

Community Resources

Compiled by:
Council on Crime and Justice

2010 – 2011

*Resources marked with an * focus on ex-felons. Other resources provide services to many groups, including ex-felons. Information is subject to change periodically. Please stay in contact for more updated information.*

Contact:
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Council on Crime and Justice
822 S. 3rd St., Suite 100
Minneapolis, MN 55415
612-353-3018

Contents:

Community Support for Ex-Felons	1
Phone/Crisis Assistance.....	2
Transportation/Bus Passes.....	3
Documents and ID.....	4
Clothing.....	5
Furniture and Household Items.....	7
Voicemail.....	8
Financial /Rental/Utility Assistance....	8
Transitional Housing....	10
Permanent Housing	12
Employment Resources....	16
Food Shelves.....	21
Free Meals.....	22
Child Resources.....	23
Legal Assistance.....	25
Education.....	27
Health and Medical/Dental Care...	29
Mental Health/Counseling....	31
Domestic Violence....	34
Other / General Social Services	35

Community Support for Ex-Felons

Updated: Feb. 2009

***African American Men's Project**

Northpoint Health and Wellness Center
1313 Penn Ave. N. Room 86
Minneapolis, MN
(612) 543-2899

Serves African American men ages 18-35 living in Hennepin County. Also does groups at Faribault prison. Walk-ins from 11am-2pm, all over times by appointment. If

you don't fall within the age requirements, call the number above for other resources.

***Alternatives to Violence Support Group**

Friends for a Non-Violent World
1050 Selby Ave
St Paul, MN 55104
(651) 644-5851

Email: avp@fnvw.org

Support group is every Wednesday from 7:00 to 8:30 pm at the FNVW office. First Wed. of the month is potluck night. Some limited job leads also available.

Catholic Charities

215 Old 6th St.
St. Paul, MN 55102
651-215-2209

Therapy and support groups, including: couples communication, men's therapy group and women's therapy group.

***Correctional Transition Services, Inc.**

1901 44th Ave. N.
Minneapolis, MN 55412
Ph: (612) 588-7530

Day One outpatient treatment program for ex-offenders transitioning back into society. Comprehensive case management. Transition services including CD Treatment, GED, Anger Management, Family Therapy, Cognitive Therapy, Financial Management, Supportive Housing and Employment support (for eligible clients).

***Felons 4 Felons**

Council on Crime and Justice
822 S. 3rd St., Suite 100
Minneapolis, MN 55415
Every other Wednesday, 4 -5:30pm.

Features presenters from area agencies that have services to provide to ex-offenders, as well as leads for community resources and jobs. Food and drink provided.

Contact: Eric McCoy, 612-353-3014 or Charles Simmons, 612-353-3034

***FreedomWorks**

Post-Prison Outreach

3559 Penn Ave N (main office)
Minneapolis, MN
612-522-9007

Thursday evening fellowship dinners at St. Andrew's Church in North Minneapolis for men out of prison and their families, includes group discussion and information on available services. Call to inquire about time and location.

***Greater Minneapolis Council of Churches -- Community Justice Project**

Matches volunteer mentors with people transitioning out of the Hennepin County Adult Correctional Facility
612-721-8687

Contacts: Hillary Freeman and Brian Herron

***Emerge**

1101 W. Broadway # 200
Minneapolis, MN 55411
(612) 787-3778

Contact: Eric Branson

Assist clients with employment who are recently released from a Correctional Facility back into North Minneapolis.

***Amicus RECONNECT**

15 S. 5th St. (Suite 1100)
Minneapolis, MN 55402
(612) 348-8570

Contact: Haywood Kemp

RECONNECT matches ex-offenders with resources to meet their basic needs, including referrals for employment, housing, transportation, and voicemail.

Mad Dads (Urban Ventures)

3026 4th Ave. S.
Minneapolis, MN
Contact: John Turnipseed
(612) 455-4637

Contact: Jack Strater
(612) 455-4674

Male responsibility classes, offers reintegration support for men coming out of prison. Meets every Tuesday from 5:00 – 7:00 PM. Dinner and childcare provided. (You don't have to be a father to attend.)

***Transitional Conferencing**

P.O. Box 3152.
Minneapolis, MN 55403
Phone: (651) 774-8709

Contact: Mary Maas

<http://www.transitionalconferencing.org/>

Transitional Conferencing is a Restorative Justice process for incarcerated men and women and their families to help them prepare for reintegration. Meets with families and offenders while incarcerated. Call to set up services.

***Transitions**

The Twin Cities Men's Center
3249 Hennepin Ave. # 55
Minneapolis, MN
612-822-5892

Contact: Randy

www.tcmc.org

Wednesdays 7:30-9:30pm. Drop-in support group focusing on issues involved in reentering the community after incarceration (men only). Also have a number of other men's groups, including Survivors of Sexual Abuse, Choosing Healthy Sexual Boundaries, Living with HIV, General Men's Issues, and support for gay and bisexual men. Call Randy for more information.

***The Net Work
for Better Futures**

1017 Olson Memorial Highway
Minneapolis, MN 55405

Contact Person: Darryl Lindsey (Chief Operating Officer)
612 455-6133 X 105 darryl@betterfutures.net

Assist clients who are recently released with employment and housing, this program has their own housing units and own job placement work crew.

Women Planting Seeds

Mary Whitney
612-558-5721

Provides classes on self-esteem and health relationships.
www.womenplantingseeds.org

Phone / Crisis Assistance

Updated: Jan. 2009

Crisis Connection

Twin Cities: (612) 379-6363
Men's Line: (612) or (1-866) 379-6367
24-hour, seven day a week, crisis counseling, information, and referrals.
www.crisis.org

Hennepin County Medical Center

Acute Psychiatric Services:
701 Park Avenue
Minneapolis, MN 55415
24-hour walk-in crisis intervention and call lines

- Crisis Intervention: 612-873-3161
- Suicide Prevention: 612-873-2222

Offers crisis counseling, assessment and referral.

Walk-In Counseling Center (WICC)

2421 Chicago Ave. S
Minneapolis, MN, 612-870-0565
M, W, F: 1-3pm and M-Th: 6:30-8:30pm
www.walkin.org

Short-term, face-to-face counseling, and referrals.

AIDS Hotline

612-373-AIDS or
1-800-248-AIDS
9am – 9pm M-TH
9am – 6pm F

Twin Cities/ Emergency Shelter: Transitional Housing

1-888-234-1329

Hennepin County After-hours Shelter Team

*For those with an emergency shelter need after the county
Weekdays: 5:00-11:00pm and 1:00-11:00pm Weekends
and Holidays..
612-673-9138*

Domestic Abuse Project

612-874-7063

9am – 5pm

www.domesticabuseproject.com

Advocacy and therapy services to victims and offenders.

Counseling Center

Neighborhood Involvement Center

2431 Hennepin Avenue South

Minneapolis, MN 55405

(612) 374-4601

Provides affordable and qualified counseling to the general public.

Rape & Sexual Abuse Center

Neighborhood Involvement Center

2431 Hennepin Ave. S.

Minneapolis, MN 55405

612-374-9077

24-hour Help Line: 612-825-4357

Provides affordable and qualified assistance to victims of sexual violence and their families. Walk-in crisis counseling and legal advocacy.

Child Protection – Hennepin County

24-hour Child Protection reporting line:

612-348-3552

Caller's identity is confidential and will not be revealed.

Callers may remain anonymous.

Greater Minneapolis Crisis Nursery

4544 4th Ave. S.

Minneapolis, MN 55419

And

5400 Glenwood Ave.

Golden Valley, MN 55422

Helpline: 763-591-0100

Office: 763-591-0400

www.crisisnursury.org

24-hour parent helpline, crisis counseling, 72-hour residential child care, in-home visits, parent education, referrals

Pillsbury Crisis Nursery

612-302-3500

9am – 4:30pm direct

(After hours answered by collaborative agencies ready to assist.)

Crime Victim Services

Council on Crime and Justice

612-340-5400

24-hour hotline offering crisis counseling, information and referrals to victims of crime.

Hennepin County Information

Operations/General Information

612-348-3000

Transportation/Bus Passes

Updated: Apr. 2008

*** Amicus RECONNECT**

15 S. 5th St. #1100

Minneapolis, MN 55402

(612) 348-8570 Ext. 15

Contact: Mary Maas

www.amicususa.org

(Felons only). Must have new full-time job to receive bus card.

Basilica of St. Mary's

Located on the corner on Hennepin and N. 17th St. in Minneapolis

(612) 333-1381

Outreach Services:

T-Th, 9:30-11:30am

Bus cards available for new work. Must be a Minneapolis Resident and confirm work with official letter. Bus passes also available for confirmed funeral of a family member. Gas vouchers available to those with valid DL, new work not required. (\$20 every 12 months, redeemable only at Twins Stop 'n Go.)

Dial-A-Ride Service

<http://www.metrotransit.org/othertransopts/dialaride.asp>

Dial-A-Ride is curb-to-curb minibus or van service that operates within certain Twin Cities communities. It is shared-ride service, which must be reserved in advance – usually at least a day – and fares are generally under \$3. Dial-A-Ride customers can transfer to a Metro Transit bus without paying a separate fare. Ask the driver for a paratransit transfer.

Please note: Dial-A-Ride service is neighborhood-based and not intended for commuters. Click the link above to see a listing of service providers around the Twin Cities and outlying suburbs.

***Dignity Center**

Henn. Ave. United Methodist Church

511 Groveland (enter off Lyndale)

Minneapolis, MN 55403

Ph: 612-435-1315

Drop-In Hours: MWF 9am-noon

Will provide bus cards to individuals who are working to overcome their barriers. Must be residents of Minneapolis.

Car Ownership Program

(Community Action Partnership of Ramsey & Washington Counties)

Contact: Mya

Ph: (651)603-5880

Helps needy participants to buy cars and educates them on savvy car buying. Call intake line to get started.

***EMERGE Staffing Transportation Services**

1101 W. Broadway
Minneapolis, MN 55411

Contact: Sue Schmidt, 612-787-3782

Participants in EMERGE Staffing's jobs program can receive free rides to and from work. Provides free transportation for temporary employees to worksite.

NE Minneapolis Salvation Army

2727 Central Ave NE

Mpls. MN

612-789-1512

Provide bus passes- must call and make appointment to determine eligibility. Requirements: must be starting a brand new, full-time job, and live in NE or SE Minneapolis. Sal Army will call your employer to verify.

*** St. Stephen's Community Center**

2211 Clinton Ave. South

Minneapolis, MN 55404-3556

(612) 874-0311

Guests of St. Stephen's shelter (or Our Saviour's Housing or Simpson Housing Services) can receive transportation to and from a verified job interview, as well as bus fare to get them to their first paycheck.

***Ways to Work (Pillsbury United Communities)**

PRISM

730 Florida Avenue South

Golden Valley, MN 55426

(763) 529-1350

<http://www.waystowork.org/>

The Ways to Work Family Loan Program enables working families living in North and some South Minneapolis areas to obtain zero-interest loans for the purchase of reliable and affordable transportation for work.*

- *Applications are limited to people who would not normally qualify for a car loan at a reasonable interest rate due to a lack of credit history, negative credit history, short employment history, or limited income.*

- *Because of this and other program requirements, it may take four weeks for loans to be approved.*

- **Applicants must live in one of the following zip codes or Cities listed below: 55401, 55404, 55405, 55406, 55407, 55411, 55412, 55413, 55418, and 55454; Bloomington, Eden Prairie, Edina and Richfield.*

Documents and ID

Updated: Jan. 2009

Birth Certificate

Birth certificates can be obtained at your local registry office. You will need to provide identification and fill out a request form. A certified copy of your birth certificate costs \$16.00 and will take 4-6 weeks to arrive in the mail. To find your closest registry office, go to:

For Minneapolis:

Hennepin County Service Center

Director of Licensing

Government Center

300 S. 6th St.

Minneapolis, MN 55487

(612) 348-8240

Or:

Midtown Exchange Service Center

2929 Chicago Ave, Greenway Level

Minneapolis, MN 55407

(612) 348-8240

For St. Paul:

Ramsey County

Department of Public Health

Vital Statistics Supervisor

Birth and Death Records

555 Cedar St.

St. Paul, MN 55101

(651) 266-1333

Social Security Card

Social security cards must be obtained at your Social Security Office. You will need to show identification and fill out a request form. There is no cost.

For Minneapolis:

1811 Chicago Ave.

Minneapolis, MN 55404

1-800-722-1213

9am – 4pm, M-F

For St. Paul:

190 5th St. E., Suite 800

St. Paul, MN 55101

1-800-722-1213

9am – 4pm, M-F

Driver's License/State ID

Driver's licenses and state IDs can be obtained at your DVS (Department of Vehicle Services) office. You will need to show identification and fill out an application. It costs \$18.00 for a state ID, \$28.00 for a driver's license, and will take 2-4 weeks to arrive in the mail.

To find your closest DVS, go to:

<https://dutchelm.dps.state.mn.us/dvsinfo/info/locations/locations.htm>

For Minneapolis:

Government Center

300 S. 6th St.

Minneapolis, MN 55487

(612) 348-8240

7:30am – 4:30pm, M-F

Or:

Midtown Exchange Service Center
2929 Chicago Ave. S.
Minneapolis, MN 55407
(612) 348-8240
9am – 6pm, M-F

For St. Paul:
R. Hills Examine Station Driver Test
1472 University Ave.
St. Paul, MN 55104
(651) 639-4057
8am – 4:30pm, M-F

Or:
License Bureau
425 Rice St.
St. Paul, MN 55103
(651) 292-9791
9am – 7:30pm, M-F

Basilica of St. Mary's

88 N. 17th St. (corner on Hennepin and N. 17th)
Minneapolis, MN
(612) 333-1381

Outreach Services:

T-Th, 9:30-11:30am

Will provide fees for birth certificates, state IDs, etc. Bring proof of residency (must live in Minneapolis) and some form of identification.

Listening House

215 9th Street West
St Paul, MN 55102
(651) 227-5911

email: listeninghousesp@yahoo.com

Provide assistance in obtaining photo IDs & birth certificates.

Clothing

Updated: Feb. 2009

Oak Park Neighborhood Center

“Clothes Attic”

1701 Oak Park Ave.
Minneapolis, MN
(612) 377-7000
10am – 4pm T,W,Th

Clothing available at no cost. No requirements.

(Also offers a chance for eligible students to earn money for college, working for their FANS Club program. Call and ask for Nancy to get details.)

People's Exchange (Urban Ventures)

3023 4th Ave. S.
Minneapolis, MN
(612) 822-1634

Clothing and hygiene items available.

