverage to see if you qualify.

MENTAL ILLNESS WEBSITE

www.nami.org

NAMI= National Alliance for the Mentally Ill

CRISIS LINES

Five County Mental Health Center
1-800-523-3333

St. Cloud Mental Health
1-800-635-8008

Region 7-E Crisis Services
Five County Mental Health Centers
West Braham Commons, Suite 107
Braham, MN 55006
Office: (320) 396-2016 Fax: (320) 396-2747

Children's Home Society Crisis Nursery
Provides temporary shelter care for children.
There is someone available 24 hours a day.
(651) 674-8498 or (651) 674-8569

Senior Linkage Line
Free over the phone assistant and information to find services for seniors
Monday – Friday 8am-4:30pm After hours is a 24 hours message 1-800-333-2433

VIOLENCE CRISIS CENTER

THE REFUGE, PO Box 323, Cambridge MN 55008 (763) 689-3532
Toll Free Phone Number 1-800-338-SAFE (7233)

WINDOW, PO Box 739, Hinckley MN 55037 1-800-644-0003
24 hour crisis line (320) 384-7113
Office: 204 Fire Monument Road, Hinckley, MN

CRIME VICTIM SERVICES, PO Box 739, Hinckley MN 55037 1-800-644-0003
General, direct line (320) 384-7996
Office: 204 Fire Monument Road, Hinckley, MN

Minnesota Coalition for Battered Womenwww.mcbw.org

Services include: advocacy services, children's advocacy program, informational and referral, court advocacy services, on-going support groups for women and children, community education, help with obtaining "Order for Protection". 24-hour crisis calls taken at these numbers for those who are now in an abusive situation or who have been abused. Please call. Don't allow another person to hurt you any longer. If you don't do anything to stop the abuse, you're saying that it is ok for them to hurt you. The crisis centers can help you.

FIRST CALL FOR HELP CIRISIS LINE THEN DIAL 911

24-Hour Human Services Information & Referral Dial 211 – United Way or (651)291-0211 or (800)543-7709

SUBSTANCE ABUSE: A/A & N/A & ALNON (763) 444-5803 or (763) 689-1711

Contact- Katalin Brown, Isanti County Social Services, Oakview Office Complex 1700 East Rum River Drive South, Suite A, Cambridge, MN 55008

Is alcohol or chemical abuse interfering with your life or with the life of someone you care about? Call about how you or they can get the information that is needed to help make a decision about how you can change the rest of your life. Services include:

**Chemical Dependency Assessments

**Information on the Twelve Step Program

**Referrals to counseling and/or treatment agencies

** Funding for Treatment

TREATMENT CENTERS

Dellwood Recovery Center
Cambridge Medical Center
701 S Dellwood
Cambridge, MN 55008
(763) 689-7723

Hazelden Foundation
15245 Pleasant Valley Rd
Center City, MN 55012
(651) 213-4000 or 800-257-7800

Fairview Recovery Service
District Memorial Hospital
246 11th Ave SE
Forest Lake, MN 55025
(651) 464-7016

Chemical Dependency Program
St. Croix Valley Memorial Hospital
St. Croix Falls, WI
1-800-642-1336

Services offered at the centers: Inpatient and Outpatient treatment, Aftercare Programs, Adolescent Unit, Family Ed and Care.

EATING DISORDERS REFERENCES

Crisis Number (612) 422-4614
Fairview Counseling Center Wellness(612) 441-0101
Methodist Hospital.....612) 932-5000
Princeton-Fairview Hospital..... (763) 389-6326
Chrysalis Body Image..... (651) 222-2823, (612) 871-0118, (612) 871-2603
Colonial Church.612) 925-5084
Emily Program (651) 645-5323

BIPOLAR, ANXIETY, DEPRESSION SUPPORT GROUP

Join a support group for those suffering from bipolar, anxiety, and depression. This group welcomes everyone who feels they need this support. Family members are also very welcome. You may come unannounced or you may call: David: 763-691-1825 or Walter: 763-691-9282. The group meets the 2nd and 4th Tuesday's of the month from 6:30-7:30 p.m. at the Joy Lutheran Church Annex, 1065 Joy Circle, Cambridge, Mn. You may come from far or near. This includes the general areas of: Mora, Braham, Pine City, Cambridge, North Branch, Princeton, St. Francis, Milaca, Ogilvie, Isanti, etc. Please remember, no advanced notice is required. All communication and attendance is confidential.

COMMUNITY SUPPORT GROUPS

There are community support groups in this area. This is where you can give and receive the friendship and support you and others need. Sharing and caring.

NAMI Education & support Group

4th Monday of month @ 7pm Foundation Room, Cambridge Medical center (763) 689-7700

SELAH HOUSE: 32393 Rendova Circle N.E. Cambridge, Mn. 55008

Toni or Stephanie: 763-742-5138 or E-mail at: selahhouse@izoom.net

A family ministry providing transitional housing, spiritual direction, and encouragement for chemically dependent woman in recovery - - a place to find rest and healing through recovery through spiritual direction and encouragement.

Our program is operated in a family setting. All of our clients will be welcomed into staff homes to live during this transitional time in their lives.

Supports for Stability & Sobriety

MI/CD Support Group

Every Thursday 9am-11am and Every Wednesday 5:00 pm – 7:00 pm – No appointment necessary – just show up!

Westerberg Chiropractic Clinic, 133 2nd Ave (Basement), Cambridge, MN Call (320) 679-6389

Circle of Parents

Jackie Hays (651)464-3685

For parents of teens aged 12-18.

Meets on the 2nd and 4th Tuesday of each month, in the evenings from 7pm-8:30pm at Youth Service Bureau's at the North Branch office 6448 Main Street.

Young Parents Support Group

Gina Kennedy (763)689-4319

Meets the 2nd and 4th Tuesday of each month in the Cambridge Mall from 6:30 Pm-8Pm

Located at the Pregnancy Resource Center

GRIEF SUPPORT GROUP

(763) 689-7700 ext 1138

Support for adults who are grieving the loss of a spouse through death or divorce or the death of a child.

Interagency Early Intervention Committee

(763) 691-6691

The committee meets on a regular basis to coordinate services and resources for families with children ages birth to five years with special needs. For more info contact Nancy Hartland at the Cambridge-Isanti Early Childhood Center (763) 689-3600. Direct number is (763)691-6607

N.A.M.I. - National Alliance for the mentally Ill

Serves east central Minnesota. Contact Diane or Bob Linngren at (651) 257- 3808.

Women's Bible Study

(763) 689-1173

For Women who are interested in Bible study. Church sponsored. This program is offered during the winter months.

YOUNG LIFE /WYLD LIFE

(763) 689-3823

A group where kids can be involved in community and peers in constructive and fun activities, with a purpose.

