

# Community Resources

Compiled by:  
Council on Crime and Justice

2015

*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. 3<sup>rd</sup> St., Suite 100  
Minneapolis, MN 55415  
612-353-3000

## Contents:

Community Support for Ex-Felons .....	2
Phone/Crisis Assistance.....	3
Transportation/Bus Passes.....	4
Documents and ID.....	5
Clothing.....	6
Furniture and Household Items.....	8
Voicemail.....	10
Financial /Rental/Utility Assistance.....	10
Transitional Housing.....	12
Permanent Housing .....	14
Employment Resources.....	16
Food Shelves.....	18
Free Meals.....	22
Child Resources.....	23
Legal Assistance.....	24
Adult Basic Education.....	25
Health and Medical.....	27
Dental Care.....	28
Mental Health/Counseling.....	29
Domestic Violence.....	31

## **Community Support for Ex-Felons**

**Updated: January 2015**

### **NorthPoint Health & Wellness Center**

#### **\*African American Men Project**

1315 Penn Ave. N. Room 86

Minneapolis, MN 55411

<http://www.northpointhealth.org>

For an appointment: 612-767-9500

James McCants 612-767-9174

Weston Berry 612-767-9183

*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 Monday and Wednesday**

#### **\*Alternatives to Violence Project**

#### **Friends for a Non-Violent World (FNVW)**

1050 Selby Ave.

St. Paul, MN 55104

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

651-644-5851 Fax: 651-917-0379

Toll-Free: 1-888-426-8425

*AVP provides workshops on Conflict Resolution Skills and Exploring the Spirit of Non-Violence in prisons, jails and communities.*

### **FreedomWorks**

#### **\*Post-Prison Outreach**

#### **George Lang - Director**

3559 Penn Ave. N. (main office)

Minneapolis, MN 55412

612-522-9007

[www.myfreedomworks.com](http://www.myfreedomworks.com)

[george@myfreedomworks.com](mailto:george@myfreedomworks.com)

*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 6:15p.m.**

### **Emerge**

#### **\*Re-entry Services**

1101 W. Broadway # 200

Minneapolis, MN 55411

612-529-9267

**Contact: Eric Branson** [bransone@emerge-mn.org](mailto:bransone@emerge-mn.org)

[www.emerge-mn.org](http://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 (partner w/ VOA)**

3041 Fourth Avenue South, 2<sup>nd</sup> Floor

Minneapolis, MN 55408

612-877-4265

Contact: Mary Maas

[www.amicususa.org/programs/reconnect/](http://www.amicususa.org/programs/reconnect/)

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

*Hours Monday- Friday 9- 12 and 1-3p.m.*

#### **\*Urban Ventures Center for Fathering**

3023 4<sup>th</sup> Ave. S.

Minneapolis, MN 55408

Contact: John Turnipseed

612- 455-4637

[www.urbanventures.org/center-for-fathering](http://www.urbanventures.org/center-for-fathering)

*Responsible Parenting Classes, offers reintegration support for men coming out of prison. Meets every*

*Tuesday and Thursday from 5-7:30p.m. Dinner and*

*childcare provided. (You don't have to be a father to attend).*

#### **\*Transitional Conferencing, Inc.**

P.O. Box 3152

Minneapolis, MN 55403

651-774-8709

Contact: Mary Maas

[www.transitionalconferencing.org](http://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 Genrich

[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. 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.*

**\*Better Futures Enterprises**

1017 Olson Memorial Highway  
Minneapolis, MN 55405  
Contact: Jeff Williams  
612-455-6133 X107  
info@betterfutures.net  
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.  
(Clients are selected while still in prison for this program.)*

**\*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.*

**\*Women Planting Seeds**

Mary Whitney  
PO Box 6834  
Minneapolis, MN 55406  
612-558-5721  
sunny@presenter.com  
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.*

**Phone/Crisis Assistance**

**Updated: January 2015**

**AIDS Hotline**

612-373-AIDS or  
1-800-248-AIDS  
M-F: 9AM-5:30PM  
www.thebody.com/index/state.html  
*Referrals to various AIDS services*

**Battered Women's Hotline**

**651-646-0994**

**Canvas Health Crisis Connection**

**24 hour crisis counseling**  
**612-379-6363 or toll-free 1-866-379-6363**

www.crisis.org  
*provides 24- hour crisis counseling by telephone*

**General Crime Victim Services**

**Council on Crime and Justice**

**24 Hour Crime Victim Hotline: 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.*

**Hennepin County Medical Center HCMC**

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.*

**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 3p.m.-11p.m. Everyday*

**Rape & Sexual Abuse Center**

**Neighborhood Involvement Program**

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.*

**OpenAccess Connections (was TCCVM)**

**Twin Cities/Emergency Shelter: Transitional Housing**

**Metro Shelter Hotline Info**

1-888-234-1329

Info@openaccessconnections.org

### **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.*

### **PRIDE – The Family Partnership**

612-728-2062

### **Suicide Prevention**

612-873-2222

### **Tubman**

612-825-0000

### **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.*

### **United Way 2-1-1**

**211 or 651-291-0211 (on a cellphone)**  
Food & shelter Info: referral to specific agencies

### **Hennepin County Information**

Operations/General Information  
612-348-3000  
8a.m.-4:30p.m.: M-F

## **Transportation/Bus Passes**

**Updated: January 2015**

### **Volunteers of America-VOA**

**\* 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. 17<sup>th</sup> St.  
in Minneapolis  
612-331-1381  
www.mary.org

### **Outreach Services:**

T-TH: line forms at 9a.m.; doors open at 9:30 a.m.–  
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 Station store. 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 Ave.)  
Minneapolis, MN 55403  
612-435-1315  
Drop-In Hours: M,W, F: 9-11:30a.m.  
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.capr.org](http://www.capr.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 The Salvation Army**

2727 Central Ave. NE  
Minneapolis, MN 55418  
612-789-1512                      [www.thesalvationarmy.org](http://www.thesalvationarmy.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](http://www.ststephensmpls.org)  
Hours: M-F 8:30 a.m. – 4:30 p.m.  
*Will provide transportation assistance if enrolled in a jobs program.*

**Documents and ID**

**Updated: December 2014**

**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 can be obtained that day in the service office and will take 4-6 weeks to arrive by the mail. To find your closest office, go to:*  
[www.health.state.mn.us/divs/chs/osr](http://www.health.state.mn.us/divs/chs/osr)

**For Minneapolis:**

Hennepin County Service Center  
Director of Licensing  
Government Center  
300 South 6<sup>th</sup> Street  
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 2 identification pieces and fill out a request form. There is no cost.*

**Minneapolis:**

1811 Chicago Avenue South  
Minneapolis, MN 55404  
1-800-722-1213  
9am -4pm M & T & Thur & F , Wed 9am to Noon  
[www.ssa.gov/chicago/minnesota.htm](http://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](http://www.dps.mn.gov)

**For Minneapolis:**

Government Center  
300 South 6<sup>th</sup> Street  
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. 17<sup>th</sup> St.  
Minneapolis, MN 55403  
612-333-1381  
[www.mary.org](http://www.mary.org)

**Outreach Services:**

T-TH: line forms at 9AM; doors open at 9:30  
– first come/first served  
*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 9<sup>th</sup> Street West  
St. Paul, MN 55102

651-227-5911

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

*Provides assistance in obtaining photo ID's and birth certificates.*

## **Clothing**

**Updated: December 2014**

### **Minneapolis Area:**

#### **Basilica of St. Mary's**

88 N. 17<sup>th</sup> St.

Minneapolis, MN 55403

612-333-1381 [www.mary.org](http://www.mary.org)

#### **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.*

#### **Bethesda Missionary Baptist Church**

1118 South 8<sup>th</sup> Street

Minneapolis, MN 55404

612-332-5904

Hours: Monday 10 am – 2 pm

Clothing for infants to adults

#### **Camden Neighborhood Center**

1210 37<sup>th</sup> Avenue North

Minneapolis, MN

612-529-8054

Hours: M – F 9:00 am – 4:30 pm

Provides: A “career closet” with clothing for job interviews.

#### **Central Lutheran Church**

##### **Clothes Closet**

333 South 12<sup>th</sup> Street

Minneapolis, MN

612-870-4416

Hours: Monday & Thursday 10 am – 2 pm

Tuesday & Wednesday 10 am – Noon Nursing center provides

first aid, blood pressure checks,

and basic care assessment. Pastoral assistance available

by appt. Mon. & Tues. 9-11 am and Wed & Thurs.

There is a meal on Mondays 11:30 am – 12:30 pm

#### **Cornerstone Clothing Ministry**

**( Park Avenue Methodist Church)**

3400 Park Avenue South

Minneapolis, MN

612-825-6863

Hours: Wednesday 4:30 – 6:00 pm

Gently used clothes; all will be priced on a per item basis.

There is a procedure for those who are unable to pay.

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

3953 4<sup>th</sup> Ave. S.

