

Mental Health & Community Resources

Mental Health Local Resources:

- 1.) **Children's Therapy Center** 2795 Pilot Knob Road, Eagan, MN 55121..... (651) 994-9644
- 2.) **TM Counseling** 7600 143rd Street West, AV, MN 55124.....(651) 376-3004
- 3.) **Nystrom Associates LTD.** 7300 W 147th Street, Suite 204, AV, MN 55124...(952) 234-6299
- 4.) **John A. Loraas, Ph.D., PA** 7373 W 147th Street Suite 166, AC, MN 55124...(952) 432-3220
- 5.) **Both/AND Resources** 7493 147th Street W, Suite 107, AV, MN 55124.....(952) 432-0043

Community Supports/Local Resources:

- 1.) Children and Family Services (952) 891-7459
- 2.) Housing Crisis Line (651) 554-5751
- 3.) Community Living Services (651) 554-6336
- 4.) Employment and Economic Assistance (651) 554-5611
- 5.) Dakota County Social Services, Janell Schilman (952) 891-7449
- 6.) Dakota County Crisis Intervention (952) 891-7171

Parent Resources:

- 1.) The ARC Greater Twin Cities-<http://arcgreatertwincities.org/> (952) 920-0855
- 2.) PACER Center-www.pacer.org (952) 838-9000
- 3.) Fraser Center-www.fraser.org (612) 767-7222
- 4.) Living Well with ADHD- www.centerforlivingwellwithadad.org (952) 921-5870
- 5.) Living Well Disability Services-www.livingwell.org (651) 688-8808
- 6.) Family Voices of MN-www.familyvoicesofminnesota.org 1-866-334-8444
- 7.) National Alliance on Mental Health Illness of Minnesota (NAMI MN) www.namihelps.org (651) 645-2948
- 8.) Help Me Grow- <http://helpmegrowmn.org/HMG/index.htm> 1-866-693-GROW (4769)
- 9.) Head Start-Early Head Start (Pregnancy to age 3) and Head Start (Age 3 to school age) www.capagency.org (651) 322-3500

Fitness Resources:

- 1.) Dakota County Parks www.dakotacounty.us/parks
-search Fitness and Exercise
- 2.) Lions United Fitness Center (2535 Pilot Knob Road, Suite 126, Mendota Heights, MN 55120) (651) 348-7278
- 3.) Dakota! Sports and Fitness Center. 2100 Trail Of Dreams, Prior Lake, MN 55372 952.445.9400 Dakotah! Sport and Fitness Center in Prior Lake