

Family Support/ Educational Resources

The C.A.R.E. Directory (Coordinating Area Resources Effectively) is a compilation of non-profit corporations, groups, organizations, services clubs, and service providers operating in Crow Wing County.

This reference manual is always accepting more information. If your organization fits into one of our headings, please call or email us with your information so we can keep our CARE directory up to date.

Brainerd Community Action
213 S. 5th Street
Brainerd, MN 56401
Office: 218.829.5278
E-mail:
holly@brainerdcommunityaction.org

Alzheimer's & Memory Loss Family Support/Resources

1438 Edgewood Drive N
Baxter, MN 56425
Contact: 218-829-9238
Toll-Free: 1-888-221-5785

Support group meets monthly at Good Neighbor Home Care. Provides education and support for those who are caring for loved ones who have chronic conditions such as Alzheimer's, Dementia, stroke or other disabling conditions.

American Red Cross

Contact for disasters: 218-722-0071
Contact for general questions; 1-800-560-7641
Contact for service to armed: 877-272-7337
www.redcross.org

We aid in support for house fires and disasters. We have Service to Armed Forces: This will help bring home your family in the service if there is an emergency.

Educational courses: Babysitter's Training for ages 11-14; Infant and Child CPR; First Aid and Safety; CPR Certification and Refresher courses. Register online for courses scheduled in the community. Also available as a Full Service Contract (our trainers at your location) and Authorized Providers (we train your staff to serve as instructors). Contact: Health & Safety Coordinator

Big League Dads

523 North 3rd Street
Brainerd, MN 56401
Contact: 218-454-5853
Toll-Free: 1-800-395-HELP

Big League Dads is a class for expectant fathers to go and learn from experienced fathers. It provides fathers a relaxed environment for expectant dads to get more informed about personal care of their babies and find out about great community resources. Big League Dads is a 1.5 hour class that is for men and facilitated by men.

Birthright

401 W. Laurel St. Suite B
Brainerd, MN 56401
Contact: 218-829-8470
Toll-Free: 1-800-550-4900
birthright.org

We offer love, hope, friendship, information, and referrals to all women facing unplanned pregnancies. Birthright treats each woman as an individual who deserves love and respect, as well as personal attention to her unique situation. We offer information and referrals to help clients meet their emotional and material needs. Birthright services are always free, confidential, and available to any woman regardless of age, race, religion, marital status, or financial situation. We offer, free pregnancy tests, maternity clothes, and baby clothes. We also offer referrals for medical, financial, housing, legal, educational assistance and professional counseling. Please check out our website for everything we have to offer you.

Breastfeeding Classes, St. Joseph's Medical Center

523 North 3rd Street

Brainerd, MN 56401

Contact: 218-454-5853

Classes offered during the eighth and ninth month of pregnancy. Class is held once a month. 7-9 pm.

Breathe of Life Adult Day Service

200 Buffalo Hills Lane E

Brainerd, MN 56401

Contact: 218-822-3296

E-mail: bolads@brainerd.net

breathoflifeads.org

Breath of Life Adult Day Service is located in the heart of Brainerd, Minnesota. Established in 2001 as a nonprofit organization, we provide an encouraging, caring, Christian atmosphere for senior dependent loved ones. It is a place for them to socialize with peers in a stimulating environment, helping the caregiver to maintain their own physical and emotional wellbeing. The program includes daily activities, health monitoring, medication administration, assistance with personal care, nutritious meals and snacks, individualized care plans, companionship and socialization. Our hours of operation are Monday through Friday from 7:30 am through 5 pm. We accept private pay or financial assistance that may be available through long term care insurance, Veterans Administration, community service contracts or Minnesota wavered programs.

Bridges of Hope

P.O. Box 742

Brainerd, MN 56401

Mon-Fri 8:30-4:30

218-825-7682

Email: info@bridgesofhopemn.net

Website: <http://bridgesofhopemn.org>

Bridges of Hope provides connections to community resources, bridging the sometimes-confusing gap between people and the existing programs or resources available in our community. In addition to resource connection services, Respite & Crisis Nursery Childcare is available, depending on eligibility & openings. Offers long-term mentoring program for women who want to leave the cycle of poverty. Serves all of Crow Wing County and the bordering communities. Operates two Common Goods thrift stores in Baxter and Crosslake.