Minneapolis, MN 55409 (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 and small donation, but no one is turned away.*

#### **Hidden Treasurers Thrift Store**

*‘Find a Treasure, Change a Life’*

2915 Pentagon Drive

Saint Anthony, MN 55416

612-706-3223

Hours: M – F 10:00 am to 7:00 pm

Sat. 10:00 am to 5:00 pm Sunday Closed

Provides a fresh start for those with employment challenges due to coming out of prison or Rehab programs

#### **Hope Presbyterian Church (need Referral)**

##### **Vine and Branches Clothing Ministry**

7132 Portland Avenue South

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](http://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.*

#### **Marie Sandvik Center**

1112 East Franklin Avenue

Minneapolis, MN

612-870-9617

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

Hours: Clothing for men is given out on Friday & Saturday

evenings. Women's is distributed on Tuesday & Thursday

evenings. You must attend the service, which begins an hour

before the clothes are made available. Check for exact times

on the website of call.

**Oak Park Neighborhood Center "Clothes Attic"**

1701 Oak Park Avenue North

Minneapolis, MN 55411

612-377-7000

Hours: Mon. –Thurs. 9 am –5 pm Fri. 9 am – 4 pm

www.puc-mn.org

*Provides free, quality used clothes for adults and children.**No requirements.***Ready for Success****For Men:**

425 Oak Grove St.

Minneapolis, MN 55403

612-874-8823 X19 - Gary Veazie

**Ready for Success****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.***Sabathani Community Center**310 East 38<sup>th</sup> Street, Room 20 LL (family Resource)

612-821-2396 www.sabathani.org

Hours: Mon. – Thurs. 9-11:30 am and 1-3 pm

(arrive before 2:45 pm)

Free clothes

**St. Olaf Catholic Church****Social Outreach**215 South 8<sup>th</sup> Street

Minneapolis, MN 55402

612-332-7471

Mon. Tue. &amp; Wed. 9:30-11:30am &amp; 1-2 pm

www.saintolaf.org

*Casual and professional clothing for men and women also children clothing.**Appointment preferred by calling the number above.***\*Sharing and Caring Hands (Mary Jo's)**525 North 7<sup>th</sup> Street

Minneapolis, MN 55405

612-338-4640

Hours: Mon. – Thurs. 10-11:30am &amp; 1:30-3:00pm

closed on Fridays.

www.sharingandcaringhands.org

*Clothing available at no cost.***The Clothes Closet CSI Ministry Center in Garage**

2200 Nicollet Avenue South (entrance at back in garage)

Minneapolis, MN 55404

612-870-1815

Hours: Wednesday and Thursday 11 am – 2 pm

Remarks: Clothing, linens, towels and household items are Available.

**The Salvation Army - Center City Office**

53 Glenwood Avenue

Minneapolis, MN

612-659-0711

Hours: Mon – Fri. 8 am – Noon &amp; 1-4 pm

Remarks: Walk-ins welcome. Once you have talked to a caseworker; you may receive a voucher to a Salvation Army thrift store. You need to provide a referral form from an overnight shelter and a photo ID at the time of the appointment.

**The Salvation Army**

Temple: 1604 East Lake Street Mpls. MN

612-767-2700

Parkview: 2024 Lyndale Avenue North Mpls. MN

612-522-6581

Central: 2727 Central Avenue NE Mpls. MN

612-789-1512

Noble: 10011 Noble Parkway Brooklyn Center, MN

763-425-0517 ext. 105

**The Unlimited – Elim Baptist Church**685 13<sup>th</sup> Avenue NE

Minneapolis, MN 55413

612-789-3591

[www.elimchurch.com](http://www.elimchurch.com)

Clothing for women

Hours Open the first Thursday of each month 9 am – 1 pm

**Vines and Branches:**see **Hope Presbyterian Church on p. 6****Saint Paul, MN Area:****Alley Shoppe**

1115 Greenbrier Street (Arlington Hills Lutheran Church)

651-771-5501

Hours: Tues. 9:30 am - 1 pm Closed June – August &amp;

Holidays. Giveaway in December. Eligibility determined

By clergy, schools, social workers, financial workers, Dorothy Day Center, Eastside Family Center or The Salvation Army.

**Dayton Avenue Presbyterian Church**

217 Mackubin Street

651-227-7389

Hours: 1<sup>st</sup> and 3<sup>rd</sup> Saturday of the month 9 – 11:45 am

Provides Free clothing, open to all. Closed: June – August.

### **Department of Indian Work**

1671 Summit Avenue  
651-771-3856  
Hours Tuesday – Thursday 10 am – 2 pm  
Friday 12 – 4 pm

### **God's Closet**

820 White Bear Avenue  
651-771-4627  
Hours: Monday, Wednesday & Friday 10 am – 2 pm and  
the 1<sup>st</sup> Saturday of the month 1 – 3:30 pm.  
Remarks: Free adult and children's clothing for residents  
Of the East Side of St. Paul; photo ID or verification  
Of current address required.

### **Hallie Q. Brown / MLK Center**

270 North Kent  
St. Paul, MN  
651-224-4601  
Hours: Mon. Wed & Fri. 10:30 am – 3:30 pm  
www.hallieqbrown.org  
Remarks: Free clothing; open to anyone.

### **Joseph's Coat**

1107 West 7<sup>th</sup> Street  
St. Paul, MN 55102  
651-291-2472  
www.josephscoatmn.org  
Hours: Monday & Wednesday 9 am – 12 pm & 1- 4:30 pm  
Closed the first full week of each month. Hours are limited  
during November, December and January.  
Remarks: Clothing, small household items, and personal  
hygiene items. Can come once a week; photo ID required.

### **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.*

### **Union Gospel Mission**

435 University Avenue East  
651-292-1721  
Hours: Monday – Sunday 2:30 – 7 pm  
Free clothing and personal hygiene items for clients  
staying at Union Gospel Mission. Clients can come  
once a day after doing an initial intake.

## **Low-Cost Thrift Stores**

### **Goodwill/Easter Seals**

553 Fairview Avenue  
St. Paul, MN 55104  
651-379-5800 Website: www.goodwilleasterseals.org  
Hours: Mon – Fri 9 am - 9 pm; Sat. & Sun 11 am – 6 pm  
Remarks: Check the website or call for locations. There are  
more than 25 Goodwill stores across the metro area.

### **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.*

### **Steeple People Surplus Store**

2004 Lyndale Avenue South  
Minneapolis, MN  
612-871-8305  
Hours: Monday 10:30 – 5:30 pm; Tuesday 10:30 – 6:30 pm;  
Wed. – Friday 10:30 – 5:30 pm ; Saturday 10 – 5:30 pm

### **The Salvation Army Thrift Store**

900 4<sup>th</sup> St. N. (Main Store)  
Minneapolis, MN 55401  
612-332-5855  
MON-SAT: 9AM-8PM  
www.thesalv.army.org  
*Low cost clothing, will accept vouchers from various agencies.  
Check website for other store locations and hours.*

## **Furniture and Household Items**

**Updated: September 2014**

### **ACCAP Furniture Department**

1201 89<sup>th</sup> 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).***



**Arc Greater Twin Cities**

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

**Bridging Inc.**

201 West 87<sup>th</sup> 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 in a life time.*

*If Bridging delivery is used, the cost is \$165.00*

*paid by client. Find a friend to help you move items.*

**Central Lutheran Church**

333 South 12<sup>th</sup> Street

Minneapolis, MN 55404

612-870-4416

M: 11:00-12:30, TH: 1-2:30PM

www.centralmpls.org

Free small household items.

**East Side Thrift Store**

1928 Central Ave. NE

Minneapolis, MN 55413

612-789-0600

www.esns.org

Contact: Lyn Albright

M-F: 10-6PM

SAT: 10-5PM

*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, chair ,table and entertainment centers are available.*

**Furnish Office and Home (formerly PPL Shop)**

850 15<sup>th</sup> 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.

**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.

**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 7<sup>th</sup> St.

St. Paul, MN 55102

651-291-2472

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

www.josephscoatmn.org

Household items. Must bring photo ID.

**Mary Jo's / Sharing and Caring Hands**

525 North 7<sup>th</sup> St.

Minneapolis, MN 55405

612-338-4640

10:15-11:15 & 1:30-3PM: M-TH

www.sharingandcaringhands.org

Household items, no furniture.

**Neighbors, Inc.**

218 13<sup>th</sup> 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.

**Sabathani Community Center**

310 E 38<sup>th</sup> Street

Minneapolis, MN 55409

612-821-2396

www.sabathani.org

Free furniture. Call for hours.

## **Voicemail**

Updated: Jan. 2015

### **OpenAccess Connections**

(formerly Twin Cities Community Voice Mail) (TCCVM)  
1821 University Ave, Suite N-184

St. Paul, MN 55104

651-643-0883                      www.openaccessconnections.org

Mark Erpleding, Executive Director:

*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. 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.*

**Remarks:** Also provides consumer information about free Lifeline cell phones. Call 651-637-1301 to request information about Lifeline companies.

