



LIVE UNITED

**United
Way**



United Way of Hastings

RESOURCE GUIDE FOR CHILDREN, YOUTH & FAMILIES

For Hastings, Minnesota &
portions of Dakota County &
Washington County

We're the United Way of Hastings and we help children, youth, families, older adults, and our fellow citizens in Hastings succeed!

We bring programs, partners, and people together to build strong webs of support for young people and the entire community.

Our Helping Kids Succeed (HKS) initiative is a way to help people, especially children and teens, develop healthy “webs of support.” These webs are created when youth have strong, positive relationships with adults, called “anchors.” Anchors cast “strings” of support for youth. The optimum number of anchors in a young person’s life is 5. Adults need anchors, too!

We’ve identified 40 different strings kids need to succeed. The more strings a young person has, the less likely they are to engage in risk-taking behavior, and the more likely they are to live successful, productive lives as adults. A strong web is a better predictor of eventual adult success than demographics or socioeconomic factors.

For a complete list of the strings, as well as an overview of the HKS model, please contact us for a Helping Kids Succeed Handbook. It includes data and resources from Hastings community members, including our youth.

The idea for this “one-stop” guide came from our HKS work over the last several years. The listings in this Resource Guide help adults and kids overcome challenges, strengthen relationships, and build healthy webs of support.

The contents of this guide are available online at www.unitedwayofhastings.org. Please tell us about listings which should be added or changes we should make.

A listing in this guide does not mean an endorsement or recommendation. Listings are provided for informational purposes only. Program descriptions are from the organization’s web site and/or marketing materials. **Crisis resources are listed in bold print.** Please call 211 for additional resources or visit www.211unitedway.org.

United Way of Hastings
Children, Youth & Families Resource Guide
Published 2018
113 2nd Street E, Suite 102, Hastings MN 55033
www.unitedwayofhastings.org
651-438-3337



Our thanks go to Mr. Rex Rusher and Ms. Sue Bezdicek for their support, which allowed this guide to be printed. Cover photo courtesy of RoundBarn Photography, Hastings MN.

Table of Contents

Aging/senior services	1
Caregiver services & support	1
Childcare resources	2
Early childhood programs	3
Preschools and pre-k caregivers	3
Before & after school care	4
Clothing	4
City of Hastings	5
County services: Dakota & Washington Counties	5
Disability resources	6
Education	7
Hastings public schools	7
Hastings area private schools	9
Alternate education resources	9
After school programs	9
Emergency, crisis, recovery, & mental health services	10
Financial resources & counseling	15
Food & nutrition	17
Community meals	18
Food shelves	18
Summer meal programs	18
Health & fitness	19
Housing	21
Literacy & reading	22
Medical & dental	23
Parenting resources, activities, family support	24
Case management for children & youth	25
Youth & teen activities, resources	27

Athletics (high school & middle school sports team programs not included) 29

Summer programming 31

Teen resources..... 31

Teen homelessness & crisis services 33

Youth activities..... 34

Aging/senior services

Alzheimer's Association	The Alzheimer's Association helps people in Minnesota and North Dakota facing Alzheimer's and dementia.	952-830-0512 www.alz.org/mnnd
AA for Seniors	Resurrection United Methodist Church, Hastings	www.aastpaul.org

Caregiver services & support

DARTS* <ul style="list-style-type: none"> • Home services for seniors • Caregiving • Caregiver education • Respite care • Transportation • Learning Buddies mentoring 	DARTS provides a network of valuable information and resources to people of all ages. We help people remain active and connected to one another. Learning Buddies connects older adults with students in grades K-5 to work together on class work, share experiences, and learn from one another. DARTS also offers a Pen Pal Learning Buddies program.	651.455.1560 www.darts1.org
Eldercare Locator	The Eldercare Locator is a public service of the U.S. Administration on Aging, connecting citizens to services for older adults and their families.	www.eldercare.acl.gov/Public/Index.aspx
Senior LinkAge line (MN)	Senior LinkAge Line® is the Minnesota Board on Aging's free statewide information and assistance service. The Senior LinkAge Line® is answered from 8 a.m. to 4:30 p.m. weekdays.	1-800-333-2433 www.mnaging.org/advisor/SLL.htm
Hastings Senior Center	The Hastings Senior Center, based at the Tilden Community Center, operates through a partnership between the City of Hastings and Hastings Community Education. It's open to anyone 50 years or older.	651-480-7670 www.hastingscommunityed.com/seniors
Minnesota Elder Justice Center	Prevention, protection and education to halt the abuse of elders and vulnerable adults.	www.elderjusticemn.org/for-families/how-to-get-help
Minnesota Adult Abuse Reporting Center	The Minnesota Department of Human Services has a centralized system for reporting the suspected maltreatment of vulnerable adults.	844-880-1574
Minnesotahelp.info	One-stop, statewide information, assistance, and resource directory.	www.minnesotahelp.info/SpecialTopics/Seniors

Dakota County Aging and Disability Services	The Dakota County Community Living Services unit can help you get started on finding solutions that will help you or a loved one live as independently as possible.	651-554-6336 www.co.dakota.mn.us/HealthFamily/Disabilities/Pages/default.aspx
Washington County Community Services	Washington County Community Services works in partnership with public and private agencies to help individuals and families be safe and successful.	651-430-6455 www.co.washington.mn.us/469/Community-Services
Washington County Emergency Social Services	After 4:30pm or on weekends.	651-291-6795

Childcare resources

360 Communities*	360 Communities Child Care Aware staff coach child care providers in Dakota County with research-based best practices for preparing children for school. Parent Aware Star Ratings program supports child care programs, and helps parents identify quality programs. Child care providers can distinguish themselves by earning up to four stars. All-star rated programs go above and beyond licensing requirements to support school readiness.	https://www.360communities.org/school-success/child-care-aware/
Crisis Nursery/Safe Families for Children	There is NO crisis nursery program in Dakota County. Contact Safe Families for Children for assistance. Safe Families for Children is a network of families who volunteer to care for your children for as long as needed. Their goal is to keep families intact. Once you feel your home environment is stable and healthy they work with you to reunite your family as soon as possible.	https://safe-families.org/
Dakota County Child Care Assistance Program (CCAP)	Dakota County administers the Child Care Assistance Program. It helps low-income families pay for child care, so they can work, job search, or attend school while moving towards self-sufficiency. Dakota County helps pay for children through age 12 and for children with special needs up to age 14.	651-554-5611 www.co.dakota.mn.us/HealthFamily/PublicAssistance/ChildCare

Dakota County Day Care Licensing	Information on getting a license to operate a day care.	952-891-7400 www.co.dakota.mn.us/HealthFamily/ChildCare/Providing/Pages/getting-licensed.aspx
Dakota County child care evaluations	Provide feedback about a licensed day care provider.	www.co.dakota.mn.us/HealthFamily/ChildCare/EvaluateLicensedProvider
Hastings Community Education	Hastings Community Education is a department of the Hastings Public Schools. We provide a lifetime of learning, serving citizens across the entire school district.	www.hastingscommunityed.com
Operation Military Child Care/Child Care Aware	Army Child Care Fee Assistance was created to provide authorized Reserve and Active Duty personnel assistance in locating, selecting, and offsetting the cost of civilian child care when on-base child care is not available or a viable option for the service member and their family.	1-800-424-2246 usa.childcareaware.org/fee-assistancerespitemilitary-families/army
Parent Aware Ratings	Child care search and licensing look up. Please consult this site for specific child care listings in Hastings, for both Dakota and Washington counties.	800-424-2246 www.parentaware.org

Early childhood programs

Hastings Community Education <ul style="list-style-type: none"> • ECFE • Early Childhood Special Education • Disabilities Program* • Early Childhood Screening • Parent resources 	Early Childhood Family Education (ECFE) offers classes for children ages birth through five and their parents or caregivers. Parents and children enjoy play and learning activities together under the guidance of a licensed early childhood teacher. For part of the class, parents participate in a discussion group led by a licensed parent educator. Families typically attend one day per week.	651-480-7670 https://hastingscommunityed.com/about-hastings-community-education/
--	---	---

Preschools and pre-k caregivers

	Please consult Parent Aware for specific listings of child care providers in Hastings, in both Dakota and Washington counties.	800-424-2246 www.parentaware.org
--	--	--

