

# Handbook of the Streets

## Minneapolis

2023-2024

22nd Edition

A Resource Guide for  
People in Need

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*prepared by*



## Hotlines/Emergency Phones

### Adult Shelter Connect

Single adults access all Minneapolis shelters through this office.

**Phone:** 612-248-2350

**Hours:** M-F 10 am–5 pm; Sat & Sun 1–5:30 pm. Calls will be answered after regular hours.

### Agate Housing and Services Street Outreach

**Phone:** 612-879-7624 or toll-free 1-888-550-7624

**Remarks:** Works with individuals and veterans sleeping outside or in places unsuitable for human habitation, and assists them to get into permanent housing.

### COPE (Community Outreach for Psychiatric Emergencies)

**Phone:** 612-596-1223

**Provides:** Call COPE when a severe disturbance of mood or thinking threatens a person's safety or the safety of others.

### Crisis Text Line

Text MN to 741741 to be connected to a counselor who will help diffuse a crisis and help connect to local resources.

**Hours:** 24 hours a day, 7 days a week.

### Hennepin Shelter Hotline

**Phone:** 612-204-8200

**Hours:** Monday through Friday from 8 am–10 pm; Sat/Sun 1–9 pm.

**Provides:** New first step to access shelter if you're a person or family ages 18+.

### Hennepin County Front Door

**Phone:** 612-348-4111, Option 0

**Hours:** Monday through Friday from 8 am–4 pm.

### Minnesota Day One Crisis Hotline

**24-Hour Crisis Phone:** 1-866-223-1111. Text to 612-399-9995.

**Provides:** Crisis advocates available to talk with anyone experiencing domestic violence, sexual violence or human trafficking.

### Minnesota Food Helpline

**Text/call:** 1-888-711-1151

**Provides:** Helps locate food shelves and meals.

### National Suicide Prevention Hotline

**Phone or Text:** 988

### United Way 2-1-1

**Phone:** 211 (651-291-0211 on a cellphone) or 1-800-543-7709

**Text:** Text your ZIP code to 898-211

Food & shelter Info; referral to specific agencies

### Youth Services Network

**Website:** [www.ysnmn.org](http://www.ysnmn.org)

**Provides:** Resources for youth to find shelter and services.

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# Acknowledgments

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Terry Hildebrandt at Salvation Army district headquarters again helped to update information about their many locations and services. Likewise, we're grateful to Anne Semenk and her team at Hennepin County Human Services & Public Health Dept. who reviewed the public assistance section. Special thanks to Nat Case and Tom Hedberg for creating a new downtown map for this edition.

Thanks, too, to the volunteers who made many phone calls to update agency information: Jenna Fadlalla, Sam Kleven, Jerry Lane, Ronald McCune, Cheryl Meyers, and Wendy Thompson.

If you find errors or omissions in this book, or have any suggestions, please call 612-870-2283 or e-mail me at [mike.menner@agatemn.org](mailto:mike.menner@agatemn.org) so that we may continue to improve the handbooks.

*Mike Menner  
Agate Housing and Services  
April 2023*

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# Section 1. The Essentials

## A. Clothes Closets

### Calvary Food Shelf

*Until October 2023:* 3553 Chicago Ave, Minneapolis, MN 55407

*After October 2023:* 3901 Chicago Ave, Minneapolis, MN 55407

**Phone:** 612-827-2504 **Email:** FoodShelf@CLChurch.org

**Hours:** Wednesday 11 am–2 pm and Saturday 9 am–12 pm.

**Provides:** Customer choice shopping one time per calendar month per household.

**Remarks:** Serves mostly south Minneapolis. Appointments required in order to give everyone time and attention to shop without waiting in long lines. Call or email.

### Central Lutheran Church Free Store

333 South 12th Street, Minneapolis MN 55404

**Phone:** 612-870-4416

**Hours:** Monday 10–11:30 am and 12:30–1:30 pm; Tuesday morning by appointment for first-time guests; Wednesday 10 am–12 pm; Thursday from 10 am–1:30 pm. During winter months, if Minneapolis Public Schools are closed due to weather, they will be closed, too.

**Remarks:** Clothing, household items, books.

### Cornerstone Ministry (Park Ave. United Methodist Church)

3400 Park Avenue South, Minneapolis MN 55407

**Phone:** 612-825-2246 **Email:** [cornerstone@parkavechurch.org](mailto:cornerstone@parkavechurch.org)

**Hours:** Tuesday 1–5 pm; Wednesday 1–7 pm; Thursday 2–7 pm.

**Remarks:** Clothing is reasonably priced. Household items are also sold. Enter from parking lot and go downstairs.

### Every Third Saturday (ETS)

5402 43rd Avenue South, Minneapolis MN 55417

**Phone:** 952-356-5116 **Website:** [everythirdsaturday.org](http://everythirdsaturday.org)

**Hours:** Monday–Friday 9 am–4 pm. Walk-ins welcome.

**Provides:** Veterans may visit our free supply store once a month to pick up clothing, hygiene items, blankets, and more.

**Remarks:** Please bring in proof of veteran status (VA ID or DD-214) during first visit. Serves all veterans and immediate families.

### Marie Sandvik Center

1112 East Franklin Avenue, Minneapolis MN 55404

**Contact:** 612-870-9617

**Hours:** Services followed by meal and clothing held Tuesday 6 pm, Thursday 1 pm, Friday 3 pm, and Sunday at 4 pm.

### Sabathani Community Center

310 East 38th Street, Minneapolis MN 55409

**Phone:** 612-821-2396 (food & clothing)

**Hours:** Monday and Wednesday 12:30–2:45 pm. Check in at south-east entrance.

### Salvation Army

Parkview: 2024 Lyndale Avenue North, Minneapolis MN 55411

**Phone:** 612-522-6581

Noble: 10011 Noble Parkway, Brooklyn Park MN 55443

**Phone:** 763-425-0517 ext. 105

**Hours:** Monday–Friday 9–11:45 am and 1–3:30 pm.

**Remarks:** Call for an appointment. Once you have talked to a caseworker, you may receive a voucher to a Salvation Army thrift store. You need to provide a photo ID and a piece of current mail at the time of the appointment.

### Sharing and Caring Hands

525 North 7th Street, Minneapolis MN 55405

**Phone:** 612-338-4640

**Hours:** Monday–Thursday 10–11:15 am and 12:45–1:30 pm; Saturday and Sunday 9–10 am.

### Low-cost Thrift Stores

#### Old School by Steeple People

1901 Nicollet Avenue, Minneapolis MN 55404

**Phone:** 612-871-8305

**Hours:** Open Tuesday through Sunday 11 am–5 pm.

#### St. Vincent de Paul

2939 12th Avenue South, Minneapolis MN 55407

**Phone:** 612-722-7882

**Hours:** Monday–Friday 10:30 am–5:30 p, Saturday 10:30 am–4 pm.

### Salvation Army Stores

900 North 4th Street, Minneapolis MN 55401

**Phone:** 612-332-5855

**Hours:** Monday–Saturday 9 am–9 pm.

3740 Nicollet Avenue South, Minneapolis MN 55409

**Phone:** 612-822-1200

**Hours:** Monday–Saturday 9 am–9 pm.

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## B. Food Shelves

*If, after getting food from your area food shelf, you need additional food, call United Way 2-1-1, 211 or 651-291-0211 from cell phones.*

### Brian Coyle Community Center

420 15th Avenue South, Minneapolis MN 55454

**Phone:** 612-338-5282

**Hours:** Monday 12–6 pm; Wednesday and Friday 12–4 pm.

**Service Area:** For those persons east of I-35W, south of Hennepin, west of the river and north of I-94 (ZIP 55454).

**Remarks:** No appointment needed; first-time visitors must register.

CAPI

5930 Brooklyn Blvd., Brooklyn Center MN 55429

**Phone:** 612-767-3691

**Hours:** Tuesday 1–4 pm; Wednesday and Thursday 9 am–12 pm and 1–4 pm. New registrations are only done on Thursdays.

**Service Area:** Primarily persons of Asian descent in Hennepin Co.

Community Bridge Food Shelf

2400 Park Avenue South, Minneapolis MN 55404

**Phone:** 612-353-5211

**Hours:** Second Friday and fourth Saturday 9–11 am.

**Service Area:** For those living in the Phillips neighborhood.

Community Emergency Service

1900 11th Avenue South, Minneapolis MN 55404

**Phone:** 612-870-1125

**Hours:** Monday, Tuesday and Wednesday 1–4 pm. (Registration 12:45–3:45 pm.)

**Remarks:** One visit per month. CES serves all areas.

Division of Indian Work

1001 East Lake Street, Minneapolis MN 55404

**Phone:** 612-279-6343

**Hours:** Monday, Tuesday, Wednesday, and Friday 12–3 pm.

**Service Area:** For American Indians.

Fare for All Program

**Phone:** 763-450-3880 **Website:** [www.fareforall.org](http://www.fareforall.org)

**Remarks:** The Fare for All program is not a food shelf. It is a monthly food purchase program that allows participants to receive a package of food including produce and/or meat, for \$10-\$25.

Groveland Emergency Food Shelf

1900 Nicollet Ave., Minneapolis MN 55403

**Phone:** 612-871-0277

**Hours:** Monday–Friday 9:30 am–12 pm.

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

Joyce Uptown Food Shelf, Inc.

3041 Fremont Avenue South, Minneapolis MN 55408

**Phone:** 612-825-4431

**Hours:** Monday 10 am–6 pm; Tuesday 9 am–5 pm; Wednesday 12–5 pm; Thursday 11 am–7 pm; Saturday 9 am–2 pm.

**Remarks:** Sign up for regular shoppers. Shoppers can come once every three weeks to shop in our small grocery store. No Income or geographic requirements. Call ahead for appointment. Emergency prepacked food bags available twice a month.

Little Kitchen Food Shelf (Grace Lutheran Church)

1500 6th St NE, Minneapolis MN 55413 (*Enter door #3 on 5th St. side*)

**Phone:** 612-788-2444

**Hours:** Wednesday and Friday from 10 am–noon; Tuesday and Thursday 6–7:30 pm.

**Intake:** Pre-registration for new clients Monday-Friday 9–11 am.

**Remarks:** No ID required and no geographic restrictions. Can use the food shelf once every four weeks. Pet food as available.

Minnesota Food Helpline

**Text/call:** 1-888-711-1151 (*Multilingual assistance is also available*)

**Hours:** Monday–Friday 10 am–5 pm.

**Provides:** Statewide food resource information helpline. Screens for SNAP eligibility and can answer questions regarding the application. Also provides assistance in locating other food resources in your area, such as public food programs like WIC (Women, Infants and Children) and SNAPS (Nutrition Assistance Program for Seniors), free meal locations, food shelves and farmer markets..

New Creation Baptist Church

1414 East 48th Street, Minneapolis MN 55417

**Phone:** 612-825-6933 **Website:** [newcreationbaptistchurchmn.org](http://newcreationbaptistchurchmn.org)

**Hours:** Food shelf is open Saturdays: 10 am–2 pm. In the months that have a fifth Saturday, the food shelf is closed that Saturday

NorthPoint Health & Wellness Center

1835 Penn Avenue North, Minneapolis MN 55411

(*Temporary location during construction*)

**Phone:** 612-767-9175 (*Food Shelf*)

**Hours:** Monday–Thursday 10 am–4 pm; intake closes at 3:30 pm.

**Remarks:** Persons need to bring some form of identification like Minnesota ID and mail with current address on it.

Nutrition Assistance Program for Seniors

**Phone:** 651-484-8241 or 1-800-365-0270

**Remarks:** Serves Minnesota residents who are 60 years and older, at or below 130% of the poverty level. Provides one box of food monthly (approximately 35 lbs. of stable supplemental food) to each senior. Call for information.

Sabathani Community Center

310 East 38th Street, Minneapolis MN 55409

**Phone:** 612-821-2396

**Hours:** Monday–Thursday 9:30 am–3 pm.

Salvation Army Central Social Services

2727 Central Avenue NE, Minneapolis MN 55418

**Phone:** 612-789-1512

**Hours:** Monday, Wednesday, Thursday, and Friday 8–11:30 am and 1–3:30 pm; Tuesday 1–3:30 pm.

**Service Area:** For those living in ZIP codes 55418, 55413, 55414, and Hennepin Co. part of 55421 we are a walk-in food shelf, but you may also call for an appointment. It is helpful, especially if you are visiting for the first time, to bring your photo ID and a current piece of mail.

Salvation Army Noble

10011 Noble Parkway, Brooklyn Park MN 55432

**Phone:** 763-425-0517

**Hours:** Tuesday and Thursday 12–4 pm and Friday 9–11 am (by appointment only).

**Contactless/curbside food distribution:** Tuesday 11 am–12 pm (no appointment needed)

**Service Area:** Northern and northwestern Hennepin Co.

**Remarks:** Walk-ins welcome. It is helpful, especially if you are visiting for the first time, to bring your photo ID and a current piece of mail.

Salvation Army Parkview

2024 Lyndale Avenue North, Minneapolis MN 55411

**Phone:** 612-522-6581

**Food Shelf Hours:** Monday–Wednesday 9–11 am.

**Business Hours:** Monday–Friday 8 am–noon and 1–4 pm.

**Service Area:** For persons who live in north Minneapolis. Visitors should call and schedule an appointment. Must provide photo ID and current piece of mail at time of appointment. Food shelf is available once per calendar month. It is a first-come first-serve basis. We reserve the right to limit the number of households served if the volume of guests is too high.

Salvation Army Temple

1604 East Lake Street, Minneapolis MN 55407

**Phone:** 612-767-2700

**Hours:** Monday, Tuesday, and Wednesday 9 am–11 am and 1–3:30 pm; Thursday 9 am–12 pm.

**Service Area:** For persons who live in south Minneapolis or southern Hennepin County. Walk-ins welcome. It is helpful, especially if you are visiting for the first time, to bring your photo ID and a current piece of mail.

**Remarks:** Food shelf provides the opportunity to shop with a volunteer for your needs.

### Senior Food Shelf

1801 Central Avenue NE, Minneapolis MN 55413

**Phone:** 612-788-9521

**Hours:** Monday–Friday 9:30 am–1 pm. Appointments are required for food pick-up, or a delivery can be scheduled.

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

### Sharing and Caring Hands

525 North 7th Street, Minneapolis MN 55405

**Phone:** 612-338-4640

**Hours:** Groceries given out Monday–Thursday at 10 am and 12 pm.

### Shelf of Hope Food Shelf

714 Park Avenue, Minneapolis MN 55415

**Phone:** 612-594-2000

**Hours:** Wednesday 10 am–1 pm

**Remarks:** Enter front door of Food Centre. Please wear a mask.

### SourceMN

2609 Stevens Avenue South, Minneapolis MN 55408

**Phone:** 612-822-5200

**Hours:** Wednesdays 3–6:30 pm (both pedestrian and car service); women's drop-in hours from 11 am–2 pm Wednesdays and Fridays.

### Twin Cities Mobile Market

**Phone:** 763-450-3860

**Web:** [thefoodgroupmn.org/groceries/twin-cities-mobile-market/](http://thefoodgroupmn.org/groceries/twin-cities-mobile-market/)

**Provides:** A grocery store on a bus bringing affordable, healthy foods right to your neighborhood. Anyone can shop for a full selection of fresh fruits, vegetables, meat, dairy, grains, and other high-quality groceries. See website to find over 24 locations.

### Waite House

2323 11th Avenue South, Minneapolis MN 55404

**Phone:** 612-721-1681

**Hours:** Monday 12–4 pm; Tuesday & Thursday 10 am–12 pm, 1–4 p.

**Remarks:** Also provides free produce on the second and fourth Wednesday of the month at 1 pm; sign up at front desk at 10 am for produce distribution.

### WIC Program (Women Infants Children)

**Phone:** 612-348-6100

**Provides:** Health and nutrition assessment; benefits of 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 the metro area; 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 old; 3) be income eligible or receiving government assistance of any kind, determined at the WIC intake appointment or by phone.

## C. Free Meals

Breakfast

### 2.4 Ministries

1010 Currie Ave. (*Salvation Army Harbor Light*), Minneapolis MN 55403  
Serves breakfast 5:30–6:30 am seven days a week. Open to anyone.

### Catholic Charities Mary F. Frey Minneapolis Opportunity Center

740 East 17th Street, Minneapolis MN 55404

**Phone:** 612-204-8300

Serves breakfast 7–8 am Monday through Saturday.

### Sharing and Caring Hands

525 North 7th Street, Minneapolis MN 55405

**Phone:** 612-338-4640

Breakfast served at 10 am Monday–Thursday; and 10 am Sat/Sun.

Drop-in Centers, Lunch and Snacks

### Agate Housing and Services Food Centre

*Formerly House of Charity Food Centre*

714 Park Avenue South, Minneapolis MN 55415

**Phone:** 612-594-2000

Lunch is served seven days a week 12:30–1 pm. (*Begins 10/1/23*)

### All God's Children Metropolitan Community Church

3100 Park Avenue South, Minneapolis MN 55407

**Phone:** 612-824-2673

Thursday hot meal served 11 am–1 pm with to-go options and a food shelf.

### Catholic Charities Mary F. Frey Minneapolis Opportunity Center

740 East 17th Street, Minneapolis MN 55404

**Phone:** 612-204-8300

Serves Lunch: 11:30am-12:30pm

- Showers (free) 8 am-10:30 am Sign up Service Desk
- Laundry (\$1) 8 am-10:30 am Sign up Service Desk
- Lockers (\$5/month) Access at 8 am, 10:45 am, and 1 pm. Sign up Front Desk. Limited space
- Mail (free) Inquire at Front Desk. Must check mail in person with ID. No phone calls to check mail.

