Do You Need Help Paying for Child Care?
# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>How does the Child Care Assistance Program work?</td>
<td>1</td>
</tr>
<tr>
<td>How much do I pay?</td>
<td>1</td>
</tr>
<tr>
<td>What are the eligibility requirements?</td>
<td>1</td>
</tr>
<tr>
<td>How do I apply?</td>
<td>2</td>
</tr>
<tr>
<td>How do I report suspected fraud?</td>
<td>3</td>
</tr>
<tr>
<td>What other programs can help pay for child care?</td>
<td>3</td>
</tr>
<tr>
<td>How do I choose a child care provider?</td>
<td>4</td>
</tr>
<tr>
<td>How can I get help finding child care?</td>
<td>4</td>
</tr>
<tr>
<td>What other early learning opportunities are available?</td>
<td>6</td>
</tr>
<tr>
<td>How can I help my child with special needs in child care?</td>
<td>7</td>
</tr>
<tr>
<td>How else can I keep my child safe and healthy?</td>
<td>8</td>
</tr>
<tr>
<td>What other financial assistance is available to families?</td>
<td>9</td>
</tr>
<tr>
<td>Where else can I find help for my family?</td>
<td>10</td>
</tr>
<tr>
<td>Civil Rights Notice and Civil Rights Complaints</td>
<td>11</td>
</tr>
<tr>
<td>CCAP agency contact information</td>
<td>12</td>
</tr>
</tbody>
</table>

*Attention. If you need free help interpreting this document, call the above number.*

651-431-3809

Attention. Si vous avez besoin d’une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

For accessible formats of this information, ask your county worker. For assistance with additional equal access to human services, contact your county’s ADA coordinator.  

[ADA Advisory]

For accessible formats of this information, ask your county worker. For assistance with additional equal access to human services, contact your county’s ADA coordinator.
It is important to know that your child is well cared for while you are at work or school. You also want your kids to be ready for school. Paying for child care can be difficult as you look for a job, go to work or go to school. Minnesota’s Child Care Assistance Program can help make quality child care affordable for families with low incomes. The program promotes equal access to the child care market, family self-sufficiency and healthy child development.

How does the Child Care Assistance Program work?

- The Child Care Assistance Program can help pay child care costs for children.
- Child care costs may be paid for the time you are working, looking for work, going to school, or participating in activities in your approved Minnesota Family Investment Program or Diversionary Work Program employment plan.
- There is no time limit on how long you may receive child care assistance, as long as you meet the requirements and your income is within the program limits for your family size.
- Your child care must be provided by a legal provider who is at least 18 years old. For more information about selecting a provider, see “How do I choose a child care provider?” on page 3.

It is important to know the rules of the Child Care Assistance Program and ask questions if you don’t understand something. If you are eligible for the Child Care Assistance Program, your worker will send you the Child Care Assistance Program Family Guide (DHS-3944)(PDF) (https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3944-ENG).

Your case can be closed if you don’t follow program rules.

How much do I pay?

The Child Care Assistance Program may not cover all your child care costs. The program requires you to pay part of your care costs based on your family’s income and the number of people in your family. This is called a copayment. Your child care provider may also charge more than the maximum amount that the Child Care Assistance Program can pay. Your provider may require you to pay the difference.

What are the eligibility requirements?

In general, to be eligible for the Child Care Assistance Program, you must:

- File an application and provide all required verifications
- Participate in authorized activities (work, education, job search or activities in an employment plan)
- Have children needing care who meet requirements:
  - Must be 12 years old or younger, or 13 or 14 years old with special needs
  - Meet citizenship and immigration requirements
- Cooperate with child support
- Meet income limits.

Some eligibility requirements vary based on if your family currently receives cash assistance benefits or has received these benefits in the last year. Participation in a cash assistance program determines your child care assistance sub-program. The sub-programs are:

- Minnesota Family Investment Program and Diversionary Work Program child care
- Transition Year child care
- Basic Sliding Fee child care.
Minnesota Family Investment Program and Diversionary Work Program child care

Minnesota Family Investment Program and Diversionary Work Program are Minnesota’s cash assistance programs that help families with low incomes.

Minnesota Family Investment Program child care assistance may help pay for your child care cost for activities included in an employment plan developed with your job counselor. The program may help pay for child care costs while you go to school, work, search for a job or participate in other employment plan activities. If you do not have an employment plan, Minnesota Family Investment Program child care assistance may help pay for child care while you search for a job or if you work at least 20 hours per week.

Transition Year child care

Transition Year child care assistance helps pay child care costs for one year after your Minnesota Family Investment Program/Diversionary Work Program case closes, if:

■ Your Minnesota Family Investment Program or Diversionary Work Program case did not close due to fraud

AND

■ You received Minnesota Family Investment Program or Diversionary Work Program benefits for at least one of the last six months

AND

■ Your income is within program limits.

Transition Year child care assistance can help with child care costs for employment-related activities.

■ Work: You are eligible if you work at least 20 hours per week. If you are a full-time student, you may get help with child care costs for employment if you work at least 10 hours per week.

■ School or training: Your worker will help you develop an education plan that includes school or training to prepare for work.

■ Job search: You may get help with child care costs for a limited time to look for work.

