

Community Resources

**Compiled by:
Council on Crime and Justice**

*Programs marked with an * offer services that are of particular importance to ex-felons. Other programs provide services to many disenfranchised groups, including ex-felons. Information is subject to change. Please stay in contact for updates.*

Contact:
Council on Crime and Justice
822 S. 3rd St., Suite 100
Minneapolis, MN 55415
612-353-3000

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Community Support for Ex-Felons

Updated: September 2011

***K.Y.T.E. (Know Your True Empowerment)**

formerly Felons 4 Felons

Council on Crime and Justice

822 S. 3rd St. Suite 100

Minneapolis, MN 55415

Every other Wednesday, 4 – 5:30PM

www.crimeandjustice.org

Features presenters from area agencies that have services to provide to ex-offenders, as well as leads for community resources, employment, training, and housing. The program supports ex-offenders in their struggles to become successful, independent, and productive citizens. A light supper is provided.

Contact: Ruth B. Johnson 612-353-3012

NorthPoint Health and Wellness Center

***African American Men Project**

1315 Penn Ave. N. Room 86

Minneapolis, MN 55411

www.northpointhealth.org

Danny Givens 612-767-3120

Thornton Jones "TJ" 612-767-3121

Serves African American adult men living in Hennepin County. Walk-ins welcome, as are referrals from street outreach. If you don't meet the age requirement (18+), call a number above for other resources. Re-entry group meets Tuesdays from 5-7PM in suite 300.

Friends for a Non-Violent World

***Alternatives to Violence Project**

1050 Selby Ave.

St. Paul, MN 55104

www.fnvw.org

651-644-5851

AVP provides workshops on conflict resolution in prisons, jails and communities.

FreedomWorks

***Post-Prison Outreach**

3559 Penn Ave. N. (main office)

Minneapolis, MN 55412

612-522-9007

www.freedomworksmn.org

Thursday evening fellowship dinner at Faith Baptist Church at 4350 Russell Ave. N. for men out of prison and their families, includes group discussion and information on available services. Activities begin at 6:15PM.

Greater Minneapolis Council of Churches

***Community Justice Project**

612-721-8687

www.communityjusticeproject.gmcc.org

Matches volunteer mentors with people transitioning out of the Hennepin County Adult Correctional Facility.

Contacts: Hillary Freeman and Brian Herron

Emerge

***Northside Jobs Connection**

1101 W. Broadway # 200

Minneapolis, MN 55411

612-529-9267

Contact: Marvin Clark

www.emerge-mn.org

Assists clients with employment, housing placement, retention support, and career-specific training opportunities. Open to any person who has been released from a MN Correctional Facility within the past 2 years.

***Amicus RECONNECT**

3041 Fourth Avenue South

Minneapolis, MN 55408

612-877-4250

Contact: Mary Maas

www.amicususa.org

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

***Urban Ventures, Center for Fathering**

3023 4th Ave. S.

Minneapolis, MN 55408

Contact: John Turnipseed

612- 455-4637

Contact: Jack Strawder

612-455-4674

www.urbanventures.org

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

***Transitional Conferencing**

P.O. Box 3152

Minneapolis, MN 55403

651-774-8709

Contact: Mary Maas

www.transitionalconferencing.org

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

The Twin Cities Men's Center

***Transitions**

3249 Hennepin Ave. # 55

Minneapolis, MN 55408

612-822-5892

Contact: Randy

www.tcmc.org

Wednesdays 7:30-9:30PM. Drop-in support group focusing on issues involved in reentering the community after incarceration. Open to men and women. Also have a number of 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.

***The NetWork for Better Futures**

1017 Olson Memorial Highway

Minneapolis, MN 55405

Contact: Jeff Williams

612-455-6133 X107

www.networkforbetterfutures.com

Assists clients who are recently released with employment and housing needs; this program has its own housing units and own job placement work crew.

***Women Planting Seeds**

Mary Whitney

612-558-5721

www.womenplantingseeds.org

Provides classes on self-esteem and healthy relationships. Works with victims of domestic violence; also, women and youth exiting Corrections. Offers the only program in the Twin Cities that specifically targets women coming out of incarceration.

***Parenting with Purpose**

7111 West Broadway Suite 206

Brooklyn Park, MN 55428

763-503-2892

www.parentingwithpurpose.org

Supports ex-offenders and their families with resources that are in the community. This includes mentoring, parenting classes and school visits.

Hennepin County Library

***Freedom Ticket Program**

612-543-8852

Contact: Daniel Marcou

www.hclib.org/freedomticket

Offers links to library resources, programs and re-entry tools to help people released from correctional facilities rejoin their community.

Phone/Crisis Assistance

Updated: September 2011

Crime Victim Services

Council on Crime and Justice

612-340-5400

www.crimeandjustice.org

24-hour hotline offering crisis counseling, information and referrals to victims of crime. Also provides on-going support through the criminal justice system.

Crisis Connection

Twin Cities: 612-379-6363

Toll free: 1-866-379-6363

24 hours, 7 days a week

www.crisis.org

Counseling, information, and referrals.

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

www.hcmc.org/depts/psych/cic.htm

Offers crisis counseling, assessment and referral.

AIDS Hotline

612-373-AIDS or

1-800-248-AIDS

M-F: 9AM-5:30PM

www.thebody.com

Referrals to various AIDS services.

Twin Cities/Emergency Shelter: Transitional Housing

1-888-234-1329

Metro Shelter Hotline Info.

Hennepin County After-hours Shelter Team

1000 Currie Ave.

612-673-9138

For those with an emergency shelter need after the county offices close. Hours are 5PM-11PM everyday.

Neighborhood Involvement Program**Rape & Sexual Abuse Center**

2431 Hennepin Ave. South

Minneapolis, MN 55405

612-374-9077

24-hour Helpline: 612-825-4357

www.neighborhoodinvolve.org

Provides affordable and qualified assistance to victims of sexual violence and their families. Walk-in crisis counseling and legal advocacy. Advocacy and support groups free. Therapy offered on a sliding fee basis.

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

5400 Glenwood Ave.

Golden Valley, MN 55422

Helpline: 763-591-0100

Office: 763-591-0400

www.crisisnursery.org

24-hour parent helpline, crisis counseling, 72-hour residential childcare, in-home visits, parent education, referrals.

Pillsbury Crisis Nursery

612-302-3500

9AM -4:30PM (After hours leave a message on the voicemail and you will be called back the next day).

www.puc-mn.org

Oak Park Center provides free services to parents and children in times of crisis.

360 Communities

Sexual Assault Services Hotline (24/7): 651-405-1500

www.360communities.org

Advocates answer questions and provide support to victims and family members.

Hennepin County Information

Operations/General Information

612-348-3000

8AM-4:30PM: M-F

Transportation/Bus Passes

Updated: September 2011

*** Amicus RECONNECT**

3041 Fourth Avenue South

Minneapolis, MN 55408

612-877-4250

Contact: Mary Maas

www.amicususa.org

(Felons only). Must have a new full-time job and written verification from employer to receive bus card.

***EMERGE Staffing Transportation Services**

1101 W. Broadway

Minneapolis, MN 55411

612-529-9267

www.emerge-mn.org

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

Basilica of St. Mary's

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

612-333-1381

www.mary.org

Outreach Services:

T-TH: line forms at 9AM; doors open at 9:30 – first come/first served

Bus card available for guests with a new job. Letter on letterhead from supervisor is required. Bus ticket available one way for an out of town funeral. Immediate family only (parent, child, spouse, or sibling). Bus tokens available only with services/vouchers. Gas card redeemable at any Holiday Stationstore. Once every 12 months, picture ID, resident of Minneapolis (bring proof).

Transit Link

651-602-5465

www.metrocouncil.org/transportation/transitlink

This is the Twin Cities dial-a-ride minibus or van service for the general public, where regular route transit is not available. It is available throughout the 7 county metropolitan area.

Hennepin Avenue United Methodist Church

Dignity Center

511 Groveland (enter off Lyndale)

Minneapolis, MN 55403

612-435-1315

Drop-In Hours M,W, F: 9-11:30AM

www.hennepinchurch.org

Will provide bus tokens to individuals who are working to overcome their barriers. Must be a resident of Minneapolis.

Community Action Partnership of Ramsey & Washington Counties

Car Ownership Program

Contact: Mya

651-603-5880

www.caprw.org

Helps working families purchase cars through a loan program. Also, guides them through the car buying process; there are stated income guidelines.

NE Minneapolis Salvation Army

2727 Central Ave. NE

Minneapolis, MN 55418

612-789-1512

www.thesalarmy.org

Provides 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

612-874-0311

www.ststephensmpls.org

Will provide transportation assistance if enrolled in a jobs program.

Prism

Ways to Work

730 Florida Avenue South

Golden Valley, MN 55426

763-529-1350 X104 Stevenson Morgan

www.waystowork.org

www.prismmpls.com

The Ways to Work Family Loan Program enables working families living in the Twin Cities area to obtain low-interest loans for the purpose of purchasing or repairing a vehicle.

Applications are limited to people who would not normally qualify for a car loan at a reasonable interest rate due to a lack of or negative credit history, short employment history, or limited income. There is a \$25 application fee.

Documents and ID
Updated: September 2011

Birth Certificate

Birth certificates can be obtained at your local registrar office. You will need to provide identification and fill out a request form. A certified copy of your birth certificate costs \$26.00 and will take 4-6 weeks to arrive in the mail.

To find your closest office, go to:

www.health.state.mn.us/divs/chs/osr

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.

Minneapolis:

1811 Chicago Ave.

Minneapolis, MN 55404

1-800-722-1213

9AM -4PM

www.ssa.gov/chicago/minnesota.htm

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, \$13.50 for a replacement ID, \$24.00 for a driver's license, and will take 2-4 weeks to arrive in the mail.