**Drop-in Hours:** Monday–Friday 7 am–3 pm; Saturday 7 am–1 pm.

Central Lutheran Church Restoration Center  
333 South 12th Street, Minneapolis MN 55404

**Phone:** 612-870-4416

**Hours:** Lunch is served on Mondays 11:30 am–12 pm. During winter months, if Minneapolis Public Schools are closed due to weather, we will be closed, too.

Marie Sandvik Center

1112 East Franklin Avenue, Minneapolis MN 55404

**Phone:** 612-870-9617

**Hours:** Services followed by meal and clothing held Tuesday 6 pm, Thursday 1 pm, Friday 3 pm, and Sunday at 4 pm.

Peace House

1816 Portland Avenue South, Minneapolis MN 55404

**Phone:** 612-870-7263 **Website:** [www.peacehousecommunity.org](http://www.peacehousecommunity.org)

**Hours:** Monday–Friday 9:30 am–2:30 pm. Meditation/group discussion is held 10:30–11:30 am.

**Provides:** Peace House is a gathering place where poor, homeless and economically comfortable people come to form community, work for non-violence, affirmation and responsibility. Emphasis on spirituality through daily reflection time together.

Salvation Army Parkview

2024 Lyndale Avenue North, Minneapolis MN 55411

**Phone:** 612-522-6581

**Provides:** Lunch served Monday–Friday 11:30 am–12:30 pm, except on public holidays.

Salvation Army Temple

1604 East Lake Street, Minneapolis MN 55407

**Phone:** 612-767-2710

**Provides:** Lunch served Monday–Wednesday from noon–1 pm.

Sharing and Caring Hands

525 North 7th Street, Minneapolis MN 55405

**Phone:** 612-338-4640

**Hours:** Serves lunch Monday–Thursday at 1 pm.

Soup for You Cafe

2511 E. Franklin, Minneapolis MN 55406 (Bethany Church basement)

**Phone:** 612-978-7974

**Hours:** Serves hot lunch Monday–Friday 12–1 pm. Groceries given out on Wednesdays 12–1.

Tasks Unlimited – Northeast Outreach & Opportunity Center

Mill City Church Commons, 3023 Randolph St NE, Mpls, MN 55418

**Phone:** 612-756-6606

**Drop-in Hours:** Tuesdays, Thursdays, and Fridays 8 am–3 pm. The NOOC has snacks available as well as hygiene supplies and other basic needs for visitors. You can also get help linking to mental health supports, employment resources, healthcare, and housing stabilization services at the center.

Loaves & Fishes - True Vine New Bethel

2639 Thomas Avenue North, Minneapolis MN 55412

Serves lunch Monday–Friday 12:30–1:30 pm.

Waite House

2323 11th Avenue South, Minneapolis MN 55404

**Phone:** 612-721-1681

**Hours:** Serves to-go meals Monday–Thursday 11 am–12:30 pm.

**Dinner**

Loaves and Fishes

**Main office:** 612-377-9810

**Website:** [www.loavesandfishesmn.org](http://www.loavesandfishesmn.org) for other sites and info.

Great is thy Faithfulness

1115 30th Avenue North, Minneapolis MN 55411

Serves 5:30–6:30 pm Monday–Friday

Holy Rosary Church

2424 18th Avenue South, Minneapolis MN 55404

Serves 5:15–6:15 pm Monday–Thursday

Peace House

1816 Portland Avenue South, Minneapolis MN 55404

Serves 5–6 pm Monday–Friday

Hope Lutheran Church

7132 Portland Avenue South, Richfield MN 55423

Serves 5–6 pm Monday–Friday.

Mount Olivet Lutheran Church

5025 Knox Avenue South, Minneapolis MN 55410

Serves Thursday 4:00–5:30 pm.

Nokomis Heights Lutheran Church

5300 10th Avenue South, Minneapolis MN 55417

Serves Wednesday 5–6 pm.

Oak Park Neighborhood Center

1701 Oak Park Avenue North, Minneapolis MN 55411

**Phone** 612-377-7000

**Provides:** Take-out basis Tuesday, Wednesday and Thursday 4–6 pm.

**Other Weekend Meals**

First Nations Kitchen (*All Saints Episcopal Indian Mission*)

3044 Longfellow Avenue South, Minneapolis MN 55407

**Website:** [www.firstnationskitchen.org](http://www.firstnationskitchen.org)

**Remarks:** In addition to giving out bags of organic produce, the kitchen provides a hot, take-out dinner on Sundays from 4–5 pm.

Sunday meals are served 5–6 pm unless otherwise noted:

First and Fifth Sundays of the Month, 4:30–6 pm:

Hennepin Avenue Methodist Church

511 Groveland Avenue, Minneapolis MN 55403

Second and Third Sunday of the Month:

Plymouth Congregational Church

1900 Nicollet Avenue South, Minneapolis MN 55403

Fourth Sunday of the Month:

Westminster Presbyterian Church

1200 Marquette Avenue, Minneapolis MN 55403

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## D. Overnight Shelter

### **Shelter Intake:**

Hennepin Shelter Hotline

**Phone:** 612-204-8200

**Hours:** Monday through Friday from 8 am–5:30 pm.

**Provides:** New first step to access shelter if you're a person or family ages 18+.

Adult Shelter Connect at St. Olaf Church

215 South 8th Street (office is in basement)

**Phone:** 612-248-2350

**Daytime Hours:** (walk-in or call) 10 am–5 pm Monday–Friday.

**After hours:** (phone only) Saturday 1 pm–5:30 pm; and seven days a week after 7:30 pm.

### **Women only**

Salvation Army Harbor Light Center Sally's Place

1010 Currie Avenue, Minneapolis MN 55403

**Phone:** 612-767-3100

**Intake:** Must be referred through Adult Shelter Connect (*above*).

**Provides:** A secure shelter for single homeless women. Shower facilities are available. A light continental breakfast is provided by 2.4 Ministries.

Salvation Army Harbor Light – Stevens Shelter

2400 Stevens Avenue South

**Provides:** 24/7 emergency housing for single adults, many with disabling conditions. Beds reserved on a month-to-month basis through Adult Shelter Connect.

## **All Genders**

First Covenant Church Shelter by Agate Housing and Services

810 South 7th Street, Minneapolis MN 55415

**Phone:** 612-345-7234

**Hours:** 24 hours/day, 7 days/week

**Intake:** Must be referred through Adult Shelter Connect (see p. 14).

**Provides:** 48 beds to accommodate partners sleeping next to one another.

**Services:** Access to 3 meals/day, showers, personal laundry once a week. Some job search assistance available. Savings program to support those working towards housing.

**Remarks:** Guests must arrive or call to check in by 7 pm each night. 10 pm curfew. Late entry available for guests with verified employment.

### Simpson Shelter

*Interim Location:* Zion Lutheran Church, 128 West 33rd Street, Minneapolis MN 55408

**Phone:** 612-874-0306

**Hours:** 24 hours/day, 7 days/week

**Intake:** Must be referred through Adult Shelter Connect (see p. 14).

**Provides:** 66 beds for men, women, and non-binary individuals. Hot dinner, a simple breakfast and lunch are served to guests; showers, laundry, storage, ability to save money, health clinic, advocacy, and community.

**Remarks:** 90-day program with assistance connecting with housing resources. Guests do not need to be sober. Accepts companion animals as space allows.

## **Men and Women**

Salvation Army Harbor Light Center

1010 Currie Avenue, Minneapolis MN 55403

**Phone:** 612-767-3100

**Intake:** Must be referred through Adult Shelter Connect (see p. 14).

Emergency Housing: Provides 24/7 emergency housing for single adults, many with disabling conditions. Beds reserved on a month-to-month basis through Adult Shelter Connect, *Open to men and women.*

### Our Saviour's Shelter

2219 Chicago Avenue South, Minneapolis MN 55404

**Phone:** 612-872-4193, ext. 0

**Hours:** Open 24 hours.

**Intake:** Must be referred through Adult Shelter Connect (see p. 14).

**Provides:** Has 10 beds for men and 11 beds for women available for 30–90 days. Some extensions are possible. Breakfast, supper, showers, laundry, computer lab, case management, parking lot, and an address to receive mail are available. Building is wheelchair accessible.

## Men Only

### Agate Housing and Services Shelter at 510 S. 8th Street

510 South 8th Street, Minneapolis MN 55404

**Phone:** 612-874-9292 **Hours:** 24 hours/day, 7 days/week

**Intake:** Must be referred through Adult Shelter Connect (see p. 14).

**Provides:** 38 beds for men 18+.

**Services:** Access to 3 meals/day, showers, personal laundry once a week. Some job search assistance available. Savings program to support those working towards housing.

**Remarks:** Guests must arrive or call to check in by 7 pm each night. Midnight curfew. Late entry for guests with verified employment

### Catholic Charities Higher Ground Minneapolis

165 Glenwood Avenue North, Minneapolis MN 55405

**Phone:** 612-204-8552 (answered between 4–5pm and 7 pm–8 am)

**Intake:** Must be referred through Adult Shelter Connect (see p. 14).

**Provides:** Provides overnight shelter for single adult men without children who are not eligible for county shelter. Open 7 days a week from 4 pm–10 am. A light dinner is served. Restrooms and showers are available. Pay-for-Stay beds are available for \$7/night or \$42/week. Pay-for-Stay is open 24 hours and has lockers and a computer lab for residents. Must have staff referral, then are put on a wait list for Pay-for-stay.

### Salvation Army Harbor Light Center Safe Bay

1010 Currie Avenue, Minneapolis MN 55403

**Phone:** 612-767-3100

**Intake:** Must be referred through Adult Shelter Connect (see p. 14).

**Provides:** A secure shelter for single homeless men. Shower facilities are available. A light breakfast is provided by 2.4 Ministries.

## Families with Children

### People Serving People

614 South 3rd Street, Minneapolis MN 55415

**Front Desk Phone:** 612-332-4500

**Remarks:** The focus of this shelter is on families with children; and single pregnant females. All referrals are made by Hennepin County.

**Services:** Three meals, private rooms with bathroom and shower, and free laundry facilities are available. Assistance from Mpls. Public Schools, medical clinic, Economic Assistance, Mpls. Crisis Nursery, and a preschool are also available, as well as services from 40 other agencies.

### Mary's Place

401 North 7th Street, Minneapolis MN 55405

**Phone:** 612-338-4855

**Intake:** Monday–Thursday 10–11 am. Entire family must go to Sharing and Caring Hands (525 N. 7th St.) to apply for shelter at Mary's Place.

**Provides:** Shelter for up to 3 months for families with two or more children. Shelter cannot be arranged over the phone.

### St. Anne's Place

2634 Russell Avenue North, Minneapolis MN 55411

**Phone:** 612-521-2128

**Remarks:** Open 24/7. Up to 16 rooms are available for homeless families (mothers age 18+ and children only; no men). Families are referred through Hennepin County shelter team (612-348-9410).

### **Safe Shelter**

#### Cornerstone

**24-Hour Crisis Phone:** 1-866-223-1111 or text to 612-399-9995

**Website:** [cornerstonemn.org](http://cornerstonemn.org)

**Provides:** Emergency housing for individuals or families in crisis and victims of sexual assault and trafficking. Clients also have access to full range of supportive services, including legal, parenting, therapy and transitional housing.

#### Missions Inc. Programs/Home Free Shelter

**24-Hour Crisis Hotline:** 763-559-4945

**Business Phone:** 763-559-9008

**Community Program:** 763-545-7080

**Provides:** Emergency shelter for women and their children who are experiencing domestic violence. There is space for up to 30 women and children. Services include safety planning, support, advocacy, information and referral, children's program and childcare. Community Program provides legal advocacy for victims following a domestic assault.

#### Tubman

1725 Monastery Way, Maplewood MN 55109

**Business Phone:** 612-825-3333 **Website:** [www.tubman.org](http://www.tubman.org)

**Office Hours:** Monday–Thursday 8 am–5 pm; Friday 8 am–3 pm.

**24-hour Crisis Intake:** 612-825-0000

**Remarks:** There is space for 80 women and men, and their children in a secure environment. Referrals are made to safe shelters in the area when they are without space.

### **Youth**

#### Avenues for Youth

1708 Oak Park Avenue North, Minneapolis MN 55411

**Phone:** 612-522-1690

**Intake information:** Call for information. Open 24 hours a day, seven days a week.

**Provides:** Overnight shelter for youth ages 16–20; case management, referral to services. Also offers an emergency shelter in Brooklyn Park.

**Remarks:** Call by 4 pm for one available emergency bed.

### The Bridge for Youth

1111 West 22nd Street, Minneapolis MN 55405

**24-Hour Crisis Phone:** 612-377-8800; Text for help: 612-400-7233

**Website:** [www.bridgeforyouth.org](http://www.bridgeforyouth.org)

**Remarks:** Space for 10–17 year olds. Call to see if space is available.

**Services:** Youth support groups, individual and family counseling. Transitional living spaces also available for 16 year olds.

### Hope Street

4140 Cheatham Avenue, Minneapolis MN 55406

**Phone:** 612-204-8211

**Intake:** Call Adult Shelter Connect 612-248-2350 about openings.

**Provides:** Shelter for youth ages 18–24; case management, on-site clinic, MH services provided for youth in the program.

### Pillsbury United Communities

**Crisis Nursery line:** 612-302-3500

**Provides:** Crisis nursery services in a community-based family support program that provides services to parents and children (ages 6 weeks–12 years) in times of crisis or stress.

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## E. Showers

### Agate Housing and Services *Formerly House of Charity*

510 South 8th Street, Minneapolis MN 55404

Showers are available Monday–Friday, 9 am–1 pm. Last shower starts at 12:40 pm.

### Catholic Charities Mary F. Frey Minneapolis Opportunity Center

740 East 17th Street, Minneapolis MN 55404

Showers and laundry are available Monday–Friday 8–10:30 am. Arrive between 7–8 am to receive a ticket for shower.

### Sharing and Caring Hands

525 North 7th Street, Minneapolis MN 55405

Showers are available Monday–Thursday, 10–11:30 am.

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## F. Rapid ReHousing, Transitional Housing and Permanent Supportive Housing

Supportive housing generally falls into three categories: Rapid ReHousing, Transitional Housing, and Permanent Supportive Housing. There are many organizations in the community that provide supportive housing programs dedicated to those experiencing homelessness. All of these programs must be accessed through the Coordinated Entry System (see pages 19–20).

Rapid ReHousing (RRH) programs are short term and have the goal of moving individuals and families from homelessness to housing as quickly as possible. RRH programs provide individuals and families with housing search assistance, rental assistance, and

supportive services/case management. Most RRH programs are scattered site which means the program helps both individuals and families find housing with market rate landlords out in the community, and the rental assistance ensures the housing is affordable and works on increasing their income to be able to afford rent on their own. RRH programs vary in their length, but typically last six to nine months; though some might be up to two years.

Transitional Housing Programs (THP) last up to two years. These programs are often site-based (meaning located in a particular building that is managed by the program), but they can be scattered site as well. Transitional Housing programs come with intensive case management services designed to prepare families for living independently. Some THPs have sobriety requirements.

Permanent Supportive Housing (PSH) programs do not have time limits; singles and families can stay for as long as they remain eligible. PSH programs can be scattered site or site-based and come with long-term intensive case management services. Some PSH programs have sobriety requirements.

### Coordinated Entry System for Families

The Coordinated Entry System helps families staying in emergency shelter, places not meant for human habitation (outside, in cars, etc.), or fleeing domestic violence to access supportive housing programs in Hennepin County.

**How it works:** Once a family is vouchered into shelter by the shelter team, they are included in the coordinated entry process automatically. Families staying in domestic violence shelters or other private shelters are encouraged to work with their advocates at the shelter to access coordinated entry through calling Hennepin County's Front Door (612-348-4111, Option 0). Families staying outside can also call the Front Door or talk to an outreach worker about getting a CES assessment.

The Coordinated Entry System involves a screening assessment to determine eligibility for homeless-dedicated housing opportunities. If eligible, families are placed in a housing priority pool and are referred to housing opportunities based on level of need and available openings.

**Note:** There are significantly more families in need of housing than there are housing openings. Unfortunately, this means that many families will not receive a housing referral. If you have completed the screening process and have not gotten a call regarding a housing opportunity, this means there is not currently an opening available for your family. If you have questions regarding this, contact the shelter team if you are staying at a county-funded shelter, an advocate at your shelter if you are staying at a domestic violence shelter or another private shelter, or an outreach worker if you are staying outside.

**Eligibility:**

- Families only – must have at least one minor child in your care or custody, or currently be pregnant.
- Must be staying in an emergency shelter, including domestic violence shelters, places not meant for human habitation, or fleeing/attempting to flee domestic violence.
- Must be residents of Hennepin County.
- Must remain in shelter or other assessment-eligible locations to remain on the priority list.
- Families that are doubled up or couch-hopping are not eligible.

**Coordinated Entry System for Single Adults**

The Coordinated Entry System (CES) helps single adults in emergency shelter or places not meant for human habitation (e.g., in cars or living outside) access homeless-dedicated supportive housing programs in Hennepin County.

**How it works:** After entering emergency shelter, if an individual is unable to locate housing on their own after two weeks, shelter staff will work with that individual to complete a CES assessment. If an individual is in a place not meant for human habitation (camping, outdoors, buses, storage units, etc), street outreach staff may identify someone for screening at any point. This screening helps determine the individual's vulnerability, housing preferences, and eligibility for homeless-dedicated housing opportunities. If eligible, individuals are placed in a housing priority pool and are referred to programs based on level of need and available openings.