## **Financial/ Rental/Utility Assistance**

Updated: Jan. 2015

### **Minneapolis Area:**

#### **Central Lutheran Church**

##### **Restoration Center**

333 South 12<sup>th</sup> 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.*

#### **Community Emergency Service**

1900 11<sup>th</sup> Ave. S.

Minneapolis, MN 55404

612-870-1125

1:30PM-4:15PM: M-F

www.cesmn.org

*One-time only, must live in South or Southeast Minneapolis; call to make an appointment & 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. CES currently only helps those with water shut-off notices, to prevent water shutoff, eviction and condemnation of property. Assistance with these types of needs indirectly helps keep families and individuals stable and in their homes.*

#### **The Dignity Center**

##### **Hennepin Avenue United Methodist Church**

511 Groveland Ave.

Minneapolis, MN 55403                      www.hennepinchurch.org

612-435-1315      Ann J. Carlson

M,W, F: 9-11:30 a.m.

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

***"They want to work with people more than one time!"***

#### **Minneapolis Public Housing Authority**

1001 Washington Ave. N.

Minneapolis, MN 55401

612-342-1400

www.mphaonline.org

8AM-4:30PM: M-F

*Administers Housing Choice Vouchers, including "The All about the Kids Program",*

*Project Based Vouchers, and Hollman Vouchers.*

#### **Minneapolis Urban League**

##### **Client Services Program Division**

2100 Plymouth Ave. N.

Minneapolis, MN 55411

Contact Lynne Kelly

612-302-3141

www.mul.org

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

#### **MFIP-EA**

##### **Minnesota Family Investment Program-Emergency Assistance**

Century Plaza

330 South 12<sup>th</sup> St.

Minneapolis, MN 55404

612-596-1300

www.dhs.state.mn.us

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

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

#### **Northpoint Health and Wellness Center**

1315 Penn Ave. N.

Minneapolis, MN 55411

612-767-9500

www.northpointhealth.org

Hours: 8am-5pm: M-F

*Limited financial assistance for persons facing eviction due to non-payment of rent. Come in on Wednesday between 9-10:30am. Must have minor children to be eligible. Offered only to individuals living in North Minneapolis.*

**St. Olaf Catholic Church**

**Social Outreach**

215 S. 8<sup>th</sup> Street  
Minneapolis, MN 55402                      www.saintolaf.org  
612-332-7471      Joan Miltenberger  
Hours: M-W 9am-2pm  
*Emergency financial assistance includes bus tokens  
and medical co-pays. Appointment preferred by  
calling the number above.*

**Mound Area:**

**WeCAN**

**Western Communities Action Network**

5213 Shoreline Drive  
Mound, MN 55364  
952-472-0742                      www.wecan-help.org  
Contact: Lisa  
Mon: 9-4:30pm Tues: 9-6:30pm Thurs: 9-4:30pm  
*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*

**St. Paul Area:**

**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.*

**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, head start  
programs, food support, and many others. Go to the website  
and click on your county for detailed information.*

**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.*

**The Salvation Army**

401 W. 7<sup>th</sup> 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.*

**Westside Community Health Service House Calls**

555 Cedar Street  
Saint Paul, MN 55101  
651-266-1290                      [www.westsidechs.org](http://www.westsidechs.org)  
Contact Helen Frient  
Hours: M-F 8:00am-4:30pm  
*Case management to prevent homelessness due to  
condemnation. Eviction prevention, referrals are through  
St. Paul City and Ramsey County housing and rental.*

## **South St. Paul Area:**

### **Neighbors, Inc.**

222 Grand Avenue West  
South St. Paul, MN 55075  
651-455-5000      www.neighborsmn.org  
M-F 8:15-4:30

*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 Northern Dakota County only.*

## **Transitional Housing**

**Updated: January 2015**

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

### **\*Better Future Enterprises**

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.*

### **Damascus Way (ReEntry Center ½ way House)**

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

### **\*FreedomWorks Post-Prison Outreach**

3559 Penn Ave. N.  
Minneapolis, MN 55412  
612-522-9007      www.freedomworksmn.org  
Faith Based Program must attend programs.  
*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. per the unit. Units are fully furnished and come with heat, electric, internet, TV, and cookery/dishes.*

### **Life Rebuilders - Redemption House**

3049 Columbus Avenue South  
Minneapolis, MN 55407  
612-825-6871      [www.lrbmn.org](http://www.lrbmn.org)  
*Christian-focused transitional housing for men coming from prison, chemical dependency treatment or homelessness. Assists in obtaining education and employment.*

### **Crossing Home**

#### **John Henderson, Director**

1315 Portland Avenue South  
Minneapolis, MN 55404  
612-889-9610      [www.crossinghome.org](http://www.crossinghome.org)  
F. 612-332-2510      [Info@crossinghome.org](mailto:Info@crossinghome.org)  
800-383-5466      Healthy Reentry Solutions

Circles of Support and Accountability  
Recovery Accountability Communities  
Transitional Housing & permanent Housing

### **RS Eden**

1931 West Broadway  
Minneapolis, MN 55411  
612-287-1600      Administration Offices  
*Provides transitional housing in multiple Twin Cities*  
[Overview](#)

### **\*Reentry Ashland (½ way House)**

532 Ashland Ave.  
St. Paul, MN 55102  
651-292-1466      Contact: Steve Bisch  
Men only  
*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 (½ way House)**

855 West 7<sup>th</sup> St.  
St. Paul, MN 55102  
651-227-6291  
Contact: Jennifer Gast  
Men only  
*Like Reentry Ashland, but duration of stay varies.*

### **\*Reentry Metro (½ way House)**

444 W. Lynnhurst Avenue  
St. Paul, MN 55104  
651-644-1951  
Contact: Corey Sentieri  
Women only  
*Like Reentry Ashland, but duration of stay varies.*

**The Salvation Army Harbor Lights Center**

1010 Currie Ave. N.

Minneapolis, MN 55403

612-767-3100

[www.usc.salvationarmy.org](http://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.*

**Minnesota Adult & Teen Challenge**

*Facilities located in Minneapolis, Rochester, Duluth, & Brainerd*

**The Minneapolis Campuses** are located throughout the city of Minneapolis.

612-373-3366

1619 Portland Ave S, Minneapolis, 55404

**The Central Minnesota Teen Challenge** is located on the South edge of Brainerd on Business 371.

1- 218-833-8777

**The Northland Campus** is located at the corner of Lake Avenue and Second Street East in Downtown Duluth.

1- 218-740-5510

**The Rochester Center** located in Rochester

1-507-288-3733

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

612-FREEDOM

*Outpatient, 30-day, & long-term faith-based treatment options*

**The Salvation Army Adult Rehabilitation Center**900 N. 4<sup>th</sup> Street

Minneapolis, MN 55401

Contact: George Fraser

612-332-5855 [www.satruck.org/rehabilitation-program](http://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 Shelter**

2219 Chicago Avenue South

Minneapolis, MN 55404

612-872-4021 X34

[www.oscs-mn.org](http://www.oscs-mn.org)

Crystal Frank - Director 612-872-4193 X15

9AM-5PM: M-F

*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.*

**Theresa Living Center and Caroline Family Services**

917 E. Jessamine Ave.

St. Paul, MN 55106

[www.theresalivingcenter.com](http://www.theresalivingcenter.com)

Theresa Center 651-774-5594

Caroline Family Services: 651-772-1344

**Residential transitional home for single women.**

*staff coverage 24 hours a day, a private room for each woman and use of 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.*

**Only 12 openings.****Cabrini Partnership (PPL Program)**919 12<sup>th</sup> Avenue SE

Minneapolis, MN 55414

612-455-5100

<http://www.ppl-inc.org/what-we-do/support-services/>

*The Cabrini Partnership program provides transitional housing and permanent supportive housing services designed to help adults manage mental health, maintain sobriety, and break the cycle of homelessness. Up to 23 residents with at least 30 days of sobriety can be served in Cabrini's communal, transitional housing. Staff work with private landlords throughout Hennepin County to locate permanent housing for Cabrini's supportive housing participants.*

**Minnesota Aids Project****Transitional Housing Program**

1400 Park Avenue S.

Minneapolis, MN 55404

612-373-2437

[www.mnaidsproject.org](http://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 8<sup>th</sup> Street

Minneapolis, MN 55404

612-594-2000

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

*For people with chemical dependency. Must get Rule 25 done. Must be working or receiving benefits such as SSI. Also has GRH funding with a referral. Offers chemical and alcohol dependency treatment which is open to anyone. No arson, sex offenses, or violent individuals. Also receive free meals.*

*Waiting List.*

**Exodus Residence (Catholic Charities)**819 2<sup>nd</sup> Ave. S.

Minneapolis, MN 55402

612-204-8330

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

GRH Funded Transitional Housing for men and women.

Work with MI or CD issues.

Health Supported Housing and stay up to 2 years

Nurses on staff.