From Me to You

3953 4th Ave. S.
Minneapolis, MN (corner of 40th and 4th)
(612) 825-6469

www.frommetoyou97.org

Contact: Gail or Bernice

Clothing items for men and women going back into the workforce. Closed Wednesdays. Call to set an appointment, prefer referral or small donation of \$5, but no one is turned away. Can also coach clients on interviewing, resumes, and provide small household items.

Hallie Q. Brown/MLK Center Clothing Closet

100 North Oxford (corner of Oxford and Laurel)
Saint Paul, MN
(651) 251-9015

Contact: Hannah

9am – 2pm M, Th, F

9am – 4pm T, 9am – 6pm W

Free clothing; open to anyone.

Joseph's Coat

1107 West 7th St.

Saint Paul, MN

(651) 291-2472

9am – 4:30pm M and W

Free clothing available. Need ID.

May shop once a week.

Sharing and Caring Hands (Mary Jo's)

525 No 7th St

Minneapolis, MN

612-338-4640

10:30-11:30a.m. and 1:30-3:00p.m. M-Th

Clothing and household items available at no cost.

East Side Thrift Store (formerly Silver Angel)

1928 Central Ave. NE

Minneapolis, MN

612-789-0600

Contact: Laura Murphy, Store Manager

M-T-TH-F: 10:00-6:00pm

W: 10:00-7:00pm

Sat: 10:00am-5:00pm

Silver Angel Thrift Store is now a program of East Side Neighborhood Services, with a new location. They have also changed their referral policy: they now ask that referring agencies purchase client merchandise certificates for \$5 each. The certificates are worth \$10. Everything except furniture. Limited grants.

Minneapolis Salvation Army Store

900 4th St. N.

Minneapolis, MN

(612) 332-5855

M-F 9am – 7pm

Low cost clothing, will accept vouchers from various agencies. Also: 3740 Nicollet Ave., and 572 University Ave. in St. Paul.

Salvation Army – NE Minneapolis

2727 Central Ave. NE
 Minneapolis, MN
 612-789-1512
 Hours: 8:00-4:30p.m.

St. Thomas More “Swap Shop”

1065 Summit Ave. (basement)
 St. Paul, MN 55105
 651-227-7669
Open Saturdays from 1:00 – 3:00 when school is in session (not summers).
T-F: 8:00-4:30p.m.

**Clothes Closet –
Central Lutheran Church**

333 South 12th St.
 Minneapolis, MN
 612-870-4416
M: 11:00-12:30- clothing
W: 10:00-11:30
TH: 1:00-2:30
Call for resource hours.

Cornerstone Clothing Ministry

3400 Park Ave.
 Minneapolis, MN
 612-825-6863 (press ext. 6, wait for clothing ministry ext.)
 4:30 – 6pm W

St. Stephen’s Free Store

2211 Clinton Ave. S.
 Minneapolis, MN
 612-874-0311
 8:30am – 11:30am T,Th
Walk-ins only.

**Sabathani Community Center –
Clarissa’s Clothing Closet**

310 East 38th St.
 Minneapolis, MN
 612-821-2347
 9am – 12pm & 1pm – 4pm T-Th

**Hope Presbyterian Church –
Vine and Branches Clothing Ministry**

7132 Portland Ave. S.
 Richfield, MN
 612-866-4055, ext. 129
 Contact: Nancy Staloch or Heidi Johnson
 Wed 6:30 pm - 8:00 pm
 Thurs 1:00 pm - 4:00 pm
 Sat 10:00 am- 1:00 pm
Quality clothing, toys, books, and household items at minimal price. Limited use, free laundry facility. If uniforms or specific work clothes are required, will make requests from congregation or buy what is needed.

People’s Exchange

3023 4th Ave. S
 Minneapolis, MN
 612-638-1010
For Urban Ventures participants only.

Bethesda Baptist Church

1118 South 8th St.
 Minneapolis, MN
 612-332-5904
 10am – 2pm M
Walk-ins only. Food shelf/clothing.

Basilica of St. Mary’s

88 N. 17th St. (corner on Hennepin and N. 17th)
 Minneapolis, MN
 612-333-1381

Outreach Services:

T-Th, 9:30-11:30am
Provide thrift store vouchers for clothing. Bring proof of residency and picture ID. Must live in Minneapolis.

Shoe Ministry:

Saturday’s and Monday’s 9:30am – 11am
Can receive a voucher for shoes once per year. Can only serve certain area codes, need proof of residency-shelters included. Area codes: 55401, 55402, 55403, 55405, 55411.

The Unlimited – Elim Baptist Church

685 13th Ave. NE
 Minneapolis, MN
 612-789-3591
 Open two Saturdays a month in the mornings. Call ahead.
Clothing for women entering the workforce.
Helpful when referred by agency, but not necessary.

**Calvary Church –
Calvary Kid’s Stuff**

2608 Blaisdale Ave. S.
 Minneapolis, MN
 612-872-7855
 Women: 1 Day a Month: 9am – 1pm TH
 Children: 2 Days a Month: 9am- 1pm TH
Low cost children’s clothing, toys, etc. for families in the Whittier neighborhood.

Marie Sandvik Center

1112 East Franklin Ave.
 Minneapolis, MN
 612-870-9617
Women’s clothing given: 7pm on Tuesday & 7pm Thursday. Sign up at noon for layettes & quilts given on Thursday. Men’s clothing given: 7pm Friday and Sunday. Children’s clothing and toys given: 1pm on Thursday.

Ready for Success

St. Paul
 1831 Minnehaha Avenue East

St. Paul, MN 55119
Phone: 651-731-6400

Minneapolis

1730 Clifton Place, Suite 10
Minneapolis, MN 55403
Phone: 612-872-1509

Provides clothing, handbags, personal care items for women returning to work. Boutique-style atmosphere, individual appointments, and personal shoppers for every customer.

Furniture and Household Items

Updated: Jan. 2009

Bridging Inc.

201 West 87th St.
Bloomington, MN 55420
952-888-1105

Contact: Barb Beyl
9am – 6:00pm M-Th

By appointment far in advance.

Must be referred by authorized agency; for list of referral agencies, see: www.bridging.org

Only allowed to use this service once, but you can take as much furniture as you need, so stock up and make it count!

PPL SHOP

850 15th Ave. NE
Minneapolis, MN
612-789-3322

10am – 7pm T- F
10am – 5pm Sat

Clothing and household items.

Sabathani Community Center

310 E 38th Street
Minneapolis, MN 55409
612-821-2302

Food Shelf/Clothing Bank Hours: M-F 9:00am-11:30am
and 1:00pm-3:00pm

G2 – Goodwill Warehouse Outlet

2505 University Ave. W
St. Paul, MN
651-603-1544

8:00am – 7:00pm M-F
10:00-6:00pm Sat
11am – 5:00pm Sun

Houseware sold in bulk. No furniture.

Mary Jo's / Sharing and Caring Hands

425 North 7th St.
Minneapolis, MN
612-338-4640

10:00-11:30 & 1:30pm – 3:30pm M-Th

East Side Thrift Store (formerly Silver Angel)

1928 Central Ave. NE
Minneapolis, MN

612-789-0600

Contact: Laura Murphy, Store Manager

M-F: 10:00-6:00p.m.

W: 10:00-7:00pm

Saturday: 10:00-5:00pm

Silver Angel Thrift Store is now a program of East Side Neighborhood Services, with a new location. They have also changed their referral policy: they now ask that referring agencies purchase client merchandise certificates for \$5 each (minimum of 10 at a time). The certificates are worth \$10. Household goods and some furniture available (can also pay with cash).

Arc Greater Twin Cities

Value Village Thrift Stores: Brooklyn Center, New Hope, and Richfield, MN

612-866-8820 (Donation Processing Facility)

Used clothing and some household items, toys, tools, etc. for sale. No longer accept donated furniture. Arc Greater Twin Cities runs its thrift businesses to fund its programs for individuals with mental retardation. Find out more at:

www.arcgreatertwincities.org

Clothes Closet

Central Lutheran Church – MPLS

333 South 12th Street
Minneapolis, MN

612-870-4416

M 11:00-12:30, W 10:00-11:30, Th 1pm-2:30pm

Household items, hygiene kits, clothes, linens, etc. For household items, need a referral from an agency (any agency will do, no cost).

ACCAP Furniture Department

1201 89th Ave. NE
Suite 345

Blaine, MN 55434
763-783-4735

Low-income residents of Anoka county only, must be US citizens, must have a job, must give proof of residency and income. Fill out an application stating what furniture is needed, set an appointment to go to the warehouse, and bring your own truck and bungee cords. Once in a lifetime eligibility (like Bridging).

Hastings Family Service

[http:// www.famserve.org](http://www.famserve.org)

121 Third Street
Hastings, MN 55033
(651) 437-7134

Furniture Bank with directory of people willing to donate furniture items. Prefer that those who use this service be residents of Hastings, School District 200. Also have clothing bank and help with school supplies. Food Shelf: M-F: 9:00-5:00pm by appointment.

Joseph's Coat

1107 West 7th St.
Saint Paul, MN
(651) 291-2472

9:30am – 4:30pm M and W
Household items. If available bring photo id.

Neighbors, Inc.

218 13th Avenue South
South Saint Paul, MN 55075
Phone: 651-455-1508
Fax: 651-455-1319

Call and ask for Suzanne. They have a list of people willing to donate furniture to someone in need. They will refer you to the donor and you will have to arrange to go pick up the furniture yourself. Food shelf, EA, supportive services. Call for appointment.

Free Voice Mail

Updated: Aug. 2008

Twin Cities Community Voicemail

1821 University Ave, Suite N-184
St. Paul, MN 55104
Phone: 651-643-0883
Fax: 651-643-0770

Executive Director: Marcy Shapiro

Provides no-cost voice messaging to low income, phone-less individuals and families seeking housing, jobs, and health care. Call for a referral to a participating agency. To view the complete list of participating agencies that will help set you up with a voicemail account (it's a very long list), go to this website:

http://www.tccvm.org/about_04.html

A few of these agencies are listed below.

***Amicus RECONNECT**

15 S. 5th St. #1100
Minneapolis, MN 55402
(612) 348-8570

Catholic Charities (Family Services)

1200 Second Avenue S
Minneapolis, MN 55403
612-204-8500
*(Also Branch III:
740 17th Street East
Minneapolis, MN 55404)*

Alliance of the Streets

330 East 22nd St.
Minneapolis, MN 55403
Contact: Mike Menner
(612) 870-0529
mmenner@ststephensmpls.org
Walk-in's rcvd M-F 10-4

Lutheran Social Services

Family Transitional Housing
2414 Park Avenue
Minneapolis, MN 55404

(612) 879-5348
Contact: Rachel Mooris
For housing search

Listening House

215 9th Street West
St Paul, MN 55102
(651) 227-5911

email: listeninghousesp@yahoo.com

Limited availability voicemail for anyone low income seeking employment/housing. Also provide assistance in obtaining photo IDs & birth certificates.

Financial Rental/Utility Assistance

Updated: July 2008

MFIP-EA

Call: (612) 596-1300

**Families, try this FIRST*

Caroline Family Services

1526 6th St E
St Paul, MN 55106
(651) 772-1344

Sister program to the Theresa Living Center. Provides case management for individuals living in apartments around the metro, and \$200/month in rent. 24 openings. T: 8:30-11:00am. Call first on Tuesday. Rental, financial planning, job employment and other resources.

The Dignity Center

511 Groveland Ave
Minneapolis, MN 55403

Dignity Center helps clients with bus passes, school supplies, toiletry kits, and cash assistance to support clients in their process to regain stability.

Contact: Ann J. Carlson
612 435-1336

carlsonaj99@msn.com

Community Action Partnership of Suburban Hennepin

Assistance Faim Program
33 10th Ave S. Suite 150
Hopkins, MN 55343
Contact Person: Leslie Wilder
952 933-9639

Assist low income clients with a match financial account through Brenner Bank for home purchase, education or starting their own business for up to two years

Affordable Homes for Working Families

Homes Within Reach

A program of the West Affordable Housing Land Trust, Is a community-based program that provides affordable homeownership in western suburban Hennepin County They help working families purchase their own home at affordable prices.

Contact: (952) 401-7071
www.homeswithinreach.org

Central Lutheran Church Community Ministry

333 South Twelfth Street
Minneapolis, MN 55404
Contact: Rolf Lowenberg-DeBoer
612-767-9214

Can help with rental assistance and other emergency needs on a case by case basis. Must apply in person, on Mon, Wed, or Thur between 9 and 11am, or on Tues. between 2 and 4pm.

North Minneapolis Salvation Army

2024 Lyndale Ave N
Minneapolis, MN 55411
612-522-6581

For rental assistance, call on the first business day of the month. If you have not already applied for assistance from the county, and failed to receive it, you will not be eligible. Your name will be put on a list and you will receive a call back in 3-5 business days, to conduct an application over the phone. You must have experienced a 'critical event' in the past 90 days: examples include a family emergency, medical bill, or other unexpected expense that could not have been prevented. 60 names are chosen to receive assistance; these people can get up to \$500 in rent help. North and Northeast MPLS, 15th of the month at 8:30a.m.

St. Paul Salvation Army (Eastside Office)

1019 Payne Ave
St. Paul, MN 55101
651-776-2653

St. Paul Salvation Army (West 7th Office)

401 W. 7th St
St. Paul, MN
651-224-6946

Washington County Salvation Army

5703 Omaha Ave #230
Stillwater, MN 55082
651-351-2440

WeCAN

2434 Commerce Blvd
Mound, MN 55364
952-472-0742

Contact: Lisa
8:00 a.m. – 4:30p.m. M-F

*Provides emergency rental assistance to qualifying persons living in: Mound, Spring Park, Rockford, Maple Pine, and St. Bonafacius, etc..
Referral for employment counseling.*

Northpoint (formerly Pilot City)

1315 Penn Ave. N
Minneapolis, MN
612-767-9500
8:30am – 5pm M-F

Limited financial assistance to persons facing eviction due to non-payment of rent. Come in on a Monday between 8:30-10am. Must have minor children to be eligible. Offered to individuals living in North Minneapolis. Food shelf case managers for additional referral. Tenant Workshops.

Minneapolis Public Housing Authority

1001 Washington Ave. N
Minneapolis, MN
612-342-1400
8am – 4:30pm M-F

Rental assistance for families receiving public assistance and are participating in education job training.

Sabathani Community Center/ Family Resources

310 E 38th Street
Minneapolis, MN 55409
Call: (612) 827-5981

To be eligible for rental assistance: must live in R.A. area (not sure of exact boundaries, but it's in S. Minneap), and must be able to show that you'll be able to pay on your own from then on. Must also have tried the county first. One-time only, call, then come in for an appointment, you will receive a call back in a week. Up to \$400 in assistance.

