

Rasmussen University encourages students who are pregnant and/or parenting to review the list below and utilize any resources that may be beneficial. We also encourage students to reach out to our Student Parent Navigator, Kate Zak - Assistant Dean of Students & Deputy Title IX Coordinator, for additional guidance in meeting their and their family's basic needs. Kate can be reached via email at: [officeofstudentaffairs@rasmussen.edu](mailto:officeofstudentaffairs@rasmussen.edu)

- **Togetherall**

<https://guides.rasmussen.edu/studentexperience/well-being/togetherall>

- Rasmussen University has partnered with Togetherall to provide health resources for students. Togetherall is an online community that offers peer-to-peer mental health support in a free, anonymous space. Moderated by professionals, the Togetherall community allows you to share stories of struggle and triumph, connect with others with similar experiences, express yourself creatively, and access online tools promoting well-being. To register with Togetherall, use your Rasmussen student email (SMAIL).

- **MNSure, Medical Assistance, and MinnesotaCare**

<https://www.mnsure.org/> 651-539-2099 or 855-366-7873

- MNSure is Minnesota's health insurance marketplace where individuals and families can shop, compare, and choose health insurance coverage that meets their needs.

<https://www.mnsure.org/financial-help/ma-mncare/>

- **Medical Assistance (MA)** is Minnesota's Medicaid program for people with low income. MA does not require you to pay a monthly premium. MA members have small co-pays for some services, usually \$1 - \$3.
- **MinnesotaCare** is a program for Minnesotans with low incomes who do not have access to affordable health care coverage. MinnesotaCare may require you to pay a monthly premium, and it is based on your household size and income. MinnesotaCare members may have small co-pays.

- **Community Action Partnership of Ramsey and Washington Counties (Metro)**

<https://caprw.org/> 651-645-6445

- Each year, at Community Action, through our diverse service offerings and programs, we partner with more than 60,000 people living in Ramsey and Washington counties who are seeking to improve their life circumstances. Our staff works directly with our neighbors to empower and equip people with tools to move out of poverty and toward economic stability; to maintain affordable, continuous, and safe home energy; and to provide children and families with the early education necessary for future success.
- Services: Energy, Food, Housing, Head Start, Money, Jobs, Transportation

- **Community Action Partnership of Hennepin County (CAP-HC) (Metro)**  
<https://caphennepin.org/> 952-933-9639
  - Community Action Partnership of Hennepin County (CAP-HC) helps people with lower incomes meet their basic needs, build stability, and set out on their path to prosperity through a variety of programs and services.
  - Services: Housing Stability Assistance, Water Assistance, Financial Wellness, Vehicle Repair Assistance, Energy Assistance and MNsure application assistance to determine eligibility for Medical Assistance, Minnesota Care, Tax Credits, and Qualified Health Care Plans
  
- **Minnesota Valley Action Council (Mankato Area)**  
<https://www.mnvac.org/> 1-800-767-7139
  - MVAC develops resources and opportunities that empower people in low-wage work to secure affordable housing, viable transportation, employment, training for employment and educational opportunities for children.
  - Services: Head Start, Employment and Training, Energy, Housing, Transportation, Finances
  
- **Tri-County Action Program, Inc. (Tri-CAP) (St. Cloud Area)**  
<https://tricap.org/> 320-251-1612, 888-765-5597
  - Tri-CAP is the federally designated community action program for Benton, Sherburne, and Stearns counties in central Minnesota. Programs administered by the agency may serve one or more counties and, in several cases, go beyond the boundaries of the three counties.
  - Services: Basic Needs, Self Sufficiency and Building Stability
  
- **Lakes & Prairies Community Action Partnership (Moorhead Area)**  
<https://caplp.org/> 218-512-1500
  - At Lakes & Prairies Community Action Partnership (CAPLP) we provide a wide array of programs and services that are designed to meet the unique needs of the children, families and seniors that live in the communities we serve. All of our programs and services work together to help us achieve our mission to Eliminate Poverty, Empower Families, and Engage Communities. We believe in a holistic approach to helping people build a better future for their families.
  - Services: Head Start, Rainbow Bridge Parenting Time Center, Health & Wellness, Economic Empowerment, Housing Stability, Child Care Connections.
  
- **MN Child and Adult Care Food Program (CACFP)**  
<https://education.mn.gov/MDE/dse/FNS/prog/CACFPFam/MDE070727>  
 CACFP for family childcare provides aid to family day care homes for providing nutritious foods that contribute to the wellness, healthy growth, and development of young children.

- **MN Department of Education Resources for Students and Families**  
<https://education.mn.gov/mde/fam/>
  - Early Learning, Family and Community Resources, Family and Community Resources and more.
- **U.S. Department of Health and Human Services, Office on Women's Health**  
<https://womenshealth.gov/>
  - The Office on Women's Health (OWH) was established in 1991 within the U.S. Department of Health and Human Services (HHS). OWH coordinates women's health efforts across HHS and addresses critical women's health issues by informing and advancing policies, educating health care professionals and consumers, and supporting innovative programs. Learn more about who we are.

In addition to the resources listed above, we encourage students to become familiar with the information posted on the Rasmussen University Guides site, and to **reach out to their Advisor at Rasmussen for support and guidance.**

- <https://guides.rasmussen.edu/home>

Resources include **Tutoring, Peer Mentoring, Library and Learning Services, Career Services, Disability Services, Financial Aid, 'Start Strong' New Student Guide, Writing Lab,** and more, all designed to support students in their academic success.