To find your closest DVS, go to:

www.dps.mn.gov

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:
License Bureau
425 Rice St.
St. Paul, MN 55103
651-292-9791
9AM-7:30PM: M-F

Basilica of St. Mary's
88 N. 17th St.
Minneapolis, MN 55403
612-333-1381

Outreach Services:

T-TH: line forms at 9AM; doors open at 9:30 – first come/first served
www.mary.org

ID vouchers available for Driver's license, state ID, birth certificate. No fees. All services are once every 12 months. Must be a resident of Minneapolis (bring proof).

Listening House

215 9th Street West
St. Paul, MN 55102
651-227-5911
www.listeninghouse.org

Provides assistance in obtaining photo IDs & birth certificates.

Clothing

Updated: September 2011

Basilica of St. Mary's
88 N. 17th St.
Minneapolis, MN 55403
612-333-1381

Outreach Services:

T-TH: line forms at 9AM; doors open at 9:30 – first come/first served

Provides thrift store vouchers for clothing/housewares (dishes and bedding). Bring a piece of mail and picture ID. Must be a resident of Minneapolis.

Shoe Ministry:

MON & SAT: line forms at 9AM; doors open at 9:30 – first come/first served

Must live in zip codes: 55401, 55402, 55403, 55405, 55411. If you reside in a Minneapolis shelter, treatment program or halfway house, you can be outside the above zip codes and still receive the service. Just bring a picture ID and a shelter letter. All services are once every 12 months.

www.mary.org

**Oak Park Neighborhood Center
"Clothes Closet"**

1701 Oak Park Ave.
Minneapolis, MN 55411
612-377-7000
10AM-4PM: T-TH
www.puc-mn.org
Provides free, quality used clothes for adults and children. No requirements.

From Me to You

3953 4th Ave. S.
Minneapolis, MN 55409 (corner of 40th and 4th)
612-825-6469
www.frommetoyou97.org
Contact: Gail or Bernice
Clothing items for men and women going back into the workforce. Closed Wednesdays. Call to set an appointment, prefer referral and small donation, but no one is turned away.

Hallie Q. Brown - Branch Service Center

100 North Oxford (corner of Oxford and Laurel)
St. Paul, MN 55104
651-251-9015
Contact: Hannah
9AM -3:45PM: M, T, TH, F
9AM -5:45PM: W
www.hallieqbrown.org
Free clothing; open to anyone.

Joseph's Coat

1107 West 7th St.
St. Paul, MN 55102
651-291-2472
9AM -4:30PM: M and W
www.josephscoatmn.org
*Free clothing for all ages available. Need ID. Items are new or gently used.
May shop once a week.*

Sharing and Caring Hands (Mary Jo's)

525 N. 7th St.
Minneapolis, MN 55405
612-338-4640
10:15-11:15AM and 1:30-3:00PM: M-TH
www.sharingandcaringhands.org
Clothing available at no cost.

East Side Thrift Store

1928 Central Ave. NE
Minneapolis, MN 55413
612-789-0600
Contact: Lyn Albright
M-F: 10AM-6PM
SAT: 10AM-5PM

www.esns.org

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.

Salvation Army Thrift Store

900 4th St. N. (Main Store)
Minneapolis, MN 55401
612-332-5855
MON-SAT: 9AM-8PM
www.thesalarmy.org

Low cost clothing, will accept vouchers from various agencies. Check website for other store locations and hours.

St. Thomas More “Swap Shop”

1065 Summit Ave. (lower level of school)
St. Paul, MN 55105
651-227-7669
www.morecommunity.org

Open Saturdays from 1-3PM when school is in session (not summers). Free clothes, limit of 2 bags of merchandise. Open to anyone.

Central Lutheran Church

Clothes Closet

333 South 12th St.
Minneapolis, MN 55404
612-870-4416
M: 11-12:30PM
TH: 1-2:30PM
www.centralmpls.org

Free clothing for men, women and children.

Park Ave. United Methodist Church

Cornerstone Clothing Ministry

3400 Park Ave.
Minneapolis, MN 55407
612-825-6863
W: 4:30-6PM
www.parkavechurchmpls.com

Gently used clothes; all will be priced on a per item basis. There is a procedure for those who are unable to pay.

St. Stephen’s Free Store

2211 Clinton Ave. S.
Minneapolis, MN 55404
612-767-4751
8:30-11:30AM: T-TH
www.ststephensmpls.org

Referral is not necessary. Walk-ins welcome.

Sabathani Community Center

Clarissa's Clothing Closet

310 East 38th St.

Minneapolis, MN 55409

612-821-2396

M-TH: 9-11:30AM and 1-3:30PM

www.sabathani.org

Free clothes.

Hope Presbyterian Church

Vine and Branches Clothing Ministry

7132 Portland Ave. S.

Richfield, MN 55423

612-866-4055 X3129

Contact: Nancy Staloch or Heidi Johnson

WED: 6:30 PM-8:00PM

THUR: 1:00 PM-4:00PM

SAT: 10:00 AM-1:00PM

www.hope-pc.org

Quality clothing, toys, books, and household items at minimal prices. Limited use of free laundry facility. If uniforms or specific work clothes are required, will make requests from congregation or buy what is needed.

Bethesda Missionary Baptist Church

1118 South 8th St.

Minneapolis, MN 55404

612-332-5904

10AM-2PM: MON

Clothing for infants to adults.

The Unlimited – Elim Baptist Church

685 13th Ave. NE

Minneapolis, MN 55413

612-789-3591

Open the first Thursday of each month: 9AM-1PM

www.elimchurch.com

Clothing for women.

Marie Sandvik Center

1112 East Franklin Ave.

Minneapolis, MN 55404

612-870-9617

www.mariesandvikcenter.org

Clothing for men is given out on Friday and Sunday evenings. Women's is distributed on Tuesday and Thursday evenings. You must attend the service, which begins an hour before the clothes are made available. Check for exact times on the website or call.

Ready for Success

For Men:

425 Oak Grove St.
Minneapolis, MN 55403
612-874-8823 X19 - Gary Veazie

For Women:

1730 Clifton Pl. Suite 10
Minneapolis, MN 55403
612-874-8823 X16 - Jennifer
www.ecsmn.org

Provides low income individuals with gently used and new business, casual clothing and accessories for job interviews and the workplace. Must be referred by an agency. Your name will be put on a waiting list; it could take a couple of weeks before you receive a call to come in.

St. Olaf Catholic Church

Social Outreach

215 S. 8th Street
Minneapolis, MN 55402
612-332-7471
9:30-11:30AM and 1-2PM: M,T,W
www.saintolaf.org

Casual and professional clothing for men, women and children. Appointment preferred by calling the number above.

Furniture and Household Items

Updated: September 2011

Bridging Inc.

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

By appointment far in advance.

Must be referred by authorized agency; see website for list.

Only allowed to use this service once, but you can take as much furniture as you need, so stock up and make it count! If Bridging delivery is used, the cost is \$165., paid by client.

Sabathani Community Center

310 E 38th Street
Minneapolis, MN 55409
612-821-2396
www.sabathani.org

Free furniture. Call for hours.

Goodwill Warehouse Outlet

2505 University Ave. W.
St. Paul, MN 55114
651-603-1544
8AM-7PM: M-F
10AM-6PM: SAT
11AM-5PM: SUN

www.goodwilleasterseals.org

Houseware sold in bulk by the pound. No furniture.

Mary Jo's / Sharing and Caring Hands

525 North 7th St.
Minneapolis, MN 55405
612-338-4640
10:15-11:15 & 1:30-3PM: M-TH
www.sharingandcaringhands.org
Household items, no furniture.

East Side Thrift Store

1928 Central Ave. NE
Minneapolis, MN 55413
612-789-0600
Contact: Lyn Albright
M-F: 10-6PM
SAT: 10-5PM
www.esns.org

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. Dressers, chairs, tables, and entertainment centers are available.

Arc Greater Twin Cities

Value Village Thrift Stores: Brooklyn Center, New Hope, Richfield, St Paul.
www.arcvaluevillage.org
Used clothing and some household items, toys, tools, etc. for sale. No longer accepts donated furniture. Check website for exact locations and hours.

Central Lutheran Church

Clothes Closet

333 South 12th Street
Minneapolis, MN 55404
612-870-4416
M: 11:00-12:30, TH: 1-2:30PM
www.centralmpls.org
Free small household items.

ACCAP Furniture Department

1201 89th Ave. NE
Suite 345
Blaine, MN 55434
763-783-4747
www.accap.org

Low-income residents of Anoka county only, must be US citizen, 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).

Furnish Office and Home

formerly PPL Shop

850 15th Ave. NE
Minneapolis, MN 55413
612-789-3322
Tuesday-Friday: 9AM-7PM Sat: 9AM-5PM
www.furnishofficeandhome.org

Save up to 80% off list price on used and new office and home furnishings. They do not sell clothes.

Hastings Family Service

301 Second St. East
Hastings, MN 55033
651-437-7134

www.hastingsfamilyservice.org

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.

Joseph's Coat

1107 West 7th St.
St. Paul, MN 55102
651-291-2472

9:30AM-4:30PM: M and W

www.josephscoatmn.org

Household items. Must bring photo ID.

Neighbors, Inc.

218 13th Avenue South
South Saint Paul, MN 55075
651-455-1508

www.neighborsmn.org

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. Call for appointment. Serves Northern Dakota County Communities. Must provide a photo ID and a utility bill.

Voicemail

Updated: September 2011

Open Access Connections

formerly Twin Cities Community Voice Mail

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

Executive Director: Marcy Shapiro

www.openaccessconnections.org

Provides no-cost voice messaging to low income, phone-less individuals and families seeking housing, jobs, or 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 the website.

Financial/ Rental/Utility Assistance

Updated: September 2011

MFIP-EA

Minnesota Family Investment Program-Emergency Assistance

612-596-1300

Century Plaza

330 South 12th St.

Minneapolis, MN 55404

Enter on 12th St. side and go to one of the first floor windows(1-5).

www.dhs.state.mn.us

**Families, try this FIRST. It helps families, pregnant women and those with one or more children under age 18.*

Caroline Family Services

917 East Jessamine Ave.

St. Paul, MN 55106

651-772-1344

www.theresalivingcenter.com

Assists one-parent homeless families find housing within Ramsey County. This is followed by support services that include a visit from a case manager, some rental assistance and access to resources.