**Note:**

- There are significantly more individuals in need of housing than there are housing openings. Unfortunately, this means that many individuals will not receive a housing referral, even if eligible. If you have completed the screening process and have not gotten a call regarding a housing opportunity, this means there is not currently an opening available for you.
- If your contact info changes or if you have questions about the process, notify a street outreach or shelter worker and they can update your information or do a status check for you.
- There are other housing programs and resources that are not filled through the Coordinated Entry System. It is recommended that individuals pursue any housing possibilities, not just those accessed through CES.

**Eligibility:**

- Single adults – age 18 and over.
- Must be staying in an emergency shelter, including domestic violence shelters, or places not meant for human habitation within Hennepin County.
- Individuals who are doubled up or couch hopping are not eligible.

*There are many agencies that provide Rapid ReHousing, Transitional Housing and Permanent Supportive Housing services. After you complete the Coordinated Entry Housing Assessment, you will be assigned to one of them when/if you are referred to a program opening. There is no need to inquire with individual agencies.*

Agate Housing and Services Board & Lodge/Supportive Services  
Formerly House of Charity

510 South 8th Street, Minneapolis MN 55404

**Phone:** 612-594-2015 (intake coordinator)

**Intake:** Must be referred to program by another agency. Call for information.

**Remarks:** Housing Supports/GRH-funded board and lodge. Program includes case management, meals, laundry facilities. Referrals are prioritized by need and appropriateness of services.

Alliance Apartments

719 East 16th Street, Minneapolis MN 55404

**Phone:** 612-630-3600 **For vacancies and leasing:** 612-333-9284

**Rent:** 30% of income for Section 8, \$575 for the non-subsidized units and GRH funding for the addition.

**Remarks:** 100 units are Section 8 certificates; another 24 are non-subsidized units which are permanent housing. There is no limit on the length you may live here. This is an entirely sober living environment. Residents must be sober on and off the property. Supportive services (e.g., AA meetings, case management, counseling) are available. 60 GRH-funded units in new addition with same qualifications.

Alternative Homes

2430 Pillsbury Avenue South, Minneapolis MN 55404

Offices: 2446 Portland Avenue South

**Phone:** 612-874-6321, 612-813-1331

**Website:** [www.alternativehomesformen.org](http://www.alternativehomesformen.org)

**Provides:** Safe, sober housing for single, adult men only. One house has 24-hour staff and medication assistance. Room and board are included in rent, which is often paid through GRH or SSI. There is no limit to how long a resident can stay there, only that they follow the rules.

Anishinabe Wakiagun

1600 East 19th Street, Minneapolis MN 55404

**Contact:** 612-871-2883

**Remarks:** Supportive housing for chronic alcoholics, men and women. Case management services and referrals are available. Anishinabe Bii Gii Wiin next door offers 32 beds of sober living.

**Intake Hours:** Monday–Friday 8 am–3 pm.

### Archdale Apartments

1600 1st Avenue South, Minneapolis MN 55403

**Phone:** 612-253-1461

**Intake hours:** Monday–Saturday 9 am–5 pm. 24-hour onsite support services provided.

**Remarks:** Has 26 units of permanent rental housing for youth ages 16–21 and 4 onsite parent units. There also are 7 scattered site apartments for single teen parents. Alcohol and drug use is prohibited on site. Applicants must currently be homeless.

### Arrigoni House West

508 University Avenue SE, Minneapolis MN 55414

**Phone:** 612-331-6582

**Intake procedures:** Intake done by phone Monday through Friday 8:30–3:30 pm. Must have PSN prior to move-in. No CADI.

**Provides:** Board and lodge for chemically dependent and chemically dependent-mentally ill males; structured sober living environment.

### Ascension Place

1803 Bryant Avenue North, Minneapolis MN 55411

**Phone:** 612-588-0861

**Provides:** Sober supportive housing for women with mental illness, chemical dependency, domestic violence or homelessness. No children. Room and board is paid by GRH through GA or SSI. Private bedrooms with shared bathrooms; all meals provided. Must have 60 days of sobriety and mental health stability, and commit to living at least 2 months at Ascension Place. No limit on how long a resident can stay.

### Avivo

1900 Chicago Avenue South, Minneapolis MN 55404

**Phone:** 612-752-8000 or 612-752-8542 **Website:** [avivomn.org](http://avivomn.org)

**Provides:** Independent living program to help homeless mentally ill individuals to get off the streets and develop a stable rental history.

**Remarks:** Must be referred by Coordinated entry. No families or couples.

### Catholic Charities Higher Ground Residence

165 Glenwood Avenue North, Minneapolis MN 55405

**Phone:** 612-204-8551

**Provides:** Permanent supportive housing with services for people who have been long-term homeless. 74 SRO units are available for single men, and 11 efficiency apartments for single men or women.

**Rent:** Some SRO units are funded through GRH, and some SROs and efficiencies through Shelter Care Plus, which would be 30% of income. For both you must be receiving or eligible for some form of public assistance.

**Intake:** Call for information, or ask staff at Higher Ground shelter.

Catholic Charities Scattered-Site Housing Support & Subsidy

**Provides:** Program partners with private market landlords to house individuals within Hennepin County. Tenants pay a portion of their income as outlined by Hennepin County towards rent.

**Remarks:** Must be referred by Hennepin Co. Coordinated Entry.

Central Avenue Apartments

1828 Central Avenue NE, Minneapolis MN 55418

**Contact:** 612-782-2994

**Remarks:** Efficiency apartments for people who are homeless, sober, and have a verifiable disability. Rent is 30% of income.

Endeavors Residence

1414 11th Avenue South, Minneapolis MN 55404

**Contact:** 612-204-8330

**Remarks:** 167 units of permanent supportive housing; 6 units of VA housing. Case management is available. Includes 111 single room occupancy units and 56 efficiency units. All referrals are made through Coordinated Entry

Endeavors Recuperative Care

1414 11th Avenue South, Minneapolis MN 55404

**Contact:** 612-204-8330

**Remarks:** 30-bed shelter program for those needing additional support while recovering from a variety of medical conditions. Referrals and admissions are determined by Hennepin County Healthcare for the Homeless.

Glenwood Residence

173 Glenwood Avenue North, Minneapolis MN 55405

**Contact:** 612-204-8421

**Remarks:** Support services and housing for late-stage, chronic alcoholics (private room with shared baths; meals included). This is not sober housing. Men only.

Missions Inc. Programs/Mission Lodge and Smith Lodge

3409 Medicine Lake Blvd., Plymouth MN 55441

**Phone:** 763-559-4249

**Provides:** Transitional housing for individuals in recovery from substance use disorder. Services include: goal planning, assistance with transportation, referrals for medical, mental & behavioral health care, activities, AA/NA groups, work program, advocacy and information.

Nicollet Square

3710 Nicollet Avenue South, Minneapolis MN 55409

**Phone:** 612-823-0122

**Provides:** Permanent supportive housing for 42 youth ages 16–22.

**Remarks:** Referrals provided through Hennepin County Coordinated Entry and extended foster care.

### Opportunity Housing

Continental Apartments

66 South 12th Street, Minneapolis MN 55403

**Phone:** 612-339-4557

The Lamoreaux

706 1st Avenue North, Minneapolis MN 55403

**Phone:** 612-376-7661

The Coyle

1801 LaSalle Avenue, Minneapolis MN 55403

**Phone:** 612-376-7661

**Provides:** Group residential housing (GRH) program with efficiency apartments and some Section 8 and market-rate units for long-term homeless individuals. Regular case management and supportive services.

**Remarks:** Must be referred by a social service provider, be age 18 or older, eligible for GA or SSI, and have been long-term homeless. Staff will review applications for eligibility.

### Our Saviour's Housing

2219 Chicago Avenue South, Minneapolis MN 55404

**Phone:** 612-872-4193 ext. 3

**Provides:** Permanent supportive housing for individuals who have a disability and have been long-term homeless.

**Intake:** Candidates for this program must be referred from Hennepin County Coordinated Entry (See page 20).

### People Serving People

614 South 3rd Street, Minneapolis MN 55415

**Phone:** 612-332-4500

**Provides:** Permanent supportive housing program for families approved by Coordinated Entry.

### Portland Village

1829 Portland Avenue South, Minneapolis MN 55404

**Phone:** 612-872-9045

**Provides:** A recovery-focused living environment for homeless families with a disability. Rent is 30% of income. Supportive services, including day care, are available. Permanent supportive housing.

**Remarks:** Random UAs through tenancy. A sobriety addendum is part of the lease.

### Project for Pride in Living (PPL) Single Adult Supportive Housing

1035 East Franklin Avenue, Minneapolis MN 55404

*All referrals are made through Coordinated Entry.*

**Main Phone:** 612-455-5100

**Remarks:** Scattered site supportive housing for adults who are long-term homeless, meet Housing Supports or HUD eligibility, and have a disability. All referrals come through Coordinated Entry.

### Pursuit Hometel

1918 Park Avenue South, Minneapolis MN 55404

**Phone:** 612-874-0332      **Website:** [www.pursuithometel.com](http://www.pursuithometel.com)

**Provides:** Board and Lodge open to men only. Referrals accepted through DOC, treatment programs and community organizations. Rent is \$954/month or \$31.36/day.

**Remarks:** Must be referred by parole or probation officer, mental/chemical health professional, or Coordinated Entry.

### Salvation Army Harbor Light Center

1010 Currie Avenue, Minneapolis MN 55403

**Phone:** 612-767-3109; **Veterans should call** 612-767-3100 x3144

**Remarks:** Transitional housing and structured sober living for men and women recovering from chemical dependency or chronic homelessness. Housing is offered at Harbor Light Center as well as at offsite locations. Additional programming provided for veterans. Veterans must apply through the VA's Front Porch meeting at the VA Medical Center on Thursday mornings at 7:30 am or at the VA CRRC in downtown Monday through Friday at 7:30 am.

### Salvation Army HOPE Harbor

53 Glenwood Avenue, Minneapolis MN 55405

**Phone:** 612-659-0705

**Rent:** Varies. Some units are 30% of income; market rate units are \$390/month

**Provides:** Permanent supportive housing for single adults. Efficiency unit includes own bathroom, kitchen and bed, dresser and desk.

**Remarks:** Call first to find out if accepting applications. Applications may also be picked up at front desk.

### Simpson Housing Services

160 Glenwood Avenue, Minneapolis MN 55405

**Phone:** 612-874-8683

**Intake:** Referrals only through Coordinated Entry System.

**Provides:** Short-term and long-term housing and support services for individuals and families with children.

**Remarks:** Housing is scattered-site and site-based within Hennepin County.

### Tasks Unlimited – Transition Lodge

**Admissions Info Phone:** 612-767-2060

**Provides:** Transitional housing with mental health and vocational supports for people with serious mental illness. Cooperative housing residential home with individual bedrooms and shared common spaces. Based on the Fairweather Lodge Model, the program emphasizes mutual peer support and employment as keys to mental health and stability. Length of stay is flexible. Lodge fee includes affordable rent, food, and other household expenses. Staff are on-site during week-day programming and are available on-call after hours and on weekends. Residents must be diagnosed with a serious mental illness.

Turning Point, Inc.

1500 Golden Valley Road, Minneapolis MN 55411

**Phone:** 612-520-4004

**Hours:** Monday–Friday 8:30 am–4:30 pm.

**Remarks:** Supportive housing program in a culturally-specific, community-based sober, supportive housing program serving homeless men and women over age 18. Program goal is to provide affordable housing and deliver comprehensive support services.

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## G. Affordable Housing

Alliance Housing Inc.

2309 Nicollet Avenue, Minneapolis MN 55404

**Phone:** 612-870-2267 **Email:** info@alliancehousinginc.org

**Remarks:** Scattered independent living sites provide shared units for homeless single adults and apartments for homeless families. There are no subsidies or services. Income must be verifiable.

The Bridge for Youth

1111 West 22nd Street, Minneapolis MN 55405

**Phone:** 612-377-8800; Text for help to 612-400-7233

**Email:** ritashouse@bridgeforyouth.org

**Remarks:** Rita's House is an intentional living community with 12 units for youth 18–21 years old who are homeless or at risk of homelessness. Youth living in the house work together to support one another, develop shared goals and rules for community, build the skills necessary to live independently, and create rental history.

Evergreen Residence

177 Glenwood Avenue North, Minneapolis MN 55405

**Phone:** 612-204-8421

**Rent:** \$400/month plus \$390 damage deposit

**Provides:** Single rooms with shared baths and kitchen space.

**Intake:** Walk-in to fill out application. Has a 24-hour front desk; interview required.

**Remarks:** Must have verifiable income less than \$1,100; call or stop in to be put on an “interested list.”

HOPE Community

1928 Portland Avenue, Minneapolis MN 55404

**Phone:** 612-874-8867

**Housing Info:** 612-333-9284 (info about Aeon properties)

**Hours:** Monday through Friday 8:30 am–5 pm

**Remarks:** Permanent affordable rental housing for individuals and families.

**Rent:** A range of rents and units are available in several different buildings.

### Minneapolis Public Housing Authority

1001 Washington Avenue North, Minneapolis MN 55401

**Phone:** 612-342-1400

**Hours:** Monday–Friday from 8 am–4:30 pm.

**Provides:** housing assistance in the form of Section 8 rent subsidy vouchers and residence in public housing to individuals, families, and senior citizens who meet eligibility requirements.

**Remarks:** More info at [www.mphaonline.org](http://www.mphaonline.org).

### Tasks Unlimited – Lodge Program

**Admissions Info Phone:** 612-767-2060

**Remarks:** The Lodge Program offers affordable housing in cooperative housing residential homes in the community. Residents support each other in recovery and have autonomy in household management. Pathways to enter the lodge include Intensive Residential Treatment Services (IRTS) or Tasks Transition Lodge before entering the Lodge Program. Residents must be diagnosed with a serious mental illness.

### Other Housing Assistance

#### Agate Housing and Services

2309 Nicollet Avenue, Minneapolis MN 55404

**Provides:** The Prevention program provides some financial help to prevent families and singles from experiencing homelessness.

**Intake:** Apply at [www.mnbenefits.org](http://www.mnbenefits.org).

#### American Indian Community Development Corp.

1508 East Franklin Avenue Suite 2, Minneapolis MN 55404

**Phone:** 612-813-1610 **Website:** [www.aicdc-mn.org](http://www.aicdc-mn.org).

**Hours:** Monday–Friday, 8 am–4:30 pm.

**Provides:** List of available housing in the seven-county metro area. Provides culturally-specific programs addressing housing and homelessness in American Indian communities in the metro.

**Remarks:** No financial assistance is provided. While focused on the Native American community, this service is available to all.

#### Catholic Charities Homeless Prevention Program

**Intake Phone:** 612-204-8273

**Provides:** Some financial help to prevent single adults from losing housing.

**Remarks:** Applicants must call first to begin the process. Individuals must be a single adult with no children living in the home, live in Hennepin County, and be at risk of becoming homeless.

#### HOME Line

**Phone:** 612-728-5767; 1-866-866-3546 **Website:** [homelinemn.org](http://homelinemn.org)

**Provides:** Provides free legal, organizing, education and advocacy services so that tenants can solve their own rental housing problems. The HOME Line hotline advocates provide free advice regarding Minnesota tenant/landlord law. Tenants may email and find an attorney by going to the website [www.homelinemn.org](http://www.homelinemn.org).

**Remarks:** Staff available who speak Spanish, Hmong, and Somali.

### Legal Aid

111 North 5th Street Suite 100, Minneapolis MN 55403

**Intake:** 612-334-5970

**Phone Intake hours:** Monday–Thursday 9:30–11:30 am; 1:30–3:30 pm; Friday 9:30–11:30 am.

**Office Phone:** 612-332-1441

**Provides:** Legal assistance for individuals with housing-related problems (eviction, sub-standard housing, need for repairs, rent increases, landlord abuses, loss of public housing matters, etc.)

**Remarks:** Services are free if eligible.

### Minnesota Attorney General's Office

**Phone:** 651-296-3353

**Hours:** Monday–Thursday 8 am–4:30 pm; Friday 8 am–3:30 pm.

**Provides:** Information about housing law and tenant rights to anyone in Minnesota; information and directions to other agencies

### Open Access Connections

**Phone:** 651-643-0883

**Provides:** Through community outreach sites and a network of community agencies, they provide free individual voice mail phone number for low income people to receive messages as they look for jobs, housing, and maintain contact with health care and social services. It also can be a safe phone number for victims of domestic abuse. Call for a referral to a participating agency or visit <http://tinyurl.com/OACOutreach> for updated outreach locations.

**Remarks:** Open Access Connections also provides Lifeline supported cell phones through a partnership with EnTouch Wireless. Eligible participants will receive a free cell phone, as well as a monthly service that includes unlimited talk, unlimited text, and 10 gigabytes of data each month. You can visit one of our outreach sites to complete Lifeline phone application. Please bring a state issued photo ID and proof of low-income status, such as an EBT card or Medicaid card.

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## H. Furniture

### Bridging - Bloomington Warehouse

201 West 87th Street, Bloomington MN 55420

**Phone:** 952-888-1105 **Website:** [www.bridging.org](http://www.bridging.org)

**Hours:** Monday–Thursday 9 am–6 pm; Friday–Saturday 9 am–3 pm.

**Service Area:** Primarily the 7-county Twin Cities Metro.

**Provides:** Basic home essential package of quality furniture and household goods to those transitioning out of homelessness and poverty. *In order to receive services from Bridging, you must be referred by a registered partner agency.* Clients are referred to Bridging through a network of more than 100 local social service agency partners, ranging from; county assistance programs, faith-based organizations, shelters, emergency assistance, (continued...)