HIGH SCHOOL AND MIDDLE SCHOOL PROGRAMS

YOUTH OPPORTUNITIES

- B.A.C.K (Braham Area Committee for Kids) contact by mail at PO Box 315, Braham
Program is raising money for ball fields and concession stand on 28 acres.
- Community Partnership (651) 674-4085 6448 Main Street, North Branch
www.partnership@nsatel.net
Provides wide variety of workshops, seminars, retreats and other events for youth and families.
- Kids Against Hunger (763)552-0718
Kids bag up ingredients and package them for the worldwide distribution.
- Sheriffs youth Programs-Isanti Ranch (763)444-5538
www.sheriffs-youth-program.org/Isanti.htm
Program is to foster and promote services to children and families to enhance positive growth and development

Special Needs Network **(800) 471-0026**

Free newsletter for parents of children with special needs. Write to P.O. Box 23, Sauk Rapids, MN 56379

Sunrise Scholars **(763) 689-6715**

Home School Support Group. Contact Sharon Shogren

Victims Services Program **(763) 689-2253**

Isanti County Attorney's Office provides a variety of services to crime victims.

Volunteers **(763) 689-6220**

There are a variety of agencies who would welcome the help of volunteers. Call Dave Maurer.

Braham School can take messages for volunteer coordinator (320) 396-4444.

Just to list a few opportunities:

- Allina Hospice (612)262-7108
- Anonymous Santa of Chisago county (651) 583-3121
- Children Shelter of CEBU (763) 689-6558
- East central MN Habitat for Humanity (763) 689-0288
- Emergency services council (763)689-2141
- Family Pathways (877) 321-7100
- Isanti county Safety and Rescue (763)689-2141
- New Pathways (763)691-0121
- Read Ministries (763) 552-0652
- Shalom Thrift shop (763)689-0574
- Salvation Army (763)689-1841
- United Way (651)583-3380
- WEI *Women's Environmental Institute* (651)583-0705

Adoption Services **(763) 689-1711**

Information about adoption and placement agencies. Isanti County Family Services, Alano Society.

ARC**(800) 775-3196**

Provides advocacy and support services for people with developmental disabilities and their families in central Minnesota Contact Bev Kaler.

FAMILY PLANNING OUTLOOK CLINIC**(763) 689-4475 or (763) 689-8277**

Thursday afternoons only

Government Center

Hours: Thurs 1 p.m. – 5 p.m.

555 18th Ave SW

651-674-4570

Cambridge MN 55008

Services provided on sliding fee basis and a small charge may apply: Birth control (education, exams and low cost supplies) gynecological care (pelvic exams, pap smears, etc.) Pregnancy testing, Treatment and education for sexually transmitted diseases (STD's) To set up an appointment call and leave a message.

PLANNED PARENTHOOD**(651) 698-2401****CAMBRIDGE PREGNANCY RESOURCE CENTER****(763) 689-4319**

140 Buchanan St N, Suite 138, Cambridge 55008 New Incentive Program, education, information, pregnancy testing, referral, baby clothing, transportation and fathers' program.

HOURS: Mon – Fri 10 a.m. to 4 p.m.

TAPP – TEENAGE PARENT PROGRAM:**763) 689-3344**

TAPP I for expectant parents and TAPP II for teen mothers and fathers currently enrolled in any of the Isanti County Learning Centers are eligible and will receive credit toward their high school graduation.

Program covers: Preparation for childbirth, child development information, decision making skills, staying in school, post-secondary option and career choices.

TEEN FATHER PROJECT:**(320) 679-1800 ext. 143 or 1-800-832-6082 ext. 143**

This program is a collaboration of Lakes and Pines CAC, inc.; local school districts; Public Health; and the Department of Human Services in Chisago, Isanti, Kanabec, Mille Lacs, and Pine Counties.

It is designed to help teen dads finish school, and to obtain the services they require to be a father.

It also helps dads to spend quality time with their children. This program also collaborates with the Prevent Child Abuse Minnesota (PCAM) to help teen parents and their families by meeting with others who are in similar situations. Child care is available at these meetings, and transportation can be arranged through PCAM.

WWW. DIVORCENET.COM

Offers divorce related articles with both general & state specific information. Emphasizes support Communities & interactive tools for managing divorce.

WWW. KIDSHEALTH.ORG

Offers short articles to help parents, teens & kids better understand & deal with feelings & Situations stemming from divorce.

CHILD BIRTH CLASSES

(763) 689-7780 #1

Preparation for Childbirth- Topics includes nutrition, labor and delivery, relaxation and breathing techniques, and a tour of the Maternity Care Center. For more info call Julie Darling the education manager at (763) 689-7780.

Refresher Class-For couples having a second baby or more who have previously taken a **Preparation Class**. Also home study classes. Register by obtaining a pamphlet at the Cambridge Medical Center or North Branch.

Breast Feeding Resource & Information Center **(763) 689-4212 or (763) 689-4071**

Information and help for women and families. Classes, breast pumps, and other resources, such as going back to work assistance, are offered for pregnant and breastfeeding mothers. Isanti Co. Public Health Service.

WIC PROGRAM – WOMEN, INFANT AND CHILDREN **(763) 689-4212**

Public Health Services, 555 – 18th Ave SW, Cambridge MN 55008

**Services are based on income, the presence of a nutritional risk, and the need for nutritional foods. WIC provides education and vouchers for nutritious foods from early pregnancy until your child reaches age 5 (if there is a health need). Sign up for Small Group classes on STEP-Systematic Training for Effective Parenting- with your WIC office. Classes are formed as interest is indicated.

MAC (Mothers & Children) and NAPS (Nutrition Assistance for Seniors)

1-800-365-0270

Fruits, vegetables, juice, milk, cheese, meat, dry beans, peanut butter, egg mix, cereal, rice, instant potatoes, macaroni and spaghetti. Income guidelines apply for this source of food. Call for pickup locations and times.

CHILD & TEEN CHECKUPS

(763) 689-4071

(Early and periodic screening, diagnosis and treatment)

Isanti County Public Health Nursing Services

Cambridge MN 55008

A free, preventative health program for children and young adults from birth to age 21 who are eligible for Medical Assistance. Through a complete physical exam, CHILD & TEEN CHECKUPS checks for total growth: physical, mental, and emotional and identifies and treats problems before they do lasting harm. Call to request this valuable health screening service for your children or for yourself (if you are under the age of 21).

GENERAL INFORMATION REGARDING IMMUNIZATIONS:

Children under five are targeted; however, immunizations will be given to anyone under 18 years of age with no insurance coverage or low income. Clients on Medical Assistance or Children's Health Plan must bring their MA and/or CHP card to the clinics.

The donation of \$5.00 per immunization is suggested, but no one is refused service based on inability to pay. The client's must bring their shot records to the clinic or a letter from the school nurse detailing what the child needs for school.

No second dose MMR will be given to anyone over age 18 or under 12.

No first infant shots will be given; a physician must give first dose.

The Immunization Clinics will be held on the second Thursday of each month at Cambridge Clinic from 6-8 p.m. and on the third Wednesday of each month at the Health Source Community Clinic from 8:30 a.m. – 12:00 noon.

Isanti County Public Health 2006 Walk-In Immunization Clinics: 763-689-4071

Hours: Wednesday 8:30am to 6:30pm

Dates: August 29th, September 5th & 12th, October 10th, November 14th, December 12th

*******CHILD CARE RESOURCE AND REFERRAL*******

SERVICES PROVIDED: Goal: to efficiently and effectively meet the child care needs of all Minnesota families and to make quality child care affordable and accessible to all families.