Basilica of St. Mary's

88 N. 17th St. (corner on Hennepin and N. 17th)
Minneapolis, MN
Call: (612) 333-1381

*For 55403 or 55411 only. Must have resided in an apartment or house for at least two months to be considered for rent assistance. They do not help with application fees, deposits, or first months rent. They also do not assist with eviction situations, moving costs or phone bills. For amounts of up to \$500 total balance due, guest must have at least one child 18 years old or younger living at home. (For amounts of up to \$100 total balance due no children living at home are required.)
To begin an application, visit the Basilica in person on Tuesday, Wednesday, or Thursday morning. Secure a place in line at 9:00; doors open at 9:30. Guest must bring:*

- 1. Picture ID*
- 2. Current piece of mail*
- 3. Proof of existence of child(ren) – medical card, social security card, or birth certificate*
- 4. Lease (if rent is needed)*
- 5. Bill (or, for rent, current letter from landlord on letterhead stating balance due and when the amount is due)*
- 6. Denial letter from Hennepin County (or documentation stating that County Emergency Assistance has already been used in the previous 12 month period).*
- 7. Income statement – most recent paycheck stub or documentation of benefits (MFIP, child support, etc.) so they can see expense can be paid in the future.*

Approval (or disapproval) of applications takes place Thursday afternoons. If application is approved, guest

must attend one "Pathways" (faith-based life-skills class) for each \$100 in assistance approved for **BEFORE THEY RECEIVE THEIR CHECK** (for \$500, 5 weeks of classes).

Elim Transitional Housing

Call: (763) 788-1546

Must call on the first of the month between 8:30 and 10:30am!

Community Emergency Service

1900 11th Ave. S

Minneapolis, MN

612-870-1125

1:30pm – 4:15pm M-F

Or mornings by appointment

Housing Specialist: Josephine Howell 612-870-1069

One-time only; must live in South Minneapolis; call to make an appointment and they will call back in 48 hrs. Will help with rent if they have the funds.

Waite House (Pillsbury United Communities)

2529 13th Ave. S.

Minneapolis, MN 55404

612-721-1681

Limited rent assistance for Phillips residents. Call the housing coordinator for more info.

Neighborhood House

179 East Robie Street

St. Paul, MN 55107

Phone: 651.789.2500

GED, college access, rental payment, damage deposit, and youth center.

Neighbors, Inc.

218 13th Avenue South

South Saint Paul, MN 55075

Phone: 651-455-1508

Fax: 651-455-1319

Contact: ask for Gale or Joan

Limited grants are provided to those eligible who face a financial or health crisis. These circumstances might include a job loss, illness, loss of a provider, or other situation that puts a strain on family resources. Limited funds are available for gasoline, medical prescriptions, rent, utility bills, day care costs, auto repair and similar emergencies. Serve Dakota county only. North Dakota County.

House Calls

555 Cedar Street

Saint Paul, MN 55101

(651) 266-1290

Case management to prevent homelessness due to condemnation. Eviction prevention. Help with making a plan and ensuring that individuals stay healthy and housed.

Transitional Housing

Updated: July 2008

***Also see DOC's Minnesota Housing Directory*

***RS Eden**

Provides transitional housing in multiple Twin Cities locations. The full list of housing options is at www.rseden.org/ or by calling 612-287-1600. Overview:

***Reentry Ashland**

532 Ashland Ave.

St. Paul, MN 55102

Contact: Steve Bisch

651-292-1466

2-10 month residential program, cooperative, highly structured living environment, group planning, goal-setting, and case mgmt services, along with services for finding jobs and housing. Must have referral agency.

***Reentry West**

855 West 7th St.

St. Paul, MN 55102

Contact: Jennifer Gast

651-227-6291

Like Reentry Ashland, but duration of stay varies

***Reentry Metro**

444 W. Lynnhurst Ave.

St. Paul, MN 55104

Contact: Corey Sentieri

651-644-1951

Like Reentry Ashland, but duration of stay varies

****RS Eden also has permanent housing.**

***Alliance Apartments (RS Eden and Aeon)**

719 East 16th Street

Minneapolis, MN 55404

(612) 630-3600 call 8-5 M-F

Contact: Bridgette Watson

24 efficiency apartments for transitional housing and limited long term rental, can stay for up to 2 years.

*Apartments are not subsidized. 6 months to a year waiting list. No arson and/or sexual assault offenders. **Also have permanent housing.***

***The Network for Better Futures**

1017 Olson Memorial Highway

Minneapolis, MN 55405

Ph: 612-455-6133, ext. 102

For men leaving prison or halfway house; they are first put up in a guest house for a couple nights, then moved into the Network's 18-unit apartment building. They are then given temporary work in one of two jobs programs: a work crew and courier service. Some of their wages will go towards rent; they also get a rent subsidy (rent is about \$200 for the first six months). Call for more information.

***Christian Restoration Services**

Rev. Marcell Garretson, Executive Director

612.749.0227 or 612-388-7527

marcell0797@mnsn.com

www.crservices.org

Have male and female houses for ex-offenders in Minneapolis and Brooklyn Center. Generally charge \$400/month rent, but have access to assistance from Hennepin County. Can stay up to 24 months. To apply, call Marcell. He also helps people buy their own houses. They have a faith-based employment program created to prepare residents for the workforce and a new life in the community. Residents must participate in group activities, mentoring, and agree to attend a local church.

Salvation Army Harbor Lights Multi-Services Center

1010 Currie Ave. N.
Minneapolis, MN 55403
(612) 767-3100

A variety of housing services, all in one building: 2 overnight shelters, Safe Bay (for men) and Sally's Place (for women), which take all comers, even the somewhat intoxicated, for one night. 2 Emergency Housing shelters for men and women who are on some kind of county assistance, where you can get a permanent bed and locker. For those not receiving assistance, the Booth Program offers housing for \$50/wk or \$8/night. They also have Transitional Housing (single room occupancies) which cost is \$350/month (there is a waiting list, but it is not long). Additional services include case management, partnering with county social services, the Beacon Treatment Program for those referred by a chemical assessor, and referrals to other services as needed. \$350 security deposit required.

Salvation Army Adult Rehabilitation Center

900 N. 4th Street
Minneapolis, MN 55401
Contact: Geanna Petchell
(612) 332-5855

In-patient recovery program (men). Stay up to one year. Work therapy and education classes, substance abuse treatment available. There is no cost, but the client must work at the facility. Clients can call or incarcerated individuals can send in an inmate application. Clients need not have CD issues.

Our Saviour's Housing

2219 Chicago Ave. S.
Minneapolis, MN 55404
(612) 872-4021 Ext. 32
9am – 5pm M-F

Sober men and women transitional housing and emergency shelter. 3 apartment options available. 1 for men only, 1 for women only, and 1 for families. Must have source of income. Rent is 30% of income and 10% of income goes to savings. Must attend case management and community meetings and share house responsibilities. Provide access to medical care and mental health professionals, and up to 2 years of support services.

The Family Program (Lutheran Social Services)

South Minneapolis, MN
(612) 879-5201 or (612) 879-5255
Contact: Nancy

One or two parent families with up to 3 children. Must have stayed in a Hennepin county shelter. On-site case management, weekly meetings, tenant education, parenting support classes. May stay in program up to 12 mos.

Theresa Living Center

917 E. Jessamine Ave.
St Paul, MN 55106
(651) 774-5594

Residential transitional home for women who are single, pregnant, or have one child under the age of 1, and includes staff coverage 24 hours a day, a private room for each woman with her child and common living areas. Women must be 18 or older and homeless. Must have a source of income (30% goes towards rent), be busy with a scheduled activity at least 30 hours a week, and at least 90 days of sobriety. 12 openings.

Cabrini Partnership (formerly Cabrini House)

919 12th Avenue SE
Minneapolis, MN 55414
(612) 331-7390 (dial 0 for a case mgr.)

*Scattered site one-bedroom apts. for homeless or potentially homeless adults, single with no children, most have MI or CD diagnosis (NOT a requirement). Must have 30 days sobriety for transitional housing. Case management services, referrals to job training, housing, education, health care, financial assistance. **Also have permanent housing. Must be coming directly out of long-term housing, or an emergency shelter.***

***FreedomWorks Post-Prison Outreach**

3559 Penn Ave N
Minneapolis, MN
612-522-9007

8 transitional housing units for men who are out of prison. Must commit to staying at least 6 months. After finding work, you are charged rent of up to \$400, depending on the unit. Units are fully furnished and come with heat, electric, internet, TV, and cookery/dishes.

Minnesota Aids Project

Transitional Housing Program

1400 Park Avenue S
Minneapolis, MN 55404
(612) 373-2437

Contact: Rageena Ripple

For people who are HIV positive and need housing and placement. Must have a case manager for referral before consideration. (Waiting list from 2-4 months.)

House of Charity (Catholic Charities)

510 South 8th Street
Minneapolis, MN 55404
(612) 594-2000

For people with chemical and alcohol dependency. Must be working. Also offer chemical and alcohol dependency treatment which is open to anyone. No arson, sex offenses, or violent individuals. About \$1400 a month for all costs,

including meals (GA or SSI may cover it). **Also can be permanent housing.**

Exodus Hotel (Catholic Charities)

819 2nd Ave S

Minneapolis, MN 55402

(612) 332-0815

Temporary (9 mos) SRO for single males & females, call for openings and bring \$77 money order, SS card & state ID, verification of income and employment (if any). Single room, no visitors allowed. \$343/month.

Meals/provisions/laundry/case manager provided.

Mary Hall (Catholic Charities)

438 Main St

St. Paul, MN 55102

651-227-2637

Supportive housing program with room for 56 men and 24 women. Month-to-month lease, with subsidized rent and financial assistance, maximum of a two-year stay.

Intensive case management, free meals available. Need deposit and first month's rent to be admitted.

***Also have permanent housing.**

***Men's Restoration House (Antioch Christian Center)**

740 Dayton Ave.

St. Paul, MN

(651) 222-4410

Contact: Deborah Messenger

*Men's sober housing, SRO's for 15-18 men, mostly referred by word of mouth. Very flexible, work with each resident case by case, though they generally stay a maximum of 18 months. No real background check, but they don't take sex offenders. \$400 a month, but are also flexible with rent, and will accept sec. 8, county assistance, etc. No alcohol or drugs, required to attend faith-based activities. **No guests. No pets.***

Simpson Housing Services

2100 Pillsbury Avenue South

Minneapolis, MN 55408

612-874-8683

612-879-0041 fax

A volunteer-based organization that provides free, safe, and clean nightly shelter for adults. Those involved in transitional housing find their own place, and Simpson pays 70% of their rent, while aiding them in finding a more permanent situation. Applicants must come from shelter, or have recent eviction notice or UD. Call on Tues. between noon and 2pm to find out about current openings.

Hope Harbor

53 Glenwood

Minneapolis, MN 55403

612-659-0705

Single room efficiencies. Thirty percent of income. Application and waiting list. Men and women.

***Damascus Way ReEntry Center**

5730 Olson Memorial Highway

Golden Valley, MN 55422

(763) 545-6558

weshard@covad.net

<http://www.damascusway.com/>

Referral-based Christian residential reentry program for adult men exiting jail.

East Metro Women's Counsel

3521 Century Ave N

White Bear Lake, MN 55110

651-773-8401

Supportive transitional housing for families; can be male or female, but must have custody of at least one child.

*Criminal records are considered according to their guidelines. Currently a long waiting list, and turnover is unpredictable. ***Also have permanent housing. Waiting list is closed, but check back often.***

Micah House

3047 5th Ave S

Minneapolis, MN 55408

(612) 827-0484

Contact: Landon Alexander for intake

Halfway house with a 90-day treatment program. Must have Rule 25. Residents participate in group sessions (NA, AA and other recovery groups) and are encouraged to attend weekly church services. Offer job search support and parenting classes through partnerships with American Indian OIC and other groups. 21 beds currently available. No sex offenders. There is now an outpatient programs now.

***Midwest Challenge- Redemption House**

P.O. Box 7067

3044 Chicago Avenue South

Minneapolis, MN 55407

(612) 825-6871

www.midwestchallenge.org

Christian-focused transitional housing— assists in obtaining education, and employment. .

Permanent Housing

Updated: July 2008

*** St. Stephen's Human Services**

2211 Clinton Ave South

Minneapolis, MN 55401

612-874-0311

or

612-874-2298

Contact: Richard Amos (or Jake 651-497-1757)

Can help find an apartment—specialize in finding housing for chronically homeless. However, the programs they have set up take referrals from the county, and if someone who isn't in their program cold-calls them for help, they

can sometimes point them to a felony-friendly landlord, sometimes not. It depends on whether the individual has the money and willingness to follow up on a referral on their own, without the organization investing its time and resources in their situation. **Long waiting list.**

Community Action Partnership of Suburban Hennepin

33 10th Ave. S, Suite 150

Hopkins, MN 55343

952-933-9639

www.capsh.org

Homeless services include: case managers to help clients find ways to meet their basic needs, a transitional housing program, and tenant training classes. Pat Longs has connections to area landlords and can place ex-offenders and others with barriers in long-term housing.

Alliance Apartments (RS Eden and Aeon)

719 East 16th Street

Minneapolis, MN 55404

(612) 630-3600 call 8-5 M-F

100 efficiency apts for long-term, subsidized affordable housing, for single men and women who are homeless or leaving transitional housing. Must be sober, working. No arson or sexual assault.

American House Apartment

352 Wacouta Street

St Paul, MN 55101

651-646-5256 or 651-222-5951

Low income housing/sleeping room. Must make less than \$16,100 a year. Approximately 4 month waiting list. Rent approximately \$230-270 a month.

To apply, you are put on the waiting list then your rental history is checked, income is verified to make sure it is under \$16,100 a year, there is a felony background check and they may speak with your parole officer where applicable. They do rent to those with a criminal background regardless of crime. Person to person basis.

Ascension Place

1803 Bryant Ave. N.

Minneapolis, MN 55411

(612) 588-0861

Permanent (or transitional) housing in North Minneapolis for single women (no children), minimum of a 2 month stay. Must have 2 months sobriety and agree to a TB test. For those on GA or SSI, their rent will be taken care of. For those who are working, the rent is fairly expensive, and they may want to look elsewhere. Offers support services to women in crisis: CD, MI, sexual and domestic abuse. Waiting list of 15 people (2 mos. to 6 mos). Call Mondays and Thursdays (10:30-11:30) to get on the waiting list.

Alternative Homes of Minneapolis, Inc.