Some areas have a waiting list for Basic Sliding Fee child care assistance. If there is a waiting list in your area, ask your worker to put your name on the waiting list. The agency will contact you when your name reaches the top of the list.

When Transition Year child care assistance ends, you may get help paying for child care from Basic Sliding Fee child care assistance. If there is a waiting list in your area, your name will be added to the list. You may get an extension to your Transition Year child care assistance until your name reaches the top of the waiting list.

Basic Sliding Fee child care

Basic Sliding Fee child care assistance may help you pay child care costs if you have not recently received Minnesota Family Investment Program benefits and your income is within program limits. It can help you with child care costs for employment-related activities.

■ Work: You are eligible if you work at least 20 hours per week. If you are a full-time student, you may get help with child care costs for employment if you work at least 10 hours per week.

■ School or training: Your worker will help you develop an education plan that includes school or training to prepare for work.

■ Job search: You may get help with child care costs for a limited time to look for work.

Some areas have a waiting list for Basic Sliding Fee child care assistance. If there is a waiting list in your area, ask your worker to put your name on the waiting list. The agency will contact you when your name reaches the top of the list.

How do I apply?

Contact your local human service office to begin the application process. This may be a county, tribal or subcontracted agency. If you are applying for Basic Sliding Fee child care assistance, ask if your county has a waiting list before completing an application. Otherwise, complete an application to see if you qualify for help with your child care costs. Apply online at ApplyMN.dhs.state.mn.gov, or print and complete the Minnesota Child Care Assistance Program application (DHS-3550) (PDF) (https://edocs.dhs.state.mn.us/lfs/Server/Public/DHS-3550-ENG), or contact your local child care assistance agency.
How do I report suspected fraud?
If you believe a person who is not eligible is getting child care assistance, call the Fraud Hotline at 651-431-3968 or 800-627-9977.

What other programs can help pay for child care?

Early Learning Scholarships
Scholarships help families afford high-quality child care and early education programs.
For more information, call 888-291-9811 or visit the Minnesota Department of Education’s Early Learning Scholarships page (https://education.mn.gov/MDE/fam/elsprog/elschol/).

Post-Secondary Child Care Grant Program
The Post-Secondary Child Care Grant Program helps students who do not receive Minnesota Family Investment Program benefits with their child care costs so they can attend public colleges and universities, technical and community colleges, private colleges and some vocational schools. For more information on this program, visit the Office of Higher Education website (https://www.ohe.state.mn.us/mPg.cfm?pageID=140) or check with your school’s financial aid office.

Dependent Care Assistance Programs
Dependent Care Assistance Programs are accounts set up by an employer that allow employees to contribute money through payroll deductions to pay for child care expenses. The deduction lowers your taxable income.
As a result, you and your employer pay less federal and Social Security taxes. This may save you hundreds of dollars annually.
You determine how much of your annual wage should be directed to an account each year. That amount is divided by the number of pay periods per year, set aside before taxes and placed into your account. There is a limit to the amount that can be deducted each year. The money deposited in your account is used to reimburse your child care expenses.

Child care programs for military families
There are several child care programs available for military families. Some are specific to a branch of service, others are for all branches.
These programs include:
- Military Child Care in Your Neighborhood
- Operation: Military Child Care
- Give Army Parents a Break.
These programs are administered by Child Care Aware of America. For more information about any of these child care programs:
- Contact the Child Care Aware hotline at 800-424-2246, or Visit the Fee Assistance/Respite page (https://www.childcareaware.org/fee-assistancerespite/) on the Child Care Aware website for help applying for a subsidy.
How do I choose a child care provider?
You can choose a child care provider who you trust to meet the needs of your family and provide a safe place for your child to grow and learn.

- Get to know the different types of child care and early education programs available to you, including centers and preschools, family child care, Head Start, school-age care, and friends and neighbors.

- Consider any special needs your child may have when selecting a child care provider. Your child care provider may receive a higher rate if they provide additional services to your child with special needs.

- Choose up to one primary and one secondary provider per child in your family. The Child Care Assistance Program will limit the amount of care paid to a secondary provider. You can choose a different primary and secondary provider for each child.

Parent Toolkit: A Guide to Finding the Right Place for Your Child
You are the expert when it comes to your child. Parent Toolkit: A Guide to Finding the Right Place for Your Child (http://www.parentaware.org/wp-content/uploads/2019/10/Parent-Aware-Toolkit-Eng-2017.pdf) offers steps for choosing care, questions to ask programs and things to look for as you visit child care programs. It also has additional information about child care and links to useful resources.

How can I get help finding child care?
Information and help with choosing child care is available on ParentAware.org or by calling 888-291-9811. Information available includes:

- Getting help finding a child care provider
- Learning about options for parenting education
- Getting information about scholarships, fee subsidies and tax credit eligibility (https://www.parentaware.org/learn/paying-for-care-and-education/).

Why should I choose a high quality provider?
Child care providers who meet certain quality standards are considered high quality. These providers have demonstrated a commitment to professional development and providing care that is safe and supports children's development and school readiness.

The Child Care Assistance Program pays high quality providers higher maximum rates, and, in some cases, children authorized at high quality providers can be authorized for more child care hours. This could lower payments you make to the provider. Talk to your child care provider and worker to find out if your child care provider is eligible for a higher rate or a weekly authorization.