The Dignity Center

511 Groveland Ave.

Minneapolis, MN 55403

Ann J. Carlson 612-435-1315

M,W, F: 9-11:30AM

www.hennepinchurch.org

Resources such as school supplies, hygiene kits and cash assistance.

Minnesota Community Action Partnership

MCIT Building

100 Empire Drive Suite 202

St. Paul, MN 55103

651-645-7425 ext. 0

www.mncaa.org

Made up of member organizations in communities across the state. Programs include energy assistance, headstart programs, food support, and many others. Go to the website and click on your county for detailed info.

Central Lutheran Church

Restoration Center

333 South 12th St.

Minneapolis, MN 55404

Contact: Rolf Lowenberg-DeBoer

Apply: M, TU: 1-3PM & W, TH: 9-11AM

612-767-9214

www.centralmpls.org

Can help with rental assistance and other limited financial needs on a case by case basis.

Salvation Army

401 W. 7th St.
St. Paul, MN 55102
651-224-6946

Or:

1019 Payne Ave.
St. Paul, MN 55130
651-776-2653

www.thesalarmy.org

Limited assistance with rent is available in St. Paul only. If you have already applied for assistance from the county and failed to receive it; you will need to bring a denial letter. Requirements are constantly changing.

WeCAN

Western Communities Action Network

5213 Shoreline Drive
Mound, MN 55364
952-472-0742

Contact: Lisa

Mon: 9-4:30PM Tues: 9-6:30PM Thurs: 9-4:30PM

www.wecan-help.org

Provides emergency rental assistance to qualifying persons living in: Mound, Spring Park, Rockford, Maple Plain, St. Bonafacius, Greenfield, Independence, Loretto, Minnetonka Beach, Minnetrista, Tonka Bay, and Western Orono.

Northpoint Health and Wellness Center

1315 Penn Ave. N.
Minneapolis, MN 55411
612-767-9500

8AM-5PM: M-F

www.northpointhealth.org

Limited financial assistance for persons facing eviction due to non-payment of rent. Come in on Wednesday between 9-10:30. Must have minor children to be eligible.

Offered to individuals living in North Minneapolis.

Minneapolis Public Housing Authority

1001 Washington Ave. N.
Minneapolis, MN 55401
612-342-1400

8AM-4:30PM: M-F

www.mphaonline.org

Administers Housing Choice Vouchers, including "The All about the Kids Program", Project Based Vouchers, and Hollman Vouchers.

Elim Transitional Housing

3989 Central Ave. NE Suite 565
Minneapolis, MN 55421
763-788-1546

www.elimtransitionalhousing.org

Rental subsidies help residents who are unable to afford market rate rents. Also helps with application fee and damage deposit.

Community Emergency Service

1900 11th Ave. S.
Minneapolis, MN 55404
612-870-1125
1:30PM-4:15PM: M-F
Or mornings by appointment
Housing Specialist: Josephine Howell 612-870-1069
www.cesmn.org

One-time only, must live in South or Southeast Minneapolis; call to make an appointment and they will call back in 48 hrs. Will help with rent if they have the funds. They will not assist with deposits or application fees.

Neighborhood House

179 East Robie Street
St. Paul, MN 55107
651-789-2554 Kirsten Anderson - Basic Needs Specialist
www.neighb.org

Rental payments and damage deposit.

Neighbors, Inc.

218 13th Avenue South
South Saint Paul, MN 55075
651-455-1508
Contact: Gale or Joan
www.neighborsmn.org

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 situations that put a strain on family resources. Limited funds are available for gasoline, medical prescriptions, rent, utility bills, day care costs, auto repair and similar emergencies. Serves North Dakota County only.

Westside Community Health Service

House Calls

555 Cedar Street
Saint Paul, MN 55101
651-266-1290
www.westsidechs.org

Case management to prevent homelessness due to condemnation. Eviction prevention, referrals are through St. Paul, and Ramsey County housing and rental inspection.

Minneapolis Urban League

Client Services Program Division

2100 Plymouth Ave. N.
Minneapolis, MN 55411
612-302-3141 Theresa Doss
www.mul.org

Offers many programs, from maintaining/restoring credit to housing discrimination prevention.

St. Olaf Catholic Church

Social Outreach

215 S. 8th Street
Minneapolis, MN 55402
612-332-7471
9:30-11:30AM and 1-2PM: M,T,W
www.saintolaf.org

Emergency financial assistance includes bus tokens and medical co-pays. Appointment preferred by calling the number above.

Transitional Housing

Updated: September 2011

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

RS Eden

1931 West Broadway

Minneapolis, MN 55411

612-287-1600 Administration Offices

Provides transitional housing in multiple Twin Cities locations.

www.rseden.org

Overview:

***Reentry Ashland**

532 Ashland Ave.

St. Paul, MN 55102

Contact: Steve Bisch

651-292-1466

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

***Reentry West**

855 West 7th St.

St. Paul, MN 55102

Contact: Jennifer Gast

651-227-6291

Like Reentry Ashland, but duration of stay varies.

***Reentry Metro**

444 W. Lynnhurst Ave.

St. Paul, MN 55104

Contact: Corey Sentieri

651-644-1951

Like Reentry Ashland, but duration of stay varies.

***The Network for Better Futures**

1017 Olson Memorial Highway

Minneapolis, MN 55405

612-455-6133

www.networkforbetterfutures.com

For men leaving prison, there is immediate access to safe, affordable housing with a flexible rent subsidy. There is short term employment on their work crew and access to job training.

***Christian Restoration Services**

7157 Commerce Circle West

Fridley, MN 55432

763-566-2888

Rev. Marcell Garretson, Executive Director

www.crservices.org

Have male and female houses for ex-offenders in Minneapolis, Brooklyn Center, St. Paul and Coon Rapids. Generally charge 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.

***FreedomWorks Post-Prison Outreach**

3559 Penn Ave. N.
Minneapolis, MN 55412
612-522-9007

www.freedomworksmn.org

10 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.

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

740 Dayton Ave.
St. Paul, MN 55104
651-222-4410

Contact: Debra Messenger

www.woloutreachministry.com

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; 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.

***Damascus Way ReEntry Center**

5730 Olson Memorial Highway
Golden Valley, MN 55422
763-545-6558

www.damascusway.com

Referral-based Christian residential reentry program for adult men exiting prison. Most referrals are made by prison caseworkers, parole and probation agents. There is 24 hour supervision and monitoring.

***Life Rebuilders - Redemption House**

formerly Midwest Challenge

3044 Chicago Avenue South
Minneapolis, MN 55407
612-825-6871

www.lrbmn.org

Christian-focused transitional housing for men coming from prison, chemical dependency treatment or homelessness. Assists in obtaining education and employment.

Salvation Army Harbor Lights Center

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

www.usc.salvationarmy.org

A variety of housing services: Booth Services has shelter for men and women, with a program fee of \$42. per week. Sally's Place is a secure shelter for single homeless women. Safe Bay is a secure over-flow shelter for homeless men. Transitional Housing is for sober men and women at various sites in the Twin Cities. Rent is based on income. There is also Emergency Housing for men and women on government assistance.

Salvation Army Adult Rehabilitation Center

900 N. 4th Street
Minneapolis, MN 55401
Contact: George Fraser
612-332-5855

www.satruck.org/rehabilitation-program

In-patient recovery program (men). Stay up to one year. Work therapy and education classes, substance abuse program 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 X34
Crystal Frank - Director 612-872-4193 X15
9AM-5PM: M-F
www.oscs-mn.org

Sober men and women: transitional housing and emergency shelter. For transitional housing, must have source of income. Must attend community meetings and share house responsibilities. Emergency shelter provides 30 day stay in a dormitory setting. Houses 40 people nightly. Residents may stay up to 1 month or longer if they are actively saving money towards permanent housing.

The Family Program (Lutheran Social Services)

2414 Park Ave.
Minneapolis, MN 55404
612-871-0354
www.lssmn.org/housing/transitional.html

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 the program up to 12 mos. All referrals must come from Rapid Exit. Call 612-348-9875 to apply.

Theresa Living Center

917 E. Jessamine Ave.
St. Paul, MN 55106
651-774-5594
www.theresalivingcenter.com

Residential transitional home for women who are single, pregnant, or have one child under the age of 1; 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

919 12th Avenue SE
Minneapolis, MN 55414
612-331-7390
www.cabrinipartnership.org

*For homeless or potentially homeless adults, single with no children, who want to participate in supportive communal living. 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.***

**Minnesota Aids Project
Transitional Housing Program**

1400 Park Avenue S.
Minneapolis, MN 55404
612-373-2437
www.mnaidsproject.org

*For people who are HIV positive and need housing and placement. Must have a case manager for referral before consideration.
Waiting list is currently closed.*

House of Charity

510 South 8th Street
Minneapolis, MN 55404
612-594-2000
www.houseofcharity.org

For people with chemical dependency. Must be working or receiving benefits such as SSI. Offers chemical and alcohol dependency treatment which is open to anyone. No arson, sex offenses, or violent individuals. Also receive free meals.

Exodus Residence (Catholic Charities)

819 2nd Ave. S.
Minneapolis, MN 55402
612-204-8330
www.cctwincities.org
www.saintolaf.org

Low cost SRO housing for single men and women; 46 units of transitional housing and 49 units for single adults diagnosed with MI or CD issues. Monthly rent is \$350. Supportive services and case management.

Mary Hall (Catholic Charities)

438 Main Street
St. Paul, MN 55102
651-647-2340
www.cctwincities.org

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 at the Dorothy Day Center. Need deposit and first month's rent to be admitted.

Simpson Housing Services

2100 Pillsbury Avenue South
Minneapolis, MN 55404
612-874-8683
www.simpsonhousing.org

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 a rental subsidy directly to the landlord each month, while aiding them in finding a more permanent situation. Applicants must come from a shelter, or have recent eviction notice or UD. Call on Tues. between noon and 2PM to find out about current openings.