2446 Portland Ave. S.

Minneapolis, MN 55404

Contact: David Bates, Manager

Ph: (612) 874-6321

3 buildings on Portland Ave. for 45 residents, consisting of shared and private bedrooms. \$846 a month, or \$160 a week, or \$25 a day, includes room and board. Permanent, sober housing – must agree to drug testing. Felonies considered case by case, but everyone is given a fair chance. Men only. Call 3rd Friday of the month (8am-10am.)

Cabrini Partnership (formerly Cabrini House)

Permanent Supportive Housing Program

1025 6th St. SE.

Minneapolis, MN 55414

Ph: (612) 331-7390

Scattered site efficiency apartments. Rent is on a sliding scale, not to exceed 30% of income. Single men and women, must be sober. Full now, call back in early August.

Cornerstone

1000 East 80th St.

Bloomington, MN 55420

952-884-0376

952-884-2135 Fax

Contact: Heather Smith

Email: cstone@bitstream.net

Web: <http://www.cornerstonemn.org/>

Help find apartments and teaches information on bad credit, background searches, and complaints about discrimination. Serve victims of domestic abuse and their children; they are able to work with ex-offenders, but only if they are homeless due to domestic violence. Not taking referrals from the outside right now, as their current programs are at full capacity.

Housing Link

1200 West Broadway Avenue, #250

Minneapolis, MN 55411

612-522-2500

612-333-4888 Hotline

9am – 4pm M-F

Web: www.housinglink.org

Email: info@housinglink.org

A resource for affordable rental housing information. Private market vacancy report updated weekly in metro area. Web site has links to affordable housing information.

Centro

1915 Chicago Avenue

Minneapolis, MN 55404-1904

612-874-1412

8:30am – 5pm M-F

www.centromn.org

Offer information on what housing is available. Also aids the Latino community by providing a community-meeting place for Latino families and their children, as well as mental health program.

ESL and preschool childcare program for children ages 3-5 available

Journey Homes (Lutheran Social Services)

2400 Park Avenue South

Minneapolis, MN 55404

(612) 879-5358

Single adults and couples over 18 years of age, with at least one child under 19 years of age. Must be homeless, and have documented disability, either a physical or mental impairment (for example, chemical dependency, chronic mental illness, AIDS or AIDS-related complex, etc.) Supportive services include case management, goal development, mental health counseling, tutoring and school support, and budgeting and tenant education. Rent is 30% of income.

Model Cities Family Development

839 University Ave W

St Paul, MN 55104

651-221-4442

8am – 5pm M-F

Families First Supportive Housing

Provides 21 units of safe, affordable, permanent supportive housing for families who are homeless and in recovery from drugs and alcohol.

Model Cities ROOF Project

Provides intensive case management to homeless young parents (age 17-25) and their children who reside in Ramsey County.

Also offers early childhood development, mental health, chemical health, social services, crisis intervention, supportive housing, and workforce development.

Emma's Place

2613 Van Dyke St.

Maplewood, MN 55109

651-747-8766

Contact: Anna

Permanent housing with support services. 3 and 4 bedroom townhomes for single parents with 3 or more children with/or working towards custody. Must be homeless, have diagnosed mental, physical, or chemical disability, at least 90 days sobriety or completion of a recovery program, willingness to work or attend school at least 20 hours a week and qualify for Section 8. Interview and intake process..

Common Bond Communities

328 Kellogg Blvd. W.

St Paul, MN 55102-9904

651-291-1750

<http://www.commonbond.org/>

*100 housing communities available in the metro area including both affordable and low income. Price and availability vary by site. Call to apply. *Most sites will probably not accept felonies, but some of these properties have units set aside for hard-to-house individuals. (For example, Zoom House in St. Paul – but you must apply directly to the property. Some openings.*

Central Avenue Apartments (RS Eden)

1828 Central Ave. NE

Minneapolis, MN

(612) 782-2991

Contact: Connie VanDenEinde

Subsidized sober housing for homeless individuals; background check: violent offenders, severe property damagers, arsonists, sex offenders, some drug charges will not be accepted. 30% of income or \$50/month minimum. Call for a referral packet or more info. Must have CD or CD/MI diagnosis and 60 days verifiable sobriety.

Aeon (formerly Central Community Housing Trust)

612-341-3148

Contact: Alan Arthur

Low income and family housing. Owns and manages 28 properties, some of which accept ex-offenders.

Community Justice Partners Property Management

2954 Bryant Avenue North

Minneapolis, MN 55412

Phone: 612-886-3252

Works to move individuals and families out of crisis situations into affordable, long-term housing. Has a number of properties that it maintains, and will work with ex-offenders on a case by case basis. Is currently working on a collaboration with the DOC.

Minneapolis Public Housing Authority

1001 Washington Ave N

Minneapolis, MN 55401

Information: 612-342-1400

Application Hotline: 612-342-1999

(St. Paul Intake Line: 651-298-5158)

Public housing and Sec. 8. Criminal record may affect eligibility, especially drug and violence convictions, and convictions in the past 3 years.

Minnetonka Housing Authority

14600 Minnetonka Blvd.

Minnetonka, MN 55345

952-939-8285

Referral and housing information

Community Neighbors Housing Services

35 West Water St

St Paul, MN 55107

651-292-8710

Offers home loan program and ownership opportunities for low income families. Down payment assistance.

Jackson Street Village (RS Eden)

1497 Jackson St. (corner of Jackson and Arlington)

St. Paul, MN 55117

651-558-5980

Affordable supportive housing for 24 families. Townhomes, play area and community center with support services. Managed and supported by Wilder Foundation.

Lindquist Apartments (RS Eden)

North Minneapolis

Contact: Erin Wixtin 612-287-1672 (services info)

Or Dan Sherritt 612-287-1624 (availability info)

Sober, affordable, supportive housing. 24 efficiency apts for sober young adults. On-site programming, including referrals for services and employment assistance.

***Portland Village (RS Eden)**

1829 Portland Ave. S
Minneapolis, MN

Contact: Rashida Jackson 612-872-9045

26-unit, sober, supportive, permanent, multi-family housing community. Serves homeless families grappling with substance abuse and criminal behavior issues, majority are single mothers. Community center with child care services and ongoing case management.

PPL Property Management Division

1035 East Franklin Avenue.
Minneapolis, MN 55404-4598
Phone 612.455-5100
Fax 612.455-5101

Walk-in Hours M-F 9-11am and 1-3pm

AFTER HOURS answering service will pick up

pmd@ppl-inc.org

Call to make an appointment with a housing advocate.

Wide range of housing options, from studios to town homes. They have a rubric that they follow which outlines which felonies will disqualify. (Example: no murder (1st or 2nd degree), assault (1st through 3rd degree), arson, or csc (1st through 4th degree) in the applicant's lifetime, no 4th degree assault or misdemeanor drug charges in the past 5 years, no felony theft, burglary, or terroristic threats in the past 10 years). Call for more information.

Reuben Lindh Family Services

Housing Resource Center
1501 Xerxes Avenue North
Minneapolis, MN 55407
612-724-0917

Helps locate safe and affordable housing for families with young kids

Crestview Community (New Foundations)

1145 Westminster Street
St. Paul, MN 55130
651-227-8976

Contact: Jonathan

www.newfoundationsinc.org

Permanent supportive housing for dual diagnosis, CD/MI only. 1,2, and 3 bedrooms, rent is 30% of income. Many residents have criminal backgrounds, but crimes against persons are not allowed. Intensive case management, weekly support groups, budget and employment help, and other programming available.

The Evergreen (Catholic Charities)

177 Glenwood Ave. N.
Minneapolis, MN 55405
(612) 225-1260

Permanent, sober housing for single adults. No arson, sex offenses, or recent drugs/weapons convictions (recent is within the past year or so). About \$320 a room.

St. Christopher Place (Catholic Charities)

286 Marshall Ave.
St. Paul, MN 55102

Contact: David, (651) 224-8547 ext. 12

Permanent housing for those earning less than \$29,350 a year, who desire to live in a sober environment and have demonstrated the ability to live independently. \$340 for a regular room; \$435 for a larger room, utilities included. No level 3 sex offenders or arson convictions. Other felonies evaluated case by case. Waiting list.

Housing Advocate

Theresa L. Doss
Minneapolis Urban League South
Minneapolis, MN 55408
612-827-9268

Provides assistance for people having problems with housing due to criminal background, evictions, detainers, etc.

Job Assistance

Updated: Aug. 2008

*** Ready to Work**

2100 Plymouth Avenue North- Urban League Bldg
Minneapolis, MN

Opportunities for jobs at: UPS, LaborReady, H&R Block, Country Buffet and other employers.

Weekly Appointments: Every Tuesday

Session Times: 8:30 am (no later)

All participants must be required to be on time in order to be admitted.

Computer Lab

Call to reserve appointment and walk ins welcome until seats are full.

Community Justice Partners: 763-390-6762

EMERGE Staffing (Pillsbury United Communities)

Employment services, job search, resume building, individual employment support and counseling. Has connection with many employers. Participants must live in Mpls!

Contact: Mia Wutherford

3 locations:

Brian Coyle Community Center

420 15th Ave. S.
Minneapolis, MN 55454
612-338-5282

Unity House

2507 Fremont Ave. N.
Minneapolis, MN 55411
612-529-9267

Waite House

2529 13th Ave. S.
Minneapolis, MN 55404

612-721-1681

***Felons for Felons**

Council on Crime and Justice
822 S. 3rd St. #100

Minneapolis, MN 55415

Contact: Charles Simmons, Advisory Chairman

Direct: 612-353-3046

Felons for Felons is a support group/job and resource club run by ex-felons, for ex-felons, that meets every other Wednesday, from 4-5:30pm. Current job leads are distributed at every meeting; these leads are collected from employers who have expressed an openness towards ex-offender applicants. Occasionally employers will come to speak at the meetings; sometimes there will be employment opportunities that group participants can take advantage of.

Amicus RECONNECT

15 S. 5th St. #1100

Minneapolis, MN 55402

(612) 348-8570

Resource room with computer, phone, access and counselors to help with resumes, job leads, etc.

People Serving People

Offers free employment training programs in Facilities Maintenance, and Kitchen Training.

614 South 3rd Street | Minneapolis, MN 55415 | 612-332-4500

<http://www.peopleservingpeople.org/inhouse.html>

*** Kitchen of Opportunity / RS Eden Program**

RS Eden's 16-week Food Service Training Program is a carefully designed culinary arts program that provides the skills and confidence needed to succeed in the food service industry. Students may earn up to \$1,600 stipend during the training. *UPDATE: As of 2008 they have fewer training positions, with about two trainees per six month period. Trainees receive job seeking assistance when their training is complete. Regular employment also available. Contact: Tom Myer at (612) 825-4472

***My Brother's Keeper Reentry Services, LLC**

Contact: Gerald Garretson

Ph: 612-388-7527

www.mbkrs.com

Offers transitional employment, job development and job placement services in coordination with business, local One-Stop Career Centers, educational institutions, and other employment providers. Partnering county organizations will provide each program participant with assessments, soft skills training, mentoring, referral for job placement, and post-placement support. Educational services and hard-skills training must be provided through vouchers by organizations that grant industry-recognized credentials. Eligibility: men and women, 18 or older, who have served time in a state or county facility (or have left their halfway house) within 180 days. No violent or sexual offenses accepted.

*** Twin Cities RISE!**

800 Washington Ave. North, Suite 203

Minneapolis, MN 55401

612-338-0295

www.twincitiesrise.org

Employment training program to build skills in computers/keyboarding, writing, math, job seeking/interviewing and empowerment.

Requirements: Must be over 18 years if age and a MN resident, earned less than \$20,000 per year in the last two years, have less than \$7,000 in assets. Not currently a college student/degree holder.

SONIC Program (180 Degrees)

(Skills Offenders Need In Communities)

515 West Lake Street, Suite D

Minneapolis, MN 55408

Referral Information: (612) 813-5000

Contact: Stan Hill, SONIC Coordinator,

StanH@180degrees.org, or Bridget Letnes, Program

Director, BridgetL@180degrees.org

Requirements: 18 or older, with a criminal offense and basic English skills, living in a Minneapolis Empowerment Zone. Application hours are Mon. and Wed. 9am-12pm, and Tues./Thur., 4pm-6pm. They offer empowerment groups day and night including: Job Development Training, Appropriate Housing Resources, Livable Wage Advancement, and Social Responsibility Enhancement. Offers an ex-offender specific resource base and job coaching.

*** Minnesota Federal Bonding Service**

PHONE: 651.296.8400

EMAIL: deed.jobbank@state.mn.us

<http://www.deed.state.mn.us/bonding>

Employers that hire ex-felons can get a no cost bond on them for \$5,000 for six months, which protects the employer from employee theft.

*** Tax Credits for Hiring Ex-Offenders**

Tax Credit Unit

Department of Employment and Economic Development

1st National Bank Building

332 Minnesota Street, Suite E200

Contact: 651.297.2219

Email: deed.wotc@state.mn.us

A Federal Tax Credit of \$ 2400.00 is available for hiring someone that has been released from prison in the last 12 months. Other groups qualify also. As of 12/31/05 the program expired but is expected to pass through legislation soon. Employers are encouraged to submit forms. Check web-site for more info.

*** www.nouturns.org :**

A national web site that links ex-offenders with employers, especially small businesses.

***Rebuild Resources**

602 Prior Avenue North

St. Paul, MN 55104
651-645-7055

3-6 months of transitional employment for people who have completed chemical dependency treatment and live in a half-way house or sober living environment.

***Northside Job Connections (EMERGE)**

1101 West Broadway Ave.
Minneapolis, MN 55411
612-529-9267

Contact: Marvin Clark, Program Manager
Individual job coaching for ex-offenders and others with multiple barriers to employment. Provides work readiness training, resume building, soft skills training, transportation, job placement assistance and other support services.

American Indian OIC

1845 East Franklin
Minneapolis, MN 55404
(612) 341-3358

Assists Minneapolis residents of all races and nationalities find full-time employment with programs in Career Exploration, Job Training, Placement and Support, GED and Adult Basic Education, High School Education, Postsecondary Education.

Workforce Center Ex-Offender Employment Program

St. Paul Workforce Center
540 N. Fairview Ave.
St Paul, MN 55104

Contact: Luis Brown-Pena
Ph: 651-642-0696

Starting in Oct. 2008. Participants must have a counselor fill out a referral form, or fill out an application themselves, and then attend two days of workshops. They will be assigned a job counselor for one on one holistic job assistance, including identifying skills, developing a job portfolio, practice interviews, and retention services.

