



Community Connections Guide

Supporting Families Across Scott County

This guide is intended for families and service providers in Scott County. These resources are organized by the [Strengthening Families Five Protective Factors](#). These skills are shown to help reduce and prevent child maltreatment. We hope this guide helps families build these protective factors in their daily lives, and that they know where to find help when they need it.

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***** indicates interpretation services are available for most languages.**



Concrete support in times of need

Access to concrete support and services that address a family's needs and help minimize stress caused by challenges.

One-Stop-Shop Resources

- Visit the [Family Resource Centers](#) - your one-stop-shop for connection to services, resources, information, and support. **Cultural navigation services are available in Spanish and Somali. Interpretation services are available for all other languages.**
- [Help Me Connect](#) is a navigation tool to help expectant and families with young children connect to services and resources.
- [Scott County Public Health Community Health Resource Guide](#) is meant to help Scott County families find health care providers and other resources including hearing and vision care, dental care, family planning, mental wellness, food assistance, and parenting help. **The Resource Guide is also available in [Spanish](#).**
- [Shakopee Community Assistance](#) provides necessities – food, formula, clothing, bedding, diapers, feminine hygiene products, and winter coats – for families with young children.
- [United Way 211](#) provides free and confidential health and human services resources for the state of Minnesota. 211 is available 24/7 by phone (dial 211) or use their online resource directory. **Services are also available in Spanish, Somali, Russian, and Hmong.**

Autism Support

- [Child Mind Institute](#) offers comprehensive information about autism including the basics, diagnosis, therapies, and information for parents.
- [NAMI Parent Peer Support at the Family Resource Center](#) offers parents of children with mental health needs the opportunity to meet one-on-one with a certified Family Peer Support Specialist. The Family Peer can help navigate the mental health system, understand mental health concerns (including Autism Spectrum Disorder) in children and teens, and empower your family to take charge of wellbeing.
- [Scott County Children's Disability Services](#) provides individualized supports for children and families affected by disabilities.
- [See Me Neurodiverse](#) is an organization in Scott County that supports the neurodiverse and their families by increasing connections and offering support. See Me offers community events, parent support meetings, resource navigation, and assistance for families in crisis. See Me also offers a comprehensive [resource directory](#) including therapy resources, testing & assessment facilities, and more.
- [Sunrise Autism Center](#) provides family-centered treatment and comprehensive information to help families navigate autism services. **Services are available in Somali.**

Car Repair + Car Donations

- [Lift Garage](#) provides low-cost car repair for low-income families in Minnesota. Services also include free safety, mobile breakdown, and pre-purchase inspections. Appointments can be made for low-cost repairs and walk in services are available on Fridays for express services including fluid top offs, checking, and replacing bulbs, wiper blades and batteries.

Childcare

- [Childcare Assistance](#) Paying for childcare can be difficult. Scott County administers the State Child Care Assistance Programs (CCAP) including MFIP, Transition Year, and Basic Sliding Fee childcare.

- [Child Care Aware](#) Child Care Aware offers support and resources to parents, childcare providers, and community members with all aspects of childcare. We guide and connect families, educate, and support providers, inform and partner with our community both locally and statewide.
- [Crisis Nursery](#) Services are available to support families 24/7 during crises or emergencies. In addition to emergency childcare, services include providing support, information, and resources.
- [Early Learning Scholarships](#) Early Learning Scholarship can help you pay for high-quality childcare and early education to help your child get ready for school. Priority funding awarded to children of teen parents, children currently in foster care, families in need of child protective services, and families who have experienced homelessness in the last 24 months.
- [Head Start Enrollment](#) Head Start is designed to work with the whole family and encourages parents as their child's first and most important teacher. Head Start serves families with children aged three to five on September 1. In addition to providing a free, quality preschool experience, the program offers health, nutrition, and social services, considering family income and size for eligibility.
- [Parent Aware](#) has statewide resources to find childcare in your neighborhood for children ages six weeks to twelve years old. One of the most important decisions you will ever make as a parent or guardian is choosing quality, affordable childcare. Children are special and unique and deserve the best start possible so that they are ready to learn when they enter school.
- [Think Small](#) Finding the right care can be overwhelming. Think Small provides info, tools, and resources to help identify childcare and early education options. Other resources include tips for selecting care, paying for care, understanding child development, and classes.