Childbirth Preparation Classes, St. Joseph's Medical Center

523 North 3rd Street

Brainerd, MN 56401

Contact: 218-454-5853

Provide information and education on childbirth.

Classes are held every Monday evening for four sessions at 6 - 9 pm. A one session Saturday class, 8 am-4pm, is offered every month.

Childbirth Refresher Classes, St. Joseph's Medical Center

523 North 3rd Street

Brainerd, MN 56401

Contact: 218-454-5853

Refresher course for couples who have experienced childbirth. Classes meet one evening every month 6-9 pm; Mondays.

Crow Wing County Health Department

204 Laurel St. Suite 12

Brainerd, MN 56401

Contact: 218-824-1080

Toll-Free: 1-877-724-1080

www.co.crow-wing.mn.us/health/health.htm

Protect and promote health of general population by emphasizing prevention of disease, injury, disability and preventable death through promotion of effective coordination and use of community resources and extend health services to community. Pregnancy testing is available.

Crow Wing County Social Services- Mental Health Services

204 Laurel St.

Brainerd, MN 56401

Contact: 218-824-1140

Provides a wide array of services including crisis assistance, community education and prevention, assessment, case management, community support, day treatment, residential treatment, foster care and referral to available community resources.

Crow Wing County Social Services

PO Box 686

Brainerd, MN 56401

Contact: 218-824-1140

Child protection assessment, services to children in need of protection, services to parents under 18, adoption, children's mental health services, licensing of foster care and day care homes and custody studies. Various medical programs, such as Medical Assistance, General Assistance Medical Care, Senior Drug Program, Minnesota Care, Elderly Waiver, TEFRA, Childcare Assistance and Employed Persons with Disabilities.

Grace House

P.O. Box 759
Pequot Lakes, MN 56472
Contact: 218-829-9505

Transitional safe housing for women and children for one month or longer, if needed.

Good Beginnings OB Clinic, St. Joseph's Medical Center

523 North 3rd Street
Brainerd, MN 56401
Contact: 218-828-7688
Toll-Free: 1-888-829-2861

Provides outpatient obstetric service and WIC program. Clinic hours: 8 AM to 4:00 PM Monday-Friday.

Laleche League

1624 Mary St.
Brainerd, MN 56401
Contact: Anne Pritschet, 218-828-0809
adprit@charter.net
www.lalecheleague.org

For pregnant women, babies and moms. Program supports breastfeeding.

Lakes Area Family Center

30805 Olson St.
Pequot Lakes, MN 56472
Contact: Director: Rick Spiczka, 218-568-9200

Family Center housing a variety of programs for the Pequot Lakes area. These include: Community Education, Eclipse Teen Center, ECFE, Early Childhood Special Ed., School Readiness, Youth Sports, Kinship Partners, TCC Headstart, Crow Wing County Public Health, Alateen, Volunteer Coordinator's office.

Lakes Area Interfaith Caregivers

P.O. Box 654
Pequot Lakes, MN 56472
Contact: 218-820-9247
Toll-Free: 1-877-245-7454

Nonprofit organization providing volunteers to meet unmet needs in the areas of transportation, home visits, homemaking, chore/repairs, and respite care for people in need throughout Crow Wing County.

Lakes Area Pregnancy Support Center, (LAPS)

416 Charles St.
Brainerd, MN 56401
Contact: Terri Hopman, 218-825-0793
Toll-Free: 1-800-395-HELP

LAPS offers emotional, practical and spiritual support to any woman, man, or family facing difficult pregnancy situations. Free pregnancy tests; confidential, ongoing support counseling; housing;

post-abortion support; material assistance; support for fathers-to-be; relationship/abstinence counseling. Referrals for medical care, adoption, professional counseling, legal aid and financial assistance. All services free of charge. Hours are 11 am – 4 pm Monday-Thursday.