Before & after school care

Kid's Campus	Kid's Campus provides quality before and after school child care for elementary age children who will be in grades K-4 during the 2017-2018 school year. There is a 5 th grade option at Pinecrest Elementary.	www.hastingscommunityed.com/k-12/school-age-care
Little Beginnings Learning Center	See their website for details.	(651) 480-1416 www.littlebeginningslc.com
OASIS: Opportunities After School Improving Success	OASIS is a highly structured program that provides HMS students in grades five through eight a safe place to go after school. OASIS operates, without charge, throughout the school year from 2:35 until 5:30 p.m. Monday through Thursday.	www.ms.hastings.k12.mn.us/services/OASIS

Clothing

Hastings Family Service* and Rivertown Treasures	<p>Hastings Family Service is a community based nonprofit agency providing a range of emergency and supportive services to neighbors from the Hastings area who lack food, clothing, shelter, support or transportation.</p> <p>Rivertown Treasures is a community thrift store open to the public. All proceeds from sales benefit Hastings Family Service programs.</p> <p>Rivertown Treasures also offers emergency clothing vouchers to families and individuals in school district ISD 200.</p>	www.rivertowntreasurers.com
Salvation Army Thrift Store in Hastings	The Hastings Salvation Army Thrift Store offers clothing, shoes, and household items for sale. Donation of gently used items also accepted at this location.	www.salvationarmyorth.org/community/twin-cities-metro/locations/stores/
Neighbors Clothes Closet	The Neighbors Clothes Closet is a non-profit, second-hand store that offers carefully selected clothing for the whole family. It is an initiative of Neighbors, Inc., a non-profit social-service agency located in South St. Paul MN.	www.neighborsmn.org 651-455-1508

City of Hastings

<p>Hastings city government</p>	<p>Forms, city council meeting minutes, sign up for snow emergency notifications, economic development, city budgets, city services, tourism information, etc.</p>	<p>www.hastingsmn.gov www.facebook.com/CityofHastings Twitter: @CityHastingsMN</p>
<p>Chamber of Commerce</p>	<p>The Hastings Chamber of Commerce is the largest business organization in the city. They promote and advocate for the Hastings business community.</p>	<p>www.hastingsmn.org</p>

County services: Dakota & Washington Counties

<p>Dakota County government</p> <ul style="list-style-type: none"> • Adult and child protection • Adoption and foster care • Chemical health • Emergency preparedness • Healthy living • Health services • Job search • Libraries • Parenting • Parks and Rec • Personal finance • Transportation • Veterans services 	<p>This is a partial list of county services. The county website has a wide range of information, forms, procedures, and advice for residents of Dakota County.</p>	<p>www.co.dakota.mn.us</p>
<p>Dakota County Sheriff's Office</p> <ul style="list-style-type: none"> • Civil division • Communications center • Fraud investigations • Jail • Prescription drop-off program • Records 	<p>The Dakota County Sheriff's Department handles a wide range of law enforcement and community safety programs at the county level.</p>	<p>Emergency: 911 Non-emergency: (651) 438-4700 www.dakotacountysheriff.org www.facebook.com/DakotaMNSheriff</p>
<p>Washington County government</p> <ul style="list-style-type: none"> • Adoption and foster care • Adult and child protection • Child care assistance • Disability • Food assistance 	<p>Hastings residents north of the Mississippi River live in Washington County.</p> <p>This is a partial list of county services. The county website has a wide range of</p>	<p>www.co.washington.mn.us</p>

<ul style="list-style-type: none"> • Libraries • Mental health • Parks & open space • Substance abuse • Transportation • Veterans Services 	information, forms, procedures, and advice for residents of Washington County.	
<p>Washington County Sheriff's Office</p> <ul style="list-style-type: none"> • Civil division • Communications center • Firearm disposal • Fraud investigations • Internships • Jail • Prescription drop-off program • Records 	The Washington County Sheriff's Office handles a wide range of law enforcement and community safety programs at the county level.	<p>Emergency: 911</p> <p>Non-emergency number: 651-439-9381</p> <p>www.co.washington.mn.us/468/Sheriffs-Office</p>

Disability resources

Disability Linkage Line (for all ages)		1-866-333-2466 www.db101.org
ARC Greater Twin Cities	ARC promotes and protects the human rights of people with intellectual and developmental disabilities.	952-920-1480 www.arcgreatertwincities.org
Hastings Community Ed Adults with Disabilities program*	Provides opportunities for individuals with disabilities to enjoy activities designed especially for them. Join other adults from 6:00 p.m. – 7:30 p.m. for activities and rec nights. Participants must pre-register.	651-480-7670 www.hastingscommunityed.com
Hastings Community Ed and Hastings Public Schools Special Education Services	Early Childhood Special Education (ECSE) provides special services, including evaluation and intervention, to children from birth through age six who demonstrate delays in cognitive, communication, motor, self-help or personal-social areas of development.	www.hastings.k12.mn.us/departments___services/special_services/early_childhood_special_ed
Hastings Community Ed early childhood screening	Screening allows any health and developmental concerns to be addressed at least one year before kindergarten. This free service is required by the state of MN for entrance into kindergarten. The ideal age is 3 – 4 years. Screening includes: height, weight, vision test, hearing test and developmental games.	651-480-7670 www.hastingscommunityed.com/birth-five/early-childhood-screening

Hastings Schools ISD 200 Special Services	Hastings Public Schools Special Services Department, in partnership with students, parents, and the community, strives to deliver a continuum of services and specially designed instruction to equip learners with skills for lifelong learning and post-secondary success.	(651) 480-7009 www.hastings.k12.mn.us
Hastings High School STAARS	Hastings Public Schools' STAARS (Students of Transition Age Acquiring Relevant Skills) Program serves young adults, ages 18-21, with disabilities, needing help making the transition from school to life in the community. Students are referred to STAARS by their high school IEP team.	www.hastings.k12.mn.us/schools/s_t_a_a_r_s
Lifeworks Hastings*	Lifeworks Hastings offers services for people with disabilities.	651-454-2732 www.lifeworks.org
PACER	PACER Center is a parent training and information center for families of children and youth with all disabilities from birth to young adults. Parents can find publications, workshops, and other resources to help decisions about education, vocational training, employment, and other services for their children with disabilities.	952-838-9000 www.pacer.org
ProAct, Inc.*	ProAct, Inc. provides people with disabilities and other challenges a wide range of client services, to enhance employment skills and self-sufficiency capabilities.	(877) 245-0405 www.proactinc.org
Teen Time	Teen Time is a community education program providing a place for middle and high school students with disabilities to be with friends and socialize outside of school. After school sessions include arts and crafts, playing bingo, watching movies, singing Karaoke, playing board games, gym games and field trips.	www.hastingscommunityed.com/k-12/teen-time/

Education

Hastings public schools

Hastings High School*	The staff of Hastings High School believes it is our purpose to take a leadership role in educating young people within Hastings to become useful, functioning members of society. We help students	651-480-7470 www.hs.hastings.k12.mn.us
-----------------------	---	---

	<p>acquire the discipline, motivation, and self-esteem to fit into the world beyond high school.</p> <p>Please see school website for a list of courses, programs, and activities.</p>	
Hastings Middle School*	<p>The goal of the Hastings Middle School centers on individual student success, mastery of learning and development of positive, well-rounded, life-long learners who work together as respectful and responsible citizens. We have a carefully designed program, so each child has opportunities to develop and grow intellectually, emotionally, socially and physically. Hastings Middle School has been recognized three times as a National School of Excellence.</p> <p>Please see school website for a list of courses, programs, and activities.</p>	<p>651-480-7060</p> <p>www.ms.hastings.k12.mn.us</p>
<ul style="list-style-type: none"> Promise Fellows* 	<p>The Hastings Middle School Promise Fellows are affiliated with the Minnesota Alliance with Youth, and AmeriCorps. The HMS Promise Fellows work directly with students in grades 6th through 8th regarding need in the following areas: attendance, academics, and behavior.</p>	<p>www.hastingscommunityed.com/k-12/youth-development/</p>
Kennedy Elementary School	<p>John F. Kennedy Elementary School is a K-4 school with an enrollment of approximately 450 students. It is located at the corner of 10th and Tyler Street on the eastern side of Hastings, MN.</p>	<p>651-480-7220</p> <p>www.kennedy.hastings.k12.mn.us</p>
McAuliffe Elementary School	<p>Christa McAuliffe Elementary School is one of three elementary schools in Hastings Public School District 200. It was constructed in 1988 on the western edge of a growing Hastings community on the Mississippi River just 25 miles southeast of the Twin Cities.</p>	<p>651-480-7390</p> <p>www.mcauliffe.hastings.k12.mn.us</p>
Pinecrest Elementary School	<p>Pinecrest Elementary is a K-4 elementary serving approximately 550 students from the heart of our city. Our boundaries and busing patterns give us the opportunity to mirror the secondary schedule. We share a 60-acre campus with Hastings Middle School.</p>	<p>651-480-7280</p> <p>www.pinecrest.hastings.k12.mn.us</p>
Hastings Area Learning Center	<p>The Hastings Area Learning Center is an alternative opportunity for students grades 9-12 and up to age 20 to be successful in earning their high school diploma. It is a non-traditional, off-campus setting offering classes in the daytime, as well as evening. Students may attend regularly scheduled "seat time" classes, independent study classes or a combination of both</p>	<p>651-480-7000</p> <p>www.hastings.k12.mn.us</p>