### Bridging - Bloomington Warehouse, (continued)

mental health services, veteran and disability programs and immigrant/refugee services.

**Remarks:** Referring agencies and caseworkers determine the household needs and schedule the shopping appointment at a Bridging warehouse in Bloomington or Roseville. For general questions about our client services, call to speak with a representative or visit our website.

### Salvation Army

*For furniture and household good vouchers, clients must have a new lease and moved into their place within the last 90 days. Client must provide lease, photo ID and medical card, social security card or birth certificate for the other household members.*

**Remarks:** Staff can make Bridging referrals, but fees do apply. They can also provide Salvation Army thrift store vouchers, but fees do apply. Call the office in your area to schedule an appointment.

Temple: 1604 East Lake Street, Minneapolis MN 55407

**Hours:** By appointment only. Call 612-727-2700 to schedule.

Parkview: 2024 Lyndale Avenue North, Minneapolis MN 55411

**Phone:** 612-522-6581 ext. 6419

**Hours:** Monday–Friday 8 am–noon and 1–4 pm.

Central: 2727 Central Avenue NE, Minneapolis MN 55418

**Phone:** Call to make an appointment, 612-789-1512

**Hours:** Monday–Friday 8 am–noon and 1–4 pm.

Noble: 10011 Noble Parkway, Minneapolis MN 55443

**Phone:** Call to make an appointment, 763-425-0517

**Hours:** Monday–Friday 8 am–noon and 1–4 pm.

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## I. Case Management

### Agate Housing and Services

2309 Nicollet Avenue, Minneapolis MN 55404

**Phone:** 612-874-0311

**Walk-in Hours:** Monday through Friday 8:30–11:30 am.

**Provides:** Representative Payee Service handles funds for people receiving Social Security/Disability benefits. Makes certain rent and bills are paid, and then disburses personal needs funds throughout the month.

### Comunidades Latinas Unidas en Servicio (CLUES)

Services offered virtually only.

**Phone:** 651-379-4200 option 4

**Hours:** Monday–Friday 8:30 am–5 pm.

**Provides:** Home-centered advocacy services to link families with culturally-specific support and case management.

Metropolitan Center for Independent Living

530 Robert Street North, St. Paul MN 55101

**Phone:** 651-646-8342

**Hours:** Monday-Friday 8 am-4:30 pm.

**Provides:** Works with people with disabilities to help them gain a more independent life through life skills classes and one-on-one meetings to discuss goals and develop plans to accomplish the goals.

NorthPoint Health & Wellness Center

1256 Penn Avenue North, Ste. 5300, Minneapolis MN 55411

**Phone:** 612-543-2500 (*Front Desk*)

**Hours:** Monday-Friday 8:30 am-5 pm.

**Remarks:** NorthPoint Human Services offers a wide range of services including: client advocacy, financial counseling, housing and rental assistance, and a food shelf.

People's Center Clinics & Services Riverside Clinic

425 20th Avenue South, Minneapolis MN 55454

**Phone:** 612-332-4973

**Hours:** Monday-Friday 8 am-5 pm.

**Provides:** Case management and community referrals to mental health partners

Salvation Army - Locations listed below

**Provides:** Case management services to help individuals and families move toward self-sufficiency.

Salvation Army Central

2727 Central Avenue NE, Minneapolis MN 55418

**Phone:** 612-789-1512

**Hours:** Monday-Friday 8 am-noon and 1-4pm.

**Service Area:** ZIP codes served: 55418, 55413, 55414, and Hennepin Co. part of 55421. Call for an appointment. Clients must have a photo ID and a piece of mail at the appointment.

**Remarks:** Other services include rental assistance, transportation assistance, hygiene items, referrals for clothing, clothing vouchers and some furniture assistance.

Salvation Army Noble

10011 Noble Parkway, Minneapolis MN 55443

**Phone:** 763-425-0517

**Hours:** Monday-Thursday 8:30 am-noon and 1-4 pm.

**Service Area:** Northern and northwest suburbs of Hennepin Co.

**Remarks:** Other services include rental assistance, utility assistance, transportation assistance, hygiene items, clothing vouchers, food vouchers and a walk-in food distribution on Tuesdays from 10:30-11:30 am. Call in advance to determine eligibility and schedule an appointment.

### Salvation Army Parkview

2024 Lyndale Avenue North, Minneapolis MN 55411

**Phone:** 612-522-6581

**Hours:** Monday–Friday 9–11:30 am and 1–3:30pm.

**Service Area:** North Minneapolis. Call for an appointment. Clients must have a photo ID, letter of referral, and a piece of mail.

### Salvation Army Temple

1604 East Lake Street, Minneapolis MN 55407

**Phone:** 612-767-2700

**Hours:** Tuesday and Thursday 1–3 pm; Wednesday 9–11 am; Friday 9 am–4 pm. Call for an appointment.

**Service Area:** South Mpls./ southern Hennepin Co.. Clients must have a photo ID and a piece of mail at the time of the appointment.

**Other services:** Hygiene items, referrals for clothing, clothing vouchers, some furniture assistance and utility assistance. Can help once a year with prescriptions that are necessary for survival.

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## J. Pet Resources

### Access Veterinary Care

6225 42nd Ave. N., Robbinsdale MN 55422

**Phone:** 763-390-4050 **Website:** [myaccessvetcare.com](http://myaccessvetcare.com)

**Hours:** Urgent Care Wednesday–Saturday 8:30 am–6:30 pm.

### Animal Humane Society Pet Helpline

**Phone:** 952-435-7738

**Hours:** Monday–Friday 9 am–7 pm; Saturday 10 am–6 pm

**Provides:** Caring, compassionate advice and resources to address whatever animal issues you may be experiencing. Whether you need help managing your pet’s behavior, or a referral for veterinary care, pet-friendly housing, low-cost spay/neuter surgery, or other local assistance programs.

### Human Animal Support Services

**Website:** [pets.findhelp.com](http://pets.findhelp.com)

**Provides:** Search for free or low cost pet support services like veterinary care, pet food pantries, temporary pet care and more

### Minneapolis Animal Care & Control

212 17th Avenue North, Minneapolis MN 55411

**Phone:** 612-673-6222 **Website:** [minneapolismn.gov](http://minneapolismn.gov). Once in website, go to search bar on left side of page and type in “pets.”

**Hours:** Walk-in adoptions are Monday–Friday 1–5 pm.

**Provides:** Helps find lost pets, register pet licenses, and vaccinate/microchip pets. Other pet care resources are available.

### North Minneapolis Pet Resource Center

1401 44th Ave. N., Minneapolis MN 55412

**Phone:** 763-273-0710 **Email:** [NMPRC@mypitbullisfamily.org](mailto:NMPRC@mypitbullisfamily.org)

**Hours:** Tuesday and Thursday 5–8 pm and Saturday 11am–2 pm.

**Provides:** Pet food, pet supplies, pet-related resources and referrals.

### People and Pets Together

2501 Minnehaha Avenue, Minneapolis MN 55404

**Phone:** 612-722-9998 **Website:** [www.peopleandpetstogether.org](http://www.peopleandpetstogether.org)

**Pet Food Shelf Hours:** Tuesday and Thursday 5:30–8:30 pm; Saturday 9:30 am–2:30 pm.

**Provides:** Helps families facing economic hardship with a pet food shelf in Minneapolis, providing pet food to food shelves in the metro, a veterinary assistance grant program, and through other programs designed to keep pets healthy and in loving homes.

### RedRover.org

**Provides:** Our mission is to bring animals out of crisis and strengthen the bond between people and animals through emergency sheltering, disaster-relief services, financial assistance, and education. We accomplish this by engaging volunteers and supporters, collaborating with others, and maximizing the use of online technology.

### VeTouch

425 Groveland, Minneapolis MN 55403 (*Hennepin Avenue United Methodist Church*)

**Phone:** 612-440-6147

**Hours:** First Sunday of every month, 12–4 pm by appointment only. Please email [vetouch@umn.edu](mailto:vetouch@umn.edu) to book an appointment!

**Provides:** VeTouch to provide care to the pets of low or no-income residents. VeTouch currently sees about 50 pets per clinic and clients are seen on a first-come, first-serve basis.

Services offered include: wellness exams, distemper and rabies vaccines, diagnosis and treatment of parasitic diseases, education on zoonotic diseases, behavior education, nutritional support, and referral for more involved veterinary care.

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## Section 2. Public Assistance

Everyone has the right to apply for public assistance. Public assistance is available to persons who do not have the financial resources to pay for necessities such as food, housing, and medical care. There are different kinds of assistance, and each program has its own requirements and limits on income/assets.

### A. Types of Assistance

Minnesota Family Investment Program (MFIP)

Emergency Assistance and Emergency General Assistance (EA/EGA)

Energy Assistance

Supplemental Nutrition Assistance Program (SNAP)

General Assistance (GA)

Medical Assistance (MA) and Minnesota Care

Minnesota Supplemental Aid (MSA)

Supplemental Security Income (SSI)

What you need: An original picture ID, or a birth certificate, and your Social Security number. For General Assistance you must have a Social Security Card *and* one of the following: driver's license, state ID, passport or visa, alien registration card or certificate of naturalization, military photo ID or DD214, school ID, correctional facility photo ID (not from city jail or a mug shot), release/parole agreement (with confirming contact with facility or parole officer), operator's occupational license with photo, employee ID with photo, date of birth and signature, certified or original birth certificate, birth record certification card, notarized copy of a birth record from a Minnesota Indian reservation, or a Tribal Decree card.

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Note: When applying always ask about other forms of assistance for which you are eligible. County workers will work with you to find all the programs that you qualify for.

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Your Rights:

- to apply or reapply at any time.
- to know the eligibility requirements
- to know how your grant was determined
- to choose where and with whom you live (with certain limitations)
- to appeal any decision or failure to act
- to file a complaint if discriminated against.

Your Responsibilities:

- to provide truthful information
  - to inform the proper agency of changes such as address, income, persons living with you, and other factors which can affect your assistance, within 10 days of the change.
- 

Economic Supports EZINFO Line: 612-596-1300

EZINFO Line is available with automated information at any time. To speak to a worker, the lines are open from 8 am–4:30 pm Monday – Friday. Please have your case number ready when you call. For information about EBT call 1-888-997-2227

Appeals:

You have the right to appeal any decision made which affects benefits which you feel you are entitled to. You must appeal a decision within 30 days. If you receive a termination notice, however, you need to appeal within 10 days.

If you want your grant to continue, you will need to request that in writing within 10 days or it will NOT continue. Any benefits received during an appeal will be considered an overpayment if you lose the appeal. You may want the advice of a lawyer. See page 80.

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How to Apply for Public Assistance Programs:

- Apply online at [MNbenefits.mn.gov](http://MNbenefits.mn.gov) for food, cash, emergency and child care assistance, and housing support.
  - Apply online at [MNsure.org](http://MNsure.org) for health care coverage options in Minnesota.
  - Call 612-596-1300, M-F, 8 am-4:30 pm
  - Visit [hennepin.us/economic-supports](http://hennepin.us/economic-supports) for more ways to connect with us.
- 

## B. MN Family Investment Program (MFIP)

The Minnesota Investment Program (MFIP) helps families with children, pregnant women, and two-parent families meet their basic needs, while helping parents move to financial stability through work. Most families have a lifetime limit of 60 months on MFIP. Applicants must meet eligibility requirements.

How to Apply:

Go to [www.MNBenefits.mn.gov](http://www.MNBenefits.mn.gov). For more ways to apply, visit [www.hennepin.us/economic-supports](http://www.hennepin.us/economic-supports) or call 612-596-1300.

NorthPoint Health & Wellness Center Career Pathways Program  
1256 Penn Avenue North, Ste. 5300, Minneapolis MN 55411

**Phone:** 612-543-2500

**Hours:** Monday–Friday 8 am–5 pm.

**Provides:** Workforce development through support, case management, training, and employment opportunities in high-demand jobs, like health care.

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## C. Emergency Assistance and Emergency General Assistance (EA/EGA)

When families are in a financial crisis that poses a direct threat to the physical health or safety of a child younger than 18, the Emergency Assistance program can help by providing short-term aid. An interview is required.

Services include:

- Housing costs such as rent payments, damage deposits, home repairs, utility bills.
- Foreclosure prevention, moving expenses, transportation for homeless families.
- Additional food support for people who have specific dietary needs (special diets).

How to Apply:

Go to [www.MNBenefits.mn.gov](http://www.MNBenefits.mn.gov). For more ways to apply, visit [www.hennepin.us/economic-supports](http://www.hennepin.us/economic-supports) or call 612-596-1300.

***Emergency Assistance is limited to one use during a 12-month period.***

### ***Expedited Appeal***

If your application for Emergency Assistance is denied, you may appeal the decision. If you request an expedited appeal, a hearing can be granted within a few days. See *Appeals*, page 34. (You may want to consult with your Advocate; see “*Legal Assistance*,” page 80).

Brian Coyle Community Center

420 15th Avenue South, Minneapolis MN 55454

**Phone:** 612-338-5282

**Hours:** Monday–Friday 9 am–7:30 pm; Saturday 12:30–5 pm.

**Provides:** Support for victims of crimes, and food.

### Emergency General Assistance (EGA)

When adults without minor children in their care are in a financial crisis that poses a direct threat to their physical health or safety, the Emergency General Assistance program may be able to help by providing short-time aid.

Services include:

- Housing costs such as rent payments, damage deposits, and/or utility bills.
- Foreclosure prevention
- Home repair
- Moving expenses

How to Apply:

Go to [www.MNBenefits.mn.gov](http://www.MNBenefits.mn.gov). For more ways to apply, visit [www.hennepin.us/economic-supports](http://www.hennepin.us/economic-supports) or call 612-596-1300.

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## D. Energy Assistance

Energy Assistance provides financial assistance with payment of heat and utility bills to renters and home owners for the period beginning October 1 through May 31, or as long as the program funding lasts. Need documentation of public assistance benefits received in the past year to apply.

Where to Apply:

Apply online at <https://caphennepin.org/what-we-do/energy-assistance.html>.

Pick up an application Monday–Friday, 8 am–4 pm, at 8800 Highway 7, St. Louis Park, 55426 on the 4th floor.

Community Action Partnership of Hennepin County  
8800 Hwy. 7 Ste. 403, St. Louis Park MN 55426  
2100 Plymouth Avenue North, Minneapolis MN 55411  
**Phone:** 952-930-3541  
**Hours:** Monday–Friday 8 am–4 pm.

Salvation Army Central  
2727 Central Avenue NE, Minneapolis MN 55418  
**Phone:** 612-789-1512  
**Hours:** Monday–Friday 8 am–noon and 1–4pm.  
**Provides:** Assistance with gas and electric bills (once per calendar year). Must have utilized Hennepin County EA within past 12 months or been denied within past 30 days, utilized Community Action, and have a disconnection notice, is currently shut off, or in threat of being disconnected in order to apply.

Salvation Army Temple  
1604 East Lake Street, Minneapolis MN 55407  
*South Minneapolis, southern Hennepin Co. & McLeod Co.*  
**Phone:** 612-767-2700

Provides assistance with utility bills (once per calendar year). Must have utilized Hennepin County Emergency Assistance within past 12 months or have been denied within past 20 days, utilized Community Action, and have a disconnection notice in order to apply.

Salvation Army Parkview

2024 Lyndale Avenue North, Minneapolis MN 55411

North and Northeast Minneapolis

**Phone:** 612-522-6581

**Hours:** Monday–Thursday 8:30 am–noon and 1–4 pm.

Provides assistance with gas and electric bills (once per calendar year). Must have utilized Hennepin County Emergency Assistance within past 12 months or been denied within past 30 days, utilized Community Action, and have a disconnection notice, is currently shut off, or in threat of being disconnected in order to apply.

Salvation Army Noble

10011 Noble Parkway, Brooklyn Park MN 55432

Northern and Northwest suburbs of Hennepin County

**Phone:** 763-425-0517

**Hours:** Monday–Friday 9–11:45 am and 1–3:30 pm.

Provides assistance with utility bills (once per calendar year). Must have utilized Hennepin County Emergency Assistance within past 12 months or have been denied within past 20 days, utilized Community Action, and have a disconnection notice in order to apply.

**Remarks:** Please call to request an application.

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E. Supplemental Nutrition Assistance Program (SNAP)

The Supplemental Nutrition Assistance Program (SNAP) helps people with low incomes get the food they need for sound nutrition and well-balanced meals. Approved participants get a debit card to use to buy food at many stores and farmers markets.

Employment & Training

The goal of the program is to help people prepare for and become employed. People who apply for cash and food assistance may be enrolled in this program if you do not qualify for other cash assistance programs. Your worker will tell you if you must participate in this program.

How to Apply:

Go to [www.MNBenefits.mn.gov](http://www.MNBenefits.mn.gov). For more ways to apply, visit [www.hennepin.us/economic-supports](http://www.hennepin.us/economic-supports) or call 612-596-1300.

