

# 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:  
Council on Crime and Justice  
822 S. 3<sup>rd</sup> St., Suite 100  
Minneapolis, MN 55415  
612-353-3000

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## 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](mailto: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 6<sup>th</sup> 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 44<sup>th</sup> 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. 3<sup>rd</sup> 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: Ruth B. Johnson 612-353-3012 or Charles Simmons, 612-353-3046

### **\*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. 5<sup>th</sup> St. (Suite 1100)  
Minneapolis, MN 55402  
(612) 348-8570

Contact: Mary Maas

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

**\*Mad Dads (Urban Ventures)**

3026 4<sup>th</sup> 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](http://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](mailto: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](http://www.womenplantingseeds.org)

**\* Parenting with Purpose**

7111 West Broadway, Suite 206  
Brooklyn Park, MN 55428  
763 503-2892

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

*Support ex-offenders and their families with resources that are in community.*

**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](http://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](http://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](http://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 4<sup>th</sup> Ave. S.  
Minneapolis, MN 55419  
**And**  
5400 Glenwood Ave.  
Golden Valley, MN 55422  
Helpline: 763-591-0100  
Office: 763-591-0400  
[www.crisisnursury.org](http://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. 5<sup>th</sup> St. #1100  
Minneapolis, MN 55402  
(612) 348-8570 Ext. 15  
Contact: Mary Maas  
[www.amicususa.org](http://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. 17<sup>th</sup> 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:

[www.health.state.mn.us/divs/chs/osr/registrars.html](http://www.health.state.mn.us/divs/chs/osr/registrars.html)

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 5<sup>th</sup> 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. 17<sup>th</sup> St. (corner on Hennepin and N. 17<sup>th</sup>)  
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](mailto: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 4<sup>th</sup> Ave. S.  
Minneapolis, MN  
(612) 822-1634

*Clothing and hygiene items available.*

#### **From Me to You**

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

[www.frommetoyou97.org](http://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 7<sup>th</sup> 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 7<sup>th</sup> 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 4<sup>th</sup> 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 12<sup>th</sup> 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 38<sup>th</sup> 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 4<sup>th</sup> Ave. S

Minneapolis, MN

612-638-1010

*For Urban Ventures participants only.*

**Bethesda Baptist Church**

1118 South 8<sup>th</sup> St.

Minneapolis, MN

612-332-5904

10am – 2pm M

*Walk-ins only. Food shelf/clothing.*

**Basilica of St. Mary’s**

88 N. 17<sup>th</sup> St. (corner on Hennepin and N. 17<sup>th</sup>)

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 13<sup>th</sup> 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 87<sup>th</sup> 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](http://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 15<sup>th</sup> 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 7<sup>th</sup> 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](http://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 89<sup>th</sup> 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 7<sup>th</sup> 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](http://www.tccvm.org/about_04.html)

*A few of these agencies are listed below.*

### **\*Amicus RECONNECT**

15 S. 5<sup>th</sup> 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 22<sup>nd</sup> St.

Minneapolis, MN 55403

Contact: Mike Menner

(612) 870-0529

[mmenner@ststephensmpls.org](mailto: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](mailto: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](mailto: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](http://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, 15<sup>th</sup> 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 7<sup>th</sup> Office)**

401 W. 7<sup>th</sup> 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. 17<sup>th</sup> St. (corner on Hennepin and N. 17<sup>th</sup>)

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 11<sup>th</sup> 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 13<sup>th</sup> 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/](http://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 7<sup>th</sup> 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](http://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. 4<sup>th</sup> 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 12<sup>th</sup> 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](mailto: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](http://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 10<sup>th</sup> Ave. S, Suite 150  
Hopkins, MN 55343  
952-933-9639  
[www.capsh.org](http://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 3<sup>rd</sup> Friday of the month (8am-10am.)*

**Cabrini Partnership (formerly Cabrini House)**

Permanent Supportive Housing Program  
1025 6<sup>th</sup> 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 80<sup>th</sup> St.  
Bloomington, MN 55420  
952-884-0376  
952-884-2135 Fax

Contact: Heather Smith  
Email: [cstone@bitstream.net](mailto: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](http://www.housinglink.org)  
Email: [info@housinglink.org](mailto: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](mailto: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 (1<sup>st</sup> or  
2<sup>nd</sup> degree), assault (1<sup>st</sup> through 3<sup>rd</sup> degree), arson, or csc  
(1<sup>st</sup> through 4<sup>th</sup> degree) in the applicant's lifetime, no 4<sup>th</sup>  
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](http://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 15<sup>th</sup> Ave. S.