East Metro Women's Counsel

3521 Century Ave. N.
White Bear Lake, MN 55110
Rachel Newman 651-773-8401 X123
Pam Phelps 651-459-4822
www.emwc.org

*Supportive transitional housing for homeless and low-income families in White Bear Lake and Washington County. Can be male or female, but must have custody of at least one child. Criminal records are considered according to their guidelines. **Also have permanent housing.***

Micah House

3047 5th Ave. S.
Minneapolis, MN 55408
612-827-0484

Contact: Landon Alexander for intake
www.micahhouse.com

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. Offers job search support and parenting classes through partnerships with American Indian OIC and other groups; 21 beds currently available. No sex offenders. There is also an outpatient program.

Permanent Housing

Updated: October 2011

***Portland Village (RS Eden)**

1829 Portland Ave. S.
Minneapolis, MN 55404
612-872-9045 Kynda Stull

www.rsedn.org

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.

New Foundations

***Crestview Community**

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

Contact: Jonathan Hausman
www.newfoundationsinc.org

Provides permanent supportive and affordable housing for homeless dually diagnosed CD and MI adults in recovery and their families. Program components include job retention support, education and children's services. Many residents have criminal backgrounds as a barrier.

St. Stephen's Human Services

Rapid Exit Program

2211 Clinton Ave. South
Minneapolis, MN 55404
612-874-0311

8:30AM-5PM: M-F
www.ststephensmpls.org

Partners with Hennepin County to help families and single adults move into permanent housing. St Stephens can subsidize part of the rent for up to six months. There is intensive case management.

Community Action Partnership of Suburban Hennepin

8800 Highway 7 Suite 401
St. Louis Park, MN 55426
952-933-9639

www.capsh.org

CAPSH is a Rapid Exit provider in Hennepin County that helps families move from shelters to affordable housing. Programs include Rental Support Services and homeownership assistance.

Alliance Apartments (RS Eden and Aeon)

719 East 16th Street
Minneapolis, MN 55404
www.rseden.org
612-630-3600
8AM-5PM: M-F

100 permanent efficiency apts, Section 8 subsidized, for single men and women who are homeless or leaving transitional housing. Must be sober, working or seeking employment. No arson or sexual assault.

Ascension Place

Next Step Housing

1803 Bryant Ave. N. (Main Office)
Minneapolis, MN 55411
612-588-0861
www.ascensionplace.org

Provides permanent, supportive housing for women who face barriers of MI, CD or domestic violence. Must be in Ascension Place transitional housing to qualify.

Cabrini Partnership

Permanent Supportive Housing Program

919 12th Avenue SE
Minneapolis, MN 55414
612-331-7390
www.cabrinipartnership.org

Scattered site one bedroom/efficiency apartments are available to single men and women who are long-term homeless or in emergency shelters. Case managers assist residents in skills development and mental health issues.

Cornerstone

1000 East 80th St.
Bloomington, MN 55420
952-884-0376 Main
952-884-0330 24 hr hotline
www.cornerstonemn.org

Has a program that helps find long-term, affordable housing for domestic abuse survivors and their children. Also, gives information on bad credit, background searches and complaints about discrimination.

Housing Link

275 Market Street
Minneapolis, MN 55405 Suite 509
612-522-2500
www.housinglink.org

Info for Twin Cities seven-county area. Website has links to the Housing Authority waiting list, Sec. 8 and Public Housing. It does not offer one-on-one service.

Lutheran Social Services

Supportive Housing

2414 Park Avenue
Minneapolis, MN 55404
612-871-0354
www.lssmn.org/housing/index.html

Two types of supportive housing are Permanent Supportive Housing and Scattered-Site Permanent Housing. Each program has different eligibility criteria, so check the website.

Model Cities**Families First Supportive Housing**

839 University Ave. W.

St Paul, MN 55104

651-632-8350 Main

651-632-8344 Housing Services Manager

www.modelcities.org

Provides 21 units of safe, affordable, permanent supportive housing for families who are homeless and in recovery from drugs and alcohol. Families pay 30% of income towards rent.

Emma's Place

2163 Van Dyke St.

Maplewood, MN 55109

651-773-0516 9AM-2PM: MON-FRI

www.emmanorton.org

Permanent housing with support services for single parents with 3 or more children who are 18 years old or younger. 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. All felony convictions must be 3 or more years old.

CommonBond Communities

328 Kellogg Blvd. W.

St. Paul, MN 55102

651-291-1750

www.commonbond.org

Midwest's largest nonprofit provider of affordable housing. It owns or manages 5,000 rental apartments and townhouses throughout 50 cities in Minnesota, Wisconsin and Iowa. Website has listings for Sec 8, Sec 42, senior housing and much more.

Central Avenue Apartments (RS Eden)

1828 Central Ave. NE

Minneapolis, MN 55418

612-782-2994 Dan Hanson

www.rsedn.org

Subsidized sober housing and support services for 61 homeless individuals; background check: violent offenders, severe property damage, arsonists, sex offenders, some drug charges will not be accepted. Residents pay 30% of their income.

Aeon

822 S. 3rd St.

Minneapolis, MN 55415

612-341-3148

www.aeonmn.org

Nonprofit developer, owner and manager of affordable apartments in the Minneapolis and St. Paul area. It offers 1,934 apts and townhomes to minimum wage and moderate income households.

Community Neighborhood Housing Services

35 West Water St.

St. Paul, MN 55107

651-292-8710

M-TH: 8:30-5PM FRI: 8:30-3PM

www.communitynhs.org

Specializing in foreclosure prevention and new homeowner education. Serves the seven-county metro area. Primary clients have incomes below the median income or bad credit history.

Jackson Street Village (RS Eden)

1497 Jackson St.

St. Paul, MN 55117

612-782-2994 Dan Hanson

www.rseden.org

Affordable supportive housing for 24 families. Townhomes, play area and community center with support services.

Lindquist Apartments (RS Eden)

1931 West Broadway

Minneapolis, MN 55411

612-287-1624 Rashida Jackson

www.rseden.org

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

Project for Pride in Living

1035 East Franklin Avenue

Minneapolis, MN 55404

612-455-5100

www.ppl-inc.org

PPL owns or manages over 1,000 units of affordable rental housing. Wide range of housing options, from studios to townhomes. Check website for the rental criteria.

Evergreen Residence (Catholic Charities)

177 Glenwood Ave. N.

Minneapolis, MN 55405

612-204-8406

www.cctwincities.org

SRO, permanent sober housing with 88 units for homeless adults. Available for 72 men and 16 women. Rent is \$360 a month.

St. Christopher Place (Catholic Charities)

286 Marshall Ave.

St. Paul, MN 55102

651-547-2370

www.cctwincities.org

Permanent housing with supportive services for 70 single men. Damage deposit is required upon move in.

West Hennepin Affordable Housing Land Trust

Homes within Reach

5101 Thimsen Ave.

Minnetonka, MN 55345 Suite 202

952-401-7071

www.homeswithinreach.org

A community-based program that provides affordable homeownership in western suburban Hennepin County. They help working families purchase their own home at affordable prices.

Salvation Army H.O.P.E. Harbor

53 Glenwood Ave.

Minneapolis, MN 55403

612-659-0705

www.thesalarmy.org

Single room efficiencies for 96 single men and women in downtown Minneapolis. Full time social worker at the site.

Employment Resources

Updated: March 2012

***American Indian OIC**

1845 East Franklin Ave.

Minneapolis, MN 55404

612-341-3358

www.aioic.org

AIOIC provides individualized vocational training and industry recognized certificates for various careers that are in demand in the labor market. They also have an ABE/GED program and an Alternative High School/STW. Programs that are on-site for employment assistance are METP, MFIP, Adult WIA and Youth WIA. There is work readiness training, job placement services for ex-offenders and job retention. Although AIOIC primarily serves American Indian people, resources are available to all individuals.

*** Twin Cities RISE!**

800 Washington Ave. N. Suite 203

Minneapolis, MN 55401

612-338-0295

www.twincitiesrise.org

Employment training program to build skills in computers/keyboarding, writing, math, job seeking/interviewing, and empowerment. Program lasts 10 weeks and requires a commitment of 12 to 15 hours per week. Must be over 18 years of age and a MN resident, earned no more than \$20,000 in the previous year and not currently a college student/degree holder. This training is for adults with career barriers including felonies, homelessness, chemical dependency.

***SONIC Program (180 Degrees)**

(Skills Offenders Need In the Community)

236 Clifton Ave. S.

Minneapolis, MN 55403

Referral Information: 612-813-5000

www.180degrees.org

Helps people who are leaving jail/prison (and individuals with a criminal record) obtain good jobs and housing. Learn efficient time management, prioritize to meet deadlines, effective job searches, and money management.

Urban Ventures

***Ready? Set! Work...**

3029 4th Ave. S.

Minneapolis, MN 55408

612-455-4640 Stan Hill

www.urbanventures.org

A job preparation and placement program specializing in helping ex-offenders and individuals who have barriers to employment (male and female). We work with area business owners to identify jobs that would be open to individuals with limited experience.

***Minnesota Federal Bonding Service**

651-259-7500

www.positivelyminnesota.com

Employers that hire ex-felons can get a no cost Fidelity Bond on them for \$5,000 for six months, which protects the employer from employee theft. Other at risk workers include those who have poor credit, or lack a suitable employment history. Employers, not job seekers, apply for these bonds.

***America in Recovery, Inc.**

www.nouturns.org

A national website that allows ex-offenders to enter their resume information directly on the website, while employers can post job listings. Each side can communicate directly with the other. There is no charge for this service.

***Rebuild Resources, Inc.**

602 Prior Avenue North

St. Paul, MN 55104

651-645-7055

www.rebuildresources.com

Owns and operates businesses in St. Paul. Offers full time transitional employment for 3 to 6 months to people completing treatment and living in a halfway house. Program helps participants overcome barriers associated with poverty, addiction and incarceration.