Clothing + Miscellaneous Basic Needs

- [CAP Agency Thrift Store](#)
- [Car seats](#) including car seat safety and where/how to obtain free car seats. ***
- [Hands of Friendship Thrift Store](#)
- [His House Resource Center](#) provides individuals and families with free food, clothing, personal items, and household goods. **Services are available in Spanish.**
- [Shakopee Community Assistance](#) provides necessities – food, formula, clothing, bedding, diapers, feminine hygiene products, and winter coats – for families with young children.

Culturally Specific Resources

- Immigration Resources
 - [International Institute of Minnesota](#) aids in completing various immigration procedures such as citizenship, permanent residency, replacement/renewal of immigration documents, travel documents, family-based petitions, and fee waivers. Nominal service fees.
 - [Lutheran Social Services](#) assists with completing green card applications, Removal of Conditional Resident Status, Naturalization applications, Citizenship Certificates, Employment Authorization and Travel documents, family-based petitions, and fee waiver assistance. Nominal service fees.
 - [Immigrant Law Center](#) a non-profit law office that provides free legal representation, education, and advocacy in immigration matters for low-income immigrant and refugee communities.
- For Spanish-speaking families
 - [Mi CASA](#) community, support, solidarity, and friendship for Hispanic and LatinX families.

- [Esperanza](#) is a program that is part of the CAP Agency serving new immigrants, at risk youth, underserved, and low-income families. Services include weekly food distributions, cultural and community engagements, youth sport and outdoor activities.
- **For East African + Somali families**
 - [Advocates for Thriving Communities](#) Health professionals, educators, and community members work together to empower residents and provide essential tools for health lifestyles.
 - [Community Resource Center](#) aims to create opportunities for children and families in need to live in security, independence and comfort through programs and resources such as free food on Sundays, help with finding employment, healthcare access, drug and substance abuse resources, and school support.
 - [Isuroon](#) is a women-led organization that serves as a linguistic and cultural bridge connecting women and families with wellness information, trusted health care providers, financial literacy, civic engagement, and leadership.
- **For American Indian families**
 - [American Indian Family Resources](#) and support for American Indian children and families living on and off Tribal Nation Lands.
 - Child Care Assistance Program is a federally funded program that provides financial assistance for high-quality, culturally appropriate childcare for eligible families. Contact SMSC Family and Children Services at 952-496-6161.
 - [SMSC Programs for Native Americans Living in Scott County](#) provides a comprehensive list of programs and resources available for Native American families including health, education, and family and children's services.

Domestic Violence

- [Day One](#) crisis hotline for those fleeing or attempting to flee domestic violence, sexual assault, or human trafficking. Advocates can help you find shelter and support. **Interpretation services are available.**
- [Sexual Violence Center](#) provides free and confidential support, options, and resources for sexual violence survivors.
- [Southern Valley Alliance Resource Book](#) provides legal, housing, mental health, and culturally specific resources for domestic violence survivors. **Interpretation services are available.**

Employment

- [CareerForce](#) has services for all career stages. Whether you're starting a new career, navigating job loss, looking for a new role, or looking for coaching, CareerForce specialists can help.*
- [Guild Employment Services](#) helps those with psychiatric illness find, get, and keep jobs. Employment Services promote work as part of the recovery process, and staff are available for ongoing support.
- [Small Sums](#) outfits individuals experiencing homelessness or housing instability with the required work items needed to start a new job. This includes clothing/uniforms, tools, transportation assistance, and professional trade licenses and union due fees.