- Help finding child care: CCR&R has a database of licensed child care providers in the five-county area.
- Help choosing child care: Questions to ask, etc.
- Specialized training and technical assistance for child care providers.

COST: Sliding fee scale for referrals. (Free to families on public assistance.)

MAILING ADDRESS: Child Care Resource and Referral
Pine Technical College
900 Fourth Street SE
Pine City, MN 55063
Toll Free: 800-890-5399

CONTACT NUMBERS: Voice: 320-629-5164 Fax: 320-629-5107
www.mnchildcare.org www.ccr.pinetech.edu (provides services to Isanti County)

REFERRAL PROCEDURE: Call, Walk-In, Fax, or Letter

CHILD CARE WORKS COALITION

(612) 341-1177

1628 Elliot Avenue S, Minneapolis MN 55404

An advocacy and lobbyist group for public policy on child care and children's issues.

Children's Home Society Crisis Nursery

Provides temporary shelter care for children.

There is someone available 24 hours a day.

(651) 674-8498 or (651) 674-8569

NURSERY SCHOOLS / CHILD CARE

Here is a list of Child Care Centers. For further parent education in finding the best provider for your family's child care needs, please contact CCR&R 1- 800-890-5399 or 1-320-629-5164

Adventure Center

763) 689-6180 or (763) 691-8739

District 911, Community Ed, school age childcare program located at Isanti Elementary School. Childcare is offered before and after school and on non school days.

Braham School District 314 School Readiness Program

(320) 396-2677

The Kinderstep preschool is open to all children that will be 4 years of age by September 1st of the year they enroll. The program offers two half days a week.

Children's Connection 38155 Forest Blvd North Branch

(651) 674-0044

District 911 Family Living Class Playschool

(763) 689-6066

The Cambridge-Isanti High School Family Living classes conduct a four week playschool For 16 days each year. Dates are published in the local newspapers.

District 911 Preschool

(763) 689-5364

An integrated preschool program sponsored by the Cambridge-Isanti School District at the Cambridge-Isanti Early Childhood Center and the Isanti Family Center.

Elim Tot Time Preschool School

(763) 444-9221

Elim Baptist Church, Isanti, MN 55040

Gentle Shepard Preschool

(763) 444-5988

St. John Lutheran Church, 28168 Jodrell St NE, North Branch, MN 55056

Heavenly Sunshine Nursery School

(763) 444-9201

Faith Lutheran Church, Isanti, MN 55040

Joyful Kids Preschool

(763) 689-4355

Joy Lutheran Church, 1155 Joy Circle, Cambridge, MN 55008

Lil' Sprouts 404 Whiskey Rd Suite C, Isanti

(763) 444-5303

Next Best Thing to Mom

(763) 689-3915

Located at 390 Xylite St. N, Cambridge, MN 55008

RM For Growing 38862 14th Ave North Branch

(651) 277-2441

Someplace Special Childcare Program

(763) 689-7727

and Extended Day Childcare Program

Operated by Cambridge Medical Center Located at 801 S Dellwood, Cambridge, MN 55008

Before and after school care for children grades

K-6. Full day summer program. Located at Cambridge Elementary School.

Teddy Bear Care

(763) 444-3774

A privately owned child care center located in Isanti.

TELEPHONE INTERVIEWS WHEN LOOKING FOR A CHILD CARE PROVIDER

Here are some questions to ask over the phone while trying to decide on a provider:

**Is there an opening at the time you will need child care?*

**Is there a waiting list for care in the future?*

**How many children does the provider care for?*

**What are the ages (including provider's own children)?*

**What experience does the provider have in providing child care?*

**What times/ days are the provider open?*

**Does the provider provide transportation to school or activities?*

Is there an additional fee?

**Is the program area smoke-free 24-hours-a-day?*

**Are there any pets in the program area?*

**What meals and snacks are provided?*

Are they included in the fee?

**What are the rates? Does the provider charge by weekly rates, daily rates or hourly?*

**What is the policy for cancellation days?*

**What is the payment policy for holidays, vacation and sick days?*

**When is a good time to visit the day care and arrange an interview?*

Try to visit when children are present and bring your children to visit before deciding.

IDENTITY THEFT - TIPS FOR MINIMIZING YOUR RISK OF IDENTITY THEFT

❖ Do not give out personal information on the phone, through mail, or over the internet without knowing about your contact.

❖ Before revealing personal information, find out how it will be used and if it will be shared.

❖ Pay attention to your billing cycle and call your creditors if you don't receive a bill on time.

❖ Protect your mail by depositing mail at the post office and promptly retrieving your mail daily.

❖ Put passwords on accounts that contain personal information.

❖ Have your first two initials with last name on your checks rather than your entire name.

This way someone may not know whether you sign your check with your full name or initials, however your bank will be able to tell.

Eliminate excess personal information from your checks such as driver's license number and telephone number.

❖ Do not carry your Social Security card in your purse, wallet, and pocket or with you where it may be stolen or lost.

❖ Keep ALL items containing personal information in a safe place.

❖ Order a free copy of your credit report to ensure it is accurate on a yearly basis at minimum.

To access your Social Security info, or advise the Administration of a theft, call 1-800-269-0271.

20 SAFETY TIPS TO HELP PREVENT ABDUCTION:

- *Learn about abduction at an early age.
- *Learn what a stranger really is.
- *Learn how to use the telephone, including pay telephones.
- *Make sure your parent list emergency numbers such as police, fire, ambulance, friends and neighbors.
- *Learn your full name, address and telephone number, including your area code.
- *Never volunteer information on the telephone.
- *Never open the door to strangers.
- *Never go anywhere without your parents permission.
- *Never accept gifts or candy from strangers.
- *Never go into a public bathroom alone.
- *Never approach a car to offer directions.
- * “Buddy Up” while walking to school, try not to walk home alone.
- *Make sure your parents know who your friends are.
- *Make sure to contact someone if you feel something or someone is suspicious.
- *Don’t be afraid to talk to your parents about anyone who approaches you offering gifts, treats, or wants to take your picture.
- *Tell your parents if someone has asked you to keep a secret.
- *You have the right to say “NO”. Adults do not have the right to ask you to do something that you have been taught is wrong.
- *No one has the right to touch you on any part of your body a bathing suit covers. Don’t be afraid to tell if that happens.
- *Avoid wearing clothes with your name on them.
- *If you are being followed and cannot run home safely or to a public place,
YELL FOR HELP.

Protect Our Children / Safety Tips from University of Minnesota Extension Service

www.FamilyWatchDog.us

This site was developed by John Walsh from Americas Most Wanted. This is another tool we can use to help us keep our kids safe.

AREA FOOD SHELVES

First Baptist Church, 304 South Main, Cambridge MN 55008 (763) 689-1107
Tues 3:30 p.m. – 4:30 p.m. Requires referral from Family Services.
Use 3 times in 12 month period

New Hope Office, Main Street Cambridge, MN 55008 – Mike Miller
Thursday 11:00-12:00 this is by referral only. Program is to help supplement needs.
Personal items; Deodorant, tooth paste, toilet paper, laundry soap, cleaning soap etc... can use only 6 times a year.