St. Paul Workforce Center

***Ex-Offender Employment Program**

540 N. Fairview Ave. Suite 100

St. Paul, MN 55104

Contact: Luis Brown-Pena

651-642-0696

Program helps ex-offenders obtain gainful employment. Attend a two-day workshop and develop a job portfolio, practice interviewing, receive employment referrals.

***Next Step Staffing**

545 W. 7th St.

St. Paul, MN 55102

651-600-3664

www.nssmn.com

Owned by R3 Collaborative. Offers opportunities to those people facing obstacles to employment. They assist unemployed veterans, ex-offenders, and graduates of treatment programs. There is resume building, job referral or placement, and a pre-employment assessment. NSS is not a day labor company. It is a social business enterprise.

Goodwill/Easter Seals

***Employment Development Services**

553 Fairview Avenue North

St. Paul, MN 55104

651-379-5857

Contact: Cindy Larson

www.goodwilleasterseals.org

Set career goals, prepare for job search, computer training and Employment Readiness Training. Intended for people with disabilities, no significant work history, or criminal convictions.

Resource**Employment Action Center**

900 20th Ave. S.

Minneapolis, MN 55404

www.eac-mn.org

***Girls CARE:**

Services for girls 14-18 years old who have had contact with the juvenile justice system. Helps them complete their education and obtain employment.

***Fresh Start Program:**

Youth, aged 14-21, who have committed a crime or are at serious risk of involvement in the juvenile justice system. There are education services, support, and coaching.

For information on both programs call Kira Wagner - 612-752-8804

Project for Pride in Living

1925 Chicago Ave.

Minneapolis, MN 55404

612-455-5300

www.ppl-inc.org

Computer Access Lab, Computer Skills Resource and Workshops, Health Careers Partnership.

***ReEntry2Work**

PPL offers a 2 week work-readiness training program that serves people with criminal histories. Topics covered include: effective communication, expungement options, job searching and much more. Training is free.

Minneapolis Urban League**Adult Job Placement**

2100 Plymouth Avenue North

Minneapolis, MN 55411

612-302-3136

Contact: Stephen Robinson

www.mul.org

Provides one-on-one job counseling, employment leads, resume preparation, and interview coaching for Minneapolis residents.

EMERGE**Adult Career Services**

1101 West Broadway Ave.

Minneapolis, MN 55411 Suite 200

612-529-9267

www.emerge-mn.org

Serves un-/under-employed Minneapolis residents who are not receiving MFIP Employment Services. Helps participants with job searches, interviewing, job retention skills, and career advancement counseling.

People Serving People

614 Third St. S.

Minneapolis, MN 55415

612-332-4500 Main

612-277-0257 Amy Honer - Coordinator

www.peopleservingpeople.org

Assists clients with job searches, creating a resume and cover letter. Offers a free 13 week Culinary Arts Training Program. Upon completion each graduate is given a uniform, cookbook, a set of industrial kitchen knives and a certificate.

HIRED

1200 Plymouth Avenue N.
Minneapolis, MN 55411
612-529-3342
www.hired.org

Job search workshops, short-term training assistance, networking groups and other services.

**Catholic Charities - Opportunity Center
formerly Branch III**

740 East 17th St.
Minneapolis, MN 55404
612-204-8300
M-F: 8:15-11:15AM & 1-4PM
www.osjspm.org

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

East Side Neighborhood Services

1700 2nd St. NE
Minneapolis, MN 55413
612-781-6011
www.esns.org

Job Resource Lab and Employment Training. Classes include Forklift, Home Care Aide, Red Cross Training, and Food Safety Manager Certification.

Minnesota Workforce Center

1-888-438-5627
www.positivelyminnesota.com

Offers workshops and seminars, computer lab, resume writing creative job search and more. There are centers throughout the state.

Comunidades Latinas Unidas En Servicio (CLUES)

720 East Lake Street
Minneapolis, MN 55407
612-746-3500
OR:

797 East 7th Street
St. Paul, MN 55106
651-379-4200

www.clues.org

Comprehensive employment services, from computer training to a personalized employment plan, resume writing, and job search workshops. Culturally and linguistically appropriate counseling.

Summit Academy OIC

935 Olson Memorial Hwy
Minneapolis, MN 55405
612-377-0150
www.saoic.org

Vocational counseling and job training—plumbing, electrical, painting, carpentry, sheet metal, Community Health Worker. There is a job placement program available to graduates.

Food Shelves

Updated: January 2012

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 to know specifically what they need from you. To find the food shelf closest to you call "211".

Hunger Solutions Minnesota

555 Park St. Suite 420

St. Paul, MN 55103

651-486-9860

www.hungersolutions.org

Hunger relief organization that works with food shelves and Second Harvest food banks to insure the procurement and distribution of products. You cannot receive food directly from HSM. The website lists resources by zip code, city and county.

Community Emergency Services

1900 11th Ave. S.

Minneapolis, MN 55404

612-870-1125

www.cesmn.org

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. No income qualifications for services. The food shelf is open Wednesdays from 4 to 6:30PM.

Dorothy Day Center (Catholic Charities)

183 Old 6th Street

St. Paul, MN 55102

651-647-2350

www.cctwincities.org

Open Monday to Friday from 9 to 11:30AM & Monday, Wednesday and Thursday from 2 to 3:30PM.

FARE for All

8501 54th Ave. North

New Hope, MN 55428

763-450-3880 OR 1-800-582-4291 To place an order

www.emergencyfoodshelf.org/ffa

You must pre-register for services by calling one of the phone numbers above. Orders must be in by Friday the week before distribution. 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 funds (EBT cards). The New Hope warehouse is open every other Monday from 9:30AM to 7PM.

Sabathani Community Center

310 East 38th St.

Minneapolis, MN 55409

612-821-2396

www.sabathani.org

Monday – Friday: 9 -11:30AM & 1- 3:30PM. Go to room 129 for intake.

**Greater Lake Country Food Bank
Budget Stretcher Store**

554 8th Ave. N.

Minneapolis, MN 55411

612-340-9694

www.theglcfb.org

9AM -4:30PM: TU, W, THU

9AM -7PM: FRI & 10AM-2PM: SAT

Low cost food; 20-50% off regular grocery store prices.

Pastor Paul's Mission

1000 Oliver Ave. N.

Minneapolis, MN 55411

612-521-4665

M-F: 9:30-11:20AM Grocery Shelf

www.pastorpaul.org

Registration is closed at this time, so access to the food shelf is not available to any new users. They do have free fresh bread given out Mon to Fri (bring a bag). The Mission also sells food items at reduced prices.

VEAP

9728 Irving Ave. S.

Bloomington, MN 55431 Service and Mailing

952-888-9616

www.veapvolunteers.org

Call 5-7 days in advance to make an appointment to visit the food pantry. Hours are 9:00AM to 3:30PM (Tuesday, Wednesday and Friday) and 9:00AM to 5:30PM on Monday and Thursday. A five-day supply of food is given which includes non-perishable food, protein, fresh vegetables, fruit, and dairy. Other services: Birthday Bags, Summer Youth Food Program, Holiday Food, and Holiday Meals.

Salvation Army

2727 Central Ave. NE

Minneapolis, MN 55418

612-789-1512

www.thesalarmy.org

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

Church of Incarnation Food Shelf

3817 Pleasant Ave. S.

Minneapolis, MN 55409

612-822-2101

8:30AM – 2:30PM Tuesday and Thursday (Located in the basement)

www.incarnation-church.com

Serves residents within the borders of Nicollet Ave. on the East, Lyndale Ave. on the West, 30th St. on the North, and 50th St. on the South. You must call in advance to verify eligibility for services. You must also be able to provide a valid I.D. and proof of address, (i.e. utility bill). No Fee. Usage limited to once a month.

Joyce Uptown Food Shelf

3041 Fremont Avenue South
Minneapolis, MN 55408
612-825-4431

www.joycefoodshelf.org

1:00PM-3:45PM Monday – Friday and 5:00PM-6:45PM on Thursdays.

Resident of area served. Boundaries:

EAST – Lyndale Ave. except area between 25th St. and 32nd St. where boundary is 35W; WEST - France Avenue; NORTH – 25th St.; SOUTH – Crosstown Highway 62.

Documents needed for service: Proof of address, State ID.

Northpoint Health & Wellness Center

1313 Penn Ave. N.
Minneapolis, MN 55411
612-767-9175

www.northpointhealth.org

Hours: Mondays, Tuesdays and Thursdays (9:00AM to 3:00PM.), Wednesdays (11:00AM to 6:00 PM)

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. Baby food/diapers: 3 - 4 day supply of baby food and/or diapers, with a food request.

Fresh produce distribution: Free distribution of produce to the public, a summer activity that runs every Friday from May through the end of September.

Sharing & Caring Hands

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

www.sharingandcaringhands.org

10-11:30AM & 1-3PM: M-TH

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

No residential restrictions. No fee.

Bethesda Missionary Baptist Church

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

Mondays from 10AM to 2PM; Bring a photo ID.

No residency restrictions and no fee. Can use the service once a month.

The Emergency Foodshelf Network

8501 54th Ave.
New Hope, MN 55428
763-450-3860

www.emergencyfoodshelf.org

Full service food bank, providing food and support services to over 200 hunger relief partners.

The website has an extensive list of food shelves.

Centro

1915 Chicago Ave.
Minneapolis, MN 55404
612-874-1412
M-F: 8:30-5PM
www.centromn.org

The only Latino-specific food shelf in Minneapolis. Call at 8:30AM every Friday to schedule an appointment for the following week. Families can receive items 4 times a year.

St. Olaf Catholic Church**Social Outreach**

215 S. 8th Street
Minneapolis, MN 55402
612-332-7471
9:30-11:30AM and 1-2PM: M,T,W
www.saintolaf.org

Food pantry to supplement local food shelf use. Appointment preferred by calling the number above.

Free Meals

Updated: December 2011

211 United Way Hotline

Dial 211 to find the nearest locations and times.

Calvary Baptist Church

2608 Blaisdell Ave. S.
Minneapolis, MN 55408
612-872-7855
www.calvarychurchmpls.org

The first Sunday of the month: Oct-April. Doors open at 1:30PM and close at 4:30. Meal is served at 2:30.