Father Resources

- [Destiny Dads](#) works with fathers to create a new vision of what relationships with their children can look like. Support groups, one on one support, and parent/child activities are available and free.
- [FATHER Project](#) mission is to assist fathers in overcoming the barriers that prevent them from supporting their children economically and emotionally.

Financial Resources

- Need financial assistance? Start here: <https://mnbenefits.mn.gov/> Apply for Food Assistance (SNAP), Cash programs, Emergency assistance, Child Care Assistance, and more from your phone or device. **Application materials are available in Spanish, Somali, and Hmong.**
- [Affordable Connectivity Program](#) is a federal program that helps low-income households pay for internet service and connected devices like a laptop or tablet.
- [Bridge to Benefits](#) A project by Children’s Defense Fund-Minnesota to improve the well-being of families and individuals by linking them to public work support programs and tax credits.
- [Diversion Solutions](#) driver’s license reinstatement program
- [Financial Help & Community Services](#): A list of resources to support family needs in Minnesota, including information about community services and financial assistance, food, health care, housing, transportation, tax services and veterans’ services.
- [Safety-Net Supports: Basic Questions and Answers](#): This document provides eligibility information regarding government assistance for children and families in MN.
- [Scott County Income Maintenance](#) can provide information and application assistance for families including cash assistance, SNAP, Child Care Assistance, health care programs and emergency financial assistance. ***
- Tax Filing and Refunds
 - [Get it Back](#) provides information and resources on tax credits, tax filing, stimulus payments, and rideshare taxes.
 - [Get Your Refund](#) offers free tax filing options for eligible households. **Services are available in Spanish.**
 - IRS [Volunteer Income Tax Assistance \(VITA\)](#) offer free help for those who qualify. Use their provider finder by zip code.
- [U of M Extension Personal Finance Resources](#) include budgeting, saving, taxes, financial literacy for adults and kids, credit, and debt.

Food

- [Hunger Solutions](#) Search for food shelves, free meals, community food distributions and more.
- [MN Food Helpline](#) With one call, the MN Food Helpline assesses the caller’s situation and provides solutions to their food needs. Call to see if you qualify for SNAP (food stamps), to learn more about food shelves, free meals, and other food resources in your community.
- [Scott County Food Resources](#)
 - [Belle Plaine Food Shelf](#) – open Saturday mornings and Wednesday evenings.
 - [CAP Agency Food Shelf](#) – make selections from a shopping list of items and pick up curbside. Appointments available Monday – Friday. Food distributions monthly in Burnsville and Chaska.
 - [Friendship Church Prior Lake](#) – food distribution every month on the second Thursday, registration is at the door.
 - [Hope for the Community Elko New Market](#) – food distributions every first and third Wednesday.
 - [Jordan Area Food Shelf](#) – open every second and 4th Wednesday and Saturdays.
 - [Mi CASA](#) – monthly food distributions in Shakopee and Carver County. Mi Casita Food Pantry is open by appointment on Monday, Wednesday, Friday, and Saturday in Shakopee.

- [Peace Center Food Shelf New Prague](#) – in person shopping or pre-packed boxes of food for drive up. Open Monday, Wednesday, and Friday mornings and Thursday evenings.
- [Prince of Peace Lutheran Church Burnsville](#) – provides food, clothing, linens, household goods, personal hygiene products and community resources. Appointments are required.
- [St. John’s Lutheran Church Shakopee Loaves and Fishes](#) – community meals available Monday, Tuesday, Thursday, and Friday evenings.

Furniture + Household Goods

- [Bridging](#) provides a basic home set up for those who need most items necessary to create a comfortable and livable home. Most items are gently used.
 - [Prince of Peace Lutheran Church Burnsville](#) – provides food, clothing, linens, household goods, personal hygiene products and community resources. Appointments are required.
- [Sleep in Heavenly Peace](#) provides free beds and bedding for kids ages 3-17.