Hastings area private schools

Pine Harbor Christian Academy	Pine Harbor Christian Academy is a private non-profit grade school committed to providing exceptional academic, Biblical, and moral education.	651-493-7526 www.pineharbor.community
St. Elizabeth Ann Seaton (SEAS) Catholic School	St. Elizabeth Ann Seton Catholic School is a PreK-8th grade ministry of St. Elizabeth Ann Seton Church. We nurture the total development of each child's spiritual, moral, intellectual, social, emotional, and physical well-being in a positive, safe environment.	651- 437-3098 www.seas-school.org/
St. John the Baptist Catholic School	Committed to inspiring and empowering all learners to become the best version of themselves by integrating Christian virtues, 21st century learning, and service.	651-437-2644 www.sjb-school.org/

Alternate education resources

Intermediate School District 917	District 917 serves students needing low incidence special education services from member school districts, including Hastings. Students are referred by member school districts. Programs provide education and related service support to students from early childhood through age 21 in a variety of different, specialized settings.	651-423-8229 www.isd917.k12.mn.us/home
----------------------------------	---	---

After school programs

BASE - Before After School Enrichment	St. Elizabeth Ann Seton School offers school families a Christian Child Care Program. BASE provides a safe, nurturing, and fun atmosphere for Elementary (K-5) and Middle School (6-8) age children of SEAS school during the school year. BASE also offers a summer program.	651-437-3098 www.seas-school.org/base
Kid's Campus	Kid's Campus provides quality before and after school child care for elementary age children. There is also a Summer school age care program for K-4 and 5-8 graders.	651-480-7670 www.hastingscommunityed.com/k-12/school-age-care/
OASIS*	OASIS, Opportunities After School Improving Success, is a highly structured program that provides HMS students in grades five through eight a safe place to go after school. OASIS operates, without charge, throughout the school year from 2:35 until 5:30 Monday through Thursday. OASIS is staffed by teachers and teaching assistants who are there to help students with their	651-480-7060 hmsathletics.wixsite.com/oasis www.ms.hastings.k12.mn.us/

homework, provide computer access and supervision for various resources.

Emergency, crisis, recovery, & mental health services

911	Dial 911 in case of emergency in Dakota or Washington County.	911
360 Communities*	Safe housing, resources, and programming for victims of domestic violence, sexual assault, child abuse, and human trafficking.	952.985.5300 www.360communities.org
<ul style="list-style-type: none"> Lewis House 	<p>Since Lewis House opened its doors in 1979, more than 86,000 survivors of domestic and sexual violence have benefited from its safety, support and advocacy services. Help is provided to over 3,000 women and children annually. Trained advocates offer emotional support, safety planning, referrals to community resources and help in navigating the court system.</p> <p>24/7 hotline: 651-437-1291</p>	651-437-1291 https://www.360communities.org/violence-prevention-intervention/lewis-house/
<ul style="list-style-type: none"> Sexual Assault Services 	<p>360 Communities trains advocates to help sexual assault survivors regain their sense of safety and cope with the physical and emotional trauma they have experienced. Advocates answer questions and provide support as survivors deal with police, the court system and medical examinations. Family members and friends traumatized by a loved one's sexual assault can also find support and services at 360 Communities.</p> <p>24/7 hotline: 651-405-1500</p>	651-405-1500 https://www.360communities.org/violence-prevention-intervention/sexual-assault-services/
<ul style="list-style-type: none"> Partners for Success 	<p>This program employs family support workers in 32 schools and 8 school districts, including Hastings, to partner with educators and families to implement effective home-based strategies to increase parental involvement, improve academic performance, and connect families to community resources.</p>	952.985.5300 www.360communities.org/school-success/partners-success/
Alcoholics Anonymous	Saint Paul & Suburban Area Intergroup. You can reach a recovering alcoholic any minute of any day by calling (651) 227-5502.	(651) 227-5502 www.aastpaul.org
Al-Anon/Alateen	Support for those affected by someone else's drinking.	www.al-anon-alateen-

		msp.org/pages/meetingsMondayStPaul.html
The Bridge for Youth	Helping youth and families build the bridge from crisis to connection. A haven for youth and families in crisis. Shelter services will be provided to unaccompanied youth under the age of 18.	612-377-8800, (24 hours) Text 612-400-SAFE (7233) www.bridgeforyouth.org
Child Abuse Hotline	The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse. Serving the U.S. and Canada, the hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who provide aid in over 170 languages. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls are confidential.	1-800-4ACHILD (1-800-422-4453) www.childhelp.org/hotline
Children's Grief Connection	Children's Grief Connection serves families who are devastated by the death of a loved one. Families who struggle with feelings of fear, regret and disconnection. Their isolation is broken by joining with other traumatized families who are experiencing the same heartache. In the safe and compassionate setting of Hearts of Hope Family Grief Camps, families make deep connections that provide support and understanding.	(218) 372-8420 hope@childrensgriefconnection.com
Chronic Pain Support Group	Meets monthly on the second Tuesday of the month, 6:30 p.m. at Our Savior's Lutheran Church in Hastings. Check website for details and address.	651-437-9052 www.osel.org
Cochran Recovery Services	Cochran Recovery Services treats chemical dependency by operating a detoxification center, trauma informed therapy, outpatient treatment and group residential housing.	www.detoxone.org 651-437-4209
Dakota County Mental Health Crisis Response	The Dakota County Crisis Response Unit (CRU) provides 24-hour phone and face-to-face crisis intervention and consultation. The primary goal of the Crisis Response Unit is to assist in stabilizing the immediate crisis, ensure safety for the client, the family and/or the community, and assist with referrals to appropriate county or other agency staff as necessary.	952-891-7171

Dakota Woodlands Family Shelter	The Dakota County Supportive Housing Unit completes all intakes for Dakota County families with minor children and single adult women to enter the Dakota Woodlands Family Shelter in Egan.	651-554-5751, ext. 1
Domestic abuse resources <ul style="list-style-type: none"> • Support • Safety • Shelter • Pet protection 	Cornerstone's Day One program is a statewide network of domestic violence, sexual assault, human trafficking, youth-and community-advocacy programs in Minnesota.	Call 911 in emergency Day One Hotline: 1-866-223-1111
Faith Family Recovery Center	Faith Family Recovery Center, LLC. is a Minnesota Christian drug treatment center. We are a faith-based and family-oriented treatment program committed to providing quality care for individuals struggling with chemical dependency.	www.ffrcllc.com 651-437-1628
FamilyMeans <ul style="list-style-type: none"> • Financial services • Credit counseling • Mental health counseling • EAP programs • Caregiver support 	FamilyMeans is a place where families, children, couples and individuals can come to find help and work through challenges during difficult times in their lives. FamilyMeans offers financial and bankruptcy services and education, family counseling and mental health services, collaborative divorce services, caregiver support services, youth enrichment programs, and an employee assistance program.	Solutions: 651-789-4014 Mental Health Counseling Intake: 651-789-4037 Caregiver Support and Aging Services: 651-439-4840
Frazier Recovery Homes	Frazier Recovery Homes engages its residents by providing a safe and sober recovery environment which supports successful community integration. We provide resources and referrals to local community agencies to assist its residents with achieving their personal recovery goals.	www.frazierrecoveryhomes.org 651-528-7030
Hanson & Hanson Addiction Specialists	Hanson & Hanson Addiction Specialist is a drug or alcohol rehabilitation center with a primary focus on substance abuse treatment.	651-437-8200
Hastings Area Anti-Trafficking Coalition (CEASE)	CEASE got its start in 2015 after the Hastings Ministerial Association held a Sex Trafficking in the Midwest Seminar. We have a 60-minute presentation that we have done in churches and the community (through Hastings Community Ed) and we have resources that we hand out at local events such as Hastings Rivertown Days and the Hastings Car Shows on Saturdays in the summer.	cease.hastings@gmail.com www.facebook.com/Cease.Hastings