Princeton Food Pantry, 511 1st Street, Princeton MN 55371
Mon 1 p.m. – 3 p.m. & 4 p.m. – 6 p.m., Wed & Fri 1 p.m. – 3 p.m.

Neighbors Helping Neighbors, 612 West Main, North Branch MN 55056
Wed 9 a.m. – 1 p.m.

Cambridge Surplus Food Distribution Second Harvest Heartland Food outreach
Isanti County Residents
Cambridge Mall – between Thrift Store and City Hall
3RD Thursday of the month, doors open at 4:00, Distribution 5:00 – 7:00 PM Bring your own boxes

Family Pathways 538 S Main, Cambridge, MN 55008
Call for appointment Need referral from Family Services (763) 552-3663
Mon- 2-8, Wed & Fri 9-6, Sat- 9-12

Family Pathways, 26816 Kettle River Blvd, Wyoming MN 55092
Mon – Fri 9 a.m. – 4 p.m. Call (651) 462-7100 for an appointment.

Rush City Cares, 53120 Fairfield Ave, Rush City MN 55069
Last Tues of each month 9:30 a.m. – 11 a.m. & 3 p.m. – 5 p.m.

Food Distribution Program, www.2harvest.org (651)484-5117
Call for details. Works with 61 different counties in MN and Wis.

Forest Lake Food Pantry, 255 Hwy 97, Suite 7B Schilling Plaza (651)464-2098
Mon 9–1 Tues & Th 9-6, Sat 9-noon

North Branch Food Pantry, 6479 Main Street, North Branch (651) 674-8313
(across from the United Methodist church)
Pick up & drop off hours Mon 2-8, Wed & Fri 9-6

Onamia Food Pantry, 53502 East Main Street (320)532-7665
Pick up and Drop off hours Mon & Wed 12-5
Family Pathways in Lindstrom, 12882 1st Ave N (651)257-1308
Mon 9–1 Tues & Th 9-6, Sat 9-noon

CITY CENTER MARKET

(763) 689-

4640

1709 E Hwy 95
Cambridge MN 55008

Hours: Monday – Friday 9:00 a.m. – 8:00 p.m.
Saturday 9:00 a.m. – 6:00 p.m.

Stretch your food budget with quality organic food staples:

Spices, peas, flour, sugars, nuts, grains, legumes, honey, oils, cereals, pasta, snacks, molasses and cookbooks.

You do not have to be a member to buy at Mom's Co-op. However, if you are a member, you get a discount off of your purchases. You get an even greater discount off of your purchases if you are a working volunteer.

FARE FOR ALL

763 450-3880 or 1-800-582-4291

FARE For All is a non-profit, self-supporting program. You pay \$17.00 registration fee for two hours of volunteer service in your community. Call for information.

Cambridge Christian School 22211 Old South, Cambridge
Zion Lutheran, 401 S. Hwy 65, Mora
Zion Lutheran Church 410 Main Street S, Pine City
Sandstone Assembly of God 301 North Commercial Ave, Sandstone

WIC PROGRAM – WOMEN, INFANT AND CHILDREN

(763) 689-4212

Public Health Services, 555 – 18th Ave SW, Cambridge MN 55008

**Services are based on income, the presence of a nutritional risk, and the need for nutritional foods. WIC provides education and vouchers for nutritious foods from early pregnancy until your child reaches age 5 (if there is a health need). Sign up for Small Group classes on STEP-Systematic Training for Effective Parenting- with your WIC office. Classes are formed as interest is indicated.

CHILDREN'S DEFENSE FUND MINNESTOA

(651) 227-6121

555 Park Street, Suite 410, Saint Paul, MN 55103

Find out if you may qualify for public programs that can help stretch your family budget.

Visit www.bridgetobenefits.org click the start button

Medical Assistance

Child Care Assistance

Earned Income Tax Credit

MinnesotaCare

Food Support

Working Family Credit

General Assistance Medical
Care

Energy Assistance
School Meals

RUBY'S PANTRY-FOODSHARE

39404 Grand Ave. North Branch

2nd Saturday of Every Month

More info? Call 320-629-1175 or 651 -277-8212

Bring your own containers for food.

A \$12.00 donation is needed at the door

You receive approximately \$100.00 or more
of grocery items. Doors open 7:30 A.M.

SCHOOL PROGRAMS AND SERVICES

FREE AND/OR REDUCED SCHOOL LUNCH PROGRAM

Contact your children's school for the application. If your family is currently on Food Support, you are already qualified, you just need to complete and send in the form.

BRAHAM AREA SCHOOL DISTRICT

(320) 396-4444

HEAD START PROGRAM

1700 Maple Avenue E, Mora, MN 55051-122

(320) 679-1800 or 800-832-6082

Head Start is an educational preschool program. It serves children ages 0 – 5 from low-income families, including those with special needs. The parents are the teachers and get involved with their children in structured play. For more information, call Lakes and Pines Head Start. Ext #4

EARLY CHILDHOOD FAMILY EDUCATION (ECFE)

(763) 691-6691

Cambridge/Isanti School District 911

Braham Area (320) 396-5269

428 NW 2nd Ave

Cambridge, MN 55008

ECFE is for parents and children ages birth to kindergarten entrance. ECFE provides opportunities for families to grow and learn together in relaxed and informal classes and events.

- Offers activities for parents and children
- Helps children grow and develop
- Enriches family life
- Provides parenting information and support
- Recognizes that families provide children's first and most important learning environments and parents are children's first and most important teachers.

The Cambridge-Isanti Early Childhood Center provides an educational environment for District 911 early childhood and parent education classes. The center is located in the east side of Cambridge off of Hwy 95.

The mission of ECFE and CIECC is to strengthen families and support the ability of all parents to provide the best possible environment for the healthy growth and development of their children.

EARLY CHILDHOOD CENTER – ISANTI SITE

(763) 444-9924

EARLY CHILDHOOD SPECIAL EDUCATION

Early childhood special education classes for children ages birth to five provide help to children with special need and their families through home visits and center classes. Services are jointly provided by Isanti County Public Health Services, Family Services and School District 911. Contact Isanti County Public Health Services at (763) 689-4071, Cambridge-Isanti Early Childhood Center at (763) 689-5364, Braham Special Education Services at (320) 396-3316, Ext. 203, or Rum River Special Education at (763) 689-3600.

EARLY CHILDHOOD SCREENING

(763) 689-5364

District 911 offers free health and developmental screenings that fulfill the Minnesota state requirements that all children be screened before entering kindergarten. This screening takes a look at your child's social, cognitive and physical development. Parents receive information and resources offered through the school and community. Children should be screened around their fourth birthday. Screenings are held monthly during the school year. Call to schedule an appointment.