How do I know if a provider is high quality?
Asking the right questions will help you choose the best child care for your family. Parent Aware provides suggested questions to ask when you are looking for child care, and shows the Star Ratings for providers. You can call 888-291-9811 or search for child care online at Parent Aware. org.

Some things to look for include:

- Participation in Parent Aware, Minnesota’s Quality Rating and Improvement System
- Experience caring for young children and getting them ready for school
- Programs that meet accreditation standards
- Ability to respond to your child’s individualized needs, including any special needs
- Clean, safe buildings and play areas
- Child development training and education
- Emergency plan and process for contacting you
- Few numbers of children per adult
- Programs that carry liability insurance
- Licensed programs in compliance with state licensing standards.
Parent Aware Ratings
Parent Aware Star Ratings allow families to easily identify child care and early education programs using research-based practices to prepare children for kindergarten. Programs that volunteer to be Rated are going above and beyond health and safety requirements, and have:
- Volunteered for extra, in-depth training
- Devoted themselves to strong, caring relationships with each child
- Adopted the latest approaches to keeping children’s learning on track
- Committed to daily activities and routines that help children learn.

Participating programs can earn a One-, Two-, Three- or Four-Star Rating. Each Rating level builds on the previous one, helping families easily identify which research-based best practices the programs are using.

Visit ParentAware.org, or call 888-291-9811 for more information on child care and Parent Aware Star Ratings.

How do I know if my provider is safe?
You can look up information about a program’s licensing compliance by selecting the “View Record” option in the licensing box of the provider’s ParentAware.org record, or by visiting the Licensing Information Lookup website (https://licensinglookup.dhs.state.mn.us/). This website tells you if the program is licensed or certified and provides information about recent monitoring visits for health and safety standards. You may also ask if complaints have been made about a provider (see “What if I have a problem with my child care provider?” on this page). Parents are encouraged to check the history of providers before selecting one.

Can I see my child during the day?
Child care providers must let you see your children at any time. The Child Care Assistance Program will not pay providers who do not allow you total access to your children.

What are licensed and unlicensed child care providers?
Child care providers are required to be licensed unless they fall under an allowable exemption. The purpose of licensing is to help protect the health and safety of your children. Licensing rules are minimum standards, such as the number of adults who must be present to work with groups of children, caregiver training requirements and background studies. Licensed programs must display their license at all times and licensed programs receive annual monitoring visits.

There are several kinds of licensed child care providers:
- Family child care programs, which are often provided in a provider’s home
- Child care centers
- Nursery school and preschool programs, which do not provide full-time care

A licensed program does not guarantee quality. Carefully check all programs, licensed or not, to make sure you are comfortable with the quality of care.

Some child care providers are exempt from licensure by state law. Unlicensed child care providers who register with the Child Care Assistance Program agency and meet certain requirements may be
authorized for payment. Unlicensed providers must pass background studies and take training such as first aid and CPR.

There are several kinds of unlicensed child care providers.

- Family, friends or neighbors who care for children in their home: Care can be provided for related children and one family of unrelated children. When these providers are registered with the Child Care Assistance Program, they are called legal nonlicensed providers.

- In-home providers, who care for your children in your home for Child Care Assistance Program payments: Note that care in a child’s home must be approved by the Minnesota Department of Human Services before payments can be made.

- Centers that are exempt from licensing: This includes preschool and school-age care programs operated by schools, short-term programs like summer camp, and others. These providers must go through a certification process to receive payments from the Child Care Assistance Program.

What if I have a problem with my child care provider?

If you believe that a provider is caring for children in a way that is not healthy or safe, you may file a complaint. You may also ask if complaints have been made by anyone else about a provider. Parents are encouraged to check the history of providers before selecting one. Complaints are handled by different agencies depending on the type of care.

- Licensed or certified license-exempt C: Contact the Minnesota Department of Human Services at 651-431-6500.

- Licensed family care: Contact your county or tribal licensor or local child care licensing office.

- Registered legal nonlicensed providers: Contact your local Child Care Assistance Program agency.

What other early learning opportunities are available?

Early Childhood Screening

Early Childhood Screening, provided by your local school district, is a quick and simple check of how your 3, 4 or 5 year old is growing, learning and developing. Screenings are free and can help detect possible health or learning problems so that children can get the help they need before starting kindergarten. An Early Childhood Screening, or a similar health and developmental screening, is required for your child to enter kindergarten in Minnesota public schools. For more information about Early Childhood Screenings or to schedule an appointment, contact your local school district or call the Minnesota Department of Education at 651-582-8412.

Voluntary prekindergarten and School Readiness Plus

Voluntary prekindergarten and School Readiness Plus are publicly-funded school programs established for eligible 4-year-old children to prepare them for success as they enter kindergarten the following year. The funding allows districts and charter schools with recognized early learning programs, or a combination thereof, to incorporate a voluntary prekindergarten or School Readiness Plus program into their E-12 system. A list of districts and charter schools with programs is available on the Minnesota Department of Education website at education.mn.gov, or email mde.vpk@state.mn.us for more information.