LSS Caregiver Support and Respite Program

PO Box 576
Crosslake, MN 56442
Contact: 218-821-4554
800-488-4146
Mary.Smith@lssmn.org

This program covers a four county region with the intent of keeping family caregivers healthy and keeping senior living independently as long as possible. Respite workers are recruited, trained and matched with family caregivers. The caregivers are then able to take a break for exercise, friends, doctors visits, church, etc., while the respite worker stays with the person with chronic health conditions or the frail elderly, aged 60 or over. Caregiver education and support are also provided. Mary Smith- Respite Coordinator

Kindred Family Focus

17025 Commercial Park Rd #6
Brainerd, MN 56401
Contact: 218-828-3900
Nexus-yfs.org

Foster Care, Adoption, and Community-Based Care for Youth and Families. Kindred Family Focus serves foster youth in homes located throughout Minnesota. Youth, ages birth to 21, and families are served by 11 Kindred Family Focus offices in the state. Additionally, home-based care is provided through Children's Therapeutic Services and Supports (CTSS). Kindred Family Focus also operates the Crisis Nursery Serving Wright County residents.

Kindred Family Focus offers a continuum of foster – care services, as well as home-based and community-based services to help kids and families throughout the state of Minnesota. Programming includes short-term foster care, emergency foster care, whole family foster care, specialized foster care, treatment foster care, supervised visitation, medically fragile programming, unhealthy sexual behaviors programming, crisis nursery, adoption, Children's Therapeutic Services and Supports, CADI Waiver services. Please check out our website for more information

Kinship Partners

P.O. Box 642
804 Oak Street
Brainerd, MN 56401
Contact: David D 218-829-4606
davidd@kinshippartners.org

Kinship Partners, Inc. serves Crow Wing County, Sothorn Cass County and most of Todd and Wadena Counties and has existed since 1986 and is the largest Kinship program in the greater Minnesota. Our mentoring program is at the center of our organization. We believe that all kids deserve a positive relationship with a caring adult. Through those relationships we increase children's developmental assets such as social skills and self-esteem while offering new experiences and opportunities to them. Kinship Partners focuses on matching children ages 5 to 14 with positive adult influences. Mentors can be individuals, couples, or families. Please call for more information.

Kinship Partners, Inc., Pequot Lakes

4325 W. Woodman St.
PO Box 754
Pequot Lakes, MN 56472
Contact: 218-829-4606
Toll-free: 1-877-730-5437
lakes@kinshippartners.org
www.kinshippartners.org

Provides youth with positive role models through mentorships with caring adult volunteers, and supportive educational and social development opportunities.

Mentoring Programs, LSS

716 E Street
Brainerd, MN 56401
Contact: 218-828-5005

Provides mentors to youth and families who reside in Crow Wing County. Mentors focus on assets and strengths of the youth or family they are serving. They provide support, advocacy and friendship.

Mothers and Children Free Food Program, (MAC)

Brainerd, MN 56401
Toll-Free: 1-800-365-0270

A free food package for families with children under age 6, and for postpartum mothers with an infant under one year. Call to register.

Mothers of Preschoolers, (MOPS) Nisswa

5064 County Road 13
Nisswa, MN 56468
Contact: 218-961-2011/218-330-2403

www.mops.org/groups/central/lakesmops

MOPS meets from 9:15 am to 11:15 am on the first and third Monday of every month during the

school year. Social events planned throughout the year include swimming, educational opportunities, and evening events like "Dinner with Dad." Please check out our website for more locations

Natural Family Planning

523 North 3rd Street
Brainerd, MN 56401
Contact: 218-829-2861 ext. 6217
pat.jensen@sjmcmn.org

Family planning method that is based on a couple's knowledge of their natural phases of fertility and infertility. Call for appointment.

Newborn Care Class- St. Joseph's Medical Center

523 North 3rd Street
Brainerd, MN 56401
Contact: 218-454-5853

During 9th month of pregnancy for moms and coaches on care of infant, CPR and infant massage. One 3 hr. session from 6-9 pm.