	The goal is that everyone in our community would know what Sex Trafficking looks like and how to report it. We are always open to new members at our monthly meetings.	
Hastings Family Service* <ul style="list-style-type: none"> • Food shelf • Emergency assistance • Meals on Wheels • Just Friends • Project Share • School supply assistance 	Hastings Family Service is a community based nonprofit agency providing a range of emergency and supportive services for over forty years to assist and guide neighbors from the Hastings area who lack food, clothing, shelter, support or transportation.	651-437-7134 www.hastingsfamilyservice.org
Hastings Police Department	The mission of the Hastings Police Department is to safeguard freedom, to preserve property, to protect the Constitutional rights of citizens and to maintain respect for the rule of law by proper enforcement of the law.	Emergency: 911 Non-emergency number: 651-480-2300 www.hastingsmn.gov/city-government/city-departments/police
Legal Assistance of Dakota County	Volunteer attorneys provide high quality free legal services to very low-income people through full-case representation, information and advice clinics, referrals and other legal services.	952-431-3200 www.dakotalegal.org
Legal Assistance of Washington County	Volunteer attorneys provide high quality free legal services to very low-income people through full-case representation, information and advice clinics, referrals and other legal services.	651-351-7172
The Men's Line – Minnesota	A free, 24-hour service for confidential help and information for men who are worried, stressed, angry, depressed, or just need to talk to someone who will listen	612-379-MENS (612-379-6367) or toll-free in Greater Minnesota: 1-866-379-6367.
Minnesota Recovery Connection	Minnesota Recovery Connection works to ensure that all who seek it have access to the support, care and resources they need to achieve long-term recovery from addiction.	612-584-4158 www.minnesotarecovery.org
Minnesota Recovery Page	Master list of recovery, support, and addiction treatment options.	www.minnesotarecovery.info/LinksDrug.htm

Minnesota Teen & Adult Challenge	Minnesota Adult & Teen Challenge restores hope to people struggling with drug and alcohol addiction.	612-373-3366 www.mntc.org
National Alliance on Mental Illness	NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.	651-645-2948 www.namihelps.org/support/parent-resource-groups
National Suicide Prevention Lifeline	Please call if you or someone you know is considering suicide.	800-273-TALK (8255)
Safe Harbor for Youth	Resources for sex trafficking survivors and victims.	Day One Hotline: 1-866-223-1111
Sexual Assault resources	Services to all victims of domestic violence, sexual assault, or sexual trafficking.	Day One Hotline: 1-866-223-1111
TXT4Life	Text “Life” to 61222, to be connected to a trained counselor who can help with relationship issues, general mental health, and thoughts of suicide. TXT4Life is a free, confidential service offered 24 hours a day, 7 days a week, 365 days a year.	Text LIFE to 61222 www.txt4life.org/
United Way 211	United Way 2-1-1 provides free and confidential health and human services information for people in Minnesota. Services are available 24 hours a day, 7 days a week to connect you with the resources and information you need.	Dial 211 for help 651-291-0211 www.211unitedway.org
Washington County Mobile Crisis Response	The mobile crisis response team responds to mental health crises or emergencies with face-to-face assessment, intervention and stabilization services at home, school, or in the community. Needs can be behavioral, emotional or psychiatric situations needing timely intervention to reduce the possibility of physical harm. Mobile crisis response staff also provide necessary safety planning and short-term therapeutic services to help with crisis recovery.	651-777-5222
Washington County Crisis Line		612-379-6363
Washington County – report		651-430-6457

child abuse or neglect		
Washington County Sheriff's Office	The Washington County Sheriff's Office handles a wide range of law enforcement and community safety programs at the county level.	Emergency: 911 Non-emergency number: 651-439-9381 www.co.washington.mn.us/468/Sheriffs-Office

Financial resources & counseling

Dakota County Financial Empowerment <ul style="list-style-type: none"> • Financial counseling • Credit repair • Facing a financial crisis • Starting a business • Saving & investing • Home ownership 	Everyone has goals to achieve financial well-being. Everyone strives for control, prepares for the future, and works to stay on track to have freedom to enjoy life. Financial Empowerment staff are available to help you meet your goals for financial well-being. Dakota County Financial Empowerment Services offers free financial counseling for residents looking to improve their financial wellness.	651-554-5763 www.co.dakota.mn.us/HealthFamily/PersonalFinance
Hastings Family Service* <ul style="list-style-type: none"> • Food shelf • Emergency assistance • Meals on Wheels • Just Friends • Project Share • School supply assistance 	Hastings Family Service is a community based nonprofit agency providing a range of emergency and supportive services for over forty years to assist and guide neighbors from the Hastings area who lack food, clothing, shelter, support or transportation.	651-437-7134 www.hastingsfamilyservice.org
FamilyMeans <ul style="list-style-type: none"> • Financial services • Credit counseling 	FamilyMeans offers financial and bankruptcy services and education; family counseling and mental health services; collaborative divorce services; caregiver support services; youth enrichment programs; and an employee assistance program.	651-789-4014
Financial Peace University	FPU's mission statement is: "To empower and give hope to everyone from the financially secure	www.hastingsumc.org/event/dave-

	<p>to the financially distressed.” The program helps people make the right decisions with their money, so they can accomplish their financial goals.</p> <p>Currently offered locally at Resurrection United Methodist Church and The Harbor Church.</p>	<p>ramseys-financial-peace-university</p> <p>www.theharborchurch.com/seminars-2</p>
LSS Financial Counseling Services	LSS Financial Counseling is a nonprofit, full-service credit counseling agency. At LSS Financial Counseling, we empower people to take control of their debt with tangible steps and personal guidance that are the key to confidence and success.	www.lssmn.org/dbt
Prepare + Prosper	<p>We assist Minnesotans to move out of poverty by providing pathways to increase income, build assets and become financially secure, and by advocating for change that breaks down barriers to financial success. We do this by:</p> <ul style="list-style-type: none"> • Providing free tax assistance to low-income working taxpayers and sole-proprietors. • Partnering with financial institutions and community organizations to expand access to financial products and services. 	<p>651-287-0187</p> <p>www.prepareandprosper.org</p>
University of Minnesota Extension Services	<p>Having trouble making ends meet and stretching your dollars? Looking for resources to secure stable housing or better plan for your future? We help individuals and families make wiser decisions about their money and other financial resources today and in the future.</p> <p>Workshops on managing personal belongings and aging parents.</p>	<p>www.extension.umn.edu/family/live-healthy-live-well/healthy-wallets</p> <p>www.extension.umn.edu/fami/personal-finance/decision-making/who-gets-grandmas-yellow-pie-plate</p>
<p>Washington County Economic Support</p> <ul style="list-style-type: none"> • Child care assistance • Food Support/SNAP • Medical assistance 	In partnership with the Minnesota Department of Human Services, the Washington County Community Services Department administers programs that provide support to low income residents of Washington County, such as cash support, medical programs, food support, and child care assistance.	www.co.washington.mn.us/787/Economic-Support

- Cash programs
- Emergency assistance programs

Food & nutrition

Dakota County WIC program	WIC (Women, Infants and Children) is a U.S. Department of Agriculture (USDA) program that helps keep low-income women, infants and children up to age 5 healthy. WIC provides nutritious foods to supplement diets, information on healthy eating, and referrals to health care.	952-891-7525 www.co.dakota.mn.us/HealthFamily/HealthServices/WIC
FARE for ALL	A cooperative purchasing program that sells packages of produce and meat for up to 40% off retail prices. The program is open to anyone who is looking to stretch their food dollars. Fare for All offers fresh, quality, nutritious food. Fare for All accepts cash, credit, debit and EBT cards. There are sites in Cottage Grove and Red Wing. Check web site for specific locations.	www.fareforall.org www.facebook.com/fareforall
Food4Kids*	A program of the United Way of Hastings, providing portable weekend meals to students in Hastings' middle and elementary schools. We collaborate with 360 Communities and the schools to identify eligible students, pack meals, and provide them to the schools to distribute. Food donations and packing assistance welcome! Please see our website for a list of foods needed.	651-338-3337 www.unitedwayofhastings.org/food4kids.html
Hastings Farmer's Market	Locally grown produce, flowers, jams & jellies, herbs, honey, maple syrup, salsa and selected crafts. The market is in the west end of Hastings, one block off Highway 55 onto Pleasant Drive, next to Westview Shopping Mall (near Sterling Drug). Parking available. Open Tuesdays, 8:00 a.m. to 1:00 p.m., during the summer and fall months. Watch our Facebook page for specific opening dates.	www.facebook.com/pg/hastingsfarmmarket/posts/?ref=page_internal
Washington County WIC program	WIC (Women, Infants and Children) is a U.S. Department of Agriculture (USDA) program that helps keep low-income women, infants and children up to age 5 stay healthy. WIC provides	651-430-6658 www.co.washington.mn.us/1075/W