School Readiness

School Readiness is a public school program for children ages 3 to kindergarten age. This program provides early childhood education to help prepare children for kindergarten entry. Contact your local school district for more information about prekindergarten programs in your community, call the Minnesota Department of Education at 651-582-8412 or visit education.mn.gov.
Early Childhood Family Education

Early Childhood Family Education is a program for Minnesota parents, expectant parents and relatives with children from birth to kindergarten age. Your local school district provides parenting programming and services to support children’s learning and development through this program, taught by licensed early childhood and parent educators. Contact your local school district for more information about Early Childhood Family Education, or call the Minnesota Department of Education at 651-582-8412.

Head Start and Early Head Start

Head Start and Early Head Start programs (https://eclkc.ohs.acf.hhs.gov/) deliver services to children and families in core areas of early learning, health and family well-being while engaging parents as partners. Head Start/Early Head Start provides early childhood classes and health and social services for children and their families. Contact the Minnesota Department of Education at 651-582-8412 for more information, or search for a Head Start or Early Head Start program near you.

Early Childhood Special Education

Early Childhood Special Education services are provided at no cost to eligible infants, toddlers and preschool children. Eligibility is determined through an evaluation process conducted by a child’s local school district. Eligible children have delays in development or have an identified disability. Services are provided to address identified child needs and parental concerns.

Visit the Help Me Grow website (http://helpmegrowmn.org/HMG/GetHelpChild/AfterReferral/index.html) to learn more about Early Childhood Special Education services for infants and toddlers and for preschool children with developmental concerns.

Help Me Grow

If you have concerns about the development of an infant, toddler or preschool-aged child, visit Help Me Grow for information on developmental milestones, services and programs for infants, toddlers and preschoolers with developmental delays or disabilities, or to make a referral. Services are provided by each child’s school district and are individually designed to meet the unique learning needs of each child, and are free to eligible families regardless of income or immigrant status.

If you have questions about your child’s development or if you think your child might need extra help in learning, call 866-693-GROW (4769) or visit the Help Me Grow website (http://helpmegrowmn.org/HMG/GetHelpChild/AfterReferral/index.html).

How can I help my child with special needs in child care?

Special needs rates

Children with special needs may be eligible for higher reimbursement rates from the Child Care Assistance Program if providers make accommodations to meet their needs in care. Talk to your worker and child care provider about requesting a special needs rate.

Center for Inclusive Child Care

The Center for Inclusive Child Care is a resource network supporting inclusive care for children in a community setting. They provide leadership, technical assistance, training, and consultation to early care and education providers, school age care providers, parents and other professionals working to:

- Successfully include children with special needs or challenging behaviors
- Implement health and safety best practices
- Support the unique needs of infants and toddlers.

Contact the Center for Inclusive Child Care at 651-641-8339 or inclusivechildcare.org.
How else can I keep my child safe and healthy?

Health care programs

Minnesota Health Care Programs include:

■ Medical Assistance
■ MinnesotaCare
■ Minnesota Family Planning Program
■ Home and community-based waiver programs
■ Medicare Savings Programs

These programs may help pay for all or part of your health care costs if you:

■ Don’t have insurance
■ Can’t get affordable health insurance through a job
■ Have a disability or chronic condition and need help paying for care and services to stay in your home
■ Need help paying for care in a nursing home, hospital or other medical facility
■ Have other insurance or Medicare but need help paying the premiums, deductibles and copays, or need services not covered.

Apply online at mnsure.org, Minnesota’s health insurance marketplace.

Get help applying

■ Call 855-366-7873.
■ Contact a navigator in your area. Go to mnsure.org or call 855-366-7873 for a list of navigators.

Apply at your local county office or the MinnesotaCare office in St. Paul.

Children’s Health Insurance Program

Medicaid and Children’s Health Insurance Program provide no- or low-cost health coverage for eligible children in Minnesota. Even if your children have been turned down in the past or you don’t know if they qualify, you may be able to get health coverage for them now.

Medicaid and the Children’s Health Insurance Program provide health coverage for children so that they can get routine check-ups, immunizations and dental care to keep them healthy. They can also get doctor visits, prescription medications and hospital care when they’re sick, and much more.

Call 800-657-3629 for information in Minnesota. If your child is not enrolled in a Minnesota Health Care Program, contact your local social service agency to apply.

Child and Teen Checkups

Child and Teen Checkups are covered for children from birth through 20 years old who are enrolled in Medical Assistance or MinnesotaCare. A Child and Teen Checkup visit often meets the health checkup requirements for school, Head Start, the Special Supplemental Nutrition Program for Women, Infants and Children (commonly known as “WIC”), child care, camp and sports participation physicals. Be sure to take any forms you need with you to the appointment.

Child and Teen Checkup is the name for Minnesota’s Early and Periodic Screening, Diagnosis and Treatment Program.

Need help finding a doctor or dentist, making an appointment, finding transportation or finding an interpreter?

■ Call your county human services, public health or tribal health agency and ask for a Child and Teen Checkup staff member.
■ Call your health plan member services phone number on the back of your member card if you receive health care through a health plan.

Call 800-657-3672 toll-free or 651-297-3862 in the Twin Cities for transportation under MinnesotaCare.

Family Home Visiting

The Family Home Visiting program fosters healthy beginnings, working to improve outcomes including school readiness, preventing child abuse and neglect, and supporting parents in their role as a child’s first teacher. Families receive information on infant care, child growth and development, parenting approaches, disease prevention and support services available in their community.