Minneapolis, MN 55454  
612-338-5282  
Unity House  
2507 Fremont Ave. N.  
Minneapolis, MN 55411  
612-529-9267  
Waite House  
2529 13<sup>th</sup> Ave. S.  
Minneapolis, MN 55404  
612-721-1681

**\*Felons for Felons**

Council on Crime and Justice  
822 S. 3<sup>rd</sup> 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.mbkr.com](http://www.mbkr.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](http://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](mailto:StanH@180degrees.org), or Bridget Letnes, Program Director, [BridgetL@180degrees.org](mailto: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](mailto: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](mailto: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](http://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](http://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 17<sup>th</sup> 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 20<sup>th</sup> 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](http://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](http://www.lifetrackresources.org)

### **The Unlimited – Elim Church**

685 13<sup>th</sup> Ave. NE  
Minneapolis, MN  
612-789-3591

1<sup>st</sup> 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 11<sup>th</sup> Ave. S.  
Minneapolis, MN 55404  
612-870-1125

[www.communityemergencyservice.org](http://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](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 6<sup>th</sup> Street

Saint Paul, MN 55102  
651-293-1919

[http://www.cccspm.org/dorothy\\_day\\_center\\_info.aspx](http://www.cccspm.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 54<sup>th</sup> Ave North

New Hope, MN 55428

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

<http://www.emergencyfoodshelf.org/OurFamilyOfProgram/s/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 38<sup>th</sup> St.

Minneapolis, MN

612-827-5981

[http://www.sabathani.org/SCC\\_Family\\_Resources.htm](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 8<sup>th</sup> 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](http://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 4<sup>th</sup> Ave. S.

Minneapolis, MN 55408

612-638-1010

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

Email: [peopleexchange@urbanventures.org](mailto: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 7<sup>th</sup> Office** (401 W. 7<sup>th</sup> 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 145<sup>th</sup> 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, 31<sup>st</sup> St. on the North, and 50<sup>th</sup> 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 7<sup>th</sup> St.

Minneapolis, MN 55405

612-338-4640

[www.sharingandcaringhands.org](http://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. 8<sup>th</sup> 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 17<sup>th</sup> 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

*1<sup>st</sup> and 5<sup>th</sup> Sunday of the month (5-6pm)*

### **Holy Rosary Church**

2424 18<sup>th</sup> 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 3<sup>rd</sup> 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 7<sup>th</sup> St.  
Minneapolis, MN  
612-338-4640  
*Meal: 3:30pm M-Th  
9:30am – 12pm Sat & Sun*

### **Waite Neighborhood House Community Dinner**

2529 13<sup>th</sup> Ave. S  
Minneapolis, MN  
(612) 721-1681  
*Meal from 11am – 12:30pm M-F*

### **Westminster Presbyterian Church**

12<sup>th</sup> St. and Nicollet Ave. S  
Minneapolis, MN  
612-332-3421  
*Meal on the 4<sup>th</sup> 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 20<sup>th</sup> 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](http://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](http://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](http://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 funds 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](http://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.mplsawaytogrow.org/Related\\_Links/Referrals1/Referrals1.htm](http://www.mplsawaytogrow.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](mailto: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 5<sup>th</sup> Street  
St. Paul, MN 55101  
Ph: (651) 222-4731  
fax: (651) 297-6457  
[www.smrls.org](http://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](http://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 4<sup>th</sup> Ave. S #201  
Minneapolis, MN  
612-332-1441  
8:30am – 4:30pm M-F

#### **Legal Aid Society Inc.**

##### **Downtown Minneapolis**

430 N. 1<sup>st</sup> 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 1<sup>st</sup> 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 15<sup>th</sup> 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 19<sup>th</sup> 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. 4<sup>th</sup> 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 89<sup>th</sup> 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. 7<sup>th</sup> 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. 38<sup>th</sup> 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 18<sup>th</sup> 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. 12<sup>th</sup> St. (2<sup>nd</sup> 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. 7<sup>th</sup> 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 14<sup>th</sup> 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 15<sup>th</sup> 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](http://www.aaminneapolis.org)

**Narcotics Anonymous**

952-939-3939  
[http://www.naminnnesota.org/help\\_line/help\\_line.htm](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 78<sup>th</sup> 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 13<sup>th</sup> 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 7<sup>th</sup> 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 (7<sup>th</sup> 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. 38<sup>th</sup> 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](mailto: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](mailto:sstull@tasksunlimited.org)

*Provides supported employment (building maintenance, custodial) and housing for people with SPMIs (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 80<sup>th</sup> St.

Bloomington, MN 55420

Office: 952-884-0376

24 Hour Crisis Line: 952-884-0330

[www.dayoneservices.org](http://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](http://www.domesticabuseproject.com)

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

**Harriet Tubman Women's Shelter**

3111 1<sup>st</sup> 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 wants 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)!

Hennepin Co Economic Assistance  
330 So 11<sup>th</sup> St  
(612) 348-3007

Adults with children  
(612) 348-9410

### **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 12<sup>th</sup> St  
(612) 596-1300

Adults without children:

#### **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 10<sup>th</sup> 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 10<sup>th</sup> 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.*