Pillager Area Family Resource Center

305. Fir Ave
Pillager, MN 56473
Contact: 218-746-4009
pillagerfamilycenter.org

The Pillager Family Center is committed to help build strong families by offering programs and services to children and families in the Pillager community. If we do not offer a program or service, we help families by referring them to services and resources offered by other organizations in the Pillager area. Check out our website for more information.

Professional Family Based Division (PFBD)

13045 Falcon Drive
Baxter, MN 56425
Contact: 218 829-9307

We provide In-home mental health services to children and their families. We use system approach as the participation of family in the process will produce the greater chance for success. Our staff meets with the child and/or family at least two times a week for extended hours. We are available to meet with families in their homes, the child's school, daycare or another appropriate community location. The mental health professional conducts the intake in the family's home to provide the diagnostic assessment. Subsequent appointments are kept by the mental health practitioner, individual and family skills. Check out our website for more information.

Region 5 Child Care Resource & Referral

P. O. Box 566
Wadena, MN 56482
Contact: 320-629-5142
Toll-Free: 1-800-422-7395
CCR&R@pinetch.edu

Serving the counties of Crow Wing, Cass, Todd, Morrison and Wadena. Assisting parents in locating child care, technical assistance to early childhood care and education providers, training, grant programs, etc. Work with employers and communities to evaluate child care supply and demand. CCR&R has listing of all licensed family child care providers and licensed child care centers in Crow Wing County. Contact Sam Sterling

Safe Place for Newborns

St. Joseph's Medical Center
523 North 3rd St.
Brainerd, MN 56401
Contact: 218-828-7550
Cuyuna Regional Medical Center
Crosby
Contact: 218-546-7000

A place for parents to bring an unharmed newborn where the baby will receive care, medical attention and appropriate placement. Go to the emergency room of these hospitals; tell the personnel that you want your baby left with "Safe Place". Confidential. Also help is available before the baby is born. Call Social Services at 218-824-1140, or Crisis Line at 218-828-4357 or 1-800-462-5525.

Sexual Assault Services

324 Sth 5th street
Brainerd, MN 56401
Contact: 218-828-0494
Toll-Free: 1-888-458-0494

Crisis intervention, legal, court and medical advocacy, & support counseling for survivors of sexual violence and their loved ones. Information and referral to mental health professionals, community education and professional training. Trained speakers for youth groups and young children's presentations. SAS also maintains a speaker's bureau on topics of sexual violence and related topics. ADVOCATES ON CALL 24-HOURS

Teen Pregnancy Coalition, Crow Wing County

326 Laurel St.
Brainerd, MN 56401
Contact: 218-824-1065

Bi-monthly meetings, quarterly newsletters to parents of 6th-9th grade students, coordination of in-school peer teachers through MN ENABL, adult seminars on sexuality education and communication skills.

Understanding Health Care Directives, St.**Joseph's Medical Center**

523 North 3rd Street
Brainerd, MN 56401
Contact: 218-828-7530 pastoral care
www.sjmcmmn.org

One on one work with health care directives that includes living will document. Areas covered include: what a Health Care Directive is and its purpose; what is required by Minnesota law; forms and how to fill them out. Call for an appointment.

United Cerebral Palsy of Minnesota

Suite 219 South
1821 University Ave.
St. Paul, MN 55104
Contact: 651-646-7588
Toll-Free: 1-888-528-5678
ucpmn@cpinternet.com
www.ucpmn.org

Co-producers of "Disability Viewpoints" a cable television show that provides information about disability related services.

WIC Program-Crow Wing County Public Health Department

204 Laurel St. Suite 12
Contact: Joyce, 218-824-1073
Toll-Free: 1-877-724-1080

A supplemental nutrition program for women, infants and children. Nutrition education is provided monthly through one-to-one counseling. Appropriate referrals are made to other health care providers or financial assistance agencies. Vouchers for certain foods and formulas are issued to qualified applicants which are redeemable at participating grocery stores.