	nutritious foods to supplement diets, information on healthy eating, and referrals to health care.	omen-Infants-and-Children-WIC
Community meals		
Resurrection United Methodist Church	Wednesday night dinner open to anyone. See website for details.	651-437-4398 www.hastingsumc.org/about
Food shelves		
The Harbor Church	The second Saturday of each month, we sponsor a food distribution that provides milk & dairy, meat, fresh produce and breads, and often non-food items as well. The food distribution is from 9 am until 11 am. We ask for a \$20 donation. If you have an emergency and cannot afford the \$20 donation, you may request a voucher. Please see website for details.	651 493-7974 www.theharborchurch.com/food-distribution
Hastings Family Service* • Food shelf • Emergency assistance • Meals on Wheels	Hastings Family Service is a community based nonprofit agency providing a range of emergency and supportive services for over forty years to assist and guide neighbors from the Hastings area who lack food, clothing, shelter, support or transportation.	651-437-7134 www.hastingsfamilyservice.org
University of Minnesota Extension Services	University of Minnesota Extension improves food knowledge, physical activity, food safety and healthy food access for Minnesotans. Online resources for nutrition and healthy eating ideas.	www.extension.umn.edu/food-health-and-nutrition#nutrition
Summer meal programs		
Summer M.E.A.L.S.	M.E.A.L.S. is a summer lunch program in Hastings through community partners with Hastings Community Ed, Promise Fellows, Hastings Family Service, Hastings YMCA, United Way of Hastings, and Loaves & Fishes. Has been held at Our Savior's Lutheran Church from June through August. Check website and listen to local media for updated information.	www.osel.org/m-e-a-l-s
SPARK	SPARK is a FREE program for youth in Hastings. Our program is designed for 2 nd -8 th graders. Free lunch is provided at Our Savior's Lutheran Church. Please see Hastings Community Ed's website for most current dates and locations.	www.hastingscommunityed.com/k-12/summer-options

Health & fitness

AnyTime Fitness	Our friendly, professional staff is trained to help you along your fitness journey, no matter how much support you need. Membership includes a free, no-pressure fitness consultation, global access to more than 3,300 gyms, and always open 24/7 convenience.	(651) 438-8818 www.anytimefitness.com/gyms/892/hastings-mn-55033
Biking and walking	The City of Hastings is home to over 28 scenic miles of trails for biking and hiking. A highlight is our ten-mile loop walking and biking trail which takes you along the Mississippi River, allowing you to practically step out onto the river on our overlook platform and watch the boats and barges tug by.	http://www.hastingsmn.gov/city-government/city-departments/park-s-recreation/recreation-amenities/trail-system
CrossFit HSC	CrossFit is a core strength & conditioning program that delivers a fitness that is by design, broad, general, and inclusive. Elements of track & field, gymnastics, weightlifting, and strongman are combined in short intense daily workouts to maximize results for any individual.	(651) 829-9277 www.crossfithsc.com/
Golf	There are 5 golf courses in the immediate Hastings area: <ul style="list-style-type: none"> • Dakota Pines Golf Club • Bellwood Oaks Golf Course • Hidden Greens Golf Course • Afton Alps Ski and Golf • Emerald Greens Golf, LLC 	(651) 437-4210 (651) 438-3839 (651) 437-3085 (651)436-5245 (ski) (651) 480-8558
Hastings Area Swim Team	Building skills for swimming, winning, and life. Offering competitive swimming, lessons, and a master's program.	651-302-2683 www.hastswimteam.com
Hastings Family Aquatic Center (summer only)	Since opening in 1999, the Hastings Family Aquatic Center has been a place for family and friends to enjoy a dip into summer! Featuring a zero-depth entry, 201-foot water slide, drop slide, log crossing, rock wall, play structure and more, the HFAC offers fun and safe activities for the whole family. Offering swim lessons and lap swimming. See website for details.	www.hastingsmn.gov/city-government/city-departments/park-s-recreation/hastings-family-aquatic-center
Hastings Tennis Association	Hastings Tennis Association is a 501(c)(3) nonprofit. The mission of HTA is to serve the community of Hastings, MN by enhancing the	www.hastingstennis.org

	social, academic and leadership skills of youth and by offering recreational and competitive tennis programs to both youth and adults to promote physical wellbeing.	
Ice skating	Hastings has 6 recreation and hockey rinks within the city limits. Please see website for current hours and locations.	www.hastingsmn.gov/city-government/city-departments/parks-recreation/recreation-amenities/outdoor-skating-rinks
Life Through Fitness	Helping individuals achieve a healthy weight, increase strength and stamina, and lose excess fat with proper exercise instruction and lifestyle modification enables them to have a greater quality of life to do more, enjoy more, and live longer. Gym and personal training.	651-338-3737 lifethrufitness.com/about
Mountain biking	Local ski areas offer mountain biking trails in the summer.	www.aftonalps.com www.welchvillage.com
National Karate	Established in 1973, National Karate is Minnesota's largest professional karate and self-defense school.	www.nationalkarate.com/locations/hastings
ReDO Fitness	ReDO combines a free, upper-end fitness center within a contemporary missional church. Together, the result is one of SECOND CHANCES. We build relationships and transform minds, hearts and bodies.	(612) 751-1300 http://www.redofitness.org/fitness-facility
Skiing and snowboarding	In the Hastings area, there are two downhill ski areas with a variety of lessons, teams, and activities: <ul style="list-style-type: none"> • Afton Alps • Welch Village 	www.aftonalps.com www.welchvillage.com
Snap Fitness	Snap Fitness is dedicated to changing lives through a results-driven culture in each location. We offer members no contracts, high-quality workout equipment, and 24/7 access to all our clubs worldwide.	(651) 438-9309 www.snapfitness.com/gyms/hastings-mn-55033/92
YMCA	The Hastings YMCA in Hastings, MN offers group exercise classes, personal training, swim lessons, youth programs, and other great fitness and community building programs. Gym membership includes access to amenities like a	www.ymcamn.org/locations/hastings_ymca

fitness center, aquatics (including an indoor pool, whirlpool and sauna) and much more.

Housing

<p>Dakota County housing assistance</p>	<p>Dakota County residents may call the Housing Crisis Line at 651-554-5751 if they need:</p> <ul style="list-style-type: none"> • Emergency shelter • Assistance to prevent eviction • Information on community housing resources and referrals <p>Specific help is available for:</p> <ul style="list-style-type: none"> • Families and single adults • Youth • Domestic violence or sexual assault victims 	<p>651-554-5751</p> <p>www.co.dakota.mn.us/HealthFamily/PublicAssistance/Housing</p>
<p>Dakota County Community Development Agency</p>	<p>We improve the lives of Dakota County residents and enhance the economic vitality of communities through housing and community development.</p> <ul style="list-style-type: none"> • Accessible housing • First time homebuyer program • Mortgage foreclosure program • Rental assistance • Senior housing • Youth supportive housing 	<p>651-675-4400</p> <p>www.dakotacda.org</p>
<p>Hastings Family Service*</p>	<p>Hastings Family Service is a community based nonprofit agency providing a range of emergency and supportive services for over forty years to assist and guide neighbors from the Hastings area who lack food, clothing, shelter, support or transportation.</p>	<p>651-437-7134</p> <p>www.hastingsfamilyservice.org</p>
<p>HousingLink</p>	<p>A master list of affordable housing resources</p>	<p>www.housinglink.org</p>
<p>People Inc. Street Outreach</p>	<p>A service to connect people living outside (in vehicles or camping) with Housing Crisis services.</p>	<p>651-249-1195</p>
<p>Washington County housing assistance</p>	<p>Community Services works in partnership with public and private agencies to help individuals and families be safe and successful. The department provides a wide array of services to eligible citizens.</p> <ul style="list-style-type: none"> • Family homelessness prevention program • Foreclosure prevention • Washington County Crisis Assistance Fund 	<p>651-458-0936</p> <p>www.co.washington.mn.us/793/Housing</p>