Catholic Charities – Opportunity Center**formerly Branch III**

740 East 17th St.
Minneapolis, MN 55404
612-204-8300
www.cctwincities.org

Breakfast: 7-8AM MON-SAT

Lunch: 11:30AM-12:30PM MON-SAT

Cathedral of St. Mark

519 Oak Grove Street
Minneapolis, MN 55403
612-870-7800
www.ourcathedral.org

Hot meal served second Sunday of each month. (5-6PM); Mondays (3-7:30PM) for young adults under age 30.

Harbor Lights Center

1010 Currie Ave. N.
Minneapolis, MN 55403
612-767-3100
www.usc.salvationarmy.org
Meal: 6-6:30PM (Daily)

Hennepin Ave. United Methodist Church

511 Groveland Ave.
Minneapolis, MN 55403
612-871-5303
www.hennepinchurch.org
1st and 5th Sunday of the month from 5-6PM

House of Charity

Food Centre

714 Park Ave. S.
Minneapolis, MN 55404
612-436-2052 David Schulman
www.houseofcharity.org
Breakfast: 8:30-9AM MON-FRI: Women and children accompanied by a parent.
Lunch: 12-1PM MON-FRI: Open to all
Brunch: 10:30-11:30 Weekends: Open to all

Strong Tower Parish

Lord's Kitchen

697 13th Ave. NE
Minneapolis, MN 55413
612-874-7310
www.strongtowermn.org
Wednesdays from 4-6PM, all welcome.

Lovepower Church

1407 Washington Ave. S.
Minneapolis, MN 55454
612-672-0087
www.lovepowerministries.org
Free meal after Sunday service on the last Sunday of the month from 12:30-2:30PM.

Marie Sandvik Center

1112 East Franklin Ave.
Minneapolis, MN 55404
612-870-9617
www.mariesandvikcenter.org
Hot Meal: Must be there by 7PM-TU, F, and SUN.
Summer lunch club for children served M-F in June and July.

Plymouth Congregational Church

1900 Nicollet Ave.

Minneapolis, MN 55403

612-871-7400

www.plymouth.org

Hot meal served the 3rd Sunday of the month from 5-6PM.

Loaves and Fishes

1917 Logan Ave. S.

Minneapolis, MN 55403

612-377-9810

www.loavesandfishesmn.org

Provides meals to people at many site locations. Check the website for the closest one.

Sharing and Caring Hands

525 North 7th St.

Minneapolis, MN 55405

612-338-4640

www.sharingandcaringhands.org

Meals: 10:15-10:45AM, 12-12:30PM & 3:30-4PM: M-TH

9:30-10AM & 11:30-12PM: Sat & Sun

Waite House

Community Cafe

2529 13th Ave. S.

Minneapolis, MN 55404

612-721-1681

www.puc-mn.org

Meals from 11-12:30PM: M-F

Westminster Presbyterian Church

1200 Marquette Ave.

Minneapolis, MN 55403

612-332-3421

www.ewestminster.org

Meals on the 4th Sunday of the month from 5-6PM.

Child Resources
Updated: February 2012

Birthright International

Minneapolis:
825 Nicollet Mall Suite 702
Minneapolis, MN 55402
612-338-2353
St. Paul:
299 Snelling Ave. N.
St. Paul, MN 55104
651-646-7033
www.birthright.org

Offers caring, non-judgmental support to girls and women who are distressed by an unplanned pregnancy. All services are free. Provides pregnancy test, maternity and baby clothes; assists in finding community resources; there is supportive help throughout the pregnancy.

Car Seats

Free car seats are available for those individuals who have one of the following health plans – Medica, MHP, UCare. Call your insurance company to see if you qualify.
www.hcmc.org (enter car seats in the search box)

**Cradle of Hope
Motherhood Fund**

1935 W. County Rd. B2
Roseville, MN 55113 Suite 241
651-636-0637
www.cradleofhope.org

Provides funding for cribs, transportation, housing, childcare expenses. The need must be related to the pregnancy. Assists with these needs up to 3 months after birth. The woman must go through the application process at one of the referring agencies, where there will be an assessment and help in applying for funds. The list of agencies is on the website. Minnesota Residents only.

Hennepin County Childcare Assistance

612-348-5937
www.hennepin.us

Helps pay for childcare so parents can work, look for a job or attend school. Family income must meet income entry limits to qualify. For children up to age 12 and special needs children up to age 14.

Marie Sandvick Center

1112 East Franklin Ave.
Minneapolis, MN 55404
612-870-9617

www.mariesandvikcenter.org

Attend women's lunch on Thursdays at 1PM. Sign up for free quilts and baby layettes at 12 noon. Layettes will be given to women in the 8th or 9th month of pregnancy, or with a 1 month old baby. No fees, no requirements.

Think Small

10 Yorkton Court
St. Paul, MN 55117
651-641-0305
www.thinksmall.org

Services, resources, and advocacy for early childhood education. Provides information to help identify childcare options.

Way to Grow

125 W. Broadway Ave. Suite 110
Minneapolis, MN 55411
612-874-4740
www.mplswtg.org

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. Services include home visits from family educators and other services to empower low-income parents to prepare their children for school success. Participants must live in Minneapolis and have a child under the age of 8.

Total Life Care Centers, Inc.

525 Thomas Ave.
St. Paul, MN 55103
651-291-9473
1-888-652-1140 - Infoline
www.totallifecare.org

There are 26 LifeCare centers in Minnesota and western Wisconsin. Free pregnancy test, counseling, prenatal medical care. Also, information about adoption. Baby clothing, cribs and strollers may be available, call location nearest you for details.

Legal Assistance

Updated: December 2011

***Volunteer Lawyers Network**

612-752-6677
Client Intake Hours: M, TU, THUR, FRI:10-1PM & WED:3-6PM
www.volunteerlawyersnetwork.org

Matches low-income clients with volunteer attorneys for free civil legal services. Also, offers expungement representation to qualified individuals who attend the Council on Crime and Justice expungement seminar.

Council on Crime and Justice***Criminal Expungement Seminar**

822 S. 3rd St. Suite 100
Minneapolis, MN 55415
612-353-3024
First Tuesday of the month between 2 and 5PM.
www.crimeandjustice.org

Client must bring BCA (public and private) and MNCIS records to the seminar and meet federal poverty guidelines.

**** Note the location change – April 2012: Hennepin County Government Center Auditorium, 300 South 6th Street, Minneapolis 55487 (on the A-Level, downstairs)**

***Neighborhood Justice Center**

500 Laurel Avenue
St. Paul, MN 55102
651-222-4703
www.njcinc.org

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. Must make an appointment to be seen.

Legal Assistance to Minnesota Prisoners (LAMP)

William Mitchell College of Law
875 Summit Avenue Room 254
St. Paul, MN 55105
Contact: Brad Colbert
651-290-8651
www.wmitchell.edu

Law students provide representation to low-income persons incarcerated in Minnesota. Cases range from inmate mistreatment to divorce. Website has links to legal research resources.

Southern Minnesota Regional Legal Services (SMRLS)

Central Office: 1000 Alliance Bank Center
55 East 5th Street
St. Paul, MN 55101
651-222-4731 Intake
www.smrls.org

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

LawHelpMN.org

www.lawhelpmn.org

Free website helping low-income Minnesotans. Access to self-help forms, contact information, links to courthouses and community organizations.

Legal Aid Society

Downtown Minneapolis

430 1st Ave. North Suite 300
Minneapolis, MN 55401
Office: 612-332-1441
Client Intake: 612-334-5970
8:30AM-4:30PM: M-F By appointment only.
www.mylegalaid.org

For protection and advocacy of individual rights.

Central Minnesota Legal Services

430 1st Ave. N. Suite 359
Minneapolis, MN 55401
612-332-8151
612-334-5970 New Clients
612-746-3766 Gordy Solo
www.centralmnlegal.org

Provides civil legal assistance to eligible clients within a 20 county service area. Legal services are at no cost.

Legal Rights Center

1611 Park Ave. South
Minneapolis, MN 55404
612-337-0030
9AM-5PM: M-F

Intake is every Tuesday - 10AM-12PM

www.legalrightscenter.org

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, conducts culturally sensitive legal investigation into community issues surrounding the case. Call to request an intake appointment.

Brian Coyle Community Center

420 15th Ave. S.
Minneapolis, MN 55454
612-338-5282 Call for an appointment
www.puc-mn.org

*Offers free legal assistance one afternoon per week from 1:30-2PM on Wednesday.
Open to all communities with focus on the Cedar Riverside neighborhood.*

University of MN – Civil Practice Clinic

229-19th Ave. S.
190 Mondale Hall
Minneapolis, MN 55455
612-625-5515 Jean Sanderson

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

Waite House

2529 13th Ave. S.
Minneapolis, MN 55404
612-721-1681
Wednesday (1st and 3rd of the month: 4-6PM) Friday (2nd and 4th of the month: 3-5PM)
www.puc-mn.org

Free legal services dealing with immigration. Must call the center and make an appointment.

West Seventh Community Center

265 Oneida Street
St. Paul, MN 55102
651-298-5493
www.west7th.org

*Family Law: free one time consultation; walk-ins only.
Immigration Law: free one time consultation; walk-ins only.
Call the number above for dates and times.*

Adult Basic Education
Updated: February 2012

***Ujamaa Place**

1885 University Ave.
Suite 298
St. Paul, MN 55104
651-528-8006
www.ujamaaplace.org

*Assists African American men typically between 17 and 28 years of age. The organization offers GED prep, empowerment classes, life skills training, job prep classes, and personal coaching.
Info sessions are Mondays at 10AM.*

**Minnesota Literacy Council
Basic Skills Hotline**

1-800-222-1990
www.themlc.org

English, Adult Basic Ed, and GED programs. MLC offers basic literacy classes at 5 adult learning centers in Mpls and St. Paul. Classes run year-round.