For Braham call the school nurse-Screening 2-3 times a year

(320) 396-5210

ISANTI COUNTY EARLY INTERVENTION

(763) 689-

5364

Cambridge-Isanti Early Childhood Center, 315 7th Lane NE, Cambridge MN 55008

Caring professionals work to identify and serve young children and their families that may have special needs. They will plan, coordinate and deliver services to help families and their children grow and develop to their greatest potential. Call for more information.

ISANTI FAMILY CENTER

(763) 444-9924

The Isanti Family Center provides an educational environment for District 911 early childhood and parent education classes. The center is located on Main Street in Isanti across from the Isanti Post Office.

PUBLIC LIBRARY

Cambridge Regional Library

244 South Birch St, Cambridge MN 55008

(763) 689-7390

Children's Story Hour: yes, Story Time!! A four-season activity for preschoolers. Call for times, dates and to register your children.

Free to Anyone: Books on any subject, cassette tapes, records, magazines, daily newspapers, large print books, VCR tapes, DVDs, books on CDs, educational games.

GED preparation VCR tapes are available. They can be used in the library or can be checked out.

Public Internet Access is available. Web address: www.ecrl.lib.mn.us

There is an excellent staff that is happy to provide you with help to find what you are looking for. If you want a book that is not in the library, they will order it for you. There are computers, and copiers for use with a small charge. There services through East Central Regional Library have many branches as well as a bookmobile.

Cambridge-Isanti District Office (763) 689-6188 & Community Education (763) 689-6189

Info about any of the Cambridge-Isanti schools is available by calling the District Office or Community Ed. www.cambridge.k12.mn.us

Cambridge/Isanti School District 911, 625B Main Street North, Cambridge, MN 55008

The school district offers community education classes on everything from Beginning Computer to Ballroom Dancing. They are published through the local newspapers, brochure, and by mail. Classes and activities are held daytime, evenings, weekdays and Saturdays, for people of all ages. Also, rooms are available for educational activities and club meetings. Call the Cambridge/Isanti School District for information or to pre-register.

Many clubs and organizations in the community offer classes. District 911 Community Ed keeps a 21 updated resource directory (Info-Net Bulletin) of groups and organizations in Cambridge-Isanti area. www.cambridge.k12.mn.us/~comm-ed/

Cambridge-Isanti District 911 Advisory Committees 763) 689-6189

District 911 greatly needs input from community members to help to continually improve programs. There are many opportunities to service on advisory committees in the schools. The Early Childhood Family Education program asks the elementary and middle schools as well as the high school invite parents of serve on their parent advisory committees. Citizens are asked to advise the Community Education Director, The Oak Land Vocational Center Director and the Cambridge-Isanti School District Director of Curriculum, Teaching and learning.

For more info about the Braham area Advisory Committee call (320) 396-2677.

Kids.gov is the official kids web portal for the U.S. Government

Kids gas three sections- one with content appropriate for children in grades K-5, one for children in grades 6-8 and one for teachers. Parents don't have to worry about unsafe links or advertising.

Children can browse freely, explore, learn and have fun! Kids.gov is a great resource for finding lots of different career paths.

FREE WEBSITES:

COMPUTER CLASSES: www.geflearnfree.org

TYPING/SPEED: www.typingmaster.com and www.typingtest.com

GED: www.gedpractice.com

Prepare for College www.getreadyforcolleg.org

GED TESTING SCHEDULE *Anoka Technical College*, 1355 W. Hwy 10, Anoka MN 55303
763-576-4761 or Testing Center 1-800-247-5588 x 4761 ask for Pat

TEST GIVEN BY APPOINTMENT ONLY in person registration, payment upon registration.

For recorded message with Schedule of registration dates and times and testing dates and times call (763)433-4054 or check at <http://teacherweb.com/MN/metroNorthABE/GED> Testing Center

\$80.00/entire test

\$100.00 entire test (if MN resident less than 90 days or agency referral)

\$20.00 for each retake

Cambridge Campus- Must pre-register to take the GED test with Vicki Ostrom at (763) 689-6896. Must also bring a picture I.D. (MN Driver's License, State of MN ID)

GED TESTING SCHEDULE - One Tuesday per month 12:00 - 4:00 and 5:00 – 9:00 p.m.

In Cambridge, go west on Hwy 95 and take the first left (the intersection of Hwy 95 and Polk St. (Co. Rd. 70) after the bridge over the Rum River. The instructional Services Building is on the west side of Polk St. The GED test is given in Room 120.

\$50.00/entire test

\$10.00 for each retake

Central Learning Center, 200 SW Fourth, Forest Lake, MN

Ask for Jean Anderson 651-982-8302

NO APPOINTMENT NECESSARY

Tuesday (6:30p.m. – 9:30 p.m.) \$80.00/series

Pine City High School (Media Center), 1400 6th St. S, Pine City MN

Phone: 320-629-4120 (Pine City Guidance Office) ask for Howard Olson

Monday and Wednesday of every month. 6 p.m. – 11 p.m.

\$50.00/series

\$10.00 for each retakes

NO APPOINTMENT NECESSARY

GED Examination - Five tests:

- | | |
|--|-------------------------------------|
| <input type="checkbox"/> <i>Interpreting Literature and the Arts</i> | <i>Social Studies</i> |
| <input type="checkbox"/> <i>Math</i> | <i>Science</i> |
| <input type="checkbox"/> <i>Writing Skills-Part I</i> | <i>Writing Skills-Part II-Essay</i> |

Tests are given twice per month at the Pine City High School or other designated location - Contact them for specific information regarding times, locations and fees (320) 629-4120.

You may take one or all five parts of the test; whatever you feel comfortable doing. You may retake tests.

Requirements for Testing:

- *Social Security Number and Proof of Age (Drivers License or Birth Certificate).*
- *Bring a self-addressed stamped envelope.*
- *Less than 19 years of age - a waiver is required - call for details.*

ENROLLMENT OPTIONS HOTLINE

1-800-652-9747

ALTERNATIVE EDUCATION PROGRAMS

if you want your high school diploma:

Oak Land Area Learning Center
Cambridge MN:
East Center- 626 Main St N 763 689-3344
East Center- Career & Tech Svcs 763 552-8770
West Center- 625 C Main St N 763 689-3344
Please call for further information.
Bridge Street Learning community
22970 Butterfield Drive
P.O. Box 254
St Francis, MN 55070

Braham Alternative Learning Program
101 West Central Drive
Braham, MN
Phone: (320) 396-3837

ISANTI COUNTY EXTENSION OFFICE

(763) 689-1810

555 – 18th Ave SW, Cambridge MN 55008 Hrs: Mon – Fri 8 a.m. – 4:30 p.m.

Available to anyone living in Isanti County at no charge. Education and information on:

Financial management and budgeting
Food and nutrition
Community development
Master Gardener Program

4-H Programs
Agriculture

Family Relations: “Family Newsletter” and “Young Family Newsletter”.

Call to get on mailing list for these newsletters.

MINNESOTA LITERACY COUNCIL

800-222-1990

756 Transfer Road, St. Paul, MN 55114

Tutors can help adults who want help with reading. Times are arranged to suit each person’s schedule.

Tutoring is private, at your own speed and free. Classes are available, must call for schedule.