HIRED/Job-link

North Minneapolis Workforce Center
1200 North Plymouth Avenue
Minneapolis, MN 55411
Phone: 612-529-3342

www.hired.org

Employment Assistance programs and connection to job-link database

Sabathani Community Center
310 E 38th Street
Minneapolis, MN 55409
612-822-9071 ext. 110
Employment and training.

Hmong American Mutual Assistance Association (HAMAA)

<http://www.hamaa.org/>
1718 Washington Ave N
Minneapolis, MN 55411
Phone: 612-374-2694

Contact: Xia Vue Jennings, Employment Specialist.
Provides job placement assistance. All are welcome.

Catholic Charities Branch III

Job Services Program
740 East 17th St.

Minneapolis, MN

612-278-1120

Hotline: 612-664-8585

Employment services for homeless and near-homeless individuals in search of employment. Services include: job readiness program, internet use for job search, one-on-one counseling about employment needs.

East Side Neighborhood Services

1700 2nd St. NE
Minneapolis, MN 55413

612-781-6011

8am – 5pm M-F

Career counseling, job-search skills, workshops, and job listings.

Job center hours vary.

Goodwill/Easter Seals

553 Fairview Avenue North
St. Paul, MN 55104

(651) 379-5800

Provides skills/work experience training, job placement, general support services for offenders. Construction and automotive skills training programs for offenders.

Employment Action Center (Resource, Inc.)

North Minneapolis:

2143 Lowry Ave. N.

612-752-8500

Central Minneapolis:

900 20th Ave. S.

612-752-8800

(*Also have locations in St. Paul, St. Louis Park, and Brooklyn Park, etc. See <http://www.eac-mn.org/locations.shtml> for more details.)

Career counseling, workshops on job-search skills and self esteem. Resume and training assistance, mentors, GED classes, and job placement assistance. Fresh Start program for offenders 21 & under. Job counselors will work with you and give you access to a database of jobs.

Minnesota Workforce Center

1-888-438-5627

Offers workshops and seminars, computer lab, resume writing and creative job search.

Most services at no cost.

Comunidades Latinas Unidas En Servicio (CLUES)

<http://www.clues.org>

720 East Lake Street

Minneapolis, MN 55407

Phone: 612-746-3500

OR:

797 East 7th Street

St. Paul, MN 55106
Phone: (651) 379-4200
Comprehensive employment services, from soft skills and computer training to job placement and referrals to other CLUES services.

Twin Cities OIC – Summit Academy

935 Olson Memorial Hwy
Minneapolis, MN
612-377-0150
*Vocational counseling.
Job training—plumbing, electrician, painting, carpentry.
Community health worker.*

WomenVenture/Women Can Do It!

2324 University Ave. W #120
St. Paul, MN 55114
651-251-0702
Contact: Kelly Coughlan, Director, Career and Work Services
www.womenventure.org
Free work readiness, life coaching, and math readiness services to low-income women interested in non-traditional careers such as: Construction/Trades, Science, Engineering, Technology (IT) or Energy Process/Manufacturing. All participants are assigned a life coach for one year.

Learning in Style

2608 Blaisdell Ave. S
Minneapolis, MN
612-870-1815
*Adult basic education
ESL instruction, reading, writing, math, speaking, and citizenship classes.*

Lifetrack Resources

709 University Ave. West
St. Paul, MN 55104
Main office phone (651) 227-8471
Computer lab assistance with job development offered
Mondays only—job search assistance at the Rondo library:
10:30-12:30pm. www.lifetrackresources.org

The Unlimited – Elim Church

685 13th Ave. NE
Minneapolis, MN
612-789-3591
1st Thursday of the month (9am-1pm.) Women and kid's clothing.

TCOIC/Summit Academy

935 Olson Memorial Highway
Minneapolis, MN 55405
612-377-0150 ext. 102
Contact: Theresa Doss

Loring Nicollet Bethlehem Community Center

1925 Nicollet Ave
Minneapolis, MN
612-871-2031
Contact: Alaxann Shoofer
Adult employment and counseling every Friday from 9am to 11am.

Food Shelves

Updated: Dec. 2008

Most food shelves require people to bring in some form of identification such as a Social Security card for each member of the family, a piece of current mail with your name and address on it, or a driver's license, identification card or picture I.D. card. If possible, call ahead of time to know specifically what they need from you. To find the food shelf closest to you call "211" on any phone from Minnesota.

Hunger Solutions

<http://www.hungersolutions.org/find>
Use this site to search for food shelves throughout the state. Very comprehensive.

Community Emergency Services

1900 11th Ave. S.
Minneapolis, MN 55404
612-870-1125
www.communityemergencyservice.org
1:30pm – 4:15pm M-F
Call with proof of residence to see if your address qualifies you for general food shelf services. Every Friday is Free Produce Friday and this is open to everyone and anyone. No income qualifications for services.

Cornerstone Ministries

Park Avenue United Methodist Church
3400 Park Ave. S
Minneapolis, MN 55407
612-825-6863
http://www.cvt.org/new_neighbors/agency101214.htm
1pm – 4pm Tues.
2pm – 5pm Thurs.
To qualify for food shelf services, you must provide proof of residence in one of the following zip codes: 55404, 55406, 55407, 55408, and 55409. There is no fee for the food shelf.

Dorothy Day Center (Catholic Charities)

183 Old 6th Street
Saint Paul, MN 55102
651-293-1919
http://www.ccsppm.org/dorothy_day_center_info.aspx
Provides the following services to homeless and near-homeless individuals; meals, food shelf, clothing, hygiene, medical care, financial assistance, referrals and advocacy. There are no fees, but for some services you must be a resident of Ramsey County.

Hours:

Breakfast (served Saturday and Sunday only): 9-9:30am

Lunch: Noon-12:45pm

Dinner: 4:30-5:15 p.m.

Other services available Mon-Wed, 9-11 a.m. and Mon, Wed, Friday 2-4pm

FARE for All

8501 54th Ave North

New Hope, MN 55428

763-450-3860 OR 1-800-582-4291

<http://www.emergencyfoodshelf.org/OurFamilyOfPrograms/FareForAll/OverviewAndAccomplishments.aspx>

You must pre-register for services by calling the phone number above. Fees for food packages vary. Times and locations also vary and services are statewide. Fare for All accepts cash/money orders, personal checks, credit or debit cards, and food support cards (EBT cards).

Sabathani Community Center

310 East 38th St.

Minneapolis, MN

612-827-5981

http://www.sabathani.org/SCC_Family_Resources.htm

9am – 11:30am and 1pm – 3pm M-F

Serving South Minneapolis residents within the following boundaries East of 35W -Lake Street to Crosstown/62; West of 35W-32nd Street to Crosstown/62. Lyndale to Hiawatha.

Monday – Friday: 9am - 11:30am & 1pm - 3:30pm.

Third Saturday of each month: 10am - 2pm

Greater Lake Country Food Bank

554 8th Ave. N.

Minneapolis, MN 55411

612-340-9694

8:30am – 4:30 pm Tu & W

8am – 7pm Th & F

Low cost food.

Pastor Paul's Mission

1000 Oliver Ave. N.

Minneapolis, MN

612-521-4665

www.pastorpaul.org

Contact: Jeanine Arnopoulos

If you are a Minnesota resident and are (1) living in a household of 2 or more, or (2) a senior 60 years of age or older, or (3) disabled with proof, please call 612-521-4665, Monday through Friday between the hours of 1:00 p.m. and 3:00 p.m. to register your household for monthly services.

Urban Ventures-Peoples Exchange

3041 4th Ave. S.

Minneapolis, MN 55408

612-638-1010

<http://www.urbanventures.org/exchange.html>

Email: peopleexchange@urbanventures.org

Contact: Judy

9:30am – 11:30am Tues & Thurs

Use limited to once per month.

Recommended to be there by 9am.

VEAP

9731 James Ave.

Bloomington, MN

952-888-9616

<http://www.veapvolunteers.org/services/food-program>

Call 5-7 days in advance to make an appointment to visit the food pantry. Hours are 9:30 a.m. – 3:30 p.m. (Monday – Wednesday and Friday) and 9:30 a.m. – 6:30 p.m. on Thursdays. Food pantry services include a five-day supply of food which includes non-perishable food, protein, fresh vegetables, fruit and dairy. Also included are hygiene products and baby products for families with small children. Designed to ensure no one goes hungry. Other services include: Birthday Bags, Summer Youth Food Program, Holiday Food, and Holiday Meals.

Salvation Army, Central Office

2727 Central Ave. NE

Minneapolis, MN

612-789-1512

<http://www.thesalarmy.com/serv/basicneeds.htm>

Salvation Army food pantries provide groceries for families and individuals in need. The six Salvation Army pantries are Parkview/North, Central/NEED, Temple/South, Eastside, H.O.P.E. Harbor and St. Paul Citadel/West 7th. Food is free, but an appointment is necessary at all locations except St. Paul Eastside. To determine which food pantry serves your area, call the United Way's First Call for Help by dialing 2-1-1. Some Salvation Army food shelf locations and phone numbers:

Temple/South Office (1604 Lake St. E.): 612-767-2700

North Office (2024 Lyndale Ave. N.): 612-522-6581

Anoka Office (10347 Ibis St, Coon Rapids) 763-755-6873

HOPE Harbor (53 Glenwood Ave.): 612-659-0711

Central Office (2727 Central Ave. NE): 612-789-1512

Brooklyn Park (10011 Noble Pkwy.): 763-425-0517

West 7th Office (401 W. 7th St, St. Paul): 651-224-6946

Eastside (1019 Payne Ave, St. Paul): 651-776-2653

Washington (7380 Afton Rd, Woodbury): 651-739-6288

Dakota (2496 145th St. W, Rosemount): 651-322-3510

Church of Incarnation Food Shelf

3817 Pleasant Ave. S

Minneapolis, MN

612-822-2101

<http://www.incarnation-church.com/>

8:30am – 2:00pm Tuesday and Thursday

Serves residents within the borders of Nicollet Ave. on the East, Lyndale Ave. on the West, 31st St. on the North, and 50th St. on the South. You must call in advance to verify eligibility for services. You must also be able to provide a valid I.D. and proof of residence (i.e. utility bill). No Fee.

Joyce Emergency Food Shelf

3041 Fremont Avenue South
 Minneapolis, MN 55408
 612-348-4700

<http://www.geocities.com/joycefoodshelf/>

1:00 p.m. – 3:45 p.m. Monday – Friday and 5:00 p.m. – 7:00 p.m. on Thursdays.

Resident of area served. Boundaries:

EAST - Lyndale except area between 25th street and 32nd street where boundary is 35W WEST - France Avenue;

NORTH - 25th Street; SOUTH - Crosstown

Documents needed for service: Drivers License; Proof of Address; State ID. Food Shelves usually give needy families one three-day food supply a month.

Northpoint Health & Wellness Center

1313 Penn Ave. N
 Minneapolis, MN 55411
 612-348-4700

<http://www.northpointhealth.org/HumanServices/FoodShelf/tabid/93/Default.aspx>

Hours: Mondays, Tuesdays and Thursdays (9:00 a.m. to 3:00 p.m.), Wednesdays (11:00 a.m. to 6:00 p.m.)

Food Shelf Services include:

- *Monthly food supply: - three to four day supply of food every 30 days*
- *Emergency food: Overnight packages for clients awaiting registration or from outside the service area*
- *Non-food items: Miscellaneous nonfood items with food request*
- *Baby food/diapers: 3 - 4 day supply of baby food and/or diapers, with a food request*
- *Fresh produce distribution: Free distribution of produce to the public, a summer activity that runs every Friday from May through the end of September*

Sharing & Caring Hands

525 North 7th St.
 Minneapolis, MN 55405
 612-338-4640

www.sharingandcaringhands.org

10am – 3:30pm M-Th

Open to those not eligible at other food shelves. Once per week.

No residential restrictions. No Fee.

Bethesda Baptist Church

1118 S. 8th St.
 Minneapolis, MN 55404
 612-332-5904

<http://www.bethesdamn.org/FoodAndClothing.html>

Mondays at 10:00 a.m.

No residency restrictions No Fee.

Free Meals

Updated: Jan. 2009

211 United Way Hotline

Dial 211 to find nearest locations and times.

Calvary Baptist Church

2608 Blaisdell Ave. S
 Minneapolis, MN
 612-872-7855

Drop-In: 2:30pm first Sunday of the month, Oct-April.

Catholic Charities -- Branch III

740 East 17th St.
 Minneapolis, MN
 612-278-1120

Breakfast: 7am – 8am (daily)

Lunch: 11:30am – 12:30pm (daily)

Cathedral of St. Mark

519 Oak Grove
 Minneapolis, MN
 612-870-7800

Hot meal served second Sunday of each month. (4-6pm)

Harbor Light Center

1010 Currie Ave.
 Minneapolis, MN
 612-338-0113

Meal: 6pm – 6:30pm (daily)

Hennepin Ave. United Methodist Church

511 Groveland Ave.
 Minneapolis, MN
 612-871-5303

1st and 5th Sunday of the month (5-6pm)

Holy Rosary Church

2424 18th Ave. S
 Minneapolis, MN
 (612) 724-3651

Meal: 5:15pm – 6:15pm M-Th

House of Charity

714 Park Ave. S
 Minneapolis, MN
 612-594-2000

Breakfast: 8:00am – 8:30am Daily (Women with children)

Lunch: 12pm – 1:00pm Daily (Open to everyone)

Lost Kitchen

Contact: Bummi Adekunle
 Strong Tower Parish Church
 1424 Monroe St. NE
 Minneapolis, MN 55413
 612-874-7310

Wednesdays from 4-6pm, anyone welcome. Come early to ensure meal.

Lovepower Church

1407 Washington Ave. S
(Corner of 35W and Washington)
Minneapolis, MN
612-672-0087

Free meal after Sunday service on the last Sunday of the month.

Marie Sandvik Center

1112 East Franklin Ave.
Minneapolis, MN
612-870-9617

Hot Meal: Must be there by 7pm, Tu, F, and Sun.

Summer lunch club for children only served M-F in June and July.

Plymouth Congregational Church

1900 Nicollet Ave. S
Minneapolis, MN
612-871-7400

Hot Meal served the 3rd Sunday of the month from 5-6pm

Loaves and Fishes

2200 Fremont Ave. N.
Minneapolis, MN
612-588-577

Dinner: 5:30pm – 6:30pm M-F

Sharing and Caring Hands

525 North 7th St.
Minneapolis, MN
612-338-4640

Meal: 3:30pm M-Th

9:30am – 12pm Sat & Sun

Waite Neighborhood House Community Dinner

2529 13th Ave. S
Minneapolis, MN
(612) 721-1681

Meal from 11am – 12:30pm M-F

Westminster Presbyterian Church

12th St. and Nicollet Ave. S
Minneapolis, MN
612-332-3421

Meal on the 4th Sunday of the month from 5-6pm.