Franklin Library

1314 E. Franklin Ave.
Minneapolis, MN 55404
612-543-6934: Registration Info.
TU, W, TH: 10AM-4:30PM
F, SAT: 10AM-6PM
www.hclib.org

Preparation courses for the GED with one-on-one assistance. Also, ESL, citizenship preparation, basic skills refresher.

Cedar Riverside Adult Education

1515 S. 4th St.
Minneapolis, MN 55454
612-376-0619: Resource Center Front Desk
http://cr.themlc.org

Pre-literacy to high intermediate English, 5 levels of ELL classes, computers and citizenship. Day, evening.

Our Saviour's Community Services

English Learning Center

2315 Chicago Ave. S.
Minneapolis, MN 55404
612-874-9963 X4

Contact: Sarah Shankle – Program Director
www.oscs-mn.org

Beginning to advanced English, math, computer, and citizenship. Classes held 4 days per week, in the morning and evening.

FATHER Project (Goodwill Easter Seals)

2700 E. Lake St.

Minneapolis, MN 55406

612-724-3539 X108 Guy Bowling – Project Mger

M-TH: 10-4PM

www.goodwilleasterseals.org

GED preparation and other education services. Eligibility requirements: 17-35 years old, low income or unemployed, and have a child or one on the way.

Hubbs Center

St. Paul Public Schools

1030 University Ave. West

St. Paul, MN 55104

General: 651-290-4822

Special needs: 651-290-4729

www.hubbs.spps.org

English, GED, citizenship, occupational prep and more. Services for adults with special needs, such as learning disabilities.

Metro North Adult Basic Education

1201 89th Ave. NE Suite 335

Blaine, MN 55434

763-783-4870

www.metronorthabe.org

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

Neighborhood House

179 Robie St. E.

St. Paul, MN 55107

651-789-2500

www.neighb.org

Classes include ELL, GED, Civics, and Basic Computer. All classes are free. Walk-in enrollment at 6:30PM on Mondays and 9AM on Fridays.

Minneapolis Central Library

New Americans Center

300 Nicollet Mall (4th Floor)

Minneapolis, MN 55401

612-543-8000

www.hclib.org

English language, workforce and business development.

Holy Rosary/Santo Rosario

Centro Guadalupano

2424 18th Ave. S.

Minneapolis, MN 55404

612-724-3651

www.guadcenter.org

ESL offers 5 levels of instruction including a pre-literate level; also, there is a once a week sewing class.

Wells Fargo Adult Education Center

615 7th St. N.
Minneapolis, MN 55411
612-667-1908 Carly Wicks
www.mnliteracy.org
GED and computer classes held on Tue-Wed-Thur evenings.

Brian Coyle Center

420 15th Ave. S.
Minneapolis, MN 55454
Contact: Amano Dube
612-876-9323
www.puc-mn.org
ELL and computer skills training; Refugee Resettlement assistance.

Sisters of St. Joseph of Carondelet

Learning in Style

2200 Nicollet Ave. S.
Minneapolis, MN 55404
612-870-1815
9AM-4PM: M-TH
9AM-2:30PM: F
www.learninginstyleschool.org
Language skills, math, computer, citizenship. Requirements: 18 years of age or older and have limited proficiency in English.

Urban Ventures, Center for Fathering

3023 4th Ave. S.
Minneapolis, MN 55408
Contact: Jack Strawder
612-455-4643
www.urbanventures.org
The Center for Fathering conducts two eight-week courses. One is Responsible Parenting which teaches parents how to be a positive force in the lives of their children. The other is Healthy Relationships and Marriage which defines healthy communication, respecting individual choices, and effective conflict resolution.

Health and Medical Care

Updated: January 2012

Hennepin County Medical Assistance

330 S. 12th Street (walk-in office)
Century Plaza
Minneapolis, MN 55404
612-596-1300
www.hennepin.us
Federal assistance program that helps pay for healthcare of people who meet specific income, asset, and property guidelines.

Assured Access

330 S. 12th St.
Century Plaza
Suite 3700
Minneapolis, MN 55404
612-348-6141
www.hennepin.us

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. Program provides Hennepin County residents with a list of clinics that charge for outpatient services on a sliding fee scale.

Hennepin County Medical Center

701 Park Avenue North
Minneapolis, MN 55415
612-873-3000
24 Hours
www.hcmc.org

Emergency Room is at 730 S. 8th Street.

**Hennepin County Public Health Clinic
Red Door Services**

525 Portland Ave. (4th Floor)
Minneapolis, MN 55415
612-543-5555
M & W: 8AM-7PM
TU,TH,F: 8AM-4PM
www.reddoorclinic.org

Free testing and treatment for any sexually transmitted infection. If you are a walk-in, you should arrive early.

Alcoholics Anonymous

952-922-0880 – phones are answered 24 hours a day
www.aaminneapolis.org
Find a meeting.

Narcotics Anonymous

877-767-7676 – phones are answered 24 hours a day
www.naminnnesota.org
Find a meeting.

St. Mary's Health Clinics

1884 Randolph Avenue (Administrative Offices)
St. Paul, MN 55105
651-287-7777 Call for eligibility and scheduling at the times listed:
8:30AM-3:30PM: M-TH
8:30AM-12PM: F
www.stmaryshealthclinics.org

Free for people without health insurance, Medical Assistance, Medicare, or MinnesotaCare. Prenatal, mental health, dental services, emergency trauma, and critical care cannot be provided. There are 8 clinic sites.

NorthPoint Health and Wellness Center

1313 Penn Ave. N.

Minneapolis, MN 55411

To make an appointment: 612-543-2500

www.northpointhealth.org

Services include family practice, pediatrics, OB/GYN, geriatrics and pharmacy. Reduced fees for low-income and uninsured patients; must live in Hennepin County to qualify.

Planned Parenthood of MN

1200 Lagoon Ave.

Minneapolis, MN 55408

612-823-6300

M-F: 9AM-6PM & SAT-SUN: 9AM-1PM

www.ppmns.org

Exams, birth control, pregnancy testing, education, and counseling. Sexually transmitted infection testing. HIV / AIDS testing. Check the website for other locations.

Midwest Health Center for Women

33 S. 5th St. (4th Floor)

Minneapolis, MN 55402

612-332-2311

www.midwesthealthcenter.org

Provides abortion, gynecological and birth control services. Health and counseling services. Offers sliding fees based on income.

Salvation Army Harbor Lights Center

1010 Currie Ave.

Minneapolis, MN 55403

612-767-3100

www.usc.salvationarmy.org

Basic healthcare services including chiropractic care and acupuncture.

Dorothy Day Center (Catholic Charities)

183 Old 6th St.

St. Paul, MN 55102

651-647-2350

www.ccsmp.org

Drop-in center, free medical care for homeless and near homeless persons in the Metro area.

La Clinica

153 Cesar Chavez St.

St. Paul, MN 55107

651-222-1816

Contact: Jaeson Fournier

www.westsidechs.org

Comprehensive health services, from family planning, women's health, and counseling to nutrition services and prenatal care.

East Side Family Clinic

860 Arcade Street
St. Paul, MN 55106
651-772-9757
M-F: 8AM-5PM

www.westsidechs.org

Comprehensive health services, from family planning, adolescent healthcare to counseling and senior care. Beside the two clinics mentioned above, WSCHS has many other health programs for the community.

Central Avenue Clinic

2610 Central Ave. NE
Minneapolis, MN 55418
612-781-6816
M-F: 8-5PM

www.neighborhoodhealthsource.org/central.html

*Primary medical care, along with pregnancy testing and counseling.
There is a sliding fee for those with no insurance and low income.*

Sheridan Women & Children's Clinic

342 13th Ave. NE
Minneapolis, MN 55413
612-362-4111

TU-FRI: 8-5PM & MON: 8-8PM

www.neighborhoodhealthsource.org/sheridan.html

*Complete well child care, parenting guidance.
Sliding fee for those without insurance.*

Community-University Health Care Center

2001 Bloomington Ave. S.
Minneapolis, MN 55404
612-638-0740 Medical Appointments
www.cuhcc.umn.edu

Primary care services for children and low income families. Sliding fee based on household income.

Native American Community Clinic

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

M-F: 10-6PM & SAT: 10-2PM

www.nacc-healthcare.org

Family practice services available (based on gross monthly income and household size). Will help uninsured patients enroll in MA & MinnesotaCare.

Indian Health Board

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

www.indianhealthboard.com

*Comprehensive medical and assessment, including primary, postnatal care and pediatrics. Open to all. Sliding fees available.
Discount drug program.*

Dental Care

Updated: December 2011

NorthPoint Health and Wellness Center

1313 Penn Ave. N.

Minneapolis, MN 55411

Dental clinic: 612-543-2511

M, TU, TH, FRI: 8:30AM-5PM

W: 8:30AM-7PM SAT: 8AM-12PM

www.northpointhealth.org

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

612-746-1530

www.childrensdentalservices.org

Serves 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. There are over 100 clinical locations, including 50 sites in the metro location. Check the website for closest location.

Normandale Community College Dental Hygiene Clinic

9700 France Ave. S.

Bloomington, MN 55431

952-358-8608 Option 1

www.normandale.edu/dentalclinic

Low cost cleaning, fluoride treatments, x-rays, sealants, oral hygiene instruction. Appointments available during school year only (September – May). Does not accept dental insurance, takes cash or credit card.

Sharing & Caring Hands

525 North 7th St.

Minneapolis, MN 55405

612-338-4640

www.sharingandcaringhands.org

Free dental clinic with 2 operatories and a lab. Emergencies only- call for availability.

Southside Community Dental Clinic

4243 4th Ave. South

Minneapolis, MN 55409

612-822-9030

M-F: 7AM-5PM Walk-ins: 8-11AM & 1-5PM

www.southsidechs.org

Comprehensive dental care, all ages. Appointments preferred. Walk-ins welcome. Sliding fee based on family size and income.

**University of Minnesota
School of Dentistry**

515 Delaware St. SE (7th Floor)

Minneapolis, MN 55455

General Info: 612-625-2495

To register as a patient: 612-624-8400

www.dentistry.umn.edu

Services provided by U of M School of Dentistry students. Will accept state health plans and most insurance plans. No sliding fee or free care.