East Central MN Literacy Project Serving: Braham, Cambridge, Isanti, Mora and Princeton
Cambridge, MN
Phone: (763) 689-6228
Pine Area Learning Center
Pine City, MN
Phone: 320-629-3571 for more information

SYLVAN LEARNING CENTER

(763) 689-0134

1595 2nd Avenue NE Cambridge, MN 55008

www.Sylvancambridge@yahoo.com www.educate.com

SMALL BUSINESS DEVELOPMENT CENTER

(320) 629-5139 Ext 176

Small Business Management Programs 1-800-521-7463
Pine Technical College
900 4th Street SE
Pine City MN 55063
Kathy Anderson

LOCAL TEMP AGENCIES

The Work Connection

400 2nd St. S.
Princeton, 55371
763-389-5648
763-389-5649
555 Main Street South
Pine City, Mn. 55063
Website: www.workconnection.com
Hours: Monday through Friday 8:00-5:00

Landmark Personnel Inc.

6372 Main St.
North Branch, MN 55056

Phone: 651-674-2465
Toll Free: 1-800-413-8229
Website: www.landmarkpersonnel.com
Hours: 7:00 - 4:00 Closed Noon -1:00

Doherty Employment Group

1001 E. Hwy 95 Suite 170
Cambridge, MN 55008
Phone: 1-952-832-8300
Toll Free: 1-800-832-8300
Website: www.dohertyemploymentgroup.com

Masterson Employment Service

1007 East Hwy 95
Cambridge, Mn. 55008
763-689-1927
Fax: 763-689-3213
Hours: 9:00 to 6:00

Westaff

20 N Lake Street.
Forest Lake, Mn 55025
Contact person: Gina Frey
Phone: 651-464-86-76
Toll Free: 1-877-937-8233
Website: www.westaff.com
Hours: Mon-Fri 8:00 - 5:00

Command Center
320 Garfield Street
Cambridge, Mn 55008
763-552-9675

TEMP SERVICES - ANOKA AREA

Atlas Staffing Inc
78 W Main St
Anoka MN 55303
763-427-2500
Light industrial

Partners IN Personnel
78 W Main St
Anoka MN 55303
763-427-2500
Clerical

Command Labor
2015 2nd Ave
Anoka MN 55303
763-422-4917
M-F 5:30 AM - 6PM
Sat 6:00 – 9:00 AM

THE MN MERIT SYSTEM

Job opportunities with in the Human Services/Family Services division of most 76 counties in Minnesota.

- 1) go to www.dhs.state.mn.us
- 2) click on “employment information” found in the left margin
- 3) Scroll to “county employment” and click on “merit system county employment”
- 4) The MN Merit System home page will now be on the screen. “Position s always open for application” and “positions recently announced” can be clicked on and reviewed. There is a separate test for each position and will take some time to schedule for the exams.
- 5) To apply, an application MUST be downloaded from the home page and be submitted by mail or faxed to the Merit System address/fax listed on the application. The exam information will be sent to the applicant by mail.

MINNESOTA DEPARTMENT OF ECONOMIC SECURITY

Minnesota Department of Revenue

Mail Station 5555
St. Paul, MN 55145-5555
Phone: 651-296-3781
TTY: 651-297-2196
1-800-627-3529

www.taxes.state.mn.us

U.S. Social Security Administration

316 N Robert St Rm 185
St. Paul, MN 55101
Phone: 651-290-0054
Toll Free: 1-800-772-1213
TTY: 651-290-4242
1-800-325-0778

www.ssa.gov

Office of Federal Contract Compliance Programs

Phone: 612-370-3177 1-866-487-9943

www.dol.gov/esa/ofcp_org.htm

Wage & Hour Division:
612-370-3371

www.dol.gov/esa/whd

U.S. Internal Revenue Service

316 N Robert St
St. Paul, MN 55101
Phone: 1-800-829-1040
TTY: 1-800-829-4059

www.irs.ustreas.gov

WORKFORCE CENTERS

www.mnwfc.org

Cambridge Workforce Center

1575 E Hwy 95
Cambridge, MN 55008
Phone: 763-689-7136

Mora Workforce Center

903 E. Forest Avenue
Mora, MN 55051
Phone: 320-679-6484

WorkForce Centers are a collaboration of partners, including the Minnesota Department of Employment and Economic Development (DEED) and local community agencies. People seeking work, businesses seeking employees, students, and those looking for a first job or returning to the workforce, will find services to meet their needs, offered at no cost. Each WFC houses a Resource Area that operates similarly to a public library. Workforce Centers are open Monday – Friday, 8:00 am to 4:30 pm.

CENTRAL MN JOBS & TRAINING SERVICES (CMJTS)

1-800-284-7425

CMJTS, Workforce Center, 1575 E Hwy 95, Cambridge MN 55008

Main office 106 Pine Street, Monticello, MN 55362

Serving an 11 county Area.

Services include: Job-Seeking training and Job Placement Assistance, funding for education and training and On-the-Job Training Program.

Services are free to persons meeting income guidelines. Call the toll free number to set up an appointment at the Isanti County location.

APTITUDE AND INTEREST TESTING – CAREER EXPLORATION

1. SELF-DIRECTED:

- Talk to people who are in jobs that you are interested in.
- Do informational interviews with employers.
- Research in the library.
- Talk to a school admissions counselor.
- Send for information from schools on courses of interest.

2. WINGS (WO/MEN INVESTIGATING NEW GOALS AND SOLUTIONS):

- Pre-employment and Personal Development course for women and men. Communication Skills, Confidence, Self-esteem, Values, Decision Making, Managing Change, Career Exploration, Job Seeking and Keeping Techniques.
- Call 1-888-765-5597 for further information or to register for classes.

3. CAREER EXPLORATION and PLANNING:

- Offered at Minnesota WorkForce Centers (Cambridge, Mora, Blaine).
- Aptitude and interest assessment with a counselor (General Aptitude Test Battery).
- Career Exploration classes.
- Resume writing classes.
- Creative Job Search classes.
- Internet Job Search classes.
- Central MN Jobs & Training Service (CMJTS).
- Internet Job Bank for applications and résumés

FINANCIAL AID FOR EDUCATION

All area Technical Colleges, Community Colleges, Trade Schools, Private Colleges and State Universities in the State of Minnesota have financial aid offices. For information regarding financial aid that is available to you and/or to request a financial aid application packet, (ACT Packet) contact any financial aid office at any school.

NEED TRAINING DOLLARS

1-800-633-7284

You may be eligible for a Families Forward Award for training or education. These awards may be used for training or education that will help you advance in your current job or move into another position that pays a higher wage. Awards will be between \$300.00 and \$1000.00. (this program will be ending in December of 2006.

WAYS TO WORK CAR LOAN PROGRAM

1-800-633-7284

This program offers an alternative to those individuals that are having difficulties with Transportation. Call to see if you qualify for this program.