Contact your local public health agency for more information about home visiting in your community. Find a local health department or community health board at www.health.state.mn.us.
Immunizations
By law, licensed child care providers and programs that care for children in school require that your child’s shots are current, unless you meet an exemption. All child care providers must keep immunization records for each child in their care. A child care provider can refuse to admit your child if they have not received verification of the required shots for diphtheria, polio, measles, mumps, hepatitis and other diseases that can cause serious illness or, in some cases, death.

For information on how and where to get free or low-cost shots, call the Minnesota Immunization Hotline at 800-657-3970.

Learn the Signs and act early
Parents and child care providers are encouraged to use the tools and resources developed by the Centers for Disease Control and Prevention as part of its “Learn the Signs – Act Early” campaign. These resources aim to improve early identification of children with autism and other developmental disabilities so that children and families can get the services and support they need. Visit the Centers for Disease Control at cdc.gov to learn more.

What other financial assistance is available to families?

Cash assistance
Minnesota has two cash assistance programs that support families as they move toward economic stability through work.

When families first apply for cash assistance, they usually start with the Diversionary Work Program (commonly known as “DWP”). This four-month program helps parents, who are able to do so, quickly find work. Parents get help paying rent, utilities or other housing costs. They may receive an allowance for personal needs.

The Minnesota Family Investment Program (commonly known as “MFIP”) helps families with children meet their basic needs as they move toward financial stability through work. Most families have a lifetime limit of 60 months on the program.

Families participating in the Diversionary Work Program and the Minnesota Family Investment Program also get help with food, child care and health care as long as they continue to meet program requirements.

Families on these programs are not subject to a waiting list for child care assistance.

For more information about the Minnesota Family Investment Program, contact your county or tribal human services agency, or visit the Minnesota Department of Human Services MFIP webpage (https://mn.gov/dhs/people-we-serve/children-and-families/economic-assistance/income/programs-and-services/mfip.jsp)

You can apply for both programs in two ways:
- Online at ApplyMN.dhs.mn.gov
- On paper using the Combined Application Form (PDF) (https://edocs.dhs.state.mn.us/lfs/server/Public/DHS-5223-ENG)

Energy Assistance Program
The Low Income Energy Assistance Program helps families pay home heating costs and furnace repairs. Grants are available for renters or homeowners. Call 800-657-3710 to have your local provider send an application, or visit the Minnesota Department of Commerce at mn.gov/commerce.

Women, Infants, and Children Program
The Special Supplemental Program for Women, Infants, and Children (WIC) is a federally funded program which provides nutritious supplemental foods, nutrition education and health care referrals to young families found to be at nutritional risk. WIC serves pregnant, breastfeeding and non-breastfeeding postpartum women with low incomes, and infants and children up to age 5.

For more information, call 800-WIC-4030 or 800-942-4030, or visit the https://www.health.state.mn.us/people/wic/index.html

Supplemental Nutrition Assistance Program
The Supplemental Nutrition Assistance Program (commonly known as “SNAP”) helps Minnesotans with low incomes get the food they need for sound nutrition and well-balanced meals. Approved participants receive a debit card to buy food at approved grocers, farmers markets and Meals on Wheels.

For more information, contact your county or tribal human services agency, or visit the Minnesota Department of Human Services SNAP website. https://mn.gov/dhs/people- we-serve/children-and-families/economic-assistance/food-nutrition/programs-and-services/supplemental-nutrition-assistance-program.jsp.

To apply online, visit ApplyMN.dhs.mn.gov.
Child and Adult Care Food Program

The Child and Adult Care Food Program is a federally funded nutrition program providing payments for meals and snacks served to Minnesota children attending child care or early learning programs who meet age and family income requirements. The program helps child care providers serve well-balanced, nutritious meals to children in their care, helping children in child care develop and maintain good eating habits. Ask your child care provider if they participate in the food program.

Where else can I find help for my family?

MinnesotaHelp.info®

MinnesotaHelp.info® is a Minnesota resource that connects people with services in their communities. The database contains information on services individuals and communities need to sustain and improve their daily lives — health care and child care, job training, education and recreation, retirement, disability and social service information. The directory contains information on nonprofit and public health and human service programs, and some for-profit programs such as housing.

Visit https://www.minnesotahelp.info/ to find services for adults, children and families, and to chat with a specialist, or call 800-333-2433 for more information.

2-1-1

211 Minnesota, operated by United Way, is a community service that provides information and referrals to community resources. You will receive confidential, anonymous information about health, education, legal services, counseling, food shelves, diapers, formula and more.

- Call 2-1-1, or
- Toll Free: 800-543-7709, or
- Local: 651-291-0211, or
- Text your zip code to 898-211 (standard message and data rates may apply)

What tax credits are available?

State and federal income tax credits

Who is eligible for income tax credits?

Families that file Minnesota and federal tax returns are eligible for income tax credits. Even families that don’t pay any taxes may qualify, but they must file tax returns.

What credits are available on my income taxes?

Several state and federal programs reduce the amount of taxes that families with young children pay:

- Federal Earned Income Tax Credit (IRS)
- Federal Child and Dependent Care Tax Credit (IRS)
- Federal Child Tax Credit (IRS)
- Minnesota Dependent Care Tax Credit (Minnesota Department of Revenue)
- Minnesota Working Family Credit (Minnesota Department of Revenue)

How do I get income tax credits?

