

# Resources for Single Moms in the Mankato Area

This guide lists local and statewide resources that may help with food, housing, childcare, emotional support, and financial assistance.

## General Assistance & Family Support

- Blue Earth County Human Services – Financial assistance, MFIP, SNAP, childcare assistance, and medical programs.
- Blue Earth County Child Support – Help establishing and enforcing child support.
- United Way of Greater Mankato – Connects families to local support programs.
- Minnesota Valley Action Council – Emergency assistance, food, transportation, and housing support.

## Food & Basic Needs

- ECHO Food Shelf – Groceries, baby supplies, and delivery options.
- SNAP / Minnesota Food Assistance – Monthly food benefits through county services.

## Housing & Shelter

- Connections Shelter – Emergency shelter for individuals and families.
- Partners for Housing (Welcome Inn & Theresa House) – Emergency housing options.
- Salvation Army – Shelter services and basic needs assistance.

## Parenting & Emotional Support

- Parent Support Outreach Program (PSOP) – Parenting support and resource connections.
- Birthright of Mankato – Pregnancy support, baby supplies, and emotional support.
- Local counseling services including Adult, Child & Family Services and Sagent Behavioral Health.

## Childcare & Education Support

- Minnesota Child Care Assistance Program (CCAP) – Helps cover childcare costs while working or attending school.
- Early childhood and parenting classes through local nonprofits and community centers.

## **Health & Insurance**

- WIC (Women, Infants, and Children) – Nutrition support for moms and young children.
- Medical Assistance (Medicaid) and MinnesotaCare – Health insurance options.

## **Additional Help**

- SMILES Center for Independent Living – Family and disability-related support.
- Catholic Charities – Crisis assistance and referrals.
- Committee Against Domestic Abuse (CADA) – Support for domestic violence survivors.