

Family Resources for Kanabec County

| <u>Public Health/Family Health</u> | <u>Help Me Grow</u> | <u>Pregnancy Resource Center</u> | <u>Lakes & Pines Head Start</u> | <u>ECFE</u> (Early Childhood Family Education) | <u>Parent Support Outreach Program</u> | <u>Child Mental Health</u> |
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| <p><u>WIC</u> -Prenatal to 5 years Objective: Income based, provides nutritional education & supplements. Also provides breastfeeding support. Contact Info: Kanabec-320-679-6329</p> <p><u>Family Home Visiting</u> Objective: Foster healthy beginnings, improve pregnancy outcomes, promote school readiness, prevent child abuse/neglect, and promote positive parenting & resiliency in children. Contact Info: Kanabec FH Supervisor-320-679-6330</p> | <p>-Birth to 5 Years Objective: Provides resources for families to look at developmental milestones. Addresses concerns with child development by completing a comprehensive screening. Contact Info: 1-866-693-4769 www.helpmegrowmn.org</p> | <p>-Prenatal to 2 years Objective: Provides free pregnancy testing & information, relationship & support counseling, parenting programs, offers a “Dad’s” program, maternity clothing, baby clothes & equipment, all services confidential & free of charge. Contact Info: Mora-320-679-4493 http://www.moracpc.org/</p> | <p>-Prenatal to 3 years Objective: For pregnant moms & families with children 0-3 years. Services are at no cost. Work to guide parents through child’s health & development. Contact Info: 320-679-1800 https://www.lakesandpines.org/early-head-start</p> | <p>-Birth to 5 years Objective: Strengthen families, enhance the ability of all parents & other family members to provide the best possible environment for the child’s learning & growth. Helps with child socialization & peer to peer interaction. Contact Info: Mora-320-679-6257 http://www.moraschools.org/pages/Mora/Schools/Early_Childhood_Education/General_Info Ogilvie-320-272-5050 ext. 126 http://www.ogilvie.k12.mn.us/commed/ecfe/SitePages/Home.aspx Pine City-320-629-4030 http://pcearlychildhood.weebly.com/ Hinckley/Finlayson-320-384-6443 ext.3116 http://www.hf.k12.mn.us/index.html East Central-320-245-2289 ext. 6164 http://www.eastcentral.k12.mn.us/page/3177</p> | <p>-Children 10 & under in Home Objective: Involves homelessness, chemical dependency, domestic violence, & behavioral health concerns. **Cannot have a current Child Protection Service case. Contact Info: Kanabec County-320-679-6350 http://mn.gov/dhs/people-we-serve/children-and-families/services/child-protection/programs-services/parent-support-outreach.jsp</p> | <p>-Zero to 17 Years Objective: Assists family/children with needed services. Can provide special assessments, treatment, & support for coping children & families. Contact Info: Kanabec County-320-679-6350 http://www.kanabecounty.org/</p> |