Literacy & reading

<p>Dakota County Library System – Pleasant Hills Library</p>	<p>Dakota County Library truly has something for everybody at our 9 locations (in Apple Valley, Burnsville, Eagan, Farmington, Hastings, Inver Grove Heights, Lakeville, Rosemount, and West St. Paul).</p> <p>In Hastings, we are served by the Pleasant Hills Library.</p>	<p>651-438-0200</p> <p>www.co.dakota.mn.us/libraries/HoursLocations/PleasantHill</p> <p>www.facebook.com/DakotaLibrary</p>
<p>GRASP Reading and Math</p>	<p>GRASP is a 9-week summer workbook program designed to reinforce math and reading skills learned during the school year. The goal is to help students in grades K-8 maintain and enhance their reading and math levels during the summer months.</p>	<p>651-480-7670</p> <p>www.hastingscommunityed.com</p>
<p>Hastings READS*</p>	<p>Hastings Reads is a community-wide reading program that seeks to encourage reading and discussion of books and the ways in which they can help people understand the lives and experiences of themselves and others.</p> <p>Check the website for current books and authors.</p>	<p>www.sites.google.com/site/mnhastingsreads</p>
<p>Imagination Library*</p>	<p>United Way of Hastings partners with Dolly Parton’s Imagination Library program to get books into the hands of kids. The program is free for children from birth to age 5. Every month, a high-quality, age appropriate book is mailed to the child’s home. Children who are read to, and who learn reading skills at home, are better prepared for kindergarten and life-long learning success.</p> <p>Register on the United Way of Hastings website.</p>	<p>651-438-3337</p> <p>www.unitedwayofhastings.org/imaginationlib.html</p>
<p>Little Free Libraries</p>	<p>Hastings is home to over 10 Little Free Libraries sprinkled throughout the community. A Little Free Library is a free book exchange program, housed in cute little library structures, typically in front yards of homes and businesses. Go the Little Free Library website to view building plans for Little Libraries.</p>	<p>www.littlefreelibrary.org</p>

Medical & dental

<p>Allina Regina Hospital</p>	<p>Regina Hospital, faithful to its Catholic traditions of respect for human life, will serve our communities by providing exceptional care, as we prevent illness, restore health and provide comfort to all who entrust us with their care.</p>	<p>1175 Nininger Rd Hastings, MN 55033 651-404-1000 www.allinahealth.org/regina-hospital</p>
<p>Allina Health Hastings Clinic (former Hastings First Street clinic)</p>	<p>Your hometown care team at Allina Health Hastings Clinic doesn't just treat your illnesses, symptoms and injuries, but focuses on your whole being - caring for you when you are sick and celebrating with you when you are well.</p>	<p>1880 N. Frontage Road Hastings, MN 55033 651-438-1800 www.account.allinahealth.org/locations/1776</p>
<p>Allina Health Nininger Clinic</p>	<p>Sometimes the care you need is a bit more specialized. That is why we are proud to be your partner in specialty care – heart, lung, pregnancy and more – right here in your hometown.</p>	<p>1285 Nininger Road Hastings, MN 55033 651-480-4200 www.wellness.allinahealth.org/locations/69</p>
<p>Century College Dental Clinic – White Bear Lake</p>	<p>Visit the Century College Dental Clinic for a cleaning, X-rays, sealants, fluoride treatments. Affordable fees.</p> <p>The clinic is located on the third floor of the East campus.</p>	<p>651-779-5787 www.century.edu/about/community-resources</p>
<p>Give Kids a Smile*</p>	<p>Each year, dental professionals from across the state participate in Give Kids a Smile, providing free dental care to children in need. The event typically takes place on the first Friday and Saturday of February and is made possible by the collaborative effort of the Minnesota Dental Association, volunteer dentists, and sponsors. Check the United Way of Hastings web site for current dates and participating dentists.</p>	<p>651-438-3337 www.unitedwayofhastings.org/givekidsasmile.html</p>
<p>Minnesota Family Planning & STD Hotline</p>	<p>Established in 1978, the Minnesota Family Planning & STD Hotline serves the entire state of Minnesota. The Hotline provides reliable,</p>	<p>1-800-783-2287</p>

	medically accurate, and confidential information via phone, text, and web chat. The hotline services are sponsored by the Minnesota Department of Health and operated by the Family Tree Clinic in St. Paul.	www.sexualhealthmn.org/#about
Minnesota Health Information Clearinghouse	The Minnesota Health Information Clearinghouse is a resource for health-related information and publications. We answer questions and make referrals when necessary to sources who can provide further information or assistance. Our clients include consumers, employers, providers, health plans, government agencies, and others.	www.health.state.mn.us/clearinghouse
MNSURE	MNSure is Minnesota's health insurance marketplace where individuals, families and small businesses can shop, compare and choose health insurance coverage that meets their needs. MNSure is the only place you can apply for financial help to lower the cost of your monthly insurance premium and out-of-pocket costs.	855-366-7873 651-539-2099 www.mnsure.org
Portico Health	We can help you find out if you are eligible for affordable health care coverage and help you apply. We also provide information about where to find low cost medical, dental and mental health services and can connect you to other community resources.	651-489-2273 www.porticohealthnet.org

Parenting resources, activities, family support

360 Communities*	In the spirit of caring for our neighbors, 360 Communities provides hope and support to people by engaging communities to prevent violence, ensure school success and promote long-term self-sufficiency.	952.985.5300 www.360communities.org
<ul style="list-style-type: none"> Child Care Aware 	360 Communities works with local child care providers, family, friend and neighbor caregivers, and community organizations to promote the quality of child care settings in Dakota County.	952.985.5300 www.360communities.org/school-success/child-care-aware/
<ul style="list-style-type: none"> Dakota Healthy Families 	Dakota Healthy Families is a home visiting program that enhances parenting skills of first-time parents who live in Dakota County. Dakota Healthy Families home visitors help create a family environment where children are safe, healthy and nurtured with a goal to ensure that children are prepared for kindergarten.	952.985.5300 www.360communities.org/school-success/dakota-healthy-families/

<ul style="list-style-type: none"> Partners for Success 	<p>This program employs family support workers in 32 schools and 8 school districts, including Hastings, to partner with educators and families to implement effective home-based strategies to increase parental involvement, improve academic performance, and connect families to community resources.</p>	<p>952.985.5300 www.360communities.org/school-success/partners-success/</p>
--	---	---

Case management for children & youth

<ul style="list-style-type: none"> Dakota County 	<p>Dakota County provides services to children with mental health conditions based on eligibility.</p> <p>Eligibility is determined by the results of a Diagnostic Assessment by a mental health professional. The assessment looks at the history of the child's mental health problems, important developmental incidents, and areas of strength and vulnerability. Children's mental health services are voluntary.</p> <p>For additional information on how to apply for these services, call Children's Mental Health Case Management at 952-891-7459. A screener will talk with you about your child's needs and advise you of the application process.</p>	<p>952-891-7459 www.co.dakota.mn.us/HealthFamily/MentalHealth/Childrens</p>
<ul style="list-style-type: none"> Washington County 	<p>Washington County Community Services contracts with Canvas Health to provide all of their state-mandated Children's Mental Health Case Management services.</p> <p>These services are intended to assist children with a severe emotional disturbance and include:</p> <ul style="list-style-type: none"> •assessing for mental health needs •accessing needed services •coordinating services over time •monitoring services to ensure they are meeting the identified needs 	<p>651-251-5065 651-777-5222 www.canvashealth.org/specialty-programs/child-and-family-programs/childrens-mental-health-case-management/</p>
<ul style="list-style-type: none"> Harbor Shelter 	<p>The mission of Harbor Shelter is to provide basic physical needs, counseling, and protection for adolescents through a safe, secure, and structured environment. The program promotes a sense of pride, self-control, and hope for adolescents to develop a better understanding of themselves.</p>	<p>651-480-8377 www.harborshelter.net/index.html</p>
<p>Hastings Moms on the Run</p>	<p>Moms on the Run can help with your fitness goals. They are an instructor-led fitness program with coaching to motivate, educate and encourage you on your journey. Women of all ages and abilities welcome. Make new friends, find accountability and have fun while working toward a healthier</p>	<p>helpmewrowmn.org/HMG/index.html</p>