Child Resources

Updated: Dec. 2008

500 Under 5: Way to Grow

125 W. Broadway, #110
Minneapolis, MN 55411

Contact: Family Support Advocate

Phone: (612) 874-4740

An initiative of the Minnesota Early Learning Foundation, partnering with Way to Grow, the program is seeking to identify 500 children under the age of 5 living in North Minneapolis, either around Bethune Park or Fairview Park. Family Support Advocates will connect families with resources such as caregivers, early childhood centers, health agencies, and even employment services. They will help to develop an individual plan aimed at preparing the child for kindergarten (tutoring in basic literacy, etc.)

Birthright of Minneapolis

825 Nicollet Mall
Minneapolis, MN 55402
612-338-2353
10am – 2pm M-F

Birthright of Saint Paul

299 Snelling Ave
Saint Paul, MN 55104
651-646-7033

All services are free. Provide maternity and baby clothes; assist in finding community resources, offer supportive help throughout pregnancy. Pregnancy test, emergency diapers and baby formula available.

No appointment needed, just walk-in. Bring in ID and/or piece of current mail with name on it.

Care Seats

*If you have MEDICA as your health plan: call Medica at 952-992-2322.

*If you have U-CARE as your health plan: call U-Care at 651-603-5359.

***City Life Center**

2520 Park Avenue
Minneapolis, MN 55404
612-874-1808

10am – 3pm M-F Call for appointment

Offer baby items and may help with financial resources.

Services limited to pregnant women and women with children. No residency restrictions, they may refer you to someplace closer to you home. Call to set up an appointment and learn more information. Possible rental assistance for pregnancy related problems.

Cradle of Hope

1935 W. County Rd. B2 #241
Roseville, MN 55113
651-636-0637

Office open Mon, Tues & Thurs: 8:30am-4:30pm

Offer assistance with rent, medical, housing, food, clothing, and cribs for pregnant women and their children.

*The need for help must be related to the pregnancy. Assist with pregnancy needs up to 3 months after birth. **Cradle of Hope does not work out of their office but through***

various crisis agencies. If the agency does not have applications they can call Cradle of Hope and they will send some. Minnesota Residents only.

Dad's Connection

Seton Services
 1276 University Avenue W
 St. Paul, MN 55104
 Phone: 651-641-1180
 Fax: 651-641-1005
 Mon-Fri: 8:30am-5:00pm

Counseling and supportive services for fathers include information and support, education for new and expecting fathers, mentorship, one-on-one counseling, and groups for teenage dads in St Paul High Schools. Fees determined at completion of intake and assessment

Employment Action Center Young Parent's Program

849 University Avenue Suite 103
 Saint Paul, MN 55104
 612-75-8930

Or
 900 20th Avenue South
 Minneapolis, MN 55404
 612-752-8800

Assisting young fathers in achieving self-sufficiency; Helping fathers with employment/training, appropriate child support, establishing paternity, legal aid, housing, G.E.D., career development, life management skills, peer support, anger management/conflict resolution, stress management, father & child activities, and a new start. Specializes in serving young dads, ages 15-29.

Hennepin County Childcare Assistance

612-348-5937

Call for an application to get childcare assistance or subsidy.

MFIP member or sliding fee based on income.

***Highland Life Care Center**

1999 Ford Parkway
 Saint Paul, MN 55116
 (651) 695-0111

www.highlandlifecare.org

Free pregnancy testing, ultrasounds-limited, baby clothes, parent education classes.

Hr: M-TH: 8am-3pm, F:9am-3pm and Sat: 8:30-2pm.

***Life Care Center East**

891 White Bear Avenue
 Saint Paul, MN 55106
 (651) 776-2328

Office Hours

M-TH: noon-6pm.

Friday: 10am - 12pm

Pregnancy testing and ultrasounds.

Marie Sandvick Center

1112 East Franklin Ave.
 Minneapolis, MN

612-870-9617

9am – 5pm M-F

*Attend women's lunch Thursday at 12 noon. Layettes are given out at the lunch. Layettes include: Baby clothes, bottles, diapers, other supplies.
 No fees, no requirements.*

***North Side Life Care Center**

4367 Thomas Avenue N.
 Minneapolis, MN 55124
 (612) 522-6589

Providing Prenatal Clinic and limited Ultrasound services
www.northsidelifecare.org

***Southside Life Care Center**

4105 Chicago Avenue S.
 Minneapolis, MN 55407
 (612) 823-0301

Providing Prenatal Clinic and limited Ultrasound services
www.southsidelifecare.com

Ramsey County Child Care Assistance

If you live in Ramsey County please call the intake line at 651-641-6665. You will complete a screening to see what program you are eligible for. If you are eligible for the Transition Year Program an application will be mailed out to you. If you are eligible for the Basic Sliding fee program and there are funds available, an application will be mailed out to you. If there are not fund available your name will be placed on a waiting list.

Resources for Child Care

<http://www.resourcesforchildcare.org>

An online system with access to various child care resources. For information on open child care programs in your area select the link "for parents" then search for child care at www.mnchildcare.org.

***University Life Care Center**

1315 - 4th Street S.E. Suite 200
 Minneapolis, MN 55414
 (612) 623-3211

Providing limited Ultrasound services

Office Hours: Monday - Friday: 1- 5 p.m.

Way to Grow

125 W. Broadway Ave, Suite 110
 Minneapolis, MN 55411
 Phone: (612) 874-4740
 Fax: (612) 874-4757

Way to Grow takes a holistic approach to promoting school readiness through parent education and support, including health education, childhood development, and early childhood education. They also connect parents to community resources. The focus is on school readiness; services include home visits from family educators and other services to empower low-income parents to prepare their young children for school success. Participants must live in Minneapolis and have a child under the age of 6 (or expecting). To give a referral, call (612) 588-8893, or go to their website to print a referral form:

www.mplswayatogrow.org/Related_Links/Referrals1/Referrals1.htm

***Life Care Center Services**

*Maternity clothing, baby clothing, diapers, and formula available; supplies are limited. Pregnancy test available at all locations; Counseling and referral services offered. Cribs and strollers may be available, call location nearest you for details. Items are free, but there is a short application process. Some items may not be available right away. They will contact you when they come in. **Please call and make in appointment before going to location nearest you.** Life Care Center can give referral for Cradle of Hope*

Legal Assistance

Updated: Jan. 2009

***Legal Assistance to Minnesota Prisoners (LAMP)**

William Mitchell College of Law
875 Summit Avenue, Room 254
St. Paul, Minnesota 55105

Contact: Brad Colbert

Phone: 651.290.6413

Fax: 651.290.6407

bcolbert@wmitchell.edu

Law students provide civil representation to low-income persons incarcerated in Minnesota. Generally take cases from Stillwater and Shakopee.

Neighborhood Justice Center

500 Laurel Avenue
St. Paul, Minnesota 55102
Phone: (651) 222-4703

A community law office dedicated to providing comprehensive criminal defense services for low income persons, emphasizing outreach to communities of color. The agency focuses its work in St. Paul, and the surrounding East Metro area.

Southern Minnesota Regional Legal Services (SMRLS)

Central Office: 400 Alliance Bank Center

55 East 5th Street
St. Paul, MN 55101

Ph: (651) 222-4731

fax: (651) 297-6457

www.smrls.org

Free legal services for low-income persons: public benefits, tenants' rights, foreclosures, family, civil rights, immigration, consumer law, etc. Do not handle criminal cases (but does do some expungement work). 10 local offices serving 33 southern Minnesota counties.

LawHelpMN.org

Helping low-income Minnesotans solve civil legal problems. Information on rights, local courts, community organizations, and free or low-cost legal services.

www.LawHelpMN.org

Legal Aid – Northside Office

2100 Plymouth Avenue North, Rm 114
Minneapolis, MN 55411

612-332-1441

1pm – 4pm M-W & F

Legal Aid – Southside Office

2929 4th Ave. S #201

Minneapolis, MN

612-332-1441

8:30am – 4:30pm M-F

Legal Aid Society Inc.

Downtown Minneapolis

430 N. 1st Ave. #300

Minneapolis, MN

612-332-1441

Office Phone: 612-332-1441

8:30am – 4:30pm M-F

By appointment only.

For protection and advocacy of individual rights.

***Volunteer Lawyers Network**

612-752-6677

9am – 12:30pm M, W-F

12:00pm – 3pm T-TH

Offers expungement representation to qualified individuals who attend the Council on Crime and Justice Criminal Records Seminar. Call VLN for information and to register for a records seminar.

Central Minnesota Legal Services

430 1st Ave. N #359

Minneapolis, MN

612-332-8151

**Available for non-criminal legal assistance.*

Legal Rights Center Inc.

1611 Park Ave.

Minneapolis, MN

612-337-0030

9am – 5pm M-F

<http://www.legalrightscenter.org/default.htm>

Staff of attorneys and Community Advocates provide representation for adults and juveniles in criminal cases, free of charge. Attorneys have controlled caseloads, allowing them to devote as much time to each case as possible. Also conduct culturally-sensitive legal investigation into community issues surrounding case. Call to request an intake appointment.

Tubman Family Alliance/Chrysilis

3111 First Ave. S

Minneapolis, MN

612-825-3333

Legal consultations to Hennepin County residents who have experienced domestic violence.

No fee if eligible.

Brian Coyle Community Center

420 15th Ave. S
 Minneapolis, MN
 612-338-5282

*Offers free legal assistance one afternoon per week.
 Open to all communities with focus on the Cedar Riverside
 neighborhood. Some programs have a \$1-10 fee.*

University of MN – Civil Practice Clinic

229 19th Ave. S
 190 Law Building
 Minneapolis, MN
 612-625-5515

*Legal assistance for non-criminal problems.
 Divorce cases accepted.*

Education

Updated: Sept. 2008

Basic Skills Hotline

1-800-222-1990
 MIV Literacy Council

Find a GED, diploma, ESL, or other classes near you.

Lehman Center

Minneapolis Public Schools
 1006 West Lake St.
 Minneapolis, MN
 612-668-3890

*Preparation courses & testing for GED and ESL. All levels
 of English and adult education. Home study videos.
 Multiple locations throughout the city.*

Franklin Learning Center

612-630-6830
 1pm – 8:30pm M-Th
 10am – 5:30pm T & W

*Preparation courses for the GED with one-on-one
 assistance. Also ESL, citizenship preparation, basic skills
 refresher. In the basement of the Franklin Library. They
 try to have an intake day every month or so, but are
 sometimes full.*

Adult Options in Education

Lenox Community Center
 6715 Minnetonka Blvd.
 Saint Louis Park, MN 55426
 (952) 988-5343

*English, math, GED, work skills, computers. Programs for
 young children. Transportation assistance.*

Cedar Riverside Adult Education

1515 S. 4th St.
 Minneapolis, MN
 (612) 376-0619

*Pre-literacy to high intermediate English, computers and
 citizenship. Day, evening.*

English Learning Center

2315 Chicago Ave.
 Minneapolis, MN
 (612) 874-9963

*Beginning to advanced English, math, computer and
 citizenship. Mon-Thur evenings.*

FATHER Project (Goodwill Easter Seals)

1600 E. Lake St.
 Minneapolis, MN
 (612) 724-3565

GED preparation (women and men). Tues-Thur 10-4:30.

Hope Community

611 E. Franklin Ave.
 Minneapolis, MN 55404
 (612) 874-8867

*Intermediate to advanced English, math, and computers.
 Preparation for college. Mon-Sat.*

Hubbs Center

St. Paul Public Schools
 General: (651) 290-4822
 Special needs: (651) 290-4729

*English, GED, citizenship, and more. Childcare available
 for a fee. Services for adults with special needs, such as
 learning disabilities.*

Metro North Adult Basic Education

1201 89th Ave. NE, Suite 335
 Blaine, MN
 (763) 783-4870

*English, math, GED, citizenship, computers, work skills,
 preparation for college. Adult diploma programs. Various
 locations in north suburbs.*

MLC Lake Street Learning Center

2700 E. Lake St, Suite 2500
 Minneapolis, MN
 (612) 483-1763

*Pre-literacy to advanced English and computer skills.
 Mon-Fri days, evenings.*

MLC Northeast Learning Center

Trinity United Methodist Church
 2511 Taylor St. NE
 Minneapolis, MN
 (612) 789-9024

*English, math, citizenship, computers. Mon-Thur mornings
 and evenings. Programs for learners who are blind.
 Registration: Thursday 1-5pm.*

Neighborhood House

179 Robie St. E. (or 2390 W. 7th St.)
 St. Paul, MN
 (651) 789-2500

Beginning to advanced English classes and tutoring for children's homework Programs for children, teens, and families. Morning, afternoon, evening.

New Americans Center: Hennepin Central Library

300 Nicollet Mall
Minneapolis, MN
(952) 847-8182

Advanced English. T-W-TH days. Homework help for adults Sat. 10-3.

North Side Learning Center

Sumner Library Memorial
611 Van White Blvd.
Minneapolis, MN
(612) 377-5399

English, math, computers, citizenship, GED. Classes and tutoring. Flexible hours.

Sabathani Community Center

310 E. 38th St.
Minneapolis, MN
(612) 827-5981

Tutoring in English, math, computers, GED, citizenship and job skills. Mon-Wed day, evening. Family, youth, and senior programs.

Santo Rosario Church

2424 18th Ave. S.
Minneapolis, MN
(612) 724-3651 ext. 207

Pre-literate to intermediate English classes, Mon-Thur mornings and evenings. Computer and sewing classes.

Urban Communities Association of Minneapolis

U-Can Program
333 S. 12th St. (2nd floor)
Minneapolis, MN
(612) 767-9241

Pre-literacy to advanced English, math, computer and citizenship classes. Mon-Fri days; Mon and Wed evenings. Call Mon-Fri at 9am to register.

Wells Fargo Adult Education Center

615 N. 7th St.
Minneapolis, MN
(612) 667-1908

GED, basic skills. Tue-Wed-Thur evenings from 6:30-9:30pm. Call on Tuesdays 6:30-9:00pm to register.

Loring Nicollet Bethlehem

1925 Nicollet Ave. S
Minneapolis, MN
612-871-2031

8:30am – 3:30pm M-Th.

Basic reading, writing, and math.

Eligibility based on service.

Pike Lake Education Center

Mounds View Public Schools

2101 14th St. NW
New Brighton, MN 55112
651-621-7409

10am - 8pm M-Th.

Adult basic education: high school diploma, GED prep and testing, math, reading and writing brush up, and English classes for immigrants.