Pine Technical College
900 Fourth St. SE
Pine City, MN 55063-2198

In Isanti County contact:

Employment & Training Center	763-689-7135/763-689-7066
Diversionsary Work	763-689-7677
Child Care Assistance/Basic Sliding Fee	763-689-7139

Workforce Center
1575 E Hwy 95
Cambridge MN 55008

By contacting either office, eligible people who are looking for educational and employment assistance can get information and/or receive any of the following services:

- Job Placement Services**
- Child Care Funds**
- Job Seeking and Keeping Workshops and assistance**
- Aptitude and Interest Assessments**
- Career/Job Assessment and Counseling**
- The DWP/MFIP Program**
- The FSET Program**

Internet Career Tools

Positively Minnesota: www.deed.state.mn.us

Minnesota Job Bank: www.Minnesotaworks.net

ISEEK: <http://www.iseek.org>

O*NET

<http://online.onetcenter.org/>

Occupational Outlook Handbook

<http://www.bls.gov/oco/>

Minnesota Newspapers

<http://www.mnnews.com/>

MINNESOTA FEDERAL BONDING SERVICES

Hire at-risk Employees with no-cost Bonding Insurance

Fidelity Bonding is no-cost employee dishonesty insurance that protects employers against employee theft of money or property. The Minnesota Bonding Service provides individual Fidelity Bonds to employers for new or current employees who may be denied coverage by commercial carriers because of a” High Risk situation

- Record of arrest, conviction or imprisonment
- History of alcohol or drug abuse
- Poor credit history
- Dishonorable discharge
- Lack of employment history

Federal Bonding Coordinator Contact: Web: www.deed.state.mn.us/bonding Phone: 651-296-8400
Phone: 1-888-GET JOBS Email: deed.jobbank@state.mn.us

LEGAL AID SERVICES OF EAST CENTRAL MINNESOTA (763) 689-2849 or (800)-622-7772

1700 US St Hwy 293
Suite 100

Hours: Mon – Thurs 8 a.m. – 4:30 p.m. and Fri 8 a.m. - Noon

Cambridge, MN (In the old Regional Center – State Hospital Site)

There is no fee for attorney’s services. Types of matters handled by Legal Aid:

Debtor’s rights and protection from creditor harassment, Consumer issues,
Family Law-divorce, custody matters, child support, Landlord/Tenant problems,
Medical Assistance, General Assistance, SSI, Disability, Utility issues, Veteran’s benefits.

Legal Aid does not handle: traffic, criminal, misdemeanor, bankruptcy, wills, estate planning or real estate.
Also, contact Legal Aid regarding the Volunteer Attorney Program. You may be eligible for attorney services through this program also.

WHAT ARE CREDIT REPORTS

Your credit report is information a credit reporting agency or credit bureau collects with your complete credit history. Federal law gives you the right to know what your credit report says and mistakes on your credit record can hurt you. If you find wrong information, you can ask for it to be corrected. Just write to the credit bureau and explain the problem. The credit bureau will then investigate and report back to you. If you are not satisfied with the results, you may send a brief letter to the credit bureau to keep in your file. The credit bureau must include your letter with any future reports.

HOW DO I GET MY CREDIT REPORT?

You are entitled to one free copy of your credit report from each agency per year. You may order your free credit report by visiting www.annualcredireport.com, calling 877-322-8228, or mailing a request to: Annual Credit Report Request Services, PO Box 105281, Atlanta, GA, 30348-5281. The three credit reporting agencies are:

*Experian, PO Box 9600 Allen, TX 75013 888-397-3742	*Trans Union, PO Box 1000 Chester, PA 19022 800-916-8800	*Equifax, PO Box 740241 Atlanta, GA 30374 800-685-1111
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7 WAYS TO STOP DEBT COLLECTION HARASSMENT

1. ***Head Off Harassment Before It Happens-*** The job of collectors is to get you to notice a bill. Before the creditor turns your debt over to a collection agency, call the creditor to explain your situation and set up a payment plan.
2. ***The Cease Letter-*** Federal law requires collection agencies to stop their activities after they receive a written request to stop (this does not apply to creditors collecting their own debt). It's generally a good idea to explain why you can not pay and keep a copy of the letter.
3. ***The Attorney's Letter-*** If the cease letter does not stop the abuse, a letter from an attorney usually works and even though the laws do not apply to creditor's collection their own debts, they usually will contact the attorney instead.
4. ***The Work- out Agreement-*** Collectors will generally stop collection efforts after you work out a repayment plan. Prioritize your debts and calculate out your budget to see what is a reasonable payment (negotiating a large payment down to small monthly payments might be offering too much). If the small payments make it difficult to pay off your debt, you may want to consider bankruptcy.
5. ***Complaints about Billing Errors-*** You should pay close attention for potential errors that could cost you money like mistakes with the amount and the account number. You may even receive collection letters meant for someone else with a similar name. Write to request a correction; if you dispute the debt in writing within 30 days, the collection agency *must* stop collection efforts while it investigates.
6. ***Complaining to a Government Agency-*** Write a letter to government agencies responsible for enforcing laws that prohibit debt collection abuse to Federal Trade Commission, Bureau of Consumer Protection, Washington D.C. 20580. Copies of the letter should be sent to the consumer protection division of the state attorney's general's office, to any local office of consumer protection listed in the phone book, and to the collection agency, which usually produces good results. Abusive phone calls should be reported to the phone company and public utility commission by sending them a copy of the letter as well.
7. ***Bankruptcy-*** Working with a bankruptcy attorney to declare personal bankruptcy will trigger an automatic stay. No further collection activity can proceed unless permission is obtained from the bankruptcy court. Bankruptcy filing is *not* your best strategy if your only concern is debt harassment and should be saved for a much more serious financial problem.

(refer to the Financial Health Handbook/ Auriton Solutions)

CONSUMER CREDIT COUNSELING

1-888-881-8261

CCCS works with individuals and families to solve their debt and financial problems. They can help with budget counseling, Debt Repayment Program, community education programs and housing counseling.

ACAP - Home Ownership Counselor for Anoka County Community Action Program,
763-783-4868 Includes First Time Home Buyer's Program

LUTHERAN SOCIAL SERVICES

(888) 577-2227 toll free

One to one financial consultation.

MINNESOTA DEPARTMENT OF REVENUE

Website: www.taxes.state.mn.us

To find a Volunteer Income Tax Assistance site call (651) 296-3781

Toll –Free Tax Assistance Number Reinstated for Greater Minnesota

Residents of out-state Minnesota who have questions about their state tax return can now call the Minnesota Department of Revenue toll-free to get their questions answered. The below toll-free numbers have just been reinstated.

Individual Taxpayer Self Service 800-657-3676

Individual Taxpayer Assistance 800-652-9094

Collection Assistance 800-657-3909

Sales Tax Assistance 800-657-3777

Withholding Assistance 800-657-3594

How to contact the Taxpayer Rights Advocate

If you have exhausted all administrative options and still think you have a legitimate claim for relief please contact the Taxpayer Rights Advocate office at:

Phone: (651) 556-6013 TTY: Call 711 Minnesota Relay

Office open 8:00a.m. – 4:00p.m. weekdays

Email: DOR.taxpayeradvocate@state.mn.us

Mailing address:

Taxpayer Rights Advocate

P.O. Box 7335

ST. Paul, MN 55107-7335

ISANTI COUNTY HEARTLAND EXPRESS

763 689-8131 or 1-888-234-7840

Isanti County Government **Center**, 555 – 18th Ave SW, Cambridge MN 55008

Low-cost bus service for Isanti County residents. Community and out-of-county transportation for doctor or dentist appointments, grocery shopping or running errands, attending a community event, taking a class or visiting a friend. Cost is \$1.25 each way within the city and \$1.75 each way within the corridor and \$3.00 each way for border zone.