	lifestyle. Offers a start-with-walking process and transition to running.	
Hastings Area Twin Cities Moms Blog Neighborhood Group	If you're new to the area, new to being a mom, or just want a way to connect with others close to where you live, join a Neighborhood Mom Groups. These are groups on Facebook that will help you facilitate playdates, mommy meet ups, etc., or simply just answer a question you have for others in your area.	https://www.facebook.com/groups/257463524626283/ twincities.citymomsblog.com/neighborhood-mom-groups/
Help Me Grow	Resources to help young children grow and learn	helpmegrowmn.org/HMG/index.html
Minnesota Department of Human Services	The Minnesota Department of Human Services helps keep children safe and provides families with supports to care for their children. This includes child protection services, out-of-home care, permanent homes for children, child support, food assistance programs, child care services and children's mental health services.	www.mn.gov/dhs/people-we-serve/children-and-families
MOMS Club of Hastings	The local chapter of MOMS Club International. Support and activities for moms, especially stay-at-home moms. Great way to connect with other moms in town. Monthly meetings, family events, service projects, speakers, book club, preschool expo, and more.	www.momsclubhastings.weebly.com
MOPS – Mothers of Preschoolers	MOPS of Hastings is a mom's group geared for any mom with a child/children ages birth through graduating kindergarten. Our moms have children who range from newborns to teenagers. It's a time when your young children are cared for by other loving people while you get time to connect with other moms and be refreshed and encouraged! We meet at Hastings UMC on Tuesdays from 9-11 a.m., twice a month.	www.facebook.com/groups/480260181986442/about
NAMI Parent Support Groups	NAMI Minnesota provides support groups to help parents discover resources to meet the challenges of raising a child with a mental illness, learn coping skills and develop problem solving skills.	651-645-2948 www.namihelps.org/support/parent-resource-groups.html
Parent Aware	Parent Aware gives parents the tools and information to find the best quality child care and early education for your child.	www.parentaware.org/
Safe Place for Newborns	Bring your unharmed newborn, up to seven days old, to a hospital or urgent care clinic; or call 9-1-1 and give your newborn to staff, stating you want to leave your newborn under the Safe Place for	www.safeplacemn.org/

	Newborns law. They will give shelter, health care and aid to your newborn.	
ThinkSmall.org	Childcare resources and directory	www.thinksmall.org/for_parents_and_guardians
Total Life Care Center	TLC of Hastings Pregnancy Resource Center is a ministry which provides life-affirming pregnancy and parenting education and support. We equip teens and young adults with the tools they need to gain control over their future and make wise lifestyle choices. We encourage them to build character, become self-aware and develop mutual respect in relationships. This is provided by counseling, multi-media resources and referrals.	www.tlchastings.com/ Office: 651-437-4200 24-hour call or text line: 651-347-1889
Zero to Three	The first three years of life are a period of incredible growth in all areas of a baby's development. Learn how the earliest relationships with caregivers can promote healthy brain development, how young children build social and emotional skills, and ways you can support language and literacy development starting from birth.	www.zerotothree.org/early-development
United Heroes League*	Empowering military families to stay healthy and active by battling the financial burden associated with sports. If you are a military family, please contact us to inquire about free equipment, free camps, free tickets, or grants for sports fees.	www.unitedheroe sleague.org

Youth & teen activities, resources

4-H	Minnesota 4-H is a learn-by-doing youth development program delivered throughout the state. 4-H empowers young people to lead for a lifetime.	www3.extension.umn.edu/county/dakota/4-h www.facebook.com/dakota.county4h
Black Dirt Theater	Each day, Black Dirt Theater brings people together across audiences, casts, and throughout the community to empower people with everyday creativity. Offering community theater, summer camps, and creative options for children, youth, and adults.	www.blackdirttheater.com

	Please see website for current information.	
Boy Scouts*/Cub Scouts	Hastings is home to several Boy Scouts and Cub Scouts troops and packs. Please see website for details.	www.eagleriver.nbsbsa.org
Church youth groups	<ul style="list-style-type: none"> • Calvary Christian Church • Christ's Family Church • Crossroads Church • The Harbor Church • Hope Lutheran Church • Life Tabernacle Church • New Life Evangelical Free Church • Our Savior's Lutheran Church • Resurrection United Methodist Church • St. Elizabeth Ann Seaton Catholic Church • St. John's Lutheran Church • St. Luke's Episcopal Church • St. Phillip's Lutheran Church 	See individual websites for details.
Girl Scouts	<p>Girl Scouting builds courage, confidence, and character. We develop leadership to empower girls to discover themselves, connect with others and make the world a better place.</p> <p>We currently have 20 active troops in the Hastings/Prescott area, including over 300 girls ranging from Kindergarten to 12th grade.</p> <p>Please see website for details.</p>	www.girlscoutsofhastingsprescott.weebly.com
Carpenter Nature Center	Youth Community Programs are designed for groups of children outside of school activities, such as church youth groups, child care programs, etc. These fun, hands-on programs were created from commonly requested topics, and are both educational and recreational.	www.carpenternaturecenter.org/planning-your-visit/programs/general-youth-groups/
Hastings Art Center	<p>Hastings Arts Center is a hub for the performing and Visual arts in the Hastings community. The facility, a renovated 1865 church, hosts artists from around the region and beyond to teach and perform in the Hastings community.</p> <p>Offering music, art and dance classes. Please see website for current schedules.</p>	651-437-4320 www.hastingsartscenter.org
Hastings Parks and Rec	The Hastings Parks and Recreation Department operates and maintains the Hastings Family Aquatic Center, Hastings Civic Arena, and approximately 400 acres of open space including	(651) 480-6175 www.hastingsmn.gov/city-government/city-

	<p>37 parks and approximately 30 miles of one of the most scenic trail systems in the metro area.</p> <p>Youth Programs and Camps:</p> <ul style="list-style-type: none"> • Disc Golf Camp • Safety Camp • Ultimate Frisbee Camp • Flag Football Camp • Lacrosse Camp <p>Please see website for complete list of activities, updated information, schedules, and registrations.</p>	<p>departments/park s-recreation</p>
<p>Hastings Prescott Area Arts Council (HPAAC)</p>	<p>The mission of the Hastings Prescott Area Arts Council (HPAAC) is to foster the arts in our communities.</p> <p>HPAAC offers art scholarships for students of all ages, to help with classes, camps, workshops, etc. Please see website for complete details.</p>	<p>www.hpaac.org/scholarships</p>

Athletics (high school & middle school sports team programs not included)

<p>Hastings Area Swim Team (HAST)</p>	<p>Building skills for swimming, winning, and life. Offering competitive swimming, lessons, and a master's program.</p>	<p>651-302-2683</p> <p>www.hastswimteam.com</p>
<p>Hastings Basketball</p>	<p>Our programs are designed to provide Hastings Area youth an opportunity to play organized basketball in a positive and motivational environment. Participants will develop basketball skills, leadership abilities, self-confidence and how to successfully interact with others to achieve a common objective.</p>	<p>www.hastingsbasketball.com</p>
<p>Hastings Football Club</p>	<p>HFC offers both travel and recreational soccer teams for youths ages 6 to 19.</p> <p>Please see website for complete details and to register.</p>	<p>www.hfcsoccer.org</p>
<p>Hastings Lacrosse Club</p>	<p>The Hastings Lacrosse Club offers teams for youths ages 10 and under and provides support to the boys and girls high school lacrosse teams.</p> <p>Please see website for complete details and to register.</p>	<p>www.hastingslacrosse.com</p>
<p>Hastings Hockey Association</p>	<p>The Hastings Hockey Association is dedicated to the principles of fair play and good sportsmanship and to the development of character in hockey players. Teams are offered for children and youth ages 5 to 18.</p> <p>Please see website for complete details and to register.</p>	<p>www.hastingshockey.com</p> <p>www.facebook.com/Hastingshockeyassociation/</p>

Hastings Little Raiders Football	HLRF offers football programs for youths within the local area. Please see website for details and to register.	www.hastingsfootball.com
Hastings Tennis Association	Hastings Tennis Association is a 501(c)(3) nonprofit. The mission of HTA is to serve the community of Hastings, MN by enhancing the social, academic and leadership skills of youth and by offering recreational and competitive tennis programs to both youth and adults to promote physical wellbeing.	www.hastingstenis.org
Hastings Youth Athletic Association	HYAA is open to any youth within the boundaries of ISD 200 (Hastings Public Schools) and will provide support for the development and promotion of organized athletic programs for the youth of our community. No person will be denied the opportunity to participate because of an inability to pay a fee. Fees will be WAIVED in these situations. Sports offered: baseball and softball. Please see website for current details and to register.	www.hyaa.info/page/show/248461-hastings-youth-athletic-association
Hastings Wrestling Club	Supporting youth wrestling in Hastings. Please see website for details and to register.	www.hastingswrestling.com
Raider Nation Baseball	Raider Nation, in partnership with the Hastings YMCA, offers an In-House Baseball Program that serves ballplayers ages 4-9 (Pre-K thru 3rd grade) with a season that runs from the beginning of June through early August, depending on age level. A child's grade at the time of registration determines their eligibility for each program level.	www.raidernationbaseball.com
River Blades Skating School	Recreational, hockey, and figure skating lessons. Power skating. Team options. Youth through adult.	www.riverbladesskating.com
YMCA	The Hastings YMCA in Hastings, MN offers group exercise classes, personal training, swim lessons, youth programs, and other great fitness and community building programs. The Hastings YMCA currently offers the following youth sports: <ul style="list-style-type: none"> • Basketball • CycleHealth Adventure Racing powered by the Y • Dodgeball • Tumbling Please see their website for most current offerings and to register.	www.ymcamn.org/locations/hastings_ymca