Health

- [Children's Dental Services](#) offers free and low-cost dental care to children and adults. ***
- [Low-Cost Options for Prescription Drugs](#) and [Scott County Public Health Prescription Assistance](#)
- [Open Door Health Center](#) is a non-profit community health center providing quality, affordable, medical, dental, and behavioral health services to all people. ODHC offers health clinics in Scott County in partnership with Public Health, including a dental clinic in Jordan. For appointments, call 507-388-2120
- [Portico Healthnet](#) Portico Healthnet is a nonprofit that connects people in our community to health insurance and health care. Portico can help you understand health insurance options, guide you through applications, follow up on application reviews, and assist with renewals and changes in income. **Portico Healthnet navigators speak English, Spanish, Somali and Vietnamese. We provide interpreters for all other languages.**
- [Public Health Clinics and Services:](#) Check out some of the mobile health and clinic resources Scott County Public Health has to offer, including immunizations, Health Matters Clinic and Public Health Nurse clinics. ***
- [River Valley Health Services](#) offers medical services to uninsured and underinsured individuals and families to ensure health access to all individuals. **Services available in Spanish.**
- [Scott County Adult Mental Health](#) services include same-day mental health crisis appointments, case management, mobile crisis response, and the Anchor Center. The Anchor Center is a community support program that offers social, educational, and recreational activities to Scott County residents 18-years-old and older with mental health needs. ***
- [Scott County Mental Health Center](#) is an outpatient community mental health clinic which provides diagnostic assessment, individual and family therapy, crisis services and consultation to the residents of Scott County on a sliding fee scale. ***

Housing

- How to...
 - [Pay for housing](#) and [other ways to pay for rent and housing](#)
 - [Avoid eviction](#)
 - [Avoid foreclosure](#) + [foreclosure counseling in Scott County](#)
- What to do if you...
 - [Can't afford to keep your current housing](#)

- Need [emergency financial assistance for housing](#)
- Need [emergency shelter](#)
- [Are facing barriers or challenges to renting](#)
- Need [homeownership resources](#)
- Need [utility shut-off protection](#)
- [Coordinated Entry](#) is a process developed to ensure that all people experiencing a housing crisis have fair and equal access and are quickly identified, assessed for, referred, and connected to housing and assistance based on their strengths and needs. Coordinated Entry is NOT a waiting list for housing resources or services. Screenings can be completed by:
 - [His House Foundation](#)
 - [CAP Agency](#)
 - [Launch Ministry](#) (ages 18-29)
- [The Energy Assistance Program](#) helps Minnesota households pay for current and past-due bills for electricity, gas, oil, biofuel and propane, emergency fuel delivery, and repair/replacement of homeowners' broken heating systems, and could also cover water and sewer bills. **Application materials available in Spanish, Somali, Hmong, and Vietnamese.**
- [HousingLink](#) offers a searchable database of affordable rental housing in Minnesota. They also publish the status of subsidized housing waiting lists, and housing tips.
- [Scott County CDA](#) provides affordable rental homes for low- and moderate-income families. They also provide homeownership counseling and foreclosure assistance.
- [Scott County Subsidized Housing Locations](#) provides a list of a variety of subsidized housing options in Scott County. Please note, these properties have income limits and this list does not provide current openings.
- [The Youth Services Network](#) has several housing programs for youth and young families under the age of 24. Services include emergency shelter, homeless prevention, street outreach and housing programs.

Legal

- [HomeLINE](#) provides free and low-cost legal advocacy services for renters in Minnesota. **HomeLINE services are available in Spanish, Somali, and Hmong.**
- [Housing Mediation - Community Mediation Minnesota \(communitymediationmn.org\)](#) Community Mediation Minnesota (CMM) provides no cost remote housing mediation services for property owners/managers and renters throughout all of Minnesota. They can help you prepare for a conversation with your renter or property owner/manager. CMM also provides no cost eviction action mediation support in Scott County.
- [Immigrant Law Center](#) a non-profit law office that provides free legal representation, education, and advocacy in immigration matters for low-income immigrant and refugee communities.
- [LawHelpMN.org](#) provides a robust self-help directory for civil, criminal, and family law matters. They also help connect Minnesotans to lawyers and legal information including pro bono services.
- [Minnesota Unbundled Law Project](#) provides limited scope legal services to fit your needs and budget. Lawyers in this program will review your legal issue and work with you to design a plan that includes giving advice, writing court papers, attending court, etc. each with its own upfront cost to ensure transparency and save you money.

