

To Get Help or to Give Help

Articles contained on this page are for the purpose of providing information about events or initiatives occurring in or bordering the Ramsey community. The City does not necessarily endorse nor subscribe to the beliefs, values, or political affiliations of any of the organizations that may present information in this document.

Alcoholics Anonymous: Meets Mondays at Lord of Life Lutheran Church, 14501 Nowthen Boulevard NW, Ramsey. Please call 763-427-1100 for more information.

Alexandra House, Inc.: Office hours are Monday - Friday, 8:00 am to 4:30 pm. Alexandra House Community Program Office, 2150 - 3rd Avenue, Suite 100, Anoka, MN. Phone: 763-576-9999 Fax: 763-576-8113.

Andover/Ramsey Moms Club: Visit our website www.ourmomsclub.org to find a chapter near you.

Anoka Area Early Intervention/Help Me Grow: Serves young children (birth-5) with developmental delays. To find out more or schedule an evaluation, call 763-506-6101 or email anoka.hmg@anoka.k12.mn.us.

Anoka Area Women of Today: Meet the 3rd Tuesday of every month at Anoka City Hall, 2015 1st Ave N, Anoka, at 7:00 pm. If you have any questions, please email Rachel Mueller at rachalmueller@yahoo.com. For more information visit www.anokawomenoftoday.weebly.com.

Anoka County Family Caregiver Connection: We provide comprehensive services for family caregivers. We offer 1:1 coaching/counseling, information & referral, support groups, caregiver training and family meeting facilitation. We also provide group respite care entitled "The Gathering" which meets at Zion Lutheran Church in Anoka. Call Jill at 763-324-1608.

Arc Greater Twin Cities: Offers services and support for individuals with intellectual and developmental disabilities and their families. For more info. call 952-920-0855 or www.arcgreatertwincities.org.

Celebrate Recovery: Meets Tuesday at 6:15 pm at Lord of Life Lutheran Church, 14501 Nowthen Boulevard NW, Ramsey. Please call 763-427-1100 for more information.

Free Breast Cancer Screening: Is available for qualifying women who are over 40, meet the income requirements, and are either under insured or have no insurance to cover the cost of testing. Call MN Department of Health Sage Program at 1-888-643-2584 for more information.

Chores & More Program (formerly known as Handy Works): Helps seniors with housekeeping, minor home repairs and seasonal chores. Call 763-783-4767 to request service or to volunteer.

Family Promise in Anoka County: Works with families experiencing homelessness to tailor individualized plans to help them take the necessary steps toward lasting independence. For more information or to volunteer, please visit www.familypromiseanoka.org.

Family Table Meal: Sponsored by Lord of Life Church and Hosted at First Congregational Church, 1923 N 3rd Avenue, Anoka, 4th Monday of each month, 5:00 pm. Everyone is welcome. Please call 763-427-1100 for more information.

Hospice Volunteers Needed: Allina Home Care & Fairview Home Care are looking for hospice volunteers; people who can give a few hours a week visiting with, running errands for, and supporting patients & their families. Contact Allina Home Care, & Palliative Care at 612-262-7108, or Fairview Home Care & Hospice at 612-728-2455.

Inside Walking: Meets Monday through Friday at 8:00 am at Lord of Life Lutheran Church, 14501 Nowthen Boulevard NW, Ramsey, Entrance "A". Call 763-427-1100 for more information.

Mediation Services for Anoka County: A non-profit organization for all residents in Anoka County, offering ways to work through disputes using positive and respectful skills. Mediation is free or offered at a modest fee. Call 763-422-8878 or email info@mediationservice.org.

Metro North Volunteer Program/ABE Program: The volunteers at Metro North Adult Basic Education (ABE) encourage, inspire, and mentor learners to achieve their fullest potential. If you or someone you know is interested in volunteering or learning more about our classes, call 763-783-4920 or email Sarah.Berres@anoka.k12.mn.us

Northern Star Juvenile Division Program: Offers first-time youth offenders a positive alternative to juvenile court. The goal is to hold youth accountable for their actions while giving them the tools to ensure they do not re-offend. For more information or to volunteer, call 763-231-7242, email JD@nsbsa.org or visit our website at www.juvenilediversion.org.

Nutrition Program: Newly expanded guidelines will allow pregnant/nursing women, infants and children up to age five to participate in the Anoka County Special Supplemental Nutrition Program for Women, Infants and Children (WIC). Call the Anoka County WIC Program at 763-324-4230 to apply and find out about WIC locations.

Ramsey Lions Club: Please visit our website at www.e-clubhouse.org/sites/ramseymn for information about our club.

Ramsey Rotary Club: Meets every Wednesday at noon at The Ramsey Municipal Center, 7550 Sunwood Drive NW, Ramsey. Rotary International is an organization of community and business leaders focused on service to the community, both locally and abroad. For more information about the Ramsey Rotary, please visit the Rotary International website at www.rotary.org.

Senior Companion Program: Senior (60+) volunteers make weekly visits to homebound/isolated seniors in their homes. Volunteers receive mileage reimbursement and if income eligible, they may also receive a stipend. If interested in having a Senior Companion or becoming a Senior Companion, call 763-783-4717.

Senior Information Line: Provides information to seniors and their families regarding available community services. If you have any questions, please call 763-783- 4707.

Senior Linkage Line: On Medicare, Medicare Supplemental Insurance and assistance filing insurance claims. For more information, call 1-800-333-2433

Youth First: Promotes positive youth development in the communities of Anoka, Andover and Ramsey. Call 763-421-8530 or visit our website at www.youth1st.net.