Where to Apply in Person:

Salvation Army

Temple: 1604 East Lake Street, Minneapolis MN 55407

**Phone:** 612-767-2700

Central: 2727 Central Avenue NE, Minneapolis MN 55418

**Phone:** 612-789-1512

Noble: 10011 Noble Pkwy. N., Brooklyn Park MN 55432

**Phone:** 763-425-0517

Salvation Army, continued

Parkview: 2024 Lyndale Avenue N., Minneapolis MN 55411  
**Phone:** 612-522-6581

**Hours:** Monday–Friday 8 am–noon and 1–4 pm

**Remarks:** Food support application assistance & info referral.

### Second Harvest Heartland SNAP Application Assistance

**Phone:** 651-209-7963

**Provides:** Screening for SNAP eligibility and application assistance; follow-up as needed; assistance with recertification.

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## F. General Assistance (GA)

General Assistance provides cash benefits for single adults, ages 18-64, who have little or no income and who meet eligibility requirements.

**Examples:** (1) Persons applying must be unable to work because of certified illness or injury, advanced age which makes it difficult to gain employment, inability to read and write well enough to hold employment, etc. (There are approximately 15 categories of eligibility; those mentioned above are among them.) People who were disqualified from SSI because they were categorized as “DAA” (Drug & Alcohol Addicted) may be eligible for General Assistance. (2) Persons cannot have cash assets worth more than \$10,000.

When applying, inquire about other assistance you may qualify for: *Emergency General Assistance* (to prevent eviction), *Energy Assistance*, *SNAP* and *Medical Assistance*.

How to Apply:

Go to [www.MNBenefits.mn.gov](http://www.MNBenefits.mn.gov). For more ways to apply, visit [www.hennepin.us/economic-supports](http://www.hennepin.us/economic-supports) or call 612-596-1300.

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## G. Medical Assistance & Minnesota Care

These health care programs help people who have little to no income as well as people who work but do not have access to affordable health insurance.

People who have a disability or are over the age of 64 will generally need to complete a paper application form and submit it at a Hennepin County office. Call 612-596-1300 for information. The county office can help you fill out the form. You can also contact the Senior Linkage Line at 1-800-333-2433, or the Disability Hub at 1-866-333-2466.

People who do not have a disability and are under the age of 65 will generally file an online application using the [mnsure.org](http://mnsure.org) website. For this population, online applications are reviewed faster than

are paper applications. You can get a paper or online application at [mnsure.org](https://www.mnsure.org) or by calling 651-539-2099. You can also call this number with enrollment questions. Health care navigators can also help you fill out the application, and submit it for you. This is a free service. To set up an appointment with a navigator, call:

- Briva Health at 1-855-566-7873 (in South & North Minneapolis)
- NorthPoint Health & Wellness Center at 612-767-9500
- Southside Community Health Services at 612-827-7181

Navigators in many other organizations can be found on this webpage: <https://www.mnsure.org/help/find-assister/find-navigator.jsp>. Be sure to search for a *navigator* not a *broker*, as only navigators assist with applying for MA and MinnesotaCare. Search for the language, the zipcode, or city that works best for you.

How to Apply:

For more ways to apply, visit [www.hennepin.us/economic-supports](http://www.hennepin.us/economic-supports) or call 612-596-1300. You may also go to [www.MNSure.org](http://www.MNSure.org).

*NOTE: Some copayments may be required for office visits, prescriptions or other services for people on MA.*

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## H. Minnesota Supplemental Aid (MSA)

Minnesota Supplemental Aid (MSA) provides cash assistance to help adults who get Supplemental Security Income (SSI) pay for their basic needs. Some people who are blind, have a disability or are older than 65 but do not get SSI because their other income is too high may also be eligible for MSA if they meet the income limit.

How to Apply:

Go to [www.MNBenefits.mn.gov](http://www.MNBenefits.mn.gov). For more ways to apply, visit [www.hennepin.us/economic-supports](http://www.hennepin.us/economic-supports) or call 612-596-1300.

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## I. Social Security

Where to Apply:

Social Security Administration

1811 Chicago Avenue South, Minneapolis MN 55404

**Phone:** 1-800-772-1213 **Website to apply online:** [www.SSA.gov](http://www.SSA.gov)

**Hours:** Monday through Friday from 9 am–4:30 pm.

### Supplemental Security Income (SSI)

SSI is a federal needs based program providing benefits to anyone who is aged (age 65 or older), blind, or disabled. Disabled under SSI rules means a person has a medically determinable physical or mental impairment, which: results in the inability to do any substantial gainful activity, and has lasted or can be expected to last for a continuous period of not less than 12 months. Substantial gainful activity is defined as the ability to work and earn \$1,310 per

month. The Social Security Administration no longer recognizes drug addiction and alcoholism (DA & A) as disabling conditions. Someone with another impairment should still file. If the DA & A does not contribute to the impairment, they could be found to be disabled. Anyone who is disabled, should be encouraged to file for benefits.

To determine SSI eligibility and payment amounts, SSA considers the applicant's income and resources. Income could include money earned from work or benefits from other sources, such as; Social Security, worker's compensation, Veterans Affairs, friends or relatives, free food or shelter. Resources are things which a person owns, including cash, bank accounts, land, vehicles, personal property, life insurance, or anything that can be converted to cash and used for food and shelter. There are many exceptions/exclusions regarding income and resources. Anyone that is disabled should be encouraged to file for SSI.

To be eligible for SSI, an applicant must be a US citizen or one of certain alien categories. There are many categories of lawful aliens that would be eligible for SSI, contact a Social Security Office or the National 800 number 1-800-772-1213 to inquire.

Anyone applying for SSI will be asked about their medical history; doctors they have seen, tests, and medications. The claim representative (CR) will ask questions about the person's income, resources, and living arrangements. The CR will ask the applicant to attest to the truthfulness of their answers.

Appeals:

If an application is denied, there is a 65-day appeals period (60 days plus five days mailing). If an appeal is requested after 65 days, the applicant must show good cause for late filing of the appeal. If the late appeal is not accepted, a new application can be filed, but there is a potential loss of benefits. The Social Security Office can provide a referral list for free legal services.

Cooper Law Firm

825 Nicollet Mall, #925, Minneapolis MN 55402 (Medical Arts Bldg.)

**Phone:** 612-568-4529

**Hours:** Call for an appointment. Appointments available at shelters, various locations throughout the Twin Cities, and at their office.

**Provides:** Free attorney assistance filing Social Security applications, reconsiderations and appeals for recipients of GA, MFIP, DWP, and FSS. Sliding fee available for those not on public assistance.

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## Section 3. Health Care

## A. Community Clinics

Augsburg Central Health Commons (Central Lutheran Church)  
333 South 12th Street, Minneapolis MN 55404

**Phone:** 612-870-4416

**Hours:** Monday and Thursday 10–11:30 am. During winter months, if Minneapolis Public Schools are closed due to weather, they will be closed, too.

**Provides:** Safe drop-in space staffed by nurses and students. Focuses on basic health care and hygiene needs.

Community-University Health Care Center

2001 Bloomington Avenue South, Minneapolis MN 55404

**Phone:** 612-301-3433

**Hours:** Monday–Friday 8 am–4:30 pm. Call or walk in to schedule an appointment.

**Provides:** Family practice, pediatric, internal medicine, pregnancy and women’s health care, counseling, dental care for minors, pregnancy testing, HIV & sexually transmitted infection testing; confidential, same day walk-in family planning (birth control and morning–after pill).

**Remarks:** Help applying for insurance; most insurances accepted including Medical Assistance. Sliding-fee scale available. No one turned away based on inability to pay. Some same-day appointments available.

East Lake Clinic–Hennepin Healthcare

2215 East Lake Street, 5th Floor, Minneapolis MN 55407

**Phone:** 612-873-6963

**Hours:** Monday–Friday 8 am–5 pm. Call for appointment.

**Provides:** Primary care and health maintenance; Infant and well-child care; Family planning and birth control; Certified Nurse Midwives; group pre-natal visits; Behavioral health; Diabetes management & education; Nutrition; X-ray and Lab services

Family Tree Clinic

1919 Nicollet Avenue, Minneapolis MN 55403

**Phone:** 612-473-0800 **Website:** [www.familytreeclinic.org](http://www.familytreeclinic.org)

**Hours:** By appointment only. (Some same-day appointments available.) Monday and Wednesday 9 am–5 pm; Tuesday and Thursday 11 am–7 pm; Saturday 10 am–2 pm. Closed Friday and Sunday.

**Remarks:** Sliding scale. Health insurance and MA accepted.

**Provides:** Reproductive health care; annual routine health exams including pap smear; colposcopies; UTI and vaginal infection treatment; gender affirming hormone care; pregnancy testing and all options counseling; limited primary care; HIV testing (free for uninsured); STI testing & treatment; mammogram referrals made for people 40 and older; support for people dealing with menopause issues; routine pelvic and breast/chest exams.

Indian Health Board

1315 East 24th Street, Minneapolis MN 55404

**Phone:** 612-721-9800

**Hours:** Monday, Wednesday, Thursday and Friday 8 am–5 pm; Tuesday 8 am–8 pm. Walk-ins available first come, first served. Telehealth appointments are also available.

**Remarks:** Persons should first make an appointment; MA accepted; those without insurance will be charged according to a sliding fee scale.

**Provides:** Medical and dental clinics, health promotion and disease prevention; counseling and support unit; high-risk pre-natal; outreach worker; diabetes prevention, diabetes clinic program.

#### Native American Community Clinic

1213 East Franklin Avenue, Minneapolis MN 55404

**Phone:** 612-872-8086

**Hours:** Monday, Wednesday, Thursday and Friday 8:30 am–5 pm; Tuesday 9:30–5 pm; and Saturday (medical walk-ins ONLY) 10 am–1:45 pm. Closed daily from 12:45–1:45 pm.

**Services:** Dental, medical, MAT, spiritual care and social services available.

**Remarks:** MA/private insurance are accepted. For those without insurance there is a sliding scale based on family size and income.

#### Neighborhood HealthSource

##### Central Clinic

2301 Central Ave NE, Minneapolis MN 55418

##### Fremont Clinic

3300 Fremont Avenue North, Minneapolis MN 55412

##### Sheridan Clinic

342 13th Avenue NE, Minneapolis MN 55413

##### North Metro

10081 Dogwood St NW Ste 100, Coon Rapids MN 55448

**Phone:** 612-588-9411 | **Web:** [www.neighborhoodhealthsource.org/](http://www.neighborhoodhealthsource.org/)

**Hours:** Monday–Friday 8 am–5 pm. Call or schedule online for an appointment; some walk-ins are available.

**Provides:** Basic health care (adults and pediatric), mental and chemical health services, interpreters, family planning, prenatal care, pregnancy testing, urinary testing, STI testing, diabetes, hypertension and cancer screening programs.

**Remarks:** Most public, government and private insurance plans are accepted; persons who do not have insurance will be charged according to a sliding fee scale based on income..

#### NorthPoint Health & Wellness Center

2220 Plymouth Avenue North, Minneapolis MN 55411

**Phone:** For Appointments call 612-543-2500

**Hours:** Monday–Friday 8 am–5 pm.

**Provides:** A wide range of medical services including: family practice, internal medicine, adolescent medicine, pediatrics, geriatrics and OB/GYN. Accepts most major medical and dental insurance.

People's Center Clinics & Services Riverside Clinic

425 20th Avenue South, Minneapolis MN 55454

**Hours:** Monday–Friday 8:30 am–5 pm (until 7 pm Tuesday). Same-day and walk-in medical appointments also available.

People's Center Clinics & Services Longfellow Clinic

3152 Minnehaha Avenue South Minneapolis, MN 55406

**Hours:** Monday–Friday 8:30 am–4:30 pm.

**Phone:** 612-332-4973 Call for an appointment, though walk-ins welcome. Telehealth appointments are also available.

**Remarks:** Medical Assistance and private insurance are accepted; those without insurance will be charged according to their monthly income on a sliding fee scale.

**Other Services:** Family practice, women's clinic and pregnancy testing; HIV testing; treatment for sexually transmitted diseases; pre-natal care; education programs on birth control and STDs; geriatric and pediatric services; dental program; behavioral health services with psychology and counseling program. Testing for COVID-19 and vaccinations are available.

Phillips Neighborhood Clinic

2742 15th Ave. S., Minneapolis MN 55407 (St. Paul's Lutheran Church)

**Phone:** 612-724-1690

**Hours:** Monday and Thursday evenings 6–9 pm (except holidays)

**Provides:** Physical exams, women's health, pediatrics, vaccinations (when available), family planning, diabetes treatment, nutrition, STI and HIV testing and counseling, basic lab tests, free maintenance medicals, physical therapy, sports physicals, assistance completing MA and MNCare application forms.

**Remarks:** First come, first served. No appointments or insurance necessary. Spanish interpreters available.

Southside Community Clinic

324 East 35th Street, Minneapolis MN 55408

**Phone:** 612-827-7181

**Hours:** Mon–Fri 7 am–5 pm. By appointment; walk-ins available.

**Provides:** family planning, pre-natal care, pregnancy testing, treatment for sexually transmitted infections, and mental health. Vision clinic open at 4243 4th Ave. S. Monday and Thursday 8 am–5 pm, Tuesday and Wednesday 7 am–4 pm; and Friday 8 am–12 pm.

**Remarks:** MA and other public and private insurance plans accepted; patients who do not have insurance will be charged according to their ability to pay (sliding fee scale based on monthly income and family size; need proof of income and MA denial letter).

St. Mary's Health Clinics

**Phone:** 651-287-7777

**Provides:** Six clinics throughout Twin Cities provide some primary and preventive health care services at no cost to adults and children without access to health care coverage.

**Eligibility:** If you are on MA, MinnesotaCare, or have access to any form of health care coverage, you are not eligible to use these clinics' services.

**Intake procedure:** If you fit one of the above categories, call 651-287-7777 between 8 am–4 pm Monday–Friday to make an appointment. There is no cost for services if you are eligible, though donations are accepted.

#### Whittier Clinic-Hennepin Healthcare

2810 Nicollet Avenue, Minneapolis MN 55408

**Phone:** 612-873-6963

**Hours:** Monday–Friday 8 am–5 pm. Call for appointments.

**Provides:** Primary care and health maintenance; Infant and well-child care; Family planning and birth control; Bariatric services (weight loss surgery); Behavioral health; Diabetes management & education; Cardiology; Orthopedics; Pharmacy; Physical Therapy; Podiatry; Psychiatry; Sports Medicine; Nutrition; X-ray and Lab services.

**Remarks:** Most insurance plans accepted; financial counselors available to assist those without coverage. Spanish-speaking providers available.

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## B. Health Care for the Homeless

Health care teams comprised of nurse practitioners, public health nurses, and social workers provide services on a regular basis at Minneapolis shelters and drop-ins. They provide routine check-ups, speedy referrals to doctors and hospitals, and assistance with other health care needs.

#### Catholic Charities Higher Ground Minneapolis

165 Glenwood Avenue North, Minneapolis MN 55405

**Phone:** 612-204-6314

**Provides:** Limited health care services and referrals for Higher Ground Shelter clients and Higher Ground Housing tenants.

**Hours:** Tuesday 8am–4 pm; Wednesday 1 pm–8 pm; Thursday 8 am–4 pm; Friday 8 am–12 pm.

#### Mary's Place

401 North 7th Street, Minneapolis MN 55405

**Hours:** Thursday 10:15–11:30 am and 1:30–2:30 pm.

#### People Serving People

614 South 3rd Street, Minneapolis MN 55415

**Hours:** Monday–Thursday 8 am–4 pm; Friday 8 am–12 pm.

**Remarks:** Clinic open to PSP guests and former guests only.

#### Salvation Army Harbor Light Center

1010 Currie Avenue, Minneapolis MN 55403

**Phone:** 612-767-3100 x3125

**Hours:** Monday & Wednesday 7 am–3 pm; Tuesday 1–8 pm; Thursday 5–8 pm; and Friday 7 am–noon.

**Phone:** 612-767-3100 x3164

Acupuncture/chiropractic clinic provided by Northwestern Health Sciences U. Call for schedule or to make an appt. Walk-ins welcome.

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## C. HIV & STI Testing & Treatment

### African American AIDS Task Force

122 West Franklin Ave., Suite 518, Minneapolis MN 55404

**Phone:** 612-825-2052

**Hours:** Monday–Friday 8:30 am–4:30 pm.

**Provides:** HIV testing and counseling; peer-to-peer emotional support groups and education; medical case management, community outreach, transportation assistance, and prevention education services for people living with HIV/AIDS.

**Remarks:** HIV services are free for eligible individuals; please call to assess eligibility and to make an appointment for services.

### The Aliveness Project

3808 Nicollet Avenue, Minneapolis MN 55409

**Phone:** 612-824-LIFE (824-5433) **Website:** [aliveness.org](http://aliveness.org)

**Provides:** HIV testing and counseling open to anyone. For members living with HIV/AIDS: Meals: Lunch served Mon–Fri 12–2 pm. To-go meals available Mon–Fri 9am–4 pm. Other services include: food shelf for members (by appointment only; call 612-822-7946 to schedule); integrative therapies including acupuncture, massage, chiropractic care; peer-to-peer outreach and prevention; health and wellness seminars related to HIV; medical case management for people living with HIV; dietician for HIV+ members; referral to community resources.

**Remarks:** Anyone who is HIV+ can complete an application for membership. Services are free for eligible individuals.

### Community-University Health Care Center

2001 Bloomington Avenue South, Minneapolis MN 55404

**Phone:** 612-301-3433

**Hours:** Monday through Friday 8 am–4:30 pm.

**Provides:** Testing and treatment for STIs and HIV.

**Remarks:** Call or walk-in to schedule an appointment. Help applying for insurance; most insurances accepted including Medical Assistance. Sliding-fee scale available. No one turned away based on inability to pay. Some same-day appointments available.