*Supportive services and case management.*

**Mary Hall (Catholic Charities)**

438 Main Street  
St. Paul, MN 55102

651-647-2340

[www.cctwincities.org](http://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**

2740 1<sup>st</sup> Avenue South  
Minneapolis, MN 55404

612-874-8683

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

*A volunteer-based organization that provides free, safe and clean nightly shelter for men and women. **Beds for 44 men with a Lottery at 5:00 -5:30 pm on Mondays.** Beginning on Feb. 9, 2015 the time has changed. Beds for 22 women the Lottery on Wed. 3:00 0-3:3pm Must work with Shelter Team from Hennepin County 612-348-9410.*

**Solid Ground**

3521 Century Avenue North  
White Bear Lake, MN 55110

651-773-8401 X123

Rachel Newman

CAHS - Coordinated Access Housing & Shelter

*Supportive transitional housing for homeless and low-income families in Ramsey 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.*

**Families – St. Andrews Heading Home Washington**

651-762-9124

**Singles**

651-430-6488

**Youth 22 years and younger**

651-251-5214

**Micah House**

3047 5<sup>th</sup> Ave. S.  
Minneapolis, MN 55408

612-827-0484

[www.micahhouse.com](http://www.micahhouse.com)

Contact: David Burke 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. 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. They also have 20 beds for outpatient services with lodging.*

**Permanent Housing**

**Updated: Jan. 2015**

**Aeon**

901 North 3rd St. #150  
Minneapolis, MN 55401

612-341-3148

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

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

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

719 East 16<sup>th</sup> Street

Minneapolis, MN 55404

<http://www.aeonmn.org/properties/alliance-apartments-2/>  
612-630-3600

Leasing Hotline: 612-333-9284 10AM-5PM: M-F

*100 permanent, efficiency apt., Section 8 subsidized, for single*

*men and women who are homeless or leaving transitional housing. Must be sober, working or seeking employment.*

*Alliance Addition is another 50 subsidized studio apartments. No arson or sexual assault.*

**Cabrini Partnership with PPL (merged 4 yrs ago)****Permanent Supportive Housing Program**

919 12<sup>th</sup> Avenue SE

Minneapolis, MN 55414 Phone: 612-455-5100

<http://www.ppl-inc.org/what-we-do/support-services/>

*The Cabrini Partnership program provides transitional housing*

*and permanent supportive housing services designed to help adults manage mental health, maintain sobriety, and break the cycle of homelessness. Up to 23 residents with at least 30 days of sobriety can be served in Cabrini's communal, transitional housing. Staff work with private landlords throughout Hennepin*

*County to locate permanent housing for Cabrini's supportive housing participants.*

**Central Avenue Apartments (RS Eden)**

1828 Central Ave. NE

Minneapolis, MN 55418

612-782-2994

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

*Subsidized sober housing & 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.*



**CommonBond Communities**

328 Kellogg Blvd. W.  
 St. Paul, MN 55102  
 651-291-1750 [www.commonbond.org](http://www.commonbond.org)  
*The mid-west'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.*

**Community Action Partnership of Suburban Hennepin**

8800 Highway 7 Suite 401  
 St. Louis Park, MN 55426  
 952-933-9639 [www.capsh.org](http://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 home ownership assistance.*

**Cornerstone**

1000 East 80<sup>th</sup> St.  
 Bloomington, MN 55420  
 952-884-0376 Main [www.cornerstonemn.org](http://www.cornerstonemn.org)  
 866-223-1111 24 hr hotline  
*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.*

**Emanuel Housing (R S Eden)**

818 South 3<sup>rd</sup> Street  
 Minneapolis, MN 55415  
 101 units of affordable, supportive and sober living.  
 11 units for Homeless Veterans  
[www.rsedn.org](http://www.rsedn.org)  
[housingintake@rseden.org](mailto:housingintake@rseden.org)  
 Case managers work with tenants and this property is monitored 24 Hour - Sober Units Works with single Men and single Women.

**Emma's Place**

2163 Van Dyke St.  
 Maplewood, MN 55109  
 651-747-8766 [www.emmanorton.org](http://www.emmanorton.org)  
 Hours: 9AM-2PM: MON-FRI  
 Program Manager x404  
*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.*

**Housing Link**

275 Market Street  
 Minneapolis, MN 55405 Suite 509  
 612-522-2500  
**[www.housinglink.org](http://www.housinglink.org)**  
*Info for Twin Cities seven-county area for rental GREAT WEBSITE to assist with search rental property. Properties 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 (LSS Housing)**

**Supportive Housing**  
 2414 Park Avenue  
 Minneapolis, MN 55404  
 612-879-5266 [www.lssmn.org/housing/index.html](http://www.lssmn.org/housing/index.html)  
*Two types of supportive housing are Permanent Supportive Housing and Scattered-Site Permanent Housing. Listen to the prompts on the phone call and proceed.*

**Model Cities Families First Supportive Housing**

839 University Ave. W.  
 St Paul, MN 55104  
 651-632-8350 Main [www.modelcities.org](http://www.modelcities.org)  
 651-265-6167- Families First Program Manager  
*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.*

**Neighborhood Works Home Partners (Merger of Community Neighborhood Housing Services and Greater Frog Town CDC)**

35 West Water St.  
 St. Paul, MN 55107  
 651-292-8710 [www.communitynhs.org](http://www.communitynhs.org)  
 M-TH: 8:30-5PM FRI: 8:30-3PM  
*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.*

**New Foundations (PPL Program)**

1035 East Franklin Avenue, Minneapolis, MN 55404  
 612-455-5100 [ppl@ppl-inc.org](mailto:ppl@ppl-inc.org)  
 Minneapolis, MN 55404  
*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.*

**Next Step Housing Ascension Place**

1803 Bryant Ave. N. (Main Office)  
 Minneapolis, MN 55411  
 612-588-0861 [www.ascensionplace.org](http://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.*

**\*Portland Village (RS Eden)**

1829 Portland Ave. S.  
Minneapolis, MN 55404  
612-782-2994 [www.rseden.org](http://www.rseden.org) housingintake@rseden.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 on going case management.

**St. Stephen's Human Services Rapid Re-Housing Program**

2211 Clinton Ave. South  
Minneapolis, MN 55404  
612-874-0311 [www.ststephensmpls.org](http://www.ststephensmpls.org)

Hours: 8:30AM-5PM: M-F  
*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 6 months. There is intensive case management.*

**Jackson Street Village (RS Eden)**

1497 Jackson St.  
St. Paul, MN 55117  
612-782-2994 [www.rseden.org](http://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 [www.rseden.org](http://www.rseden.org)  
*Sober, affordable, supportive housing. 25 efficiency apts. for single people. On-site programming, including referrals for services and employment assistance.*

**Project for Pride in Living (PPL)**

1035 East Franklin Avenue  
Minneapolis, MN 55404  
612-455-5100 [www.ppl-inc.org](http://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/Evergreen](http://www.cctwincities.org/Evergreen)  
*SRO, permanent sober housing with 88 units for homeless adults.*

**St. Christopher Place (Catholic Charities)**

286 Marshall Ave.  
St. Paul, MN 55102  
651-547-2370 [www.cctwincities.org/StChristopherPlace](http://www.cctwincities.org/StChristopherPlace)  
*Permanent housing with supportive services for 71 single men and women. Damage deposit is required upon move in.*

**Homes within Reach**

5101 Thimsen Ave. Suite 202  
Minnetonka, MN 55345  
952-401-7071 [www.homeswithinreach.org](http://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 <http://salvationarmynorth.org/community-pages/hope-harbor/>  
*Single room efficiencies for 96 single men and women in downtown Minneapolis. Full time social worker at the site.*

**Employment Resources**

**Updated: December 2014**

**\*American Indian OIC**

1845 East Franklin Ave.  
Minneapolis, MN 55404  
612-341-3358 [www.aioic.org](http://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](http://www.twincitiesrise.org)  
460 N Lexington Pkwy  
St. Paul, MN  
651-603-8520 [www.twincitiesrise.org](http://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, and chemical dependency.*



**\*SONIC Program (180 Degrees) (1/2 way House)**

(Skills Offenders Need In the Community)

236 Clifton Ave. S.

Minneapolis, MN 55403

Referral Information: 612-813-5000 [www.180degrees.org](http://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 4<sup>th</sup> Avenue South

Minneapolis, MN 55408 Contact: **Stan Hill**

612-455-4640 [www.urbanventures.org](http://www.urbanventures.org)

Mon and W- 9AM-5PM, Tuesday: 9AM-7PM

Thursday- 10AM-7PM, Friday- 9AM-11AM

*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](http://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. People leaving prison are able to present this information to new employers who may choose to Bond them as an employee.*

**\*America in Recovery, Inc.**

[www.americainrecovery.org](http://www.americainrecovery.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.*

**Momentum (was Rebuild Resources)**

1179 15th Avenue SE

Minneapolis, MN 55414

612-332-0664 [www.momentummn.com](http://www.momentummn.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 (DEED)**

**\*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. Also hold Green Leaf Trainings at several Workforce Centers in the Twin Cities area.*

**Goodwill/Easter Seals**

**\*Employment Development Services**

553 Fairview Avenue North

St. Paul, MN 55104

651-379-5800

St. Paul Contact: Cindy Larson

651-379-5857

[www.goodwilleasterseals.org](http://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 20<sup>th</sup> Ave. S.