- [Scott County Law Library](#): the law librarian can provide legal information, forms, procedural instructions, and general support to customers. Printing and copying also available. ***
- [Southern Minnesota Regional Legal Services](#) provides free, high-quality legal help to low-income people in critical civil matters.
- [Volunteer Lawyer Network](#) Legal services available for low-income Minnesotans including clinics and volunteer attorneys. **Spanish legal services are available.**

Mental Health + Chemical Health

- **Crisis Resources**
 - [988](#) is the new three digit dialing code that will route callers to the [National Suicide & Crisis Lifeline](#). You can call or text 988 to be connected to train counselors who will listen, provide support, and connect to resources. **Spanish lifeline and deaf + hard of hearing lifeline services are available.**
 - [Crisis Text Line](#) - Text MN to 741741. The Crisis Text Line provides free crisis support 24/7 for any crisis. **Services are available in Spanish.**
 - [Fast Tracker](#) search for mental health or substance use disorder services near you.
 - [Guild Crisis Stabilization](#) services offer a safe place for you to go if you're experiencing a psychiatric crisis. Crisis Stabilization Services aim to prevent hospitalizations and help you heal in the community. At Guild, staff is available 24/7 to work with you and help you regain stability.
 - Canvas Health [Mobile Crisis Response](#) team responds to mental health crises or emergencies with face-to-face assessments, intervention and stabilization services at home, school, or in the Scott County Community. [Canvas Health](#) also offers assessments and a variety of treatments for adults and youth struggling with substance use disorder.
 - [South Metro Roundtable](#) website lists services and resources focused on people who are looking for urgent same day/next day services to help prevent, respond or follow up from a Mental Health/Substance Use crisis. The main page includes an overview of the Crisis System to help educate individuals and providers about what to expect from crisis providers.
- [Child Mind Institute's](#) Connect to Care resource helps parents navigate the complex world of children's mental health care and common questions. **Information available in Spanish.**
- [Grief Support Meetings](#)
- [MN Recovery Connection](#) offers peer recovery support resources that are free and confidential, including [telephone recovery support](#).
- [MN Warmline](#) is staffed by Certified Peer Specialists to provide peer support for mental health recovery, support and wellness. Online [mental health screenings](#) are available online and if a person screens positive, they are directed to a landing page with local resources.
- [NAMI](#) has support groups for individuals and families struggling with mental illness, classes and supportive resources for adults and children. **Services are available in Spanish.**
- [NAMI Parent Peer Support at the Family Resource Center](#) offers parents of children with mental health needs the opportunity to meet one-on-one with a certified Family Peer Support Specialist. The Family Peer can help navigate the mental health system, understand mental health concerns (including Autism Spectrum Disorder) in children and teens, and empower your family to take charge of wellbeing.
- Wellness in the Woods [Peer Support Connection Warmline](#) is a safe and free way for individuals to receive confidential and anonymous one on one peer support from certified peer support specialists and recovery

coaches. Warmline hours are 5pm – 9am 7 days a week, 365 days per year. Hours are available for callers who would like to speak with an African American peer.