Union Gospel Mission

435 E. University Ave.

St. Paul, MN 55101

651-789-7605

www.ugmtc.org/services-dental.html

Free services. Dental clinic is open Monday and Wednesday evenings from 6-9PM; no walk-ins.

Indian Health Board Dental Clinic

1315 24th St. E.

Minneapolis, MN 55404

612-721-9800

www.indianhealthboard.com

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

Community-University Dental Clinic

2001 Bloomington Ave. S.

Minneapolis, MN 55404

612-638-0720

M-F: 8AM-5PM

www.ahc.umn.edu

Sliding fee based on family size and income.

West Side Community Health Services

Helping Hand Dental Clinic

506 W. 7th St.

St. Paul, MN 55102

651-224-7561

M, TU, W: 7:30-5:30PM

TH, F: 8:30-5PM

www.westsidechs.org

Sliding fee, most insurance plans are accepted.

West Side Dental Clinic

478 South Robert St.

St. Paul, MN 55107

651-602-7575

M, TU, F: 8-5PM

W: 8:30-8PM THUR: 8-7PM

www.westsidechs.org

Sliding fee scale.

Community Dental Clinic

828 Hawthorne Ave. E.

St. Paul, MN 55106

651-774-2959

M, W: 8:15-7PM TU,TH: 8:15-5PM

F, SAT: 8:15-1PM

www.cdenc.org

Sliding fee scale; there is a discount program for those with no insurance or high deductibles. Multilingual and multicultural dentists and staff.

Mental Health/Counseling

Updated: March 2012

Comunidades Latinas Unidas En Servicio (CLUES)

Minneapolis:

720 East Lake St.

Minneapolis, MN 55407

612-746-3500

St. Paul:

797 E. 7th St.

St. Paul, MN 55106

651-379-4200

www.clues.org

Outpatient community mental health services, including diagnostic assessment, therapy for individuals and families, and support groups for women. They have a sliding fee scale for the uninsured.

Community-University Health Care Center

2001 Bloomington Avenue S.

Minneapolis, MN 55404

612-638-0670 for an appointment

www.cuhcc.umn.edu

Individuals, couples, family, and group therapy. Culturally competent diagnostic assessment and medication management. If you have been denied Medical Assistance within the last 6 months, bring the letter of denial in order to apply for the sliding fee scale.

Minnesota Mental Health Clinics

3450 O'Leary Lane

Eagan, MN 55123

651-454-0114

www.mnmentalhealthclinics.com

Mental health services include group therapy, family counseling, psychiatric services for children, adolescents, adults, and biofeedback stress reduction. There are 6 clinic locations. They accept Minnesota Medical Assistance.

Fairview Health Services

2450 Riverside Avenue

Minneapolis, MN 55454

612-672-7272

www.fairview.org

Diagnostic assessment, psychotherapy, case management. Provides therapy for – depression and anxiety, marriage and family problems, and other issues. Multiple sites throughout the metropolitan and surrounding areas; call for more information on the site nearest you. There are a number of programs to assist patients with payment.

Hamm Clinic

408 St. Peter Street Suite 429
St. Paul, MN 55102
651-224-0614
www.hammclinic.org

Non-profit provider offers individual, group, and couples therapy, specialized counseling, mental health evaluation, medication prescription and management. Aims to provide services to the underserved; has a sliding fee based on income and number of dependents.

Indian Health Board

1315 East 24th St.
Minneapolis, MN 55404
Contact: Pam or Reva
612-721-9868
www.indianhealthboard.com

Serves residents of Minneapolis, primarily Native Americans. Outpatient mental health facility provides counseling for individuals, couples, and families, includes anger management, ADHD assessment and testing, walk-in counseling. Also provides education and consultation with community agencies and other professionals. A sliding fee scale is offered to private pay patients based on their income level.

Kente Circle

310 E. 38th St. Suite 209
Minneapolis, MN 55409
612-243-1600
www.kentecircle.com

Clients include individuals, couples, families, and children from various social, economic and spiritual backgrounds. They will accept a number of insurances; when needed, services are provided on a sliding scale fee, which is based on income.

Watercourse Counseling Center

3548 Bryant Avenue S.
Minneapolis, MN 55408
612-822-8227
www.watercoursecounseling.org

Provides individual, family, couples, and group counseling in English, Spanish, and Somali. There are clinics in South and North Minneapolis. They offer a sliding fee option.

Northpoint Health and Wellness Center**Behavioral Services**

1313 Penn Avenue N.
Minneapolis, MN 55411
612-543-2500
www.northpointhealth.org

Mental health diagnosis and assessment for emotional and behavioral issues; provides counseling for individuals, couples, and families, including mental health aftercare and medication monitoring. If you are a low-income patient, you may be eligible for a reduced fee program.

Catholic Charities

1276 University Ave.
St. Paul, MN 55104

www.cctwincities.org

651-647-3100 main number

651-647-3186 direct line to intake

Therapy and support groups, including couples communication and men's therapy group. Cost is based on a sliding fee scale.

Walk-In Counseling Center (WICC)

2421 Chicago Ave. S.

Minneapolis, MN 55404

612-870-0565

M, W, F: 1-3PM and M-TH: 6:30-8:30PM

www.walkin.org

Short-term, face-to-face counseling, and referrals. Services are free.

**Neighborhood Involvement Program
Counseling Center**

2431 Hennepin Avenue South

Minneapolis, MN 55405

612-374-4601

www.neighborhoodinvolve.org

Services include individual psychotherapy, couples therapy and support groups. Fees are on a sliding scale.

African American Family Services

Minneapolis Office:

2616 Nicollet Ave.

Minneapolis, MN 55408

612-871-7878

St. Paul Office:

1041 Selby Ave.

St. Paul, MN 55104

651-642-0043

www.aafs.net

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

Domestic Violence
Updated: February 2012

Minnesota Domestic Violence Crisis Line

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

Asian Women United of Minnesota

P.O. Box 6223
Minneapolis, MN 55406
Service Area: Hennepin, Ramsey, Dakota, and Washington counties
24 Hour Crisis Line (multilingual): 612-724-8823
Office: 612-724-0756
www.awum.org

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

P.O. Box 75177
St. Paul, MN 55175
24 Hour Crisis Line: 651-772-1611
Administration: 651-646-5553
www.casadeesperanza.org

Specializes in working with the Latino community. Advocacy includes safety planning, emergency shelter, and referrals to culturally relevant resources.

360 Communities

Service Area: Dakota county
2 locations, available 24 hours a day:
Hastings: 651-437-1291
Eagan: 651-452-7288
Administration: 952-985-5300
www.360communities.org

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

Cornerstone

1000 East 80th St.
Bloomington, MN 55420
Office: 952-884-0376
24 Hour Helpline: 952-884-0330
www.cornerstonemn.org

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

Domestic Abuse Project

204 West Franklin Avenue

Minneapolis, MN 55404

Office: 612-874-7063

M-TH: 9AM-7PM

F: 9AM-4PM

www.domesticabuseproject.com

Free advocacy services for victims and their families. DAP offers affordable therapy services for people who have been affected by domestic violence. There is also a 23 week program for men who use abuse in their relationships.

Tubman Center

3111 1st Avenue S.

Minneapolis, MN 55408

24 Hour Helpline (west metro): 612-825-0000

(east metro): 651-770-0777

Office: 612-825-3333

www.tubman.org

Crisis line will assist with finding shelter, safe planning, resource referral, legal issues, and emotional support; 128 beds in 3 facilities in Hennepin, Ramsey and Washington counties.

Missions Inc. Programs**Home Free**

24 Hour Crisis Line: 763-559-4945

Advocate: 763-559-9008

www.missionsinc.org

Emergency housing, advocacy and support services are available at the shelter. It can accommodate up to 30 women and their children. The average length of stay is 18 days. Services are free of charge to all residents.

Project P.E.A.C.E.

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

Crisis Line: 763-536-1850

Business : 763-533-0733

www.projectpeace.org

Advocates available 24 hours a day, provide info, support and referrals. Legal advocates provide assistance in filing Orders of Protection, and accompany women to family court hearings.

Sojourner Project

P.O. Box 272

Hopkins, MN 55343

Service Area: Hennepin county

Shelter and Crisis/Helpline: 952-933-7422

Community & Intervention: 952-935-1004

www.sojournerproject.org

Shelter residents receive food, clothing, individualized and group support, and legal advocacy as needed. Shelter services have expanded 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.

La Oportunidad, Inc.

2700 East Lake Street Suite 3200

Minneapolis, MN 55406

612-872-6165

www.oportunidad.org

The Latinos Ending Abuse Program (LEAP) helps adults to learn and apply skills to end violent behavior in their relationships.

Phyllis Wheatley Community Center

Stronger Together - Women

1301 10th Ave. N.

Minneapolis, MN 55411

612-977-3250 Judy Miller-Thomas – Women’s Advocate

www.pwccenter.org

Program supports, educates and empowers victims of domestic violence. Includes 24/7 phone access to a trained domestic violence counselor, and legal advocacy.

Women of Nations

Eagles Nest Shelter

St. Paul, MN 55102

Office: 651-251-1603

24 Hour Crisis Line: 651-222-5836

Service Area: Hennepin & Ramsey counties

www.women-of-nations.org

Domestic abuse shelter, crisis intervention and advocacy for Native Americans and other battered women, their children, and family members.

Women's Advocates, Inc.

588 Grand Ave.

St. Paul, MN 55102

Office: 651-227-9966

24 Hour Crisis Line: 651-227-8284

www.wadvocates.org

In addition to providing shelter, Women’s Advocates provides personalized support (including mental health therapy and aftercare services), education, and resources. Tutoring, childcare, kids’ support groups, and other services for children.

Minnesota Coalition for Battered Women

60 East Plato Blvd.

St. Paul, MN 55107

651-646-6177

www.mcbw.org

Membership organization with 90 member programs located throughout Minnesota. The website is an excellent source when searching for shelter services.