### Family Tree Clinic

1919 Nicollet Avenue, Minneapolis MN 55403

**Phone:** 612-473-0800 **Website:** [www.familytreeclinic.org](http://www.familytreeclinic.org)

**Hours:** By appointment only. (Some same-day appointments available.) Monday and Wednesday 9 am–5 pm; Tuesday and Thursday 11 am–7 pm; Saturday 10 am–2 pm. Closed Friday and Sunday.

**Remarks:** Sliding scale. Health insurance, MA accepted.

**Services:** Reproductive health services, including annual exams, Pap test, colposcopy services and birth control; morning-after/plan B emergency contraception (\$25, no appointment necessary), HIV testing (free for uninsured); STI testing & treatment; gender affirming hormone care; pregnancy testing & all options counseling.

#### Hennepin Co. Public Health Clinic—Red Door Clinic

525 Portland Avenue—4th floor, Minneapolis MN 55415

**Phone:** 612-543-5555; STD hotline 1-800-783-2287

**Hours:** Monday, Tuesday, Wednesday, and Friday 8 am–4 pm; Thursday 10 am–4 pm. Walk-in availability limited, please call clinic to make an appointment.

**Remarks:** Anyone 12 years of age and older may receive testing and treatment for sexually transmitted infections and HIV testing. Confidential and low-cost birth control available ages 12–30. No one is turned away based on their ability to pay.

#### Neighborhood HealthSource

##### Central Clinic

2301 Central Ave NE, Minneapolis MN 55418

**Phone:** 612-588-9411

**Provides:** Testing for STIs including HIV; treatment for sexually transmitted infections; ages 13-25 on Wednesday 1–4 pm.

##### Fremont Clinic

3300 Fremont Avenue North, Minneapolis MN 55412

**Phone:** 612-588-9411

**Provides:** Testing for STIs including HIV; treatment for sexually transmitted infections; ages 13-25 on Tuesday, Thursday, and Friday 1–4 pm.

#### Rainbow Health

2577 West Territorial Road, St. Paul MN 55114

**Phone:** 612-341-2060; **AIDSLINE:** 612-373-AIDS / 1-800-248-AIDS. Text AIDSLINE to 839863.

**Hours:** Monday–Friday 9 am–5 pm. **AIDSLINE:** Mon–Fri 9 am–5 pm.

**Provides:** Info about HIV, referral to community resources and HIV testing. HIV case management, legal services; benefits counseling; housing services for HIV+ people; transportation for medical appointments; emergency financial assistance; chemical health services, behavioral health services (see page 53), and a syringe exchange; Positive Link, a social support program for HIV+ gay and bisexual men; HERR Day Out, a social support group for HIV+ women; BlaQue Alive offers culturally-specific HIV linkage service for Black and Latino individuals ages 18-19 years old.

#### Southside Community Clinic

324 East 35th Street, Minneapolis MN 55408

**Phone:** 612-827-7181

**Hours:** Monday–Friday 7 am–5 pm.

**Provides:** Testing and treatment for STIs and HIV.

Turning Point, Inc.

1500 Golden Valley Road, Minneapolis MN 55411

**Phone:** 612-520-4004

**Hours:** Monday–Friday 8:30 am–4:30 pm.

**Provides:** HIV/AIDS/STI prevention education is done by outreach workers. Helps individuals find medical and social services. Counseling, referral and emotional/social supports are provided.

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## D. Mental Health Services

### Counseling Services

Canvas Health

**Intake:** 651-777-5222 or intake@canvashealth.org

**Hours:** Vary at several metro area locations.

**Provides:** High-quality strength-based mental health services including diagnostic assessments, outpatient therapy (depression, early childhood behavioral therapy for ages 5 and under; psychiatry via webcam and smartphone; anxiety, trauma (PTSD), DHD, ODD) for ages 3-70. Also provides Rule 25 assessments, and CSS.

**Remarks:** Telehealth appointments are available. Most insurance plans accepted for outpatient therapy.

Comunidades Latinas Unidas en Servicio (CLUES)

Services offered virtually only.

**Phone:** 651-379-4200 option 4

**Hours:** Monday–Friday 8:30 am–5 pm.

**Provides:** Bilingual family therapy in addition to individual, couples, child and adolescent therapy.

Community-University Health Care Center

2001 Bloomington Avenue South, Minneapolis MN 55404

**Phone:** 612-301-3433

**Hours:** Monday through Friday 8 am–4:30 pm.

**Provides:** Psychiatric care, therapy for individuals, family and couples, case management and Adult Mental Health Rehabilitative Services (ARMHS).

**Remarks:** For new patients, call 612-301-0992 for an appointment. Help applying for insurance; most insurances accepted including Medical Assistance. These services are for Hennepin County residents.

COPE (Community Outreach for Psychiatric Emergencies)

**Phone:** 612-596-1223 (adults); 612-348-2233 (children and

adolescents)

**Provides:** Call COPE when a severe disturbance of mood or thinking threatens a person's safety or the safety of others. COPE professionals are available to manage the immediate crisis and provide a clinical assessment. Telephone consultations also are available.

**Remarks:** Services are available for all ages in Hennepin County.

#### Crisis Text Line

Text MN to 741741 to be connected to a counselor who will help diffuse a crisis and help connect to local resources.

**Hours:** 24 hours a day, 7 days a week.

#### The Family Partnership

1527 East Lake Street, Minneapolis MN 55407

**Main Office Phone:** 612-728-0340

**Spanish language Intake Phone:** 612-728-2089

**Hours staff is available to field calls/intakes:** M–F 9 am–5 pm.

**Provides:** Counseling for individuals, families and children. Spanish, Hmong and Somali-speaking therapists. We provide letters for gender-affirming care.

**Remarks:** Various insurance plans, including MA are accepted. Ask about the other branch in north Minneapolis. No-cost therapy options for BIPOC, immigrant, LGBTQ+ and disabled clients are sometimes available.

#### HCMC Acute Psychiatric Services

730 South 8th St., Minneapolis MN 55415 (Red Entrance)

**Phone:** 612-873-3161

**988 Suicide & Crisis Lifeline:** 988 or 1-800-273-8255

**Provides:** Emergency services, 24 hours a day 7 days a week, to persons experiencing mental health crises including psychosis, depression, violence or suicide, or other crisis situations. Individuals may walk in or be referred from an outside agency or individual.

**Remarks:** MA and other insurance plans accepted. No one is turned away.

#### Hennepin County Behavioral Health Walk-in Center

1800 Chicago Avenue South, Minneapolis MN 55404

**Phone:** 612-879-3115

**Hours:** Monday–Friday 9 am–9 pm. No appointment needed.

**Provides:** Serves Hennepin County residents 18+, focusing on needs related to mental health and substance use disorder. The team will take time to get to know you, address your immediate needs and connect you to long-term treatment and recovery supports. We'll work alongside you until you are connected to meaningful resources and supports.

#### Hennepin County Mental Health Center

2215 East Lake Street - 5th floor, Minneapolis MN 55407

**Phone:** 612-596-9438

**Hours:** Monday–Friday 9 am–5 pm.

**Provides:** Mental health care using a multidisciplinary approach, offering a range of services including: psychiatric and diagnostic assessments and evaluations, therapy and psychoeducation, medication management, pharmacy services, care coordination, nurse line, employment services and support, and primary care services to MHC clients.

**Eligibility:** Services for residents of Hennepin County; MA accepted; for those without insurance, sliding fee according to each person's ability to pay. They do not take private or commercial insurance.

#### Indian Health Board

1315 East 24th Street, Minneapolis MN 55404

**Phone:** 612-721-9800

**Hours:** Monday–Thursday 9 am–5 pm; Friday 9 am–4 pm. Telehealth appointments are available.

**Provides:** Crisis counseling, long-term counseling for individuals, couples and families, and transportation when necessary. Their focus is on Native American children and families.

**Remarks:** Most insurance plans accepted; for those without insurance, fees are determined according to each person's ability to pay.

#### Love Lines Crisis Center

1128 Harmon Place Ste 311, Minneapolis MN 55403

**Phone:** 612-379-1199

**Hours:** 7 days a week, 10 am–10 pm

**Provides:** Phone line most days for suicide hotline, counseling and crisis ministry; in-person counseling is available by appointment. Counseling on many issues, focus is on telephone counseling. Open physical healing room open Tuesday and Saturday 3–6 pm.

**Remarks:** Counseling is free, but donations accepted. More info: [www.lovelines.org](http://www.lovelines.org).

#### Lutheran Social Service

2400 Park Avenue South, Minneapolis MN 55404

**Phone:** 612-879-5320 (Monday–Thursday 9 am–4:30 pm)

**Appointment Hours:** Call to schedule an appointment.

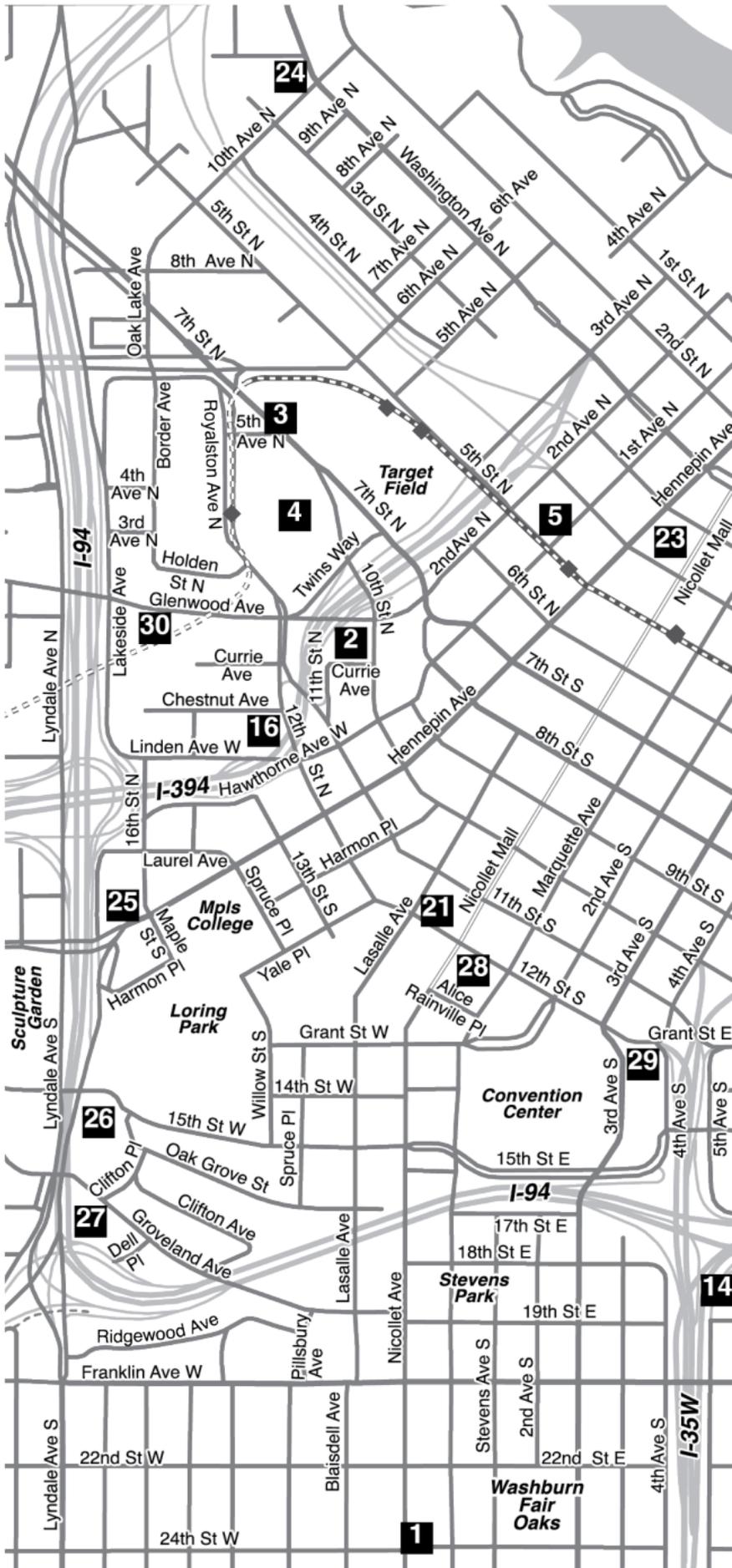
**Provides:** Individual and relationship counseling, marriage and family counseling, child therapy, support for victims of abuse, and referral for long-term counseling.

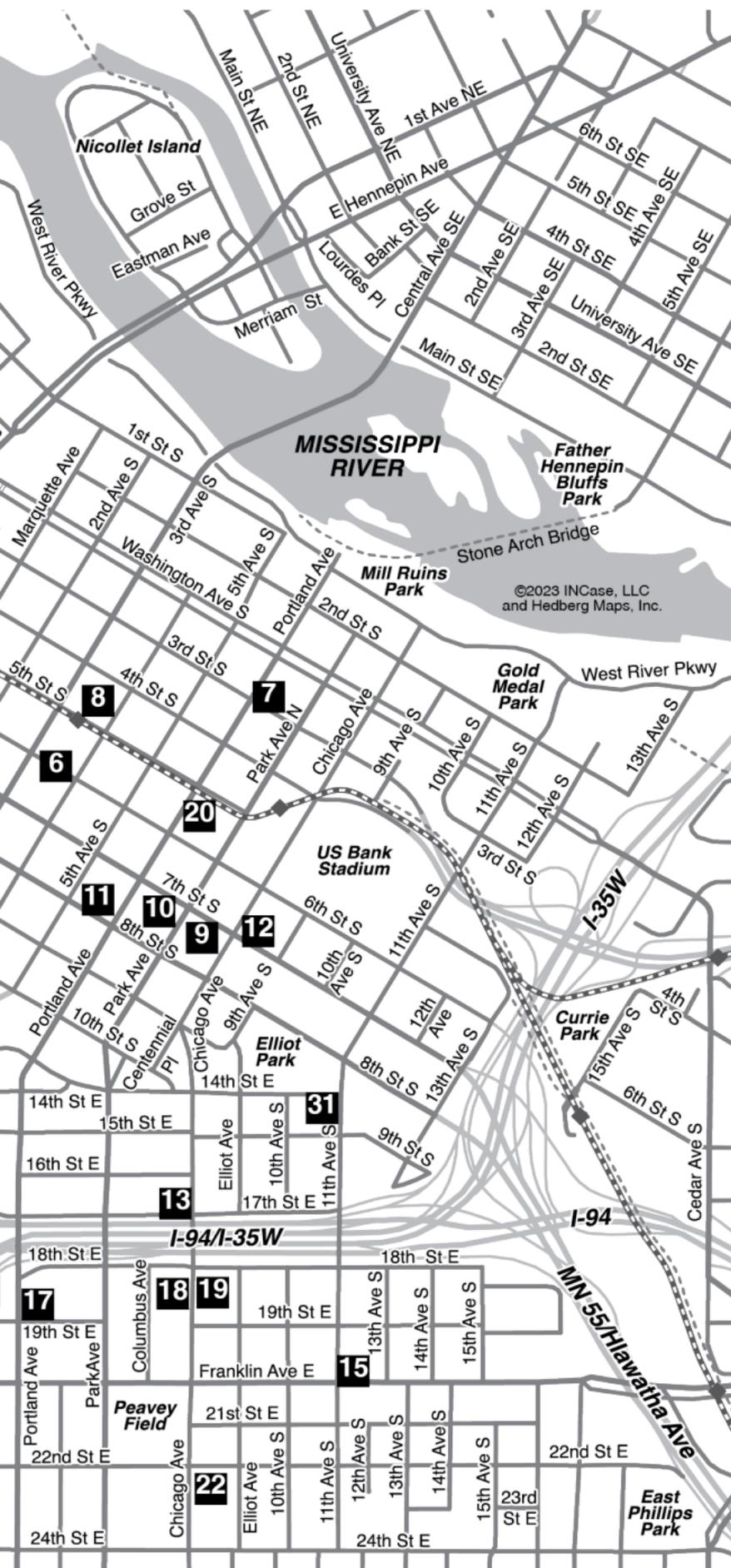
**Remarks:** MA and private insurance are accepted; for those without insurance, fees are determined on a sliding scale according to each person's income level.

#### Native American Community Clinic Behavioral Health

1113 East Franklin Ave., Minneapolis MN 55404

# Map of Downtown Minneapolis and surrounding area





## Downtown Minneapolis

1. Agate Housing and Services main office
2. Salvation Army Harbor Light
3. Sharing and Caring Hands
4. Mary's Place Shelter
5. Legal Aid Society
6. Hennepin County Government Center
7. People Serving People Shelter
8. Minneapolis City Hall
9. Hennepin Healthcare—HCMC
10. Agate - Food Centre
11. Agate - 510 shelter
12. Agate - First Covenant Church Shelter
13. Catholic Charities Opportunity Center
14. Peace House / Loaves and Fishes
15. Marie Sandvik Center
16. YouthLink
17. Portland Village
18. Hennepin Co. Chemical Health
19. Social Security Administration
20. Central-Northeast Minneapolis Human Service Center  
Hennepin Co. Public Health Clinic—Red Door Clinic
21. Continental Apartments
22. Our Saviour's Shelter
23. Hennepin County Library—Central
24. Minneapolis Public Housing Authority
25. Basilica of St. Mary
26. St. Mark's Episcopal Cathedral
27. Hennepin Avenue United Methodist Church
28. Westminster Presbyterian Church
29. Central Lutheran Church
30. Catholic Charities Higher Ground
31. Mpls.VA Community Resource & Referral Center
32. Catholic Charities Endeavors Residence

**Phone:** 612-843-5981

**Hours:** Monday, Wednesday, Thursday and Friday 8:30–5 pm; Tuesday 9:30–5 pm. Closed daily from 12:45–1:45 pm.

**Services:** Individual and group therapy, assessment, depression and anxiety, grief and loss, SUD and PTSD services available.