New guideline maps show - Out of area service costs more.

Advance notice required-prior business day before noon.

EAGLE SPECIAL TRANSPORTATION

320-396-3039

11582 Deborah Lane, Ogilvie, MN 56358

Eagle Special Transportation is a locally owned and operated non-emergency transportation service. It is designed to meet the needs of persons requiring a safe means of transportation to and from various appointments. Drivers are specially trained in Defensive Driving, First Aid & Passenger Assistance. Service is available 24 hours a day, seven days a week. Please call in advance, but they will make every effort to meet last minute requests. Family members are welcome to accompany a client at no charge. Medical coverage: Blue Cross & Blue Shield, Medicaid, and Medica. For approved visits, Eagle will provide the billing.

Cambridge Cab, Inc. **Need a ride? Call Now!** **763-552-8294**

Serving Cambridge, Braham and Isanti. WILL DELIVER ANYWHERE

***Reasonable Rates * Licensed * Insured * Smoke Free * Senior Rates ***

Monday thru Thursday: 7:00 am to 11:00 pm

Friday: 7:00 am to 2 am

Saturday: 7:00 am to 2 am

Sunday: 7:00am to 4 pm

E-mail: www.cambridgecab.net

North Branch Cab

651-674-7979

MOTOR VEHICLE SERVICES

763-689-1130

DEPUTY REGISTRAR #90 INC., 225 S. Ashland, Cambridge MN 55008

License plates and tabs; car, truck, trailer licenses, transfers; boat, snowmobile, RV registrations and transfers.

DRIVERS LICENSE BUREAU

Written and Behind-the-Wheel tests:

- Monday Pine City Building/Library
- Tuesday Cambridge Mall
- Wednesday Milaca
- Thursday Sandstone Village Hall, 320-245-2243
- Friday Mora

No appointment is needed to take the written test. You can stop at your local center or call Sandstone on Thursday with your questions or want to make an appointment to take your behind-the-wheel test.

GOVERNMENT CENTER OFFICES

555 – 18th Avenue SW, Cambridge MN 55008

Assessor (Michelle Bolen)	763-689-2752
Attorney (Jeff Edblad)	763-689-2253
Auditor (Terry Treichel)	763-689-1644
Building Inspector (Tim Anderson)	763-689-5165
County Coordinator (Jerry Tvedt)	763-689-3859
Court Administrator (Sue Labore)	763-689-2292
Court Services (J. Hancuch)	763-689-3052
Family Services (Kevin VanHooser)	763-689-1711
Heartland Express/Transit Service (Jackie Forner)	763-689-8131
Parks Director (Steve Nelson)	763-689-8220
Public Health (Kathy Minkler)	763-689-4071
Recorder (Karen Anderson)	763-689-1191
Treasurer (Lyle Myren)	763-689-1781
U of MN Extension Service	763-689-1810
WIC (Barb Anderson)	763-689-4212

LAW ENFORCEMENT OFFICES

Emergency **911**

Non-Emergency Numbers:

Braham Police Department	320-396-3383
Cambridge Police Department	763-689-9567
Isanti Police Department	763-444-5512
Highway Department	763-689-1870
Sheriff-Law(Mike Ammend) Enforcement Center	763-689-2141

FIRE DEPARTMENTS

Emergency	911
Non-Emergency Numbers:	
Braham Fire Department	320-396-2962
Cambridge Fire Department	763-689-1800
Isanti Fire Department	763-444-5512

Where to write to State Offices

Senator District 17

Rick Olseen- DFL 651-296-5419

www.sen.rick.olseen@senate.mn

Capitol: 75 Rev. Dr. Martin Luther King Jr. Blvd.
St. Paul, MN 55155

Representative District 17A

Rob Eastlund- R 651-296-5364

www.rep.rob.eastlund@house.mn

Capitol: 243 State Office Building
100 Rev. Dr. Martin Luther King Jr. Blvd.
St. Paul, MN 55115

Representative District 17B

Jeremy Kalin- DFL 651-296-5377

www.rep.jeremy.kalin@house.mn

Capitol: 579 State Office building
100 Rev. Dr. Martin Luther King Jr. Blvd.
St. Paul, MN 55115

Senator District 8

Tony Lourey- DFL 651-296-0293

www.sen.tony.lourey@senate.mn

Capitol: 75 Rev. Dr. Martin Luther King Jr. Blvd
St. Paul, MN 5115

Representative District 8B

Tim Faust- DFL 651-296-0518

www.rep.tim.faust@house.mn

Capitol: 567 State Office Bldg
100 Rev. Dr. Martin Luther King Jr. Blvd
St. Paul, MN 55115

Congressman 8th District

James Oberstar - DFL

<http://www.oberstar.house.gov/>

Washington: 202-225-6211

2365 Rayburn House Office Bldg, Washington D. C.
20515

North Branch: 651- 277-1234

38625 14th Ave, Suite 300B, North Branch, MN 55056

Duluth Office: 218-727-7474

231 Federal Building, Duluth MN

Minnesota Senator

Amy Klobuchar- DFL

www.klobuchar.senate.gov

Minnesota: 612-727-5220

Whipple Federal building, Ste.298

Fort Snelling, MN 55111

Washington: 202-224-3244 FAX: 202-228-2186

United States Senate Washington D.C. 20510

Minnesota Senator

Norm Coleman –R

www.coleman.senate.gov

Minnesota: 651-645-0323, 800-642-6041,

FAX: 651-645-3110

2550 University Ave W, Suite 100N

Washington: 202-224-5641 FAX: 202-224-1152

320 Senate Hart Office Building Washington, D. C.
20510

Governor

Tim Pawlenty 651-296-3391

Gov.TimPawlenty@state.mn.us

130 State Capitol, 75 Constitution Ave, St Paul MN
55155

RECYCLING

East Central Sanitation 763-689-2171

Accepts aluminum cans, bundled newspapers, plastic containers, glass and steel cans.

Ken Carlson's Disposal and Recycling 763-444-5583

Two blocks south of Main Street on Railroad, Isanti

Hrs: 24 hours a day, 7 days a week

Accepts bundled newspapers, glass, plastic containers (bottle form only), aluminum and steel cans.

Anderson's Recycling 763-444-9551

Located ½ mile south of Isanti on Hwy 65,

Hrs: Mon – Sat 8 a.m. – 6 p.m.

Accepts aluminum cans, brass, copper, batteries, and radiators.

Polzin Recycling 763-689-8497

130 Cleveland, Cambridge (near car wash & Laundromat) Accepts appliances, tires, anything metal.

Remember, work pays!

UPDATED 3/1/09