Minneapolis, MN 55404

[www.eac-mn.org](http://www.eac-mn.org)

Adult Programs- 612-752-8400

Youth Programs: 612-752-8800

*EAC's goals are to provide comprehensive education, employment and family support services to low income youth, adults and families and to ensure their academic achievement, economic success and family stability.*

**Project for Pride in Living (PPL)**

1035 E Franklin Ave.

Minneapolis, MN 55404

612-455-5100

[www.ppl-inc.org](http://www.ppl-inc.org)

*Computer Access Lab, Computer Skills Resource and Workshops, Health Careers Partnership. Located at the PPL Learning Center Train to Work: short-term banking and healthcare training. Career Pathways: sector-based training and certificate earning programs. Professional Development Coaching: computer and professional development workshops, financial coaching, and career assessment and placement. PPL Learning Center Info Sessions are held each Monday at 9 am.*

**Minneapolis Urban League  
Adult Job Placement**

2100 Plymouth Avenue North  
Minneapolis, MN 55411  
612-302-3120 [www.mul.org](http://www.mul.org)

Contact: Tabota Sayon  
*Provides one-on-one job counseling, employment leads, resume preparation, and interview coaching for Minneapolis residents.*

**EMERGE**

**Adult Career Services**

1101 West Broadway Avenue Suite 200  
Minneapolis, MN 55411  
612-529-9267 [www.emerge-mn.org](http://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 [www.peopleservingpeople.org](http://www.peopleservingpeople.org)  
Employment Services

*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](http://www.hired.org)

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

**Catholic Charities - Opportunity Center**

740 East 17<sup>th</sup> St.  
Minneapolis, MN 55404  
612-204-8300 [www.cctwincities.org/OpportunityCenter](http://www.cctwincities.org/OpportunityCenter)

Hours: M-F: 8:15-11:15AM & 1-4PM  
*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. Culinary Skills Training Program Catholic Charities offers a 10-week class to prepare adults for jobs in the food service industry.*

**East Side Neighborhood Services**

1700 2<sup>nd</sup> St. NE  
Minneapolis, MN 55413  
612-781-6011 [www.esns.org](http://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 (DEED)**

1-888-438-5627 [www.positivelyminnesota.com](http://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 [www.clues.org](http://www.clues.org)  
Hours: 8:30am - 7:00pm Monday - Thursday  
8:30am - 5:00pm Friday

OR:

797 East 7<sup>th</sup> Street  
St. Paul, MN 55106  
651-379-4200

Hours: 8:30am - 7:00pm Monday - Thursday  
8:30am - 5:00pm Friday

*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](http://www.saoic.org)

Hours: 8AM-5PM

*Vocational counseling and job training—plumbing, electrical, painting, carpentry, sheet metal, and community health worker.*

*There is a job placement program available to graduates.*

**Food Shelves**

**Updated: January 2015**

*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".***

**Bethesda Missionary Baptist Church**

1118 S. 8<sup>th</sup> 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.*

**Centro**

1915 Chicago Ave.  
 Minneapolis, MN 55404  
 Phone: 612-874-1412      [www.centromn.org](http://www.centromn.org)  
 M-F: 8:30-5PM

***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.***

**Church of Incarnation Food Shelf**

3817 Pleasant Avenue South  
 Minneapolis, MN 55409  
 612-822-2101      [www.incarnation-church.com](http://www.incarnation-church.com)

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

*Serves residents within the borders of Nicollet Ave. on the East, Lyndale Ave. on the West, 30<sup>th</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 address, (i.e. utility bill). No Fee*

***Usage limited to once a month.***

**Community Emergency Services**

1900 11<sup>th</sup> Ave. S.  
 Minneapolis, MN 55404  
 612-870-1125      [www.cesmn.org](http://www.cesmn.org)

*The food shelf is open Wednesdays from 4 to 6:30p.m. Call with proof of residence to see if your address qualifies you for general food shelf services. Every Friday is Free Produce and this is open to everyone. No income qualifications for services.*

**Department of Indian Work**

1671 Summit Avenue  
 St. Paul  
 651-789-3856  
 Hours: Tuesday-Thursday 10am – 2pm Friday 12 – 4 pm  
 Remarks: Open to Native Americans

**Division of Indian Work**

1001 East Lake Street  
 Minneapolis  
 612-722-8722  
 Monday, Tuesday and Wednesday 12-3pm.  
 Service area primarily Native Americans who are enrolled with a tribe.

**Dorothy Day Center (Catholic Charities)**

183 Old 6<sup>th</sup> Street  
 St. Paul, MN 55102  
 651-647-2350      [www.cctwincities.org](http://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 54<sup>th</sup> Ave. North  
 New Hope, MN 55428  
 763-450-3880 OR 1-800-582-4291    [info@fareforall.org](mailto:info@fareforall.org)  
 To place an order [fareforall.org](http://fareforall.org)

*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). Select Mondays 9:30am—7:00pm (Jan 12&26, Feb 9&23, Mar 9&23, Apr 6&20, May 4&18, Jun 1&15&29, Jul 13&27, Aug 10&24)*

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

554 8<sup>th</sup> Avenue North  
 Minneapolis, MN 55411  
 612-340-9694      [www.theglcfb.org](http://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. No ID required here.*

**Groveland Emergency Food Shelf****(Groveland Food for Youth)**

1900 Nicollet Avenue South  
 (enter on Groveland Avenue)  
 612-871-0277

Adults: Monday thru Thursday 9:30 am -12:30pm.

Friday 10 am – 1pm for those who live in area. Need to bring mail/ID for individuals being served.

Youth: Homeless youth ages 23 and under no residency requirement: Tuesday and Thursday 4 -7 pm.

Service area: For adults who live in downtown Mpls and near-south of downtown area. Call for information on specific addresses. Must show ID.

**Remarks:** Delivery for adults is available for shut-ins.

Stipend program for youth ages 21 & younger is available In exchange for working 3 hours.

**Hallie O, Brown/MLK Center**

270 North Kent  
 St. Paul

Hours: Mon., Tues., Thurs. & Fri. 9 am -4 pm

Wed. 9am -6 pm; by appointment only.

Eligible to use once a month for those in service area.

Photo ID and proof of current address is required.

Service area: Victoria (E) to Hamline (W); Pierce Butler (N) to Grand (S).

**Hunger Solutions Minnesota**

555 Park St. Suite 400  
 St. Paul, MN 55103  
 651-486-9860

[www.hungersolutions.org](http://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.*

**Joyce Uptown Food Shelf**

3041 Fremont Avenue South  
 Minneapolis, MN 55408

612-825-4431 [www.joycefoodshelf.org](http://www.joycefoodshelf.org)

1:00PM-3:45PM M – F & 5:00PM-6:45PM on Thursdays.

*Resident of area served. Boundaries: EAST – Lyndale Ave. except area between 25<sup>th</sup> St. and 32<sup>nd</sup> St. where boundary is 35W; WEST - France Avenue; NORTH – 25<sup>th</sup> St.*

*SOUTH – Crosstown Highway 62.*

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

**Keystone Community Services – Midway**

1916 University Avenue  
 St. Paul

651-917-3792

Hours: Walk-in only: Mon –Fri 10 – 11:30am; 1-3:30 pm

Each adult over 18 must have a photo ID plus one piece of current official mail. Each child must also have some form of official ID (social security card, birth certificate, medical card, school ID).

**Keystone Community Services -- Rice Street**

1457 Rice Street St. Paul  
 651-487-2792 ext. 100

Hours: Walk-in only: Mon –Fri 10 – 11:30am; 1-3:30 pm

Service area: Larpenteur (N) to Pierce Butler to Como to Rice (S); Hamline (W) to Rice – Sycamore-Sylvan (E).

Each adult over 18 must have a photo ID plus one piece of current official mail. Each child must also have some form of official ID (social security card, birth certificate, medical card, school ID). Must live in service area.

**Keystone Community Services – Roseville**

2833 N. Hamline Avenue St. Paul  
 651-756-7018

Hours: Walk-in only: Mon –Fri 10 – 11:30am; 1-3:30 pm;

Tuesday evening 5:30 – 7:30 pm.

Head of household each adult over 18 must have a photo ID plus one piece of current official mail within 60 days. Each child must also have some form of official ID (social security card, birth certificate, medical card, school ID). Clients are available for assistance once per calendar month.