Families apply for tax credits on their annual Minnesota and federal tax returns. The credits reduce the amount of tax owed or increase the amount of a refund, depending on the family’s situation.

Renters and homeowners refunds

Minnesota renters and homeowners’ property tax refunds provide tax relief to homeowners and renters whose property tax or rent is relatively high compared to their household income.

For more information on state refunds, and to see if you qualify, call 651-296-4444 or visit revenue.state.mn.us.

Tax filing help

Between Feb. 1 and April 15, trained volunteers are available at sites around Minnesota to help families with their tax preparation. For more information and to see if you qualify for help, call 651-296-3781.
Civil Rights Notice

Discrimination is against the law. The Minnesota Department of Human Services (DHS) does not discriminate on the basis of any of the following:

- race
- color
- national origin
- creed
- religion
- sexual orientation
- public assistance status
- marital status
- age
- sex
- political beliefs

Civil Rights Complaints

You have the right to file a discrimination complaint if you believe you were treated in a discriminatory way by a social services agency.

Contact DHS directly only if you have a discrimination complaint:

Civil Rights Coordinator
Minnesota Department of Human Services
Equal Opportunity and Access Division
P.O. Box 64997
St. Paul, MN 55164-0997
651-431-3040 (voice) or use your preferred relay service

Minnesota Department of Human Rights (MDHR)
In Minnesota, you have the right to file a complaint with the MDHR if you believe you have been discriminated against because of any of the following:

- race
- color
- national origin
- religion
- creed
- sex
- sexual orientation
- marital status
- public assistance status
- disability

U.S. Department of Health and Human Services’ Office for Civil Rights (OCR)
You have the right to file a complaint with the OCR, a federal agency, if you believe you have been discriminated against because of any of the following:

- race
- color
- national origin
- religion
- age
- sex
- disability

Contact the OCR directly to file a complaint:

Director
U.S. Department of Health and Human Services’ Office for Civil Rights
200 Independence Avenue SW, Room 509F
HHH Building
Washington, DC 20201
800-368-1019 (voice)
800-537-7697 (TDD)
Complaint Portal: https://ocrportal.hhs.gov/ocr/portal/lobby.jsf

Contact the MDHR directly to file a complaint:

Minnesota Department of Human Rights
Freeman Building, 625 North Robert Street
St. Paul, MN 55155
651-539-1100 (voice)
800-657-3704 (toll free)
711 or 800-627-3529 (MN Relay)
651-296-9042 (fax)
Info.MDHR@state.mn.us (email)
<table>
<thead>
<tr>
<th>County</th>
<th>Agency Name</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aitkin County</td>
<td>Health &amp; Human Services</td>
<td>204 First St. NW, Aitkin, MN 56431</td>
<td>218-927-7200</td>
</tr>
<tr>
<td>Anoka County</td>
<td>Child Care Assistance Programs</td>
<td>721 Minnesota Ave., NW, Suite 400</td>
<td></td>
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<tr>
<td>Beltrami County</td>
<td>Human Services</td>
<td>616 America Ave. NW, Suite 270</td>
<td>218-333-8300</td>
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<tr>
<td>Benton County</td>
<td>Human Services</td>
<td>531 Dewey St., PO Box 740</td>
<td>218-968-5087</td>
</tr>
<tr>
<td>Big Stone County</td>
<td>Family Services</td>
<td>340 NW Second St., Otontville, MN 56278</td>
<td>218-320-8395</td>
</tr>
<tr>
<td>Blue Earth County</td>
<td>Human Services</td>
<td>410 S. Fifth St., PO Box 3525</td>
<td>507-304-4335</td>
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<tr>
<td>Brown County</td>
<td>Family Services</td>
<td>1117 Center St., PO Box 788</td>
<td>507-359-6500</td>
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<tr>
<td>Carlton County</td>
<td>Human Service Center</td>
<td>14 N. 11th St., PO Box 650</td>
<td>218-879-4583</td>
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<tr>
<td>Carver County</td>
<td>Health and Human Services</td>
<td>602 E. Fourth St., Chaska, MN 55318</td>
<td>952-361-1721</td>
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<tr>
<td>Cass County</td>
<td>Health and Human and Veterans Services</td>
<td>400 Michigan Ave. W., PO Box 519</td>
<td>218-547-1340</td>
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<tr>
<td>Chippewa County</td>
<td>Family Services</td>
<td>719 N. Seventh St., Suite 200</td>
<td>320-269-6401</td>
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<tr>
<td>Chisago County</td>
<td>Health &amp; Human Services</td>
<td>313 N. Main St., Room 239</td>
<td>651-213-5214</td>
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<td>Clay County</td>
<td>Social Service Center</td>
<td>715 11th St. N., Suite 102</td>
<td>218-299-7074</td>
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<tr>
<td>Clearwater County</td>
<td>Dept. of Human Services</td>
<td>216 Park Ave. NW, Bagley, MN 56621</td>
<td>218-694-6164</td>
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<tr>
<td>Cook County</td>
<td>Social Services</td>
<td>411 W. Second St., Grand Marais, MN 55604</td>
<td>218-387-3620</td>
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<tr>
<td>Cottonwood County</td>
<td>served by Des Moines Valley Health &amp; Human Services</td>
<td>11 Fourth St., Windom, MN 56101</td>
<td>507-831-1891</td>
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<tr>
<td>Crow Wing County</td>
<td>Community Services</td>
<td>204 Laurel St., PO Box 686</td>
<td>218-824-1250</td>
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<tr>
<td>Dakota County</td>
<td>Employment and Economic Assistance</td>
<td>1 Mendota Road W., Suite 100</td>
<td></td>
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<tr>
<td>Dodge County</td>
<td>served by Minnesota Prairie County Alliance</td>
<td>22 Sixth St. SE, Dept. 401</td>
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<tr>
<td>Douglas County</td>
<td>Social Services</td>
<td>809 Elm St., Suite 1186</td>
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<tr>
<td>Faribault County</td>
<td>Human Services of Faribault and Martin counties</td>
<td>115 W. First St., Fairmont, MN 56031</td>
<td>507-238-4757</td>
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<tr>
<td>Fillmore County</td>
<td>Social Services</td>
<td>902 Houston St. NW, Suite 1</td>
<td>507-765-2175</td>
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<tr>
<td>Freeborn County</td>
<td>Dept. of Human Services</td>
<td>203 W. Clark St., PO Box 1246</td>
<td>507-377-5400</td>
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<tr>
<td>Goodhue County</td>
<td>Health and Human Services</td>
<td>426 West Ave., Red Wing, MN 55066</td>
<td>651-385-3200</td>
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<td>Grant County</td>
<td>Social Service Dept.</td>
<td>15 Central Ave. N., PO Box 1006</td>
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<td>Hennepin County</td>
<td>Human Services and Public Health</td>
<td>Child Care Assistance - MC718,</td>
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<td>Itasca County</td>
<td>Health &amp; Human Services</td>
<td>1209 SE Second Ave.</td>
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<tr>
<td>Jackson County</td>
<td>served by Des Moines Valley Health &amp; Human Services</td>
<td>407 Fifth St., Jackson, MN 56143</td>
<td>507-847-4000</td>
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<td>Kanabec County</td>
<td>Family Service Dept.</td>
<td>905 E. Forest Ave., Suite 150</td>
<td>320-679-6350</td>
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<td>Kittson County</td>
<td>Social Services</td>
<td>410 Fifth St. S., Suite 100,</td>
<td>218-843-2689</td>
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<tr>
<td>Lac qui Parle County</td>
<td>Family Services</td>
<td>930 First Ave., Madison, MN 56256</td>
<td>320-598-7594</td>
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<tr>
<td>Lake County</td>
<td>Health and Human Services</td>
<td>616 Third Ave., Two Harbors, MN 55616</td>
<td>218-834-8400</td>
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<tr>
<td>Le Sueur County</td>
<td>Dept. of Human Services</td>
<td>88 S. Park Ave., Le Center, MN 5607</td>
<td>507-357-8288</td>
</tr>
<tr>
<td>Lincoln County</td>
<td>served by Southwest Health and Human Services</td>
<td>607 W. Main, Suite 100</td>
<td>507-637-4050</td>
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<tr>
<td>Lyon County</td>
<td>served by Southwest Health and Human Services</td>
<td>607 W. Main, Suite 100</td>
<td>507-637-4050</td>
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<tr>
<td>Mahnomen County</td>
<td>Human Services</td>
<td>311 N. Main St., PO Box 460</td>
<td>218-935-2568</td>
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<tr>
<td>Marshall County</td>
<td>Social Services</td>
<td>208 E. Colvin Ave., Suite 14</td>
<td>218-745-5124</td>
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<tr>
<td>Martin County</td>
<td>Human Services of Faribault and Martin counties</td>
<td>115 W. First St., Fairmont, MN 56031</td>
<td>507-238-4757</td>
</tr>
</tbody>
</table>
Minnesota Child Care Assistance Program (CCAP) agency contact information

McLeod County Social Service Center  
1805 Ford Ave. N., Suite 100  
Glencoe, MN 55336  
320-864-3144

Meeker County Social Services  
114 N. Holcombe Ave., Suite 180  
Litchfield, MN 55355  
320-693-5300

Mille Lacs County Community and Veteran Services  
525 Second St. SE, Milaca, MN 56353  
320-983-8208

Morrison County Social Services  
213 First Ave. SE, Little Falls, MN 56345  
320-632-2951

Mower County Health and Human Services  
201 First St. NE, Suite 18, Austin, MN 55912  
507-437-9701

Murray County, served by Southwest Health and Human Services  
607 W. Main, Suite 100, Marshall, MN 56258  
507-637-4050

 Nicollet County Human Services  
622 S. Front St., St. Peter, MN 56082  
507-934-8550

Nobles County Community Services  
318 Ninth St., PO Box 189  
 Worthington, MN 56187  
507-295-5213

Norman County Social Service Center  
15 Second Ave. E., Ada, MN 56510  
218-784-2700

Olmsted County Community Services  
2117 Campus Drive SE, Suite 100  
Rochester, MN 55904  
507-328-6500