Summer programming

City of Hastings	Hastings Parks and Recreation department offers a variety of summer programs for children, youth and families. Please see website for current offerings and schedule.	www.hastingsmn.gov/city-government/city-departments/parks-recreation/recreation-amenities/rotary-pavilion/programs-and-events
Hastings Community Ed summer programs	Hastings Community Education offers a variety of summer programs and camps for children and youth. Please check website for current program offerings.	www.hastingscommunityed.com/k-12/school-age-care/summer-k-4-camp-horizons/
SPARK	SPARK is a FREE program for youth in Hastings. Our program is designed for 2 nd -8 th graders. Please see Hastings Community Ed's website for most current dates and locations.	www.hastingscommunityed.com/k-12/summer-options
YMCA summer camps and activities	Kids and teenagers can explore nature, find new talents, try new activities, gain independence, and make lasting friendships and memories. Please see website for schedules and program details.	www.ymcamn.org/child_care__preschool/summer_programs/hastings

Teen resources

Driver's Ed - Hastings Community Education	Driver's Education program offered by Hastings Community Ed. Approved by the Minnesota Department of Public Safety. See website for details.	www.hastingscommunityed.com/k-12/drivers-education
Driver's Ed - Rivertown Driving School	Driving School staff brings years of teaching and community leadership experience to our students and their families.	651 437-1745 www.rivertowndrivingschool.com/our-school
Friends of the Mississippi River*	Annually, over 3,500 local river stewards get their hands dirty through FMR cleanups, storm drain stenciling outings, invasive species removals and other hands-on habitat restoration outings. Service project hours available. Friends of the Mississippi River partners with the Hastings High School Field Biology class to do hands-on conservation projects.	www.fmr.org/fmr-volunteer-outings-stewardship-programs

Hastings Community Ed – teen classes	Hastings Community Ed offers classes and programs specifically for teens and pre-teens. Community Ed also supports the Youth First Planning Council at the high school. See website and catalogue for details.	www.hastingscommunityed.com/k-12/
Hastings High School	Hastings High School offers almost 40 different clubs, programs and activities – in addition to athletics, art, music, speech and theater programs. See the website for specific details and faculty advisors.	www.hs.hastings.k12.mn.us/athletics_activities/student_activities/
Life 101 Teen and Young Adult workshops*	United Way of Hastings offers free monthly workshops for teens and young adults ages 17-22. Younger, older and parents are welcome to attend. Topics are chosen based on teen surveys and are targeted to specific issues. Please see the UWH website or Facebook page for topics, dates, and locations.	www.unitedwayofhastings.org
TreeHouse	TreeHouse programs are designed to meet social, emotional, physical, intellectual and spiritual needs of at-risk teens. TreeHouse provides a safe environment as well as mentoring for teens to receive support, guidance and practical skills in making better choices today to live as healthy adults tomorrow.	952-238-1010 www.treehouseyouth.org
Tree Trust	Tree Trust was created in 1976 to address two problems in our communities: the devastation of the urban tree canopy due to Dutch elm disease and the high unemployment and poverty rates for youth and adults at the time. Offers summer youth employment and training.	www.treetrust.org/programs/employment-programs
Youth Impact Council – Hastings High School	YIC – or Youth Impact Council has been previously known as YFPC, or Youth First Planning Council in years past. This club is designed for students in grades 9 th through 12 th and focuses on community service and fundraising activities throughout the school year. Open to all students.	651-480-7673 www.hastingscommunityed.com/k-12/youth-development
YES Team – Helping Kids Succeed*	The YES Team is a team of high school students dedicated to sharing the Helping Kids Succeed model, develop speaking and leadership skills, and growing webs of support for all kids in Hastings. New team members are invited to join the team in the spring. Please contact United Way of Hastings for details.	651-438-3337 www.unitedwayofhastings.org/helpingkidssucceed.html
YMCA – Hastings High School: Youth in Government	YIG participants in 8th grade participate in Leadership Corps, which is a program designed to introduce 8th graders to the variety of program areas open to students in grades 9-12.	www.ms.hastings.k12.mn.us/activities/youth_in_government__y_i_g_

	The YIG Model Assembly is essentially a mock-state government, complete with a Youth Governor, State Houses & Senates, access to the MN State Capital building, media, etc. Open to all students.	https://www.ymcamn.org/locations/youth_in_government
Young Life	<p>Are you a middle school or high school student looking to be a part of something fun, full of laughs and meaningful? Or are you a parent looking for something positive for your kid to be involved in? Or are you an adult looking for a way to impact the lives of young people?</p> <p>During the school year we have regular Club for Young life (High School age) and Wyldlife (Middle School age).</p> <p>Please see website for details and meeting times.</p>	www.hastings.younglife.org

Teen homelessness & crisis services

Avenues for Homeless Youth	Avenues for Homeless Youth provides emergency shelter, short-term housing and supportive services for homeless youth in a safe and nurturing environment.	www.avenuesforhomelessyouth.org/find-help
Lutheran Social Services for Youth	<p>LSS helps keep youth and children safe and supports their healthy development by providing early intervention and prevention services, supportive shelters and housing options for youth experiencing homelessness, and services to restore and strengthen families.</p> <ul style="list-style-type: none"> • Emergency and crisis shelters • Independent living skills courses • Runaway homeless youth programs • Transitional living programs • Youth host homes program • Youth street outreach services 	<p>651-444-5757</p> <p>www.lssmn.org/youth/services</p>
National Runaway Safeline	The National Runaway Safeline will listen, help find resources or assistance in your area, help you get home, or send a message home.	1-800-RUNAWAY
Salvation Army – Booth Brown House	<p>The Booth Brown House in St. Paul is a safe place for youth to turn when they have nowhere else to go. Our Homeless Youth Overnight Shelter provides help for 18 to 21-year-olds, while our Foyer Housing program helps vulnerable or disadvantaged youth, ages 16 to 24, transition from dependence to independence.</p> <p>Youth in need of shelter should call the Ramsey County joint shelter line at 651-444-5757 between 10 a.m. and 10 p.m. daily to find out about bed availability.</p>	www.salvationarmynorth.org/community/booth-brown-house/

Youth Services Network – The Bridge for Youth	Helping youth find shelter and services. Comprehensive online database and referral links. Crisis services and shelter options.	612-377-8800 www.snmn.org/#/home
YouthLink	YouthLink is a nonprofit in downtown Minneapolis helping young people between the ages of 16 and 23 on their journeys from homeless to hopeful.	612-252-1200 www.youthlinkmn.org

Youth activities

Me to We Club – Hastings Middle School	The Hastings Middle School ME to WE Club is affiliated with the international organizations ME to WE and Free the Children. Students involved in ME to WE invest in local and global initiatives, and learn to communicate with peers and their community regarding the initiatives they collectively invest in. Students also earn their way toward WE Day – a celebration of youth making a difference in their local and global communities.	www.hastingscommunityed.com/k-12/youth-development
Student Impact Club – Hastings Middle School	Student Impact encourages higher student involvement academically, socially, and in our community. It's open to all students, free of charge. The program helps students with schoolwork & educational support and engages students in social activities & service learning projects both in school & in our community.	www.hastingscommunityed.com/k-12/youth-development
SumMEr WEge – Hastings Middle School*	The SumMEr WEge program is an extension of the Hastings Middle School Student Impact Club and ME to WE Club, which both makes a local and global impact through community outreach. SumMEr WEge reaches students in grades 5 – 8 who are involved in Promise Fellow programming. The ME in SumMEr represents the individual need for fun in a safe environment that provides belonging, friendship, empowerment, and leadership skills. The WE in WEge represents the act of DOING, GIVING, and EXCELLING beyond expectations.	www.hastingscommunityed.com/k-12/youth-development

*Indicates a 2018 UWH funded partner agency or UWH internal initiative.

Please notify us if you think a business, organization, or agency should be listed or changed. We will update the online version on a regular basis.