- [Scott County Adult Mental Health](#) services include same-day mental health crisis appointments, case management, mobile crisis response, and the Anchor Center. The Anchor Center is a community support program that offers social, educational, and recreational activities to Scott County residents 18-years-old and older with mental health needs.***
- [Scott County Chemical Dependency](#) The Behavioral Health Fund (BHF – previously known as Rule 24) provides funding for substance use disorder treatment services to eligible Minnesota residents. Once approved for the BHF, the eligibility span will cover a Comprehensive Assessment and recommended levels of treatment. Assistance is also available to individuals who have concerns regarding their alcohol and/or chemical use, providing guidance and resources to meet your needs.***
- [Scott County Children’s Mental Health](#) provides case management services for children diagnosed with serious emotional disturbances. Case management is a service that helps children/families get connected with supports/services to meet their mental health needs.***
- [Scott County Mental Health Center](#) is an outpatient community mental health clinic which provides diagnostic assessment, individual and family therapy, crisis services and consultation to the residents of Scott County on a sliding fee scale. ***

Transportation

- [MVTA Connect](#) is a ride-share service that allows customers to book trips on their smart phones 7 days a week between 6 a.m. to 9 p.m. MVTA Connect provides trips in Apple Valley, Burnsville, Savage and Rosemount for \$3 per adult and includes transfers.
- [SmartLink Transit](#) coordinates transportation for Carver and Scott County residents. Services include Dial a Ride, Medical Assistance transportation, Travel Training for those seeking to better understand transportation options, and our Volunteer Driver Program.

Parental Resiliency

Managing stress and functioning well when faced with challenges, adversity, and trauma.

- [Building Resilience in Troubled Times: A Guide for Parents](#): This brochure shares tips for parents to draw on their own strengths and build a network of support to better help their children to thrive.
- [Crisis Text Line](#) - Text MN to 741741. The Crisis Text Line provides free crisis support 24/7 for any crisis. **Services are available in Spanish.**
- [Mindfulness for Parents](#): Mindfulness is one strategy that can reduce the stress of being a parent. Mindfulness is a way of being. Practicing mindfulness means paying attention to what’s happening in the moment and accepting those experiences and feelings without judgment.
- [Minnesota Department of Health Wellness Guide](#): Check out tips and resources for mental and emotional wellness.
- [NAMI Parent Peer Support at the Family Resource Center](#) offers parents of children with mental health needs the opportunity to meet one-on-one with a certified Family Peer Support Specialist. The Family Peer can help navigate the mental health system, understand mental health concerns (including Autism Spectrum Disorder) in children and teens, and empower your family to take charge of wellbeing.
- [National Parent Helpline](#): Call to get emotional support from a trained advocate and become a stronger, more empowered parent.

Social and emotional competence of children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

- [Gauge Your Emotional Temperature with a Feelings Thermometer](#): The Feelings Thermometer is a visual tool that helps you (kids and adults) measure how you are doing emotionally and what steps you can take to shift your mood when things are getting tough. Working as a family to identify feelings, reduce anxiety, and find balance will help everyone feel better. Click the link to download your own thermometer to print out and post on your refrigerator. Spanish version also available! **Resource available in Spanish, Somali, Hmong, and other languages.**
- [Health Powered Kids Virtual Care Package](#) as activities to aid in de-stressing that can be done as a group, one-on-one with a child, as a family, or as an individual.
- [NAMI Parent Warmline](#) helps parents feel less isolated and overwhelmed by their child's behaviors or mental illness. If you are feeling this way, or you don't know where to start or who to talk to, the parent warmline is here to help.
- [The Child Mind Institute's](#) online Family Resource Center is where parents can find information to help support children who are struggling with mental health, behavior, or learning challenges. **Information available in Spanish.**
- [Racism and Violence: Using Your Power as a Parent to Support Children Aged Two to Five](#): This resource provides thoughts and guidelines for talking about the complex issues of racism and equality in age-appropriate ways with children aged two to five years old.
- [TreeHouse: No Teen Walks Alone](#): Free weekly support groups and programs for youth in 7th – 12th grades are happening online. Find laughter and belonging together with other teens. Scott County sites include Prior Lake/Savage, and New Prague.
- [Understanding Child Trauma](#): This series of infographics depicts and notes the prevalence and signs of trauma in children and provides strategies for healing. **Information available in Spanish.**

Knowledge of parenting and child development

Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.