Otter Tail County Human Service Dept.  
535 W. Fir Ave., Fergus Falls, MN 56575  
218-998-8230 OR MAHUBE-OTWA Community Action Partnership

128 W. Cavour Ave., Fergus Falls, MN 56575  
218-739-3011

Pennington County Human Services  
318 N. Knight Ave., PO Box 340  
 Thief River Falls, MN 56701  
218-681-2880

Pine County Dept. of Human Services  
130 Oriole St. E., Suite 1, Sandstone, MN 55072  
320-591-1570

Pipestone County, served by Southwest Health and Human Services  
607 W. Main, Suite 100, Marshall, MN 56258  
507-637-4050

Polk County Social Service Center  
612 N. Broadway, Room 302  
Crookston, MN 56716  
218-281-3127

 Pope County Family Services  
211 E. Minnesota Ave., Suite 200  
Glenwood, MN 56334  
320-634-7755

 Ramsey County Community Human Service Dept.  
160 E. Kellogg Boulevard, St. Paul, MN 55101  
651-266-3852 OR

Think Small  
10 Yortkton Court, St. Paul, MN 55117  
651-641-6665

 Red Lake County Social Services  
121 Edwards Ave., Red Lake Falls, MN 56750  
218-253-4131

 Red Lake Nation  
15525 Mendota Ave., Box 416  
Redby, MN 56670  
218-679-3350

Redwood County, served by Southwest Health and Human Services  
607 W. Main, Suite 100, Marshall, MN 56258  
507-637-4050

Renville County Human Services  
105 S. Fifth St., Suite 203H, Olivia, MN 56277  
320-523-2202

 Rice County Social Services  
320 Third St. NW, PO Box 718  
Faribault, MN 55021  
507-332-6115

 Rock County, served by Southwest Health and Human Services  
607 W. Main, Suite 100, Marshall, MN 56258  
507-637-4050

Roseau County Social Services  
208 Sixth St. SW, Roseau, MN 56751  
218-463-2411

Scott County Health and Human Services  
Scott County CareerForce Center  
752 Canterbury Road S., Shakopee, MN 55379  
952-496-8686

Sherburne County Health and Human Services  
13880 Business Center Drive  
Elk River, MN 55330  
763-765-4000

Sibley County Public Health and Human Services  
111 Eighth St. PO Box 237, Gaylord, MN 55334  
507-237-4000

St. Louis County Public Health and Human Services  
320 W. Second St., Duluth, MN 55802  
218-726-2400

Stearns County Human Services  
705 Courthouse Square, PO Box 1107  
St. Cloud, MN 56302  
320-656-6000

 Steele County, served by Minnesota Prairie County Alliance  
22 Sixth St. SE, Dept. 401  
Mantorville, MN 55955  
507-923-2900

Stevens County Human Services  
400 Colorado Ave., Suite 104  
Morris, MN 56267  
320-208-6600

Swift County Human Services  
410 21st St. S., PO Box 208  
Benson, MN 56215  
320-843-3160

Todd County Social Services  
212 Second Ave. S., Long Prairie, MN 56347  
320-732-4500

Traverse County Social Services Dept.  
202 Eighth St. N., PO Box 46  
Wheaton, MN 56296  
320-422-7777

Wabasha County Social Service Dept.  
411 Hiawatha Drive E., Wabasha, MN 55981  
651-565-3351

Wadena County Social Service Dept.  
124 First St. SE, Wadena, MN 56482  
218-631-7605 x124 OR MAHUBE-OTWA Community Action Partnership

128 W. Cavour Ave., Fergus Falls, MN 56575  
218-739-3011

Waseca County, served by Minnesota Prairie County Alliance  
22 Sixth St. SE, Dept. 401  
Mantorville, MN 55955  
507-923-2900

Washington County Community Services  
14949 62nd St. N., Stillwater, MN 55082  
651-430-6455

Watonwan County Human Services  
715 Second Ave. S., PO Box 31  
St. James, MN 56081  
507-375-3294

White Earth Financial Services  
2531 310th Ave., PO Box 100  
Naytahwaush, MN 56566  
218-935-2359

Wilkin County Family Service Agency  
300 S. Fifth St., PO Box 369  
Breckenridge, MN 56520  
218-643-7161 OR

Lakes and Prairies Community Action

71511th St. N., Suite 402, Moorhead, MN 55560  
877-773-5778

Winona County Health and Human Services  
202 W. Third St., Winona, MN 55987  
507-457-6000

Watonwan County Human Services  
715 Second Ave. S., PO Box 31  
St. James, MN 56081  
507-375-3294

White Earth Financial Services  
2531 310th Ave., PO Box 100  
Naytahwaush, MN 56566  
218-935-2359

Wilkin County Family Service Agency  
300 S. Fifth St., PO Box 369  
Breckenridge, MN 56520  
218-643-7161 OR

Lakes and Prairies Community Action

71511th St. N., Suite 402, Moorhead, MN 55560  
877-773-5778

Winona County Health and Human Services  
202 W. Third St., Winona, MN 55987  
507-457-6000

Wright County Human Services  
10 Second St. NW, Room 300  
Buffalo, MN 55313  
763-682-7412

Yellow Medicine

County Family Service Center  
415 Ninth Ave., Suite 202  
Granite Falls, MN 56244  
320-564-2211

-13-