**Little Kitchen Food Shelf**

1500 6<sup>th</sup> Street N E  
 Minneapolis  
 612-788-2444

Walk-in hours Mon. Wed. & Fri. 10-Noon

Tues. 6-7:30 pm and Thurs. 12:30-2:30 p.m. Other times available by appointment only. No ID required and no geographic restrictions. Can use the food shelf once every four weeks.

**Merrick Community Services**

1740 Van Dyke Street

St. Paul

651-287-2088

To ensure fairness and to prevent the need to arrive early,

Participants will enter their name in drawing for numbers 1-60.

Families may then access distribution in order of draw.

Distribution times are: Monday 3 pm (arrive 2:30-2:50 to enter drawing); Wed. & Thurs. 10 am (arrive between 9:30 -9:50 am to enter drawing). Adults must bring valid photo ID and piece of current or previous month's mail: need social security card, birth certificate or medical card for kids. Maplewood residents and St. Paul residents who live in Merrick's service area. Call for information.

**Messiah Lutheran Church**

2400 Park Avenue South

Minneapolis

612-871-8831

Second Friday and fourth Saturday 8-11 a.m.

For those who live in Phillips neighborhood (east of I-35W, west of Hiawatha Ave., north of Lake St. and south of I-94). Must bring proof of residency. Once per month only.

**Minnesota Food Helpline**

1-888-711-1151 (multilingual assistance is also available)

Monday – Friday 8:30 a.m. – 4:30 p.m.

Statewide food resource information and referral helpline.

Callers can be screened for Food Support eligibility and Assisted with completing the application for Food Support.

Assists callers in locating food resources in their own community whether it be a food shelf and/or hot meal site. Also

makes referrals for other public food programs like WIC (Women,

Infant and Children) or MAC ( Mothers and Children) and NAPS (Nutrition Assistance Program for Seniors).

**Neighborhood House**

179 Robie Street East

St. Paul

651-789-2500

Hours: Walk-in only. Mon. – Fri. 9-11:30 am & 1-3 pm

Must meet one of the following criteria to use the food shelf:

Be a refugee or immigrant who has been here for 5 yrs or less.

Be involved in one of the Neighborhood House programs; or

Be from ZIP code area 55107.

**New Creation Baptist Church**

1414 East 48<sup>th</sup> Street  
 Minneapolis  
 612-825-6933

Food and clothing pantry is open Saturdays 10 am until 2 pm  
 and Wednesday 9 am until 1 p.m.

**Northpoint Health & Wellness Center**

1315 Penn Ave. N.  
 Minneapolis, MN 55411  
 612-767-9175 [www.northpointhealth.org](http://www.northpointhealth.org)

Hours: M, T and Thursdays (9:00AM to 3:00PM.),  
 Wed.(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.

**Pastor Paul's Mission**

1000 Oliver Ave. N.  
 Minneapolis, MN 55411  
 612-521-4665 [www.pastorpaul.org](http://www.pastorpaul.org)

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

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.

**Prism****Food Shelf**

730 Florida Avenue South  
 Golden Valley, MN 55426  
 763-529-1350 [www.prismmpls.com](http://www.prismmpls.com)  
 For Zip Codes: 55416, 55422, 55426, 55427, 55441 and  
 55442. Mon. 9-7 p.m. Tues. 9-4 p.m. Wed. 9-4 p.m. and  
 Thurs. 9-2 p.m.

**Ralph Reeder Center**

2101 N W 14<sup>th</sup> Street  
 New Brighton (Pike Lake Education)  
 651-621-7451

Hours: Appointment only. Call Mon.-Fri 9 am –Noon to set an  
 appointment. Appointments are available Mon. –Fri. both days  
 and evening.

**Service area:** Arden Hills, Mounds View, New Brighton,  
 Shoreview, northern Roseville, and the Ramsey County portion  
 of St. Anthony. Clients may use food shelf once every 30 days.  
 Adults must have a photo ID plus a current piece of mail Each  
 child must have some form of ID ( social security or Med. Card,  
 or birth certificate).

**Sabathani Community Center**

310 East 38<sup>th</sup> St.  
 Minneapolis, MN 55409  
 612-821-2396  
 Program Manager: Sandra Richardson  
 612-821-2397 [www.sabathani.org](http://www.sabathani.org)

Monday – Thursday: 9 -11:30AM & 1- 3:30PM.  
 Go to room # 221 for intake.

**St. Olaf Catholic Church****Social Outreach**

215 S. 8<sup>th</sup> Street  
 Minneapolis, MN 55402  
 612-332-7471 [www.saintolaf.org](http://www.saintolaf.org)

9:30-11:30AM and 1-2PM: M,T,W

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

**Senior Food Shelf**

1801 Central Avenue Northeast  
 Minneapolis  
 612-788-9521

Monday through Friday 10 am – 2:45 pm

Food shelf for people 55 and older. Must reside in  
 Hennepin County. May use food shelf once per  
 calendar month.

**Sharing & Caring Hands (Food Shelf)**

525 North 7<sup>th</sup> St.  
 Minneapolis, MN 55405  
 612-338-4640 [www.sharingandcaringhands.org](http://www.sharingandcaringhands.org)

10-11:30AM & 1-3PM: Monday - Thursday only

*Open to those not eligible at other food shelves; once  
 per week. No residential restrictions. No fee.*

**Sharing Corners**

439 Thomas  
 St. Paul  
 651-293-1931

Hours: Mon., Wed., Fri. and Saturday 9- 11:30 am by  
 appointment only.

Service Area: Rice (E); Victoria (W); University(S); Pierce  
 Butler (N) Some free clothing available for clients with  
 appointments.

**Simpson United Methodist Church**

2740 First Avenue South  
 Minneapolis  
 612-874-7741

Tuesday –Friday from 9:30 am – 12:30 pm.

Service area: West of Portland Avenue, east of Lyndale  
 Avenue, north of Lake Street, and south of Franklin Ave.  
 Must have proof of residence and piece of mail with name  
 and address or medical card for self. Family members  
 must have medical, school ID or birth certificate. Can be  
 used once every 30 days.

### **The Food Group**

**\*(formerly Emergency Foodshelf Network)**

8501 54<sup>th</sup> Ave.

New Hope, MN 55428

763-450-3860

[www.emergencyfoodshelf.org](http://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.*

### **The Salvation Army**

2727 Central Ave. NE

Minneapolis, MN 55418

612-789-1512

[www.thesalarmy.org](http://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 7<sup>th</sup>, 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.*

### **VEAP**

9600 Aldrich Ave

Bloomington, MN 55420

952-888-9616

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

Call 5 to 7 days in advance to make an appointment to visit our Food Pantry.

Hours: 8:00 a.m. - 5:00 p.m. – M, T, &, F

8:00 a.m. - 7:00 p.m. – Thursday

*The Food Pantry utilizes a client-choice model where clients select the foods they know how to prepare and their family can use. Fresh, shelf-stable, dietary and cultural foods are available. For clients who are able to get to VEAP via public transport or other means, rides home are provided by VEAP volunteers removing the transportation barrier. VEAP operates the largest single site food pantry in the state of Minnesota serving over 7,000 individuals a month.*

### **Waite House**

2323 11<sup>th</sup> Avenue South

Minneapolis

612-721-1681

Hours: Monday through Friday 10 am – 6 pm

Phillips Neighborhood. Free produce on the second and fourth Wednesday of the month at 1 pm; numbers are handed out at 11:45 and 12:00. At noon there is a speaker presentation.

### **WIC Program (Women Infants Children)**

**Phone:** 612-348-6100 Minneapolis

Phone: 651-266-1300 St. Paul

Provides Health and nutrition assessment; vouchers for quality food like milk, cheese, iron-rich cereal, peanut butter and dry beans; information/referral, breastfeeding support.

**Qualifications:** To be eligible, you must 1) live in Hennepin County; 2) be a woman who is pregnant, breastfeeding or have had a baby in the last 6 months – year; be an infant, or be a child less than 5 years; 3) be income eligible. This will be determined at the WIC intake appointment or by phone.

### **Free Meals**

**Updated: January 2015**

#### **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](http://www.calvarychurchmpls.org)

*The 2- 4th 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 17<sup>th</sup> Street

Minneapolis, MN 55404

612-204-8300

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

*Breakfast: 7-8AM MON-SAT*

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

Showers and laundry are available Mon – Fri.