- [Early Head Start](#) is a weekly home visiting program helping parents and caregivers understand how much they are already doing for their children, how vital their contribution already is, and how important they are. EHS helps them to be confident and helps them to understand how their children learn and grow, bonding and attachment, and that they are their children's first teachers. **Application materials are available in Spanish.**
- [Family Home Visiting](#) through Scott County Public Health provides families support and guidance. These home visiting programs are designed to help families reach goals and connect with community supports. Public Health works with healthcare providers, early childhood educators, human services, and other community services to meet each family's needs. ***

- Minnesota's [Follow Along Program](#) can help you track your child's development and let you know if your child is playing, talking, growing, moving, and behaving like other children the same age. Questionnaires are sent to you when your child reaches different ages and each questionnaire asks how your child is growing, playing, talking, moving, and acting.
- [Head Start](#) is a family-based program for kids ages 3-5 that gives parents and caregivers confidence by deepening their understanding of who their child is. **Application materials are available in Spanish.**
- [Interactive Safe Sleep Environment Tool](#): During especially stressful times, anyone who takes care of babies, including parents, caregivers, childcare providers, health care providers, and family members, should continue to follow safe sleep practices every time an infant sleeps or naps. Use this interactive tool (also available in Spanish) to learn how to create a safe sleep environment for baby.
- [Magic of Everyday Moments: Brain Wonders](#): This short video discusses how a child's brain undergoes an amazing period of development from birth to three—producing more than a million neural connections each second, and offers tips for parents to support this development
- [Minor Parent Services](#) assist young mothers in planning for themselves and their baby and to make sure needed services are accessed. Outreach assistance to pregnant or parenting teens includes counseling, parenting education, financial and medical assistance, housing options, childcare options, and paternity or child support services.
- [The Role of Social Identities in Children's Lives](#): This article discusses the importance of building a positive sense of identity – informed in part by social categories like race, gender, religion, social class, and more – on child development.
- [Talking Race with Young Children](#): This resource and podcast offers ideas for handling conversations about race, racism, diversity, and inclusion, even with very young children.
- [University of Minnesota Extension](#) offers parenting resources, education, and support through parenting challenges.

Social Connections

Positive relationships that provide emotional, informational, instrumental, and spiritual support.

- [Children and Youth with Special Health Needs Navigator](#): From prenatal care to programs for young adults, this resource helps connect families and professionals with local community services. If you are seeking help and don't know where to start, the Navigator can help you figure out what kind of help you may need.
- [Connections Matter Booklet](#): Every day, we have new opportunities to make positive, supportive connections with people around us. Reaching out to family, friends, and our community, we can build a healthier future for everyone.
- [Family Resource Center Parenting Programs](#) – The Family Resource Center in Shakopee offers various parenting programs to help parents learn skills, problem-solve, gain tools, and support for raising healthy, thriving kids!
- [Five Ways to Have Better Conversations Across Difference](#): Tips for conversations across differences in race, class, gender, political affiliation, sexual orientation, age, religion, ability, or any other kind of identity. We often lack the tools to help us graciously navigate conversations like these—and so we avoid having them.
- [Minnesota Racial Equity Resource Directory](#): This online database provides a listing of racial equity programs and training providers serving workplaces, civic organizations, educational institutions, faith communities, and anyone working to combat racism and increase cultural competence.

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- [7 Ways to Stay Connected](#): Our mental health is more resilient when we stay connected to others, but the need to remain physically distanced will make that difficult this winter. Try out one of these creative ideas to protect yourself from isolation and the possible triggering of situational depression due to the stress of the pandemic. **Translation services are available.**
- [Together WE CAN Facebook Community](#): Join our online community to get and share resources, exchange ideas, offer and receive support, and connect with parents, caregivers, professionals, and others in the community to build supports for children and families across Scott County.

***** Interpretation services are available for most languages.**