Brian Coyle Center

420 15th Ave. S
Minneapolis, MN
Contact: Amano Dube
612-876-9323
8:30am – 8:00pm M-F
10am – 5pm Sat

ESL, citizenship, and home study videos.

Learning in Style

2608 Blaisdell Ave. S
Minneapolis, MN
612-870-1815
9am – 4pm M-Th
9am – 2pm F

ESL instruction & adult basic education in: reading, writing, math, speaking, citizenship, and computer assistance. Limited childcare available.

Immigrants only.

Summit Academy

935 Olsen Memorial Highway
Minneapolis, MN 55405
612-377-0150

Education & vocational training. Work ethic training to prepare people for the workplace. They have training programs for the following fields: Construction, and Community Health Worker.

Tuition for program but grants are available and often cover the cost of attendance.

Heath and Medical Care

Updated: Jan. 2009

Hennepin County Medical Assistance

330 S. 12th Street
Century Plaza
Minneapolis, MN 55404
612-879-1900

Assured Access

Century Plaza
330 S. 12th St.
Suite 450
MC 635
Minneapolis, MN 55404

612-348-6141

Discount fees (25%-100% off) for residents of Hennepin County who do not qualify for Medical Assistance or Medicare and who do not have access to affordable employer offered health insurance. This is not insurance.

Hennepin County Medical Center

701 Park Avenue North
Minneapolis, MN 55415
(612) 873-3000
24 Hours

Family Medical Center

5 West Lake St.
Minneapolis, MN
612-545-9000
Low cost family planning services for uninsured or underinsured.

Red Door Clinic

525 Portland Ave. (4th Floor)
Minneapolis, MN
612-543-5555
11am – 7pm M
8am – 4pm T-F
Free testing and treatment for any sexually transmitted infection. Walk-in appointments.

211 Support Group Information

612-335-5000 (or dial 211)
*Call for listings, times, and dates of all support groups.

Alcoholics Anonymous

952-922-0880
www.aaminneapolis.org

Narcotics Anonymous

952-939-3939
http://www.naminnnesota.org/help_line/help_line.htm

Cocaine Anonymous

763-323-3350

St. Mary's Health Clinics

1884 Randolph Avenue
Saint Paul, MN 55105
651-690-7029
8:30am – 3:30pm M-Th
8:30am – 12pm F
Call for the location near you.
Free for people without health insurance, Medical Assistance, Medicare, or MinnesotaCare (will assist with applications for these services, as well). Lab tests, x-rays, diagnostic tests, most medications. Prenatal, mental health, dental services, emergency trauma, and critical care cannot be provided.

NorthPoint Health and Wellness Center

1313 Penn Ave N
Minneapolis, MN 55411

Clinical Services: 612-302-4638

To make an appointment: 612-543-2522

Medical clinic, dental clinic, Express Care, optometry, radiology, pharmacy, behavioral services. Reduced fees for low-income and uninsured patients, must live in Hennepin County to qualify.

Planned Parenthood of MN

Minneapolis:

1200 Lagoon Ave.
612-823-6300

Brooklyn Park:

6900 78th Ave. N, Suite 103
763-560-3050
(Call 1-800-230-7526 for other locations near you.)
Services include:

Exams, Midlife services, Birth control, Pregnancy testing, education, and counseling. Sexually transmitted infection testing. HIV / AIDS testing.

Midwest Health Center for Women

33 S. 5th St. (4th Floor)
Minneapolis, MN 55402
612-332-2311
800-998-6075
Medically safe, legal, and affordable reproductive health care. Health and counseling services. Free and low-cost services for eligible patients.

Harbor Lights Center (Salvation Army)

1010 Currie Ave.
Minneapolis, MN
612-767-3100
M, W, & F
Hennepin County Healthcare for the Homeless. Basic healthcare services.

Dorothy Day Center (Catholic Charities)

183 Old 6th St.
St. Paul, MN 55102
651-293-1919
Drop-in center, free medical care for homeless and near homeless persons in the Metro area. Must be Ramsey County resident for some services.

La Clinica

153 Cesar Chavez St
Saint Paul, MN 55107
(651) 222-1816
Comprehensive health services, from family planning to dental to women's health to counseling. Sliding fee.

East Side Family Clinic

860 Arcade Street
Saint Paul, MN 55106
(651) 772-9757
Comprehensive health services, from family planning to dental to women's health to counseling. Senior care. Sliding fee.

Central Avenue Clinic

2610 Central Ave. NE
 Minneapolis, MN
 612-781-6816

Pregnancy testing and counseling.

There is a sliding fee for those with no insurance and low income.

Sheridan Women & Children's Clinic

342 13th Ave. NE
 Minneapolis, MN
 612-362-4111

Complete well child care, parenting guidance.

Sliding fee for those without insurance.

M-F: 8am-5pm and Wed: 8am-8pm.

Community-University Health Care Center

2001 Bloomington Ave. S.
 Minneapolis, MN
 (612) 638-0700

Medical, behavioral, and dental. Sliding fee based on household income.

Native American Community Clinic

1213 E Franklin Ave.
 Minneapolis, MN 55404
 612-872-8066

Family practice services available (based on gross monthly income and household size).

Indian Health Board

1315 24th St. E.
 Minneapolis, MN 55404
 612-721-9800

Comprehensive medical, dental, and behavioral services, from pre- and postnatal care to pediatrics to counseling and assessments. Open to all. Sliding fees available.

Discount drug program.

Dental Care**NorthPoint Health and Wellness Center**

1313 Penn Ave N
 Minneapolis, MN 55411
 Dental clinic: 612-543-2511

Reduced fees for low-income and uninsured patients (must live in Hennepin County to qualify).

Children's Dental Services

636 Broadway St. NE
 Minneapolis, MN 55413 (click link to see all locations)
 612-746-1530

Serve children up to age 18 and pregnant mothers (ages 18-21 if insured). Must have medical insurance without dental coverage. (They can help with applying to MA, MinnesotaCare, etc.) Low-income can be eligible for free or sliding scale care. Emergencies are seen immediately.

<http://www.childrensdentalservices.org/locations.html>

Normandale Community College Dental Hygiene Clinic

9700 France Ave. S.
 Bloomington, MN 55431
 952-487-7020 Option 1

Low cost cleaning, fluoride treatments, x-rays, sealants, oral hygiene instruction. Appointments available during school year only (September – May).

Century College Dental Clinic

3300 Century Ave. N.
 White Bear Lake, Minnesota 55110
 651-779-5787

\$25.00 per visit (\$15 if 62 or older). Preventive care, sealants, no fillings. Afternoons and evenings, September – May.

Sharing & Caring Hands

525 North 7th St.
 Minneapolis, MN
 612-338-4640

All services are free. Walk-ins. No set days, call beforehand.

Southside Community Dental Clinic

4243 4th Ave. South
 Minneapolis, MN 55409-2113
 612-822-4383

Comprehensive dental care, all ages. Appointments preferred. Walk-ins 8-11am, 1-5pm. Sliding fee based on family size and income.

University of Minnesota Dental Clinics

515 Delaware St. SE (7th Floor)
 Minneapolis, MN
 General Info: 612-625-2495

To register as a patient: 612-624-8400

Services provided by U of M School of Dentistry students, you pay for the cost of the procedure. No sliding fee.

Union Gospel Mission

435 E. University Ave.
 St. Paul, MN 55101
 651-292-1721

Free services. Dental clinic is M and W, 6:00pm-9pm. Walk-ins only.

Indian Health Board Dental Clinic

1315 24th St. E.
 Minneapolis, MN 55404
 612-721-9800

Open to everyone. Sliding fee based on family size and income. 9am – 5pm, M-F. Walk-ins accepted at 7:30am, every day but Wed.

Community-University Dental Clinic

2001 Bloomington Ave. S.
 Minneapolis, MN
 (612) 638-0700

Sliding fee based on family size and income.

Helping Hand Dental Clinic

506 W. 7th St.
St. Paul, MN 55102
651-224-7561
Sliding fee.

NIP Community Clinic

2431 Hennepin Ave. S
Minneapolis, MN
612-374-4089
Accepts anyone without health insurance. Sliding fee is based on income. X-rays, fillings, cleaning, and minor work. No emergencies.

West Side Dental Clinic

478 South Robert St.
St. Paul, MN 55107
651-602-7575
Sliding fee.

Wilder Senior Dental Program

516 Humboldt Ave.
St. Paul, MN 55107
651-220-1807
M-TH, 8:15-4:00 p.m. Ages 55 and older. 20% discount on services.

Mental Health/Counseling

Updated: May 2009

**Abbot Northwestern Hospital
Behavioral Health Services (Outpatient Clinic)**

2545 Chicago Ave. S, Suite 701
Minneapolis, MN 55404
Call: 612 863 4048
Provide medication management, psychological testing, clinical evaluations, psychosocial evaluation, in person crisis intervention, and counseling for individuals, couples and families, including anger management, sexual offenders, etc. They take all insurance, though some is "in network" and some is "out network" (out network pays a little more). There are adjustments made for those who self-pay. They also take MA.

CLUES

720 East Lake St
Minneapolis, MN 55407
Call: 612 746 3500 for intake
Outpatient community mental health services, including counseling of all kinds, mental health evaluation and crisis intervention. They take MA, Blue Cross, Medica, Health Partners, MHP, Portico, and Preferred One. They have a sliding fee for the uninsured. Currently a 4-6 week waiting list for new patients. No walk-ins. They now offer mental health services at their St. Paul location, as well.

***Community University Health Care Center-
Behavioral Health Department**

2001 Bloomington Avenue S
Minneapolis, MN 55404
Call: 612 638 0700
Contact: Helia for intake.
*Outpatient mental health facility providing a variety of counseling services, including tailored services for specific cultural groups (American Indian, Southeast Asian, Somali, etc.), and other services including medication monitoring, mental health evaluation, and psychotherapy. They take MA, *probably most forms of insurance. They receive a lot of calls, though, and if you leave a message it might take a few days for them to get back to you.*

Compulsive Sexual Behavior Treatment Program

U of M 1300 S 2nd Street, Suite 180
Minneapolis, MN 55454
Call: 612 625 1500
Treatment for people who want to gain control of compulsive sexual behaviors (also offer a range of other programming related to sexual issues, including relationship, HIV and transgender counseling). Insurance varies; they take all types, but some is "out of network" meaning you have to pay more. (Medica, most Blue Cross, and some others, are in network.) Those with MA are covered 100%. They have no sliding fee, but the uninsured receive a 20% discount. No walk-ins.

The Counseling Clinic

6160 Summit Drive, Suite 125
Brooklyn Center, MN 55430
Call: 763 560 4860
A wide variety of individual, couples, and family counseling, along with psychiatric case management services and medication monitoring. Outpatient mental health and substance abuse. They take MA and most every type of insurance (not UCare). They have a slight sliding fee for those without insurance. Also take EAP (Employee Assistance Program). They've added new therapists, so most new clients can be seen the same week they call.

Minnesota Mental Health Clinics

3450 O'Leary Lane
Eagan, MN 55123
Call: 651 454 0114
All varieties of counseling, for residents of Carver, Dakota, Hennepin, Ramsey, Scott and Washington counties. Psychiatric evaluation and case management. Medication monitoring. They do take MA, and most forms of insurance. Residents of Dakota county without insurance can apply for a sliding fee. They are currently taking new patients for therapy, but not for psychiatry. No walk-ins.

Fairview Counseling Centers

2450 Riverside Avenue S
Minneapolis, MN 55454
Call: 612 672 6999 for counseling intake
Call: 612 672 6600 for inpatient admissions

Short-term, solution-focused therapy for individuals, couples, and families, including psychiatric disorder counseling and treatment for chronic mental illness. Multiple sites throughout metropolitan and surrounding areas; call for more information on the site nearest to you. They also have other mental health services, including Inpatient and an Adult Crisis Program. They take MA, and all forms of insurance, except TriCare. They also have a 47% discount for those without insurance.

Hamm Clinic

Hamm Building: 408 St. Peter Street, Suite 429
St. Paul, MN 55102
Call: 651 224 0614

Non-profit provider offers individual, group, and couples therapy, specialized counseling, mental health evaluation, medication prescription and management, and other services. (Therapy is their focus; additional services are only for current clients in therapy.) Aims to provide services to the underserved; takes MA, and has a sliding fee based on income and number of dependents. They take most all insurance (HealthPartners is out of network). Waiting list may take 4-6 weeks. Appointment only.

Hennepin County Front Door services /Social Services

300 S 6th St
Minneapolis, MN 55487
(612) 348-4111

Front door assessments, will give referrals to resources in the community and perform intakes for community programs Intake over the phone directs people to appropriate services.

***Indian Health Board of Minneapolis**

1315 East 24th St
Minneapolis, MN 55404
Contact: Pam or Reva
Direct: 612 721 9868

Serves residents of Minneapolis, primarily Native Americans. Outpatient mental health facility provides counseling for individuals, couples, and families including anger management, ADHD assessments and testing, walk-in counseling, etc. Also provides education and consultation with community agencies and other professionals. They take MA and most insurance, but not Preferred One. Transportation to and from appointments is provided for those with no other means of transportation (in Twin Cities).

Kente Circle

Sabathani Community Center
310 E. 38th St, Suite 209
Minneapolis, MN 55419
Call: 612 243 1600

Multiple therapists on staff, perform co-therapy (two therapists in the room) specializing in family counseling. They take Medica, Blue Cross, HealthPartners, UCare, United HealthCare, Preferred One, Etna, EAP, and MA.

They also have a sliding fee (from \$30 to \$120) depending on income.

***Kenwood Therapy Center**

2809 Wayzata Blvd S.
Minneapolis, MN 55405
Call: 612 377 9190

Many therapists on staff, providing all types of counseling, many have a sliding fee, all will take MA. The main insurance they take is Blue Cross, Medica, and HealthPartners. Others will be accepted, but they are out of network. Some of their therapists have current openings.

Mental Health Collective

3548 Bryant Avenue S.
Minneapolis, MN 55408
Call: 612 822 8227 to talk to an intake coordinator.
Email: mhealth@mentalhealthcollective.org

Provides therapy including mental health testing and assessment, psychiatric disorder counseling, and other individual, family and couples therapy. Will take any insurance, and have a sliding fee for those without. Open 9am to 5pm Monday through Thursday, Friday and Saturday by appointment only.

Northpoint Health and Wellness-Behavioral Services

1313 Penn Avenue N.
Minneapolis, MN 55411
Call: 612 543 2566

Mental health diagnosis and assessment for emotional and behavioral issues, provides counseling for individuals, couples, and families, including mental health aftercare and medication monitoring. They take Medica, UCare, Blue Cross, HealthPartners, Preferred One, some commercial insurance (but not commercial HealthPartners), Medica Select (not Elect), and MA. They also have a sliding fee for those without insurance. Walk-ins OK.