**Remarks:** MA and private insurance plans are accepted. For those without insurance, there is a sliding fee scale based on family size and income.

#### NorthPoint Health & Wellness Center

2220 Plymouth Avenue North, Minneapolis MN 55411

**Phone:** For appointments call 612-543-2500

**Hours:** Monday–Friday 8 am–5 pm.

**Provides:** Outpatient behavioral health services for children, adolescents, and adults including: evaluation and testing, individual therapy, family and group therapy, psychiatric evaluation, and medication management.

#### Rainbow Health Behavioral Health

1000 University Avenue West, Suite 20, St. Paul MN 55104

**Appointments:** 612-373-9160

**Provides:** Individual, couple/family, and group therapy for LGBTQ+, people who are HIV+, people who are high risk for HIV and other underserved populations. All services will be provided by dual licensed mental health/chemical dependency counselors, board approved clinical supervisors and/or supervised interns.

#### Tubman

4432 Chicago Avenue South, Minneapolis MN 55407

**Phone:** 612-871-0118 **Website:** [www.tubman.org](http://www.tubman.org)

**Hours:** Monday–Thursday 8 am–5 pm; Friday 8 am–3 pm.

**Provides:** Referral by telephone; support groups; counseling for individuals and groups, as well as for families and couples; anger management groups for men and women. Fees vary by program.

#### Walk-in Counseling Center

2421 Chicago Avenue South, Minneapolis MN 55404

**Phone:** 612-870-0565 *for appropriate instructions on outgoing message or see*

**Website:** [www.walkin.org](http://www.walkin.org)

**Clinic Hours:** Monday, Wednesday, and Friday from 1–3 pm; Monday through Thursday evenings 5:30 pm–7:30 pm. *(Please access counseling clinics only during clinic hours.)*

**Accessing Services:** To determine the best way to access counseling services at any time, call and listen to the outgoing message.

**Provides:** Counseling for people with urgent needs and few resources; serves individuals, couples and families.

*Continued on next page...*

#### Walk-in Counseling Center (continued)

**Remarks:** Services are anonymous; no appointment is necessary

for counseling clinics; no paperwork; no fee, although donations are accepted. Call to make arrangements for counseling in Spanish (612-870-0565 x2) and Hmong (612-870-0565 x3). Appointments are available after the first visit to a counseling clinic.

**COVID-19 Service Changes:** All services are provided online or by phone via Zoom. Website has an “easy click” option, but to join by phone, numbers are listed below. When prompted by Zoom, enter the Meeting ID #: 458-270-804. To join by computer during clinic hours, go to [zoom.us/j/458270804](https://zoom.us/j/458270804). Open Zoom on drop-down list and press “Join a Meeting.” Please turn your computer camera on. *When we can allow in-person services again, it will be stated on our phone message and via other professional resources.*

**Zoom Phone numbers:** (These are not toll-free phone numbers for people using a landline.) 312-626-6799; 929-205-6099; 301-715-8592; 346-248-7799; 669-900-6833; 253-215-8782.

### Community Support Programs

*Community support programs serve persons with mental illness who complete a simple registration process.*

Assertive Community Treatment (ACT) Homeless Team-People Inc.  
1170 15th Avenue SE, Minneapolis MN 55414

**Phone:** 651-771-0011

**Hours:** Office: Monday–Friday 7 am–5:30 pm; In community: Monday–Saturday 7 am–7 pm; Saturday and Sunday 8:30 am–5 pm.

**Provides:** High-intensity, wrap-around treatment program; clients must be willing to meet three times a week. Field and community case management (assistance with goal-setting, paperwork, appointment attendance), psychiatric provision (including mental health prescriptive medications, med education & management), nursing, therapeutic services, medical follow-up and monitoring, assistance with employment and volunteering, and informational groups in Hearing Voices, Illness Management and Recovery, and Mental Illness/Chemical dependency).

**Remarks:** Call to prescreen for qualifications. Must have a serious mental illness diagnosis, and be over the age of 18.

Avivo Community Support Program Minneapolis  
1900 Chicago Avenue South, Minneapolis MN 55404

**Phone:** 612-752-8000

**Drop-in Hours:** During COVID, has transitioned from site-based model to community-based programming. Find online calendar and newsletter at [avivomn.org/csp](https://avivomn.org/csp).

**Remarks:** Avivo provides outreach, social and recreational opportunities, MI/CD/dual diagnosis groups, mental health groups, arts programming, housing & volunteer services, and linkage to other services for adults with serious and persistent mental illness. Must be seen by mental health professional.

Northside CSP/People Inc.

1309 Girard Avenue North, Minneapolis MN 55411

**Phone:** 612-521-2116

**Hours:** Monday – Thursday: 9am-3pm

**Eligibility:** Adult 18+, Resident of Hennepin County, Living with mental illness, Can have substance abuse or co-existing disorders, NCSP frequently assists with immediate needs for at-risk individuals.

Seward CSP

2105 Minnehaha Avenue, Minneapolis MN 55404

**Phone:** 612-333-0331

**Hours:** Monday, Tuesday, Thursday, and Friday 11 am–1 pm, 2–4 pm. Closed Wednesday, Saturday, and Sunday.

**Remarks:** Provides mental health groups, advocacy, outreach, social and recreational activities, and other referrals. Free meal is provided after 11 am Monday through Friday.

Tasks Unlimited - Tasks Resource Center

**Admissions Info Phone:** 612-767-2060

**Provides:** One-stop, flexible resources and support services for people with mental illness including benefits navigation, employment, housing, counseling services, diagnostic assessments, transportation, peer support, health and wellness, chemical health, and connection to community resources.

Remarks: For adults with serious mental illness diagnosis or interested in finding mental health services if undiagnosed. Call for intake appointment. Drop-in visits available after completing intake.

Tasks Unlimited - Mental Health Services

**Admissions Info Phone:** 612-767-2060

**Provides:** Mental health and vocational rehabilitation, Targeted Case Management, Housing Stabilization Services, Intensive Residential Treatment Services (IRTS), Adult Rehabilitative Mental Health Services (ARMHS), Counseling Services, medication management, chemical health support, wellness and recreation program are offered to accommodate individual needs and choices.

Remarks: Program participants must be 18 years or older. Eligibility for some services (but not all) requires diagnosis of serious mental illness. Call Admissions Info for more details. Counseling services do not require diagnosis of serious mental illness.

Vail Place

1412 West 36th St., Minneapolis MN 55408

15 9th Ave. S. Hopkins MN 55343

**Phone:** 612-824-8061 (Mpls); 952-938-9622 (Hopkins)

**Hours:** Tuesday, Wednesday and Thursday 8:30 am–4:30 pm; lunch served at noon (\$2). Some Saturday events.

**COVID-19 Service Update:** Some online and Zoom contact is available; see website at [www.vailplace.org](http://www.vailplace.org).

**Provides:** Pre-vocational training, transitional employment, housing support, social and recreational activities, a supportive community, and other services. Meals are available at a discounted rate.

**Remarks:** Serves people with a chronic mental illness.

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## E. Alcohol & Substance Use Disorder Counseling & Treatment Programs

Agate Housing and Services in partnership with Kyros Recovery  
810 South 7th Street, Minneapolis MN 55415

**Phone:** 612-335-6143 (intake coordinator)

**Remarks:** Harm reduction chemical health with co-occurring mental health recovery program for adult men and women. Group and individual chemical dependency and mental health treatment are incorporated into an individual recovery plan.

Alcoholics Anonymous

7204 West 27th Street, Ste. 113, St. Louis Park MN 55426

**Phone:** 952-922-0880

**Provides:** Greater Minneapolis Intergroup's meeting directory boundaries are the city of Minneapolis, the suburban cities in all of the following counties: Hennepin, Anoka, Carver, Western Dakota, Scott and Wright. Local meeting information updated weekly at [www.aaminneapolis.org](http://www.aaminneapolis.org).

Avivo

1900 Chicago Avenue South, Minneapolis MN 55404

**Intake Phone:** 612-752-8074 **Main:** 612-752-8000

**Hours:** Monday–Friday 6:30 am–5 pm (November–March);  
7 am–5 pm (April–October)

**Provides:** Daily drop-in Rule 25 assessments and weekly mental health assessments and services. Outpatient chemical dependency treatment (with sober recovery housing), relapse prevention, case management, and employment services. Outpatient and residential treatment for women with children. Specializes in assisting individuals with a history of relapse who face multiple barriers to achieving stable recovery.

**Remarks:** No charge for most services or services can be billed through insurance. Gender-specific services and treatment for co-occurring substance use and mental health concerns offered.

Comunidades Latinas Unidas en Servicio (CLUES)

Services offered virtually only.

**Phone:** 651-379-4200 option 4

**Hours:** Monday–Friday 8:30 am–5 pm.

**Provides:** Adult outpatient program is held throughout the week, call for hours. Rule 25 assessments are also performed.

Hennepin County Front Door

**Phone:** 612-348-4111, Option 0

**Hours:** Monday through Friday from 8 am–4 pm.

**Provides:** Primary intake for voluntary social services in Hennepin County. Substance use assessment (Rule 25) site self-referral information is available, which includes possible funding for CD treatment services.

**Remarks:** People are served directly through the shelters and drop-in centers by the Health Care for the Homeless team who can assist with a CD assessment and possible treatment (see page 44 for schedules). Shelter and drop-in center information is available through Front Door.

Indian Neighborhood Club on Alcohol and Drug Abuse

1805 Portland Avenue South, Minneapolis MN 55404

**Phone:** 612-871-7412

**Hours:** Monday through Friday from 8 am–4:30 pm.

**Provides:** Referral for treatment, group residential housing for chemically dependent American Indian men, social and recreational activities, and AA meetings.

**Remarks:** Services are for American Indians recently in treatment and are homeless; must be willing to maintain sobriety while living there. Must be eligible for Group Residential Housing (GRH).

Metro Hope Ministries

2739 Cedar Avenue South, Minneapolis MN 55407

**Phone:** 612-721-9415

**Intake Hours:** Monday–Friday 8 am–3 pm

**Provides:** Faith-based residential recovery programs for men 18 and older. Healing House program is for singles, women and their children up to age 10. Provides case management, counseling, Bible teaching, work readiness. Specializes in assisting individuals with a history of relapse.

**Remarks:** Call for appointment; finances not a concern.

Minnesota Adult and Teen Challenge

3231 1st Avenue South, Minneapolis MN 55408

**Phone:** 612-373-3366 or 612-500-4211

**Phone Line Hours:** Monday–Friday 7 am–6 pm.

**Lobby Hours:** Monday–Friday 8 am–4:30 pm

**Provides:** · Treatment for substance use disorder–telehealth; outpatient; residential (7-90 days); faith-based track available, upon request; services available to those 18+ years. · Long-term residential recovery program–year-long residential program to provide tools and support for long-term sobriety; services available to those 18+ years. · Mental health services for co-occurring disorders. · Peer support services; medication management; ambulatory detox services. · Special support for opiate addiction

**Remarks:** Locations in: Minneapolis, Rochester, Brainerd, Duluth. Fees based on ability to pay but will work with anyone who wants to be enrolled and doesn't have the funds.

Missions Inc. Judy Retterath Withdrawal Management Center

3409 Medicine Lake Blvd., Plymouth MN 55441

**Phone:** 763-559-1402

**Provides:** Inpatient detoxification and clinically-supervised withdrawal services to adults and adolescents ages 13 and older, who are currently intoxicated or in withdrawal due to alcohol or drug use.

Narcotics Anonymous

**Toll-Free Phone:** 877-767-7676

**Provides:** Local meeting information updated weekly at [www.naminnesota.org](http://www.naminnesota.org).

Native American Community Clinic Intensive Outpatient Services

2115 Cedar Avenue South, Minneapolis MN 55404

**Phone:** 612-843-5980

**Hours:** Monday–Friday 9:30 am–1 pm.

**Services:** Individual programming with a gradual stepdown. Daily prayer and cultural teachings, peer recovery support, health education, relapse prevention, individual and group therapy. Lunch provided. Transportation assistance, support with accessing community resources, and drop-in support groups for all stages of recovery.

**Remarks:** Contact IOP for more information.

NorthPoint Health & Wellness Center Behavioral Health Clinic

2220 Plymouth Avenue North, Minneapolis MN 55411

**Phone:** For appointments call 612-767-9500

**Hours:** Monday–Friday 8 am–5 pm. Call for an appointment.

**Provides:** Chemical health assessment and referral, chemical health and mental health education, resource development, group and individual counseling, life skills development, mental health services, relapse prevention and discharge planning.

Salvation Army Adult Rehabilitation Center

900 North 4th Street, Minneapolis MN 55401

**Phone:** 612-332-5855

**Provides:** Drug and alcohol rehabilitation programs.

**Intake:** Call 24 hours for intake.

#### Tubman

4432 Chicago Avenue South, Minneapolis MN 55407

**Phone:** 612-871-0118 **Website:** [www.tubman.org](http://www.tubman.org)

**Hours:** Hours vary. Call for more information.

**Provides:** counseling and assessment for chemical dependency, outpatient treatment may include mental health counseling.

**Remarks:** Various payment options are accepted.

#### Turning Point, Inc.

1500 Golden Valley Road, Minneapolis MN 55411

**Phone:** 612-520-4004

**Hours:** Monday–Friday 8:30 am–4:30 pm.

**Remarks:** Residential primary care programs for men who are chemically dependent. Aftercare services include employment and education referrals. Outpatient program for women, days/eves.

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## F. Dental Care

#### Children's Dental Services

636 Broadway Street NE, Minneapolis MN 55413

**Phone:** 612-746-1530

**Hours:** Monday-Saturday. Hours vary by location.

**Remarks:** Comprehensive dental care for those 26 and under, and pregnant women of any age. Appointments necessary. MA and Minnesota Care are accepted. Sliding fee scale based on income for those without insurance. (Must be rejected for state insurance.) There are 300 metro-area locations.

#### Community-University Health Care Center

2001 Bloomington Avenue South, Minneapolis MN 55404

**Phone:** 612-301-0918

**Hours:** Monday-Friday from 7:30 am–4 pm. Children's (10 & under) dental appointments also available on Saturdays 9 am–1 pm.

**Remarks:** Services are offered on a sliding-fee scale. Limited walk-in appointments available Monday through Friday 8 am–3:30 pm.

#### Hope Dental Clinic

800 Minnehaha Avenue East Suite 465, St. Paul MN 55106

**Phone:** 651-789-7605

**Office hours:** Monday–Thursday 8 am–3 pm; Friday 8 am–12 pm.

**Hours:** By appointment only. Monday and Tuesday 8:30 am–9 pm; Wednesday and Thursday 7:30 am–9 pm; Friday 7:30 am–5 pm.

**Provides:** Dental care to those without dental insurance. Services include exam, cleaning, fillings, extractions, and education.

**Remarks:** A \$20 administrative fee is requested for each visit.

#### Indian Health Board

1315 East 24th Avenue, Minneapolis MN 55404

**Phone:** 612-721-9800

**Hours:** Monday, Wednesday, Thursday and Friday 8 am–5 pm; Tuesday 8 am–8 pm. Walk-ins available first come, first served.

**Remarks:** Care provided for all ages. Sliding fee based on family size & income. MA. Appointments preferred, but walk-ins welcome.

#### Native American Community Clinic

1213 East Franklin Ave., Minneapolis MN 55404

**Phone:** 612-872-8086

**Hours:** Monday–Friday 8:30 am–5 pm. Closed daily 12:45–1:45 pm.

**Services:** Complete dental care for adults and children.

**Remarks:** MA and private insurance are accepted. For those without insurance, there is a sliding fee scale based on family size and income.

#### NorthPoint Health & Wellness Center

2220 Plymouth Avenue North, Minneapolis MN 55411

**Phone:** For appointments call 612-543-2500

**Hours:** Monday and Friday 8 am–5 pm; Tuesday, Wednesday and Thursday 8 am–7 pm; Saturday 8 am–12 noon. (Closed on Saturdays before holiday weeks.) Walk-ins available Monday, Tuesday, Thursday and Friday 8 am–3:30 pm; and Wednesday 8 am–5 pm. First come first served.

**Provides:** Complete dental care for residents of Hennepin County including: Preventative, restorative, and emergency care, and X-rays.

#### People's Center Dental

People's Center Clinics & Services Riverside Clinic

425 20th Avenue South, Minneapolis MN 55454

**Hours:** Monday–Friday 8:00 am–5:00 pm.

People's Center Clinics & Services Longfellow Clinic

3152 Minnehaha Avenue South Minneapolis, MN 55406

**Hours:** Monday–Friday 8:30 am–4:30 pm.

**Phone:** 612-332-4973

**Provides:** Adult and pediatric dental care, including preventative services, emergency care, sealants, fillings, bridges, crowns, extractions, and root canals.

**Remarks:** All insurance plans accepted; sliding fee scale available for those without insurance. More info at [www.peoples-center.org](http://www.peoples-center.org).