Laundry cost \$ 1.00 per load – limit one load

Locker Rental \$ 5.00 for 30 days

Health Care is also available & Foot Care

#### **Cathedral of St. Mark**

519 Oak Grove Street

Minneapolis, MN 55403

612-870-7800

[www.ourcathedral.org](http://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](http://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](http://www.hennepinchurch.org)

*1<sup>st</sup> and 5<sup>th</sup> Sunday of the month from 5-6PM*



**House of Charity Food Centre**

714 Park Avenue South  
 Minneapolis, MN 55404  
 612-436-2055      [www.houseofcharity.org](http://www.houseofcharity.org)  
 David Schulman  
*Serves women and families with children*  
*Breakfast: 8:30-9AM MON-FRI:*  
*Lunch: 12-1PM MON-FRI: Open to all*  
*Brunch: 10:30-11:30 am Weekends: Open to all*

**Strong Tower Parish****Lord's Kitchen**

697 13<sup>th</sup> Ave. NE  
 Minneapolis, MN 55413  
 612-874-7310      [www.strongtowermn.org](http://www.strongtowermn.org)  
*Wednesdays from 4-6PM, all welcome.*

**Lovepower Church**

1407 Washington Ave. S.  
 Minneapolis, MN 55454  
 612-672-0087      [www.lovepowerministries.org](http://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](http://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](http://www.plymouth.org)  
*Hot meal served 3<sup>rd</sup> Sunday of the month from 5-6PM.*

**Loaves and Fishes**

1121 Jackson Street NE Suite 143  
 Minneapolis, MN 55413  
 612-377-9810      [www.loavesandfishesmn.org](http://www.loavesandfishesmn.org)  
*Provides meals to people at many site locations.*  
*Check the website for the closest one.*

**Sharing and Caring Hands**

525 North 7<sup>th</sup> St.  
 Minneapolis, MN 55405  
 612-338-4640      [www.sharingandcaringhands.org](http://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**

2323 11<sup>th</sup> Ave. S.  
 Minneapolis, MN 55404  
 612-721-1681      [www.puc-mn.org](http://www.puc-mn.org)

Contact: Rachel: 612-455-0367

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

**Westminster Presbyterian Church**

1200 Marquette Ave.  
 Minneapolis, MN 55403  
 612-332-3421      [www.ewestminster.org](http://www.ewestminster.org)  
*Meals on the 4<sup>th</sup> Sunday of the month from 5-6PM.*

**Child Resources**

Updated: February 2015

**Birthright International**

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

*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](http://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](http://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](http://www.hennepin.us)  
*Helps pay for childcare so parents can work, look for 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](http://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 8<sup>th</sup> or 9<sup>th</sup> month of pregnancy, or with a 1 month old baby. No fees, no requirement.*

**Northside Life Care Center**

467 Thomas Avenue North

Minneapolis, MN 55412

612-522-6589

Distributes free diapers and formula, baby clothes, maternity clothing, and more to newborns, pregnant moms, or new mothers.

**Think Small**

10 Yorkton Court

St. Paul, MN 55117

651-641-0305

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

Hours: Monday – Friday 8:30 am to 5:00 pm

*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](http://www.mplswtg.org)

Hours: Monday- Friday 8:00 am to 4:30 pm

*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

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

1-888-652-1140 – Info-line

*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: January 2015****\*Volunteer Lawyers Network**612-752-6677 [www.volunteerlawyersnetwork.org](http://www.volunteerlawyersnetwork.org)

Client Intake Hours: M, T, TH, F:10-1PM &amp; WED:3-6PM

*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 South 3<sup>rd</sup> Street Suite 100

Minneapolis, MN 55415

612-353-3024

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

First Tuesday of the month between 2 and 5PM.

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

Location is: Minneapolis Urban League at 2100 Plymouth Avenue North, Minneapolis, MN 55411 Time: 2-5

**Please be on time.**What I need to bring: **Your criminal record.****\*Second Chance Saturday VLN CCJ UROC CJL****Criminal Records Workshop**

University of Minnesota's UROC

2001 Plymouth Avenue North

When: 3<sup>rd</sup> Saturday of the month 11:30 a.m. until 2:30 p.m.Website: [www.uroc.umn.edu](http://www.uroc.umn.edu)Call 612-353-3024 **Bring your criminal record.****\*Neighborhood Justice Center**

500 Laurel Avenue

St. Paul, MN 55102

651-222-4703

[www.njcinc.org](http://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](http://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 5<sup>th</sup> Street  
St. Paul, MN 55101  
651-222-4731 Intake [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. Does not handle criminal cases (but does do some expungement work). Multiple offices serving 33 southern Minnesota counties.*

**LawHelpMN.org**  
[www.lawhelpmn.org](http://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 1<sup>st</sup> Ave. North Suite 300  
Minneapolis, MN 55401  
Office: 612-332-1441 [www.mylegalaid.org](http://www.mylegalaid.org)  
Client Intake: 612-334-5970  
8:30AM-4:30PM: M-F By appointment only.  
*For protection and advocacy of individual rights.*

**Central Minnesota Legal Services**  
430 1<sup>st</sup> Ave. N. Suite 359  
Minneapolis, MN 55401  
612-332-8151 [www.centralmnlegal.org](http://www.centralmnlegal.org)  
612-334-5970 New Clients  
612-746-3766 Gordy Solo  
*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 [www.legalrightscenter.org](http://www.legalrightscenter.org)  
9AM-5PM: M-F  
Intake is every Tuesday - 10AM-12PM  
*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 15<sup>th</sup> Avenue South  
Minneapolis, MN 55454  
612-338-5282 [www.puc-mn.org](http://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.  
Call for an appointment*

**University of MN – Civil Practice Clinic**  
229-19<sup>th</sup> Ave. S.  
190 Mondale Hall  
Minneapolis, MN 55455  
612-625-5515 Jean Sanderson  
*Legal assistance for non-criminal issues.  
Divorce cases accepted.*

**Waite House  
Inside Phillips Community Center**  
2323 11<sup>th</sup> Avenue South  
Minneapolis, MN 55404  
612-721-1681 [www.puc-mn.org](http://www.puc-mn.org)  
Thursday (1<sup>st</sup> and 3<sup>rd</sup> of the month: 4-5 PM)  
Friday (2<sup>nd</sup> and 4<sup>th</sup> of the month: 1-3 PM)  
*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](http://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: January 2015

**\*UJAMMAA Place**  
1885 University Avenue, Suite 355  
St. Paul, MN 55104  
651-528-8006 [www.ujamaaplace.org](http://www.ujamaaplace.org)  
*Assists African American men typically between 18 and 30 years of age. The organization offers GED prep, empowerment classes, life skills training, job prep classes, and personal coaching.  
Info sessions are Wednesdays at 10AM.*

**Minnesota Literacy Council  
Basic Skills Hotline**  
1-800-222-1990 [www.themlc.org](http://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 [www.hclib.org](http://www.hclib.org)  
Registration Info.

TU, W, TH: 10AM-4:30PM

F, SAT: 10AM-6PM

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

### **Cedar Riverside Adult Education**

1515 S. 4<sup>th</sup> 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

[www.oscs-mn.org](http://www.oscs-mn.org)

Contact: Sarah Shankle – Program Director

*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.

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

Minneapolis, MN 55406

612-724-3539 X 108 Guy Bowling – Project Mgr

M-TH: 10-4PM

*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

[www.hubbs.spps.org](http://www.hubbs.spps.org)

Special needs: 651-290-4729

*English, GED, citizenship, occupational prep and more.*

*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 55434

763-783-4870

[www.metronorthabe.org](http://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](http://www.neighb.org)

*Classes include ELL, GED, Civics, and Basic Computer.*

**All classes are free.**

*Walk-in enrollment at 6:30PM on Mondays & 9AM on Fridays.*

### **Minneapolis Central Library**

#### **New Americans Center**

300 Nicollet Mall (4<sup>th</sup> Floor)

Minneapolis, MN 55401

612-543-8000

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

*English language, workforce and business development.*

### **Holy Rosary/Santo Rosario**

#### **Centro Guadalupano**

2424 18<sup>th</sup> Ave. S.

Minneapolis, MN 55404

612-724-3651

[www.guadcenter.org](http://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 7<sup>th</sup> St. N.

Minneapolis, MN 55411

612-667-1908 Carly Wicks

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

*GED and computer classes held Tue-Wed-Thurs evenings.*

#### **Brian Coyle Center**

420 15<sup>th</sup> Ave. S.

Minneapolis, MN 55454

Contact: Amano Dube

612-876-9323

[www.puc-mn.org](http://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

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

9AM-4PM: M-TH

9AM-2:30PM: F

*Language skills, math, computer, citizenship.*

*Requirements: 18 years of age or older and have*

*limited proficiency in English.*

### **Urban Ventures Center for Fathering**

3023 4<sup>th</sup> Avenue South

Minneapolis, MN 55408

612-822-1628

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

Contact: John Turnipseed

*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.*

Emergency Room is at 730 South 8<sup>th</sup> Street.

## **Health and Medical Care**

**Updated: January 2015**

### **MNSure**

MNSure is the new health insurance exchange where individuals and families select a health care plan, including low cost or free coverage. Insurance rules have changed even for Medical Assistance and Minnesota Care. If you have not been able to get coverage in the past you may be qualified under the new rules. MNSure offers:

- A website ([mnsure.org](http://mnsure.org)) where you can apply for coverage and select a health plan.
- Someone you can talk to about your options over the phone 1-855-3MNSURE (1-855-366-7873)
- Places where you can sign up in your community

Coverage starts on Jan. 1, 2014 but individuals may still Sign up through March 31 for private coverage. Enrollment in Medical Assistance or MinnesotaCare continues throughout the year.