Northwest Youth and Family Services-Counseling Center

3490 Lexington Avenue N., Suite 205
Shoreview, MN 55126
Call: 651 486 3808 for intake

Psychiatric assessment, medication management, and all types of counseling and therapy. They take MA and all major insurance, and have a sliding fee for low-income patients. They are currently scheduling appointments and there is a relatively short wait time. M-T-TH: 8a.m.-8p.m. W: 8a.m.-5p.m. and F: 8a.m.-3:30p.m.

Pyramid Counseling Center

701 Decatur Avenue N Suite 109
Golden Valley, MN 55427
Call: 763 746 2400

Individual, couples, and family counseling, including outpatient therapy for people with severe and persisting mental illness. They take MA, have a sliding fee for low-income residents in Hennepin County, and their therapists

accept most all major insurance (some variation). There is usually a one week wait to see a therapist, sometimes less.

**Rape and Sexual Abuse Center –
Neighborhood Involvement Program**

2431 Hennepin Avenue S
Minneapolis, MN 55405

Call: 612 374 9077 from 9am to 5pm M-F (closed noon to 1pm) for an appointment.

24 Hour Help Line: 612 825 4357

Community-based mental health program serves anyone impacted by sexual abuse, ages 16 and up, male or female. All appointments are scheduled with individual therapists. They are open to all insurance, have a sliding fee, and do take medical assistance. Walk-ins OK. (NIP also has a variety of other therapy options for individuals, couples, and families.) Mon-Thur: 9a.m.-8p.m. and Fri: 9a.m.-5p.m.

RELATE Counseling Center

15320 Minnetonka Boulevard Suite 200
Minnetonka, MN 55345

Call: 952 932 7277 for intake

Contact: Tracee, intake coordinator.

Outpatient mental health and family counseling agency providing all varieties of therapy, including adoption counseling, psychiatric disorder counseling, and more. In-person crisis intervention. Some of their therapists are licensed to take MA, some aren't. They take all major insurance (HealthPartners is out of network). They also have a sliding fee. The waiting list is 3-4 weeks. No walk-ins Hours: Mon-Friday, 9a.m.-5p.m.

Tasks Unlimited: Interlocken Lodge

2419 Nicollet Ave. S.

Minneapolis, MN 55404

Contact: Stephanie Stull, Admissions Counselor

Direct: 612 767 2060

Email: sstull@tasksunlimited.org

Provides supported employment (building maintenance, custodial) and housing for people with SPIMs (Severe and Persisting Mental Illness). Participants live in a permanent and communal lodge setting with 4-8 other adults, working and enjoying recreational group activities. Interlocken has a focus on residents with criminal background. Must have or be eligible for medical assistance.

**U of M Medical Center-
Outpatient Psychiatric Clinic**

2450 Riverside Avenue, Room F275

Minneapolis, MN 55454

Call: 612 273 8710 for an appointment

*Outpatient psychiatric services and individual therapy. (Also see Fairview Counseling Center, at this same address.) *Currently unsure of what payment options they accept. Their intake voicemail box is full, so it can be assumed that they are quite full up at the moment.*

Veterans Affairs Medical Clinic

One Veterans Dr.

Minneapolis, MN 55417

Call: 612 467 1921 for intake

Psychiatric inpatient and outpatient programs, including mental health assessment and therapy. Eligibility: Veterans who enlisted before 9/7/80 must have one day or more of honorable active military service. For those who enlisted after 9/7/80, two years of active service are required. (Recent Iraq vets now have highest priority.) They don't take MA, but they do have a sliding fee depending on income, which is either \$50, \$15, or free. No walk-ins. Hours: 8a.m.-4:30p.m.

White Bear Lake Area

Community Counseling Center

1280 Birch Lake Boulevard N.

White Bear Lake, MN 55110

Call: 651 429 8544

Individual, couples, and family therapy for residents of White Bear Lake, White Bear Township, Birchwood Village, Vadnais Heights, and Mahtomedi only. Therapy patients are eligible for mental health evaluation and medication management. Hours: M-T, 9:00a.m.-8:00p.m. W-TH, 8:00a.m.-6:00p.m. and F, 8:00a.m.-5:00p.m.

Domestic Violence

Updated: Mar. 2009

Minnesota Domestic Violence Crisis Line

Statewide, 24 Hour Shelter Hotline: 1-866-223-1111, connects you to the closest shelter.

Asian Women United/House of Peace

P.O. Box 6223

Minneapolis, MN 55406

Service Area: Hennepin, Ramsey, Dakota, and Washington County

24 Hour Crisis Line: 612-724-8823

Committed to ending violence against Asian women and children. Emergency temporary housing, court advocacy, case management, legal referrals, crisis intervention, and support groups.

Casa de Esperanza – Women's Shelter

St. Paul, MN

(Multiple offices in St. Paul and Minneapolis)

24 Hour Crisis Line: 651-772-1611

Specializes in working with the Latino community.

360 Community Shelter

B. Robert Lewis House

Service Area: Dakota and Scott County

2 locations, available 24 hours a day:

Hastings: 651-437-1291

Eagan: 651-452-7288

A safety net for women and children who have experienced domestic violence. Shelter and other outreach services;

support and advocacy; works with 12 local police departments.

Cornerstone

1000 East 80th St.
Bloomington, MN 55420
Office: 952-884-0376

24 Hour Crisis Line: 952-884-0330

www.dayoneservices.org

Emergency shelter, housing advocacy, transitional and supportive permanent housing, criminal justice intervention, family and youth services and therapy, support groups, and more. (Safe House for men also available.)

Domestic Abuse Project

204 West Franklin Avenue
Minneapolis, MN 55404
Office: 612-874-7063

9am – 5pm

www.domesticabuseproject.com

Advocacy and counseling services for families, victims, and offenders.

Harriet Tubman Women's Shelter

3111 1st Avenue
Minneapolis, MN 55408

24 Hour Crisis Line: 612-825-0000

Shelter for up to 128 women and children (males up to age 18). Individualized case management, support in creating a safety plan and setting goals. Assistance in transportation, and retrieving personal belongings. Support groups.

Tubman Family Alliance/Chrysalis

North Point Office

North Minneapolis, MN
Office: 612-521-0240

Provide assessments, on-site counseling and support groups, assistance with restraining orders, and comprehensive resource referrals for individual needs.

Family & Children Service (FCS)

4123 E. Lake St.
Minneapolis, MN 55406

Main: 612 729-0340

Contact Person Shantae Holmes

They have a drop in center and they deal with helping women who want to leave the life of prostitution. They provide Thursday night group for 2hrs. They also provide other resources clothing, food, education, housing and tokens for transportation. Mon-Thur: 8:00a.m.-8:00p.m. and Fri: 8:00a.m.-4:30p.m.

Home Free

Plymouth, MN

Service Area: Brooklyn Park, New Hope, Golden Valley, Plymouth, Corcoran, Dayton, Greenfield, Hanover, Hassan, Independence, Loretto, Maple Plain, Medicine Lake, Medina, Osseo, Rogers

Office: (763) 545-7080

24 Hour Crisis Line: (763) 559-4945

Shelter for 30-35 women and children, can stay up to 30 days. Advocates on staff to provide support, transportation, childcare and court advocacy. Women's empowerment support group, Wednesdays 6:30-8pm, call ahead for childcare and directions.

Project PEACE

5637 Brooklyn Blvd. #201

Brooklyn Center, MN 55429

Service Area: Brooklyn Center, Crystal, Robbinsdale, and Maple Grove

Office: 763-533-0733

8am-4pm

No shelter, but do provide support and advocacy for victims, and referrals to other resources, as well as community education.

Sojourner Project

Hopkins, MN

Service Area: Excelsior, Long Lake, Minnetonka, Minnetrista, Orono, Shorewood, St. Bonifacius, St. Louis Park, Tonka Bay, and small cities surrounding Lake Minnetonka

Office: 952-935-1004

24 Hour Crisis Line: 952-933-7422

Shelter residents receive food, clothing, individualized and group support and legal advocacy as needed. Shelter services have expanded recently to provide on-site individual and group therapy for adults and children. A transition advocate is also designated to assist residents as they re-enter the community. Intervention advocates provide support on their 24 hour crisis line.

Women of Nations - Eagles Nest Shelter

St. Paul, MN

Office: 651-251-1603

24 Hour Crisis Line: 651-222-5836

Domestic abuse shelter, crisis intervention, and advocacy for Native American and all families in Minnesota.

Women's Advocates

588 Grand Ave

St Paul, MN 55102

Office: 651-227-9966

24 Hour Crisis Line: 651-227-8284

In addition to providing shelter, Women's Advocates provides advocacy, personalized support (including mental health therapy and aftercare services), education, and resources. Tutoring, childcare, kids' support groups, and other services for children. First shelter for battered women and their children in the country (opened in 1974)!

Out-State Shelters:

Central Minnesota Task Force on Battered Women

Anna Marie's

St. Cloud, MN

Office: 320-263-6900

24 Hour Crisis line: 800-950-2203

Committee Against Domestic Abuse (CADA)

Mankato, MN

Office: 507-625-8688

24 Hour Crisis line: 800-477-0466

Shelter House

Willmar, MN

24 Hour Crisis line: 800-792-4210

Tubman Family Alliance

Lake Elmo, MN

Hill Home

Office: 651-653-6305

24 Hour Crisis line: 651-770-0777

Women's Center of Mid-Minnesota

Brainerd, MN

Office: 218-828-1216

Women's Crisis Center

Fergus Falls, MN

Region IV Council on Domestic Violence

Office: 218-739-9305

Crisis line: 218-739-3486

Women's Shelter, Inc.

Rochester, MN

Office: 507-281-1938

24 Hour Crisis line: 507-285-1010

Other / General Social Services

Updated: Jan. 2009

Emergency Assistance – EA

Families:

Century Plaza

330 So 12th St

(612) 596-1300

Adults without children:

Hennepin Co Economic Assistance

330 So 11th St

(612) 348-3007

Adults with children

(612) 348-9410

African American Family Services

612-871-7878

2616 Nicollet Ave S.7

Minneapolis, MN 55408-1628

The mission of the agency is to empower the African American individual, family, and community reach a greater state of well-being through the delivery of community-based, culturally-specific chemical health, mental health, and family preservation services.

***Big Brothers Big Sisters of the Greater Twin Cities**

2550 University Ave., Suite 410N

St. Paul, MN 55114

(651) 789-2400

Creates long term friendships for children with committed responsible adult volunteers to promote healthy child development. Has a Mentoring Children of Incarcerated Parents program.

Centro

1915 Chicago Ave. South

Minneapolis, MN 55404-1904

(612) 874-1412

Provides educational, youth, and cultural programs, healthcare, and some legal services to low income Spanish-speaking and Latino people throughout the metro area.

City, Inc.

Southside Location: 920 East 34th Street Door #8

Minneapolis, MN 55407

(612) 724-3689

Northside Location: 1315 12th Avenue North

Minneapolis, MN 55411

(612) 377-7559

Multi-cultural, multifaceted agency serving inner-city young people and their families.

Community Action Council

501 E. Highway 13, Suite 102

Burnsville, Minnesota 55337

Ph: 952-985-5300.

Provides holistic family services to residents of Scott and Dakota counties, in a number of areas including food, financial assistance, child care, child neglect and maltreatment, domestic violence, sexual assault, safety planning, mentoring partnerships, and school success. Services are community-based, often located in schools, churches, community centers, police stations, etc. and can be used as often as necessary, with no eligibility requirements. Offices in Burnsville, Lakeville, and Rosemount.

**Family Assets for Independence in Minnesota (FAIM)/
Community Action Partnership of Suburban Hennepin**

33 10th Ave. S, Suite 150

Hopkins, MN 55343

Ph: (952) 933-9639

Contact: Rhea Manning, (Direct: 952-697-1306), or Pat

Longs (Direct: 952-697-1320)

FAIM is part of a national program to promote Individual Development Accounts (IDAs). Participants save \$40 a month and FAIM matches them with an additional \$120 (\$3 for every \$1 you save). Participants are required to take 12 hours of financial education classes.

Northside Community Support Center

1309 Girard Avenue N
Minneapolis, MN 55411
(612) 521-2116

Services such as counseling, case coordination, assistance with benefits, and advocacy for people with mental illness are available from 12pm-5pm Monday through Friday and until 7pm on Wednesdays.

West Seventh Community Center, Inc.

265 Oneida Street
St. Paul, MN 55102
(651) 298-5493

Offers case management, individual and family counseling, crisis intervention, advocacy, parenting education and support groups, referrals for chemical dependency counseling, job market preparation, and school consultation to multicultural families. Provides after school program, food program and immigration and family law services.

Pillsbury United Communities

1201 North 37th Ave.
Minneapolis, MN 55412-2005
(612) 302-3400
(612) 377-7000

Contact: Shirley
Provides childcare, employment training, parent education, food shelf, crisis advocacy and crisis care for up to 3 day; some emergency cash assistance, some housing programs, and a community barter program. Primarily for residents of Bancroft, Powderhorn, Bryant and Central neighborhoods of South Minneapolis.

Phyllis Wheatley Community Center, Inc.

1301 10th Avenue North
Minneapolis, MN 55411
(612) 374-4342

Assists Northside African American families and community neighbors in developing their children and in setting and achieving persons, family and community goals for self-sufficiency.

La Oportunidad, Inc.

2700 East Lake Street, Suite 3100
Minneapolis, MN 55406
(612) 872-6165

Helps youth find positive life directions as alternative to crime and violence. Also offers parenting programs to help parents support their children's health development and success in school.

Neighborhood House

179 E. Robie Street

St. Paul, MN 55107
(651) 227-9291

Offers case management, educational programs, youth and family programs, and specialized services for Hmong, Spanish-speaking and refugee residents.

NorthPoint Health and Wellness Center

1313 Penn Ave N
Minneapolis, MN 55411
Human Services: 612-348-4700

Provides a variety of services and resources for adults and children in residents living in Minneapolis. Comprehensive social services for residents of north Minneapolis. Provides financial help, home repairs/furnishing, and school supplies, food shelf, client advocacy, and financial and housing counseling. (Also has clinical services.)

Minneapolis Urban League

2100 Plymouth Ave. North
Minneapolis, MN 55411
612-302-3100

Provides educational, employment readiness, youth and family programs and advocacy for African Americans in Minneapolis.

St. Paul Urban League

401 Selby Avenue
Saint Paul, Minnesota 55102
(651) 224-5771
Housing Services: (651) 291-0504

Provides educational, employment readiness, youth and family programs, housing, and advocacy for African Americans in St. Paul.