#### Sharing and Caring Hands

525 North 7th St., Minneapolis MN 55405

**Phone:** 612-596-3463

**Remarks:** Dental care available throughout month. Call or stop in to ask for times.

#### Southside Community Clinic

4243 4th Avenue South, Minneapolis MN 55409

**Phone:** 612-822-9030

**Hours:** Monday–Friday 7 am–5 pm. Emergency walk-ins are Monday–Friday 7:30–10:30 am and 1–3 pm.

**Remarks:** State and private insurance programs accepted. Walk-ins are available. Scheduled patients have a priority. Uninsured patients are billed on a sliding fee scale based on income and family size. Payment due day of service.

University of Minnesota School of Dentistry

515 Delaware St. SE, Minneapolis MN 55455

**Call Center:** 612-625-2495

**Hours:** Monday through Friday 9 am–4 pm.

**Remarks:** Comprehensive dental care provided by supervised students. Children's clinic also available. Payment required at time of visit. Must call for an appointment.

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## G. Veterans

Veterans Affairs Medical Center

One Veterans Drive, Minneapolis MN 55417

(East 54th Street and 48th Avenue South)

**Phone:** 612-725-2000

**24-Hour Vets Crisis Line:** 1-800-273-8255, press 1 or 988, press 1.

**Remarks:** Veterans with an honorable discharge may receive treatment; veterans enlisting after 1980 need to have completed two years of active duty; does need an assessment for payment. See page 74 for information about other services available for veterans. 24-hour emergency service is available.

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## Section 4.

# Education & Employment

## A. Educational Programs

### Adults

#### American Indian OIC Takoda Programs (*Dakota for “friend to all”*)

1845 East Franklin Avenue, Minneapolis MN 55404

**Phone:** 612-341-3358 **Website:** [aioic.org](http://aioic.org)

**Hours:** Monday through Friday, 8:30 am–4:30 pm.

**Provides:** AB/GED and post-secondary program for adults.

#### Avivo Institute of Career & Technical Education

2438 27th Avenue South, Suite 100, Minneapolis MN 55406

**Phone:** 612-752-8100 612-752-8131

**Email:** [career.education@avivomn.org](mailto:career.education@avivomn.org)

**Hours:** Monday through Thursday 8:30 am–4:30 pm

**Provides:** Career education and technical training to earn credentials. Up to eight career pathways offered including IT Support Training, Medical Office Support Training, Office Support Specialist, and Warehouse Pro Training. Programs range from three weeks to six months. Training may be paired with employment services and job placement support. Courses ideal for non-traditional student and offer small classes and individualized supports.

**Remarks:** Services are on a fee-for-service basis or grant-funded. May be referred by Rehab Services, VA, or a Workforce Center. Some self-referral and scholarships possible.

#### Brian Coyle Community Center

420 15th Avenue South, Minneapolis MN 55454

**Phone:** 612-338-5282

**Hours:** Monday–Friday 9 am–8 pm.

**Provides:** ESL classes provided by Cedar-Riverside Adult Basic Education. Call for info and schedules.

#### Minneapolis Public Schools Adult Education

**Website:** [abe.mpls.k12.mn.us](http://abe.mpls.k12.mn.us)

##### North Campus

800 West Broadway, Minneapolis MN 55411

**Phone:** 612-668-1863

**Hours:** Monday–Friday 8:30 am–3:30 pm.

**Provides:** ELL, GED prep, reading, writing, math, career pathways, GED testing, college prep, and adult diploma.

##### South Campus

2015 East Lake Street, Minneapolis MN 55407

**Phone:** 612-668-3800

**Hours:** Monday–Fri 8:30 am–3:30 pm; Monday–Thursday 5–9 pm.

**Provides:** ELL, GED prep, reading, writing, math, career pathways, GED testing, adult diploma. Online classes available.

#### Minneapolis Public Schools Adult Education (*continued*)

##### Wells Fargo Bank

615 North 7th Street, Minneapolis MN 55411

**Phone:** 612-667-1908

**Hours:** Tuesday, Wednesday and Thursday 6–9 pm.

**Provides:** Basic skills and GED prep.

**Remarks:** Registration occurs on Tuesdays at 6 pm. You do not need to bring anything to register, but must arrive before 6 pm.

#### Minneapolis Community and Technical College

1501 Hennepin Avenue South, Minneapolis MN 55403

**Phone:** 612-659-6000 or 612-659-6281

**Provides:** Technical and vocation training. Programs range from 3 months–2 years. Counseling and other vocational prep are also available. Financial aid is available for low income persons.

**Remarks:** See website for more info: [www.minneapolis.edu](http://www.minneapolis.edu).

#### Summit Academy OIC

935 Olson Memorial Highway, Minneapolis MN 55405

**Phone:** 612-377-0150 **Website:** [www.saoic.org](http://www.saoic.org)

**Hours:** Monday–Friday 8:30 am–3 pm; office open 8:30 am–5 pm.

**Provides:** Vocational and job preparation classes.

**Remarks:** classes are offered as a part of their employment and training program; they provide financial aid to cover tuition costs, and job placement assistance after completion of the program.

#### Upper Midwest American Indian Center

1035 West Broadway, Minneapolis MN 55411

**Phone:** 612-522-4436

**Hours:** Monday through Friday from 8 am–5 pm.

**Provides:** Elders program, adoption program, mental health programs and recovery programs including Rule 25 assessments.

#### Veterans & Military Service Members

##### Veterans Welcome Center—MCTC

1501 Hennepin Avenue South #T.3406, Minneapolis MN 55403

**Phone:** 612-659-6580

**Provides:** Preparation to start or return to college. Advising and referrals for academics, career, and military education benefits.

#### Youth

##### Goodwill/Easter Seals YouthBuild!

635 Prior Avenue North, St. Paul MN 55104

**Phone:** 612-424-1050 **Website:** [gesmn.org/youthbuild](http://gesmn.org/youthbuild)

**Provides:** GED/High School Diploma prep, hands-on construction training and leadership development at no cost to young adults ages 16-24 who are not currently enrolled in school. Students have assistance preparing for work or further schooling and support in their next step. Students can earn a stipend based on program attendance and bonuses for milestones achieved.

**Remarks:** Call, text, email (YouthBuild@gesmn.org) or see website.

#### Loring Nicollet Alternative School

1925 Chicago Avenue South, Minneapolis MN 55404

**Phone:** 612-872-3626

**Provides:** An alternative high school for people between 16 and 21. An innovative program for students looking for a change from regular high school.

Minneapolis Public Schools Student Placement Center

1250 West Broadway, Minneapolis MN 55411

**Phone:** 612-668-1840 **Fax:** 612-668-1841

**Website:** [mpls.k12.mn.us](http://mpls.k12.mn.us) **Email:** [SPS.department@mpls.k12.mn.us](mailto:SPS.department@mpls.k12.mn.us)

**Hours:** Monday–Friday 8 am–4:30 pm.

**Provides:** School info and enrollment for children and youth in grades pre-K-12 for all families. Spanish and Somali speakers available.

YouthLink

41 North 12th Street, Minneapolis MN 55403

**Phone:** 612-252-1200

**Provides:** GED preparation and referrals.

**Hours:** Ages 16-24 Monday, Tuesday, Thursday and Friday 9 am–4:30 pm; Wednesday 10 am–4:30 pm.

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## B. Job Training & Placement

American Indian OIC Takoda Programs (*Dakota for “friend to all”*)

1845 East Franklin Avenue, Minneapolis MN 55404

**Phone:** 612-341-3358 **Website:** [aioic.org](http://aioic.org)

**Hours:** Monday through Friday, 8:30 am–4:30 pm.

**Provides:** Assistance with resume writing and web-based job search, employment career center, individual service strategies and employment plans, ABE/GED preparation classes, retention rewards for continued employment. Training for patient services specialist; and computer support specialist; 6–9 month vocational programs.

**Remarks:** Open to individuals seeking to enter work force for the first time, after long-term unemployment, or seeking to break into a new career. Ages 18 and up; all services are free.

Avivo

Multiple Twin Cities Locations - Call for locations and hours

**Phone:** 612-752-8606

**Provides:** Career education training (achieve industry credentials in 8 career pathways options) and job placement for adults; training, placement, and employment retention support for adults with disabilities.

**Remarks:** Services are on a fee-for-service basis or grant-funded. May be referred by Rehab Services, VA, or a Workforce Center. Some self-referral and scholarships possible.

CAPL

3702 East Lake Street #200, Minneapolis MN 55406

5930 Brooklyn Blvd., Brooklyn Center MN 55429

**Phone:** 612-721-0122

**Hours:** Monday through Friday from 8:30 am–4:30 pm

**Provides:** Services intended for Asian and African refugees: employment counseling, job preparation & training, job placement, assistance with job search, bilingual and multi-lingual support.

**Remarks:** All services are free.

#### Emerge Community Development

ECTC: 1834 Emerson Avenue North, Minneapolis MN 55411

CROC: 505 15th Avenue South, Minneapolis MN 55454

Second Chance Recycling: 1179 15th Ave SE, Mpls MN 55414

**Phone:** 612-529-9267 / 612-425-4701 **Web:** [www.emerge-mn.org](http://www.emerge-mn.org)

**Hours:** Services are provided Monday–Friday 8:30 am–5 pm. Other services provided virtually or via Live Chat.

**Provides:** Industry-specific training & credentials, individualized career & financial coaching, financial education, computer training, and job skills training for youth and adults. A job coach will work with you to determine your interests and help develop job search skills, resume, and a plan to find work in desired areas.

#### Goodwill/Easter Seals

553 Fairview Avenue North, St. Paul MN 55104

**Phone:** 651-379-5837

**Provides:** FREE training in Automotive Services, Business Professional Pathways, Construction, IT, Financial Industry, and YouthBuild that includes job placement assistance. Paid training/ stipends and community resources available in select courses. Students learn the technical skills needed for their new career and receive assistance with resumes, applications, interviewing, and advancement. Students earn certificates and/or industry credentials, including college credit for some programs.

**Remarks:** To learn more and apply, visit [www.gesmn.org/training](http://www.gesmn.org/training), email [outreach@gesmn.org](mailto:outreach@gesmn.org) or call 651-379-5837.

In-person information sessions are held at 2 pm on the 2nd and 4th Tuesday of each month at 635 Prior Avenue North, #7, St. Paul (Automotive, Construction). Please arrive by 1:45 pm

#### HHH Job Corps Center

1480 North Snelling Avenue, St. Paul MN 55108

**Phone:** 612-823-4516

**Office Hours:** Monday through Friday 8 am–4 pm.

**Provides:** Free vocational training for persons ages 16–24 who are generally low or moderate income. Training is in areas of: culinary arts, health occupations, transportation industry, painting and wall-papering, facility maintenance, building and apartment maintenance, sign and display, and office occupations. GED and basic skills classes, job placement assistance, a residential living program and on-site health and wellness services available.

#### Lutheran Social Service - Center for Changing Lives

Training and Education Center 65

2400 Park Avenue South, Minneapolis MN 55404

**Phone:** 612-879-5200 **Email:** [tec@lssmn.org](mailto:tec@lssmn.org)

**Website:** [www.lssmn.org/services/financial-and-employment/career-development/training-and-education-center](http://www.lssmn.org/services/financial-and-employment/career-development/training-and-education-center)

**Drop-in Hours:** Monday, Wednesday, Thursday, Friday 8 am-12 pm.

**Remarks:** Free, drop-in support for job seekers. This is open to anyone looking for individualized assistance with: resumes, job applications, interview and job fair preparation, and resource navigation (exploring workshops and credentialed training opportunities). A number of virtual job search workshops are available at their website.

#### Minneapolis American Indian Center

Workforce Innovation & Opportunity Act Program (“WIOA”)

1530 East Franklin Avenue, Minneapolis MN 55404

**Phone:** 612-879-170 or toll-free 1-800-486-8797

**Hours:** Monday through Friday 8 am–4 pm.

**Provides:** Career education counseling and support services.

**Remarks:** Services are open to American Indians, Alaskan and Hawaiian natives in 71 counties in Minnesota, including Ramsey and Anoka Counties, but *not* Hennepin County.

#### Minnesota CareerForce

**Website:** [www.careerforcemn.com](http://www.careerforcemn.com)

**South:** 777 East Lake Street, Minneapolis MN 55407

**Phone:** 651-539-4410

**Hours:** Monday through Friday from 8 am–4:30 pm.

**North:** 800 West Broadway, Minneapolis MN 55411

**Phone:** 612-299-7200

**Hours:** Monday–Friday 8 am–4:30 pm;

**Provides:** Assistance with unemployment, job search; Veterans representative available; vocational rehabilitation services for those with disabilities. If further assistance is needed, call 651-259-7500.

#### Open Access Connections

**Phone:** 651-643-0883

**Provides:** Through community outreach sites and a network of community agencies, they provide free individual voice mail phone number for low income people to receive messages as they look for jobs, housing, and maintain contact with health care and social services. It also can be a safe phone number for victims of domestic abuse. Call for a referral to a participating agency or visit <http://tinyurl.com/OACOutreach> for updated outreach locations.

**Remarks:** Open Access Connections also provides Lifeline supported cell phones through a partnership with EnTouch Wireless. See page 28 for more information about Lifeline requirements.

#### PPL Career Center

1021 East Franklin Avenue, Minneapolis MN 55404

**Phone:** 612-455-5300

**Website:** [www.ppl-inc.org/career-readiness-programs](http://www.ppl-inc.org/career-readiness-programs)

**Hours:** Monday-Friday. Call for detailed information.

**Provides:** Free employment and training services. Must enroll in programming to have access to services. Services include: Computer lab, job readiness and computer workshops to learn computer skills and receive job search support, one-on-one employment coaching and career pathway trainings in multiple industries including health care, finance, and general office administration. WIOA provider.

#### Small Sums

2375 University Ave. W. Suite 150, Saint Paul MN 55114

**Phone:** 651-242-9441 **Website:** [smallsums.org](http://smallsums.org)

**Provides:** Small Sums provides free help to homeless and housing insecure individuals, who have found new jobs, with the specific things that they need to start back to work, such as: required work clothes and work shoes, trade tools, professional licenses or union dues, and bus passes.

**Remarks:** Call 651-242-9441 for intakes and program questions. All services are free.

#### Summit Academy OIC

935 Olson Memorial Highway, Minneapolis MN 55405

**Phone:** 612-377-0150 **Website:** [www.saoic.org](http://www.saoic.org)

**Provides:** Pre-vocational and job preparation classes; 20-week program in the fields of carpentry, electrician, community health worker (CNA), medical admin assistant, information technology.

**Hours:** Monday through Friday 8 am–5 pm.

#### Tasks Unlimited – Jobs Training and Placement

**Admissions Info Phone:** 612-767-2060

**Provides:** Program offers paid on-the-job training in janitorial services, career development, job search, help to apply for jobs, professional development, mental health support, peer support, benefits navigation and financial planning to connect individuals to careers of their choice and help them maintain employment.

**Remarks:** Participants must be 18 years or older and be diagnosed with a mental illness or a disability.

#### Waite House

2323 11th Avenue South, Minneapolis MN 55404

**Phone:** 612-455-0367

**Hours:** Monday–Friday 10 am–5 pm; call for an appointment.

**Remarks:** Employment program provides assistance with job searching, applications, resumes and cover letters, interview practice and more. Call 612-455-0385 for information about Culinary arts program provides ServSafe training for youth ages 16-24.

#### Neighborhood Employment Network

**Provides:** Post-secondary school training, help with job skills assessment, job prep, job development and placement, on-the-job training, and support services (transportation, uniforms, and necessary tools). Appointments are preferred

American Indian OICTakoda Programs (Dakota for “friend to all”)  
1845 East Franklin Avenue, Minneapolis MN 55404

**Phone:** 612-341-3358 **Website:** [aioic.org](http://aioic.org)

**Remarks:** GED classes offered as preparation for the test.

Avivo

900 20th Avenue South, Minneapolis MN 55404

**Phone:** 612-752-8800

2143 Lowry Avenue North, Minneapolis MN 55411

**Phone:** 612-752-8500

2438 27th Avenue South Suite 100, Minneapolis MN 55406

**Phone:** 612-752-8100

Brian Coyle Community Center

420 15th Avenue South, Minneapolis MN 55454

**Phone:** 612-338-5282

**Hours:** Monday–Friday 9 am–8 pm.

Comunidades Latinas Unidas en Servicio (CLUES)

777 East Lake Street Minneapolis MN 55407

**Phone:** 612-746-3500

Eastside Neighborhood Service Inc.

1700 2nd Street NE, Minneapolis MN 55413

**Phone:** 612-781-6011

Emerge Community Development

1834 Emerson Avenue North, Minneapolis MN 55411

**Phone:** 612-529-9267

Minnesota CareerForce

777 East Lake Street, Minneapolis MN 55407

**Phone:** 651-539-4410 or 651-259-7500

800 West Broadway, Minneapolis MN 55411

**Phone:** 612-299-7200 or 651-259-7500

PPL Career Center

1021 East Franklin Avenue, Minneapolis MN 55404

**Phone:** 612-455-5300

Southeast Asian Refugee Community House (SEARCH)

1113 East Franklin Ave. #212, Minneapolis MN 55404

**Phone:** 612-673-9388

Urban League Twin Cities

2100 Plymouth Avenue North, Minneapolis MN 55411

**Phone:** 612-302-3100 **Website:** [ultcmn.org](http://ultcmn.org)

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## C. Day and Temporary Labor

### AAA Labor

2508 Hennepin Ave., Minneapolis MN 55405

**Phone:** 612-871-2505

**Hours:** Monday–Friday 5 am