### **Hennepin County Medical Assistance**

Century Plaza  
330 S. 12<sup>th</sup> Street (walk-in office)  
Minneapolis, MN 55404  
612-596-1300 [www.hennepin.us/hubs](http://www.hennepin.us/hubs)

Hours: M-F 7:30 a.m. to 5:00 p.m.

Visit Website for other locations: South Suburban in Bloomington, North West Suburban in Brooklyn Center  
7051 Brooklyn Blvd. Brooklyn Center, MN

Hours M-F 7:30 a.m. to 4:30 p.m. Free Parking

### **Assured Access**

330 S. 12<sup>th</sup> St.  
Century Plaza  
Suite 3700  
Minneapolis, MN 55404  
612-348-6141 [www.hennepin.us](http://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 [www.hcmc.org](http://www.hcmc.org)  
24 Hours

### **Hennepin County Public Health Clinic**

#### **Red Door Services**

525 Portland Ave. (4<sup>th</sup> Floor)  
Minneapolis, MN 55415  
612-543-5555 [www.reddoorclinic.org](http://www.reddoorclinic.org)

M & W: 8AM-7PM

TU,TH,F: 8AM-4PM

*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  
*Find a meeting.* [www.aaminneapolis.org](http://www.aaminneapolis.org)

#### **Narcotics Anonymous**

877-767-7676 – phones are answered 24 hours a day  
*Find a meeting.* [www.naminnnesota.org](http://www.naminnnesota.org)

#### **St. Mary's Health Clinics**

1884 Randolph Avenue (Administrative Offices)  
St. Paul, MN 55105  
651-287-7777 Call for eligibility scheduling at the times listed:

8:30AM-3:30PM: M-TH

8:30AM-12PM: F

[www.stmaryshealthclinics.org](http://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  
612-543-2500  
For an appointment: [www.northpointhealth.org](http://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 [www.ppmns.org](http://www.ppmns.org)  
M-F: 9AM-6PM & SAT-SUN: 9AM-1PM  
*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 South 5<sup>th</sup> Street (4<sup>th</sup> 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 6<sup>th</sup> St.  
St. Paul, MN 55102  
651-647-2350                      www.ccsmpm.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                      www.westsidechs.org  
Contact: Jaeson Fournier  
*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                      www.westsidechs.org  
M-F: 8AM-5PM  
*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  
www.neighborhoodhealthsource.org/central.html  
M-F: 8-5PM  
*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 13<sup>th</sup> 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                      www.nacc-healthcare.org  
M-F: 10-6PM & SAT: 10-2PM  
*Family practice services available (based on gross monthly income and household size). Will help uninsured patients enroll in MA & MinnesotaCare.*

**Indian Health Board**

1315 24<sup>th</sup> 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 2015**

**NorthPoint Health and Wellness Center**

1313 Penn Ave. N.  
Minneapolis, MN 55411  
Dental clinic: 612-543-2511    www.northpointhealth.org  
M, TU, TH, FRI: 8:30AM-5PM  
W: 8:30AM-7PM                      SAT: 8AM-12PM  
*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](http://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 7<sup>th</sup> St.  
Minneapolis, MN 55405  
612-338-4640 [www.sharingandcaringhands.org](http://www.sharingandcaringhands.org)  
Free dental clinic with 2 operatories and a lab.  
**Emergencies only- call for availability.**

**Southside Community Dental Clinic**  
4243 4<sup>th</sup> Ave. South  
Minneapolis, MN 55409  
612-822-9030 [www.southsidechs.org](http://www.southsidechs.org)  
M-F: 7AM-5PM Walk-ins: 8-11AM & 1-5PM  
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 (7<sup>th</sup> Floor)  
Minneapolis, MN 55455  
General Info: 612-625-2495 [www.dentistry.umn.edu](http://www.dentistry.umn.edu)  
To register as a patient: 612-624-8400  
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](http://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 24<sup>th</sup> St. E.

Minneapolis, MN 55404  
612-721-9800 [www.indianhealthboard.com](http://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 Wednesday.**

**Community-University Dental Clinic**  
2001 Bloomington Ave. S.  
Minneapolis, MN 55404  
612-638-0720 [www.ahc.umn.edu](http://www.ahc.umn.edu)  
M-F: 8AM-5PM  
Sliding fee based on family size and income.

**West Side Community Health Services  
Helping Hand Dental Clinic**  
506 W. 7<sup>th</sup> St.  
St. Paul, MN 55102  
651-224-7561 [www.westsidechs.org](http://www.westsidechs.org)  
M, TU, W: 7:30-5:30PM  
TH, F: 8:30-5PM  
Sliding fee, most insurance plans are accepted.

**West Side Dental Clinic**  
478 South Robert St.  
St. Paul, MN 55107  
651-602-7575 [www.westsidechs.org](http://www.westsidechs.org)  
M, TU, F: 8-5PM W: 8:30-8PM THUR: 8-7PM  
Sliding fee scale.

**Community Dental Clinic**  
828 Hawthorne Ave. E.  
St. Paul, MN 55106  
651-774-2959 [www.cdenc.org](http://www.cdenc.org)  
M, W: 8:15-7PM TU, TH: 8:15-5PM  
F, SAT: 8:15-1PM  
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: January 2015

**Comunidades Latinas Unidas En Servicio (CLUES)**  
Minneapolis:  
720 East Lake St.  
Minneapolis, MN 55407  
612-746-3500 [www.clues.org](http://www.clues.org)  
St. Paul:  
797 E. 7<sup>th</sup> St.  
St. Paul, MN 55106  
651-379-4200  
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

www.cuhcc.umn.edu

for an appointment

*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. Locations in Eagan, Edina, Lakeville, Maplewood, Minneapolis and Woodbury*

**Fairview Health Services**

2450 Riverside Avenue  
Minneapolis, MN 55454

612-672-1900

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 24<sup>th</sup> St.  
Minneapolis, MN 55404

Contact: Pam or Reva

612-721-9800

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**

345 E. 38<sup>th</sup> St.

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 of St. Paul and Minneapolis**

1276 University Ave.

St. Paul, MN 55104

1200 2<sup>nd</sup> Ave South

Minneapolis, MN 55403

651-647-3100 main number www.cctwincities.org

Client resources: 612-204-8500

Dorothy Day Center: 651-647-2350

651-647-3186 direct line to intake

info@cctwincities.org

*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

www.walkin.org

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

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

**Neighborhood Involvement Program Counseling Center**  
2431 Hennepin Avenue South  
Minneapolis, MN 55405  
612-374-3125      [www.neighborhoodinvolve.org](http://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      [www.aafs.net](http://www.aafs.net)

**St. Paul Office:**  
1041 Selby Ave.  
St. Paul, MN 55104  
651-642-0043  
*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: January 2015**

**Minnesota Domestic Violence Crisis Line  
(Day One..... for Safety)**  
It connects you to the closest shelter.  
**Statewide, 24 Hour Shelter Hotline: 1-866-223-1111**

**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](http://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 40115  
St. Paul, MN 55104  
**24 Hour Crisis Line: 651-772-1611**  
Administration: 651-646-5553      [www.caswadeesperanza.org](http://www.caswadeesperanza.org)  
[info@casadeesperanza.org](mailto:info@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  
501 Minnesota 13 #102  
Burnsville, MN 55337      [www.360communities.org](http://www.360communities.org)  
**2 locations, available 24 hours a day:**  
Hastings: 651-437-1291  
Eagan: 651-452-7288  
Administration: 952-985-5300  
**Sexual assault hotline: 651-405-1500**  
*A safety net for women and children who have experienced  
domestic violence. Shelter, support, advocacy, and other  
outreach services.*

**Cornerstone**  
1000 East 80<sup>th</sup> St.  
Bloomington, MN 55420  
Office: 952-884-0376  
[www.cornerstonemn.org](http://www.cornerstonemn.org)  
**24 Hour Helpline: 952-884-0330**  
*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      [www.domesticabuseproject.com](http://www.domesticabuseproject.com)  
M-TH: 9AM-7PM      F: 9AM-4PM  
*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 1<sup>st</sup> 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](http://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](http://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](http://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 [www.sojournerproject.org](http://www.sojournerproject.org)

Service Area: Hennepin county

**Shelter and Crisis/Helpline: 952-933-7422**

**Community & Intervention: 952-935-1004**

*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 provides 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](http://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 10<sup>th</sup> Ave. N.

Minneapolis, MN 55411

612-977-3250 [www.pwccenter.org](http://www.pwccenter.org)

Judy Miller-Thomas – Women's Advocate

*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 [www.women-of-nations.org](http://www.women-of-nations.org)

**24 Hour Crisis Line: 651-222-5836**

Service Area: Hennepin & Ramsey counties

*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 [www.wadvocates.org](http://www.wadvocates.org)

**24 Hour Crisis Line: 651-227-8284**

*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](http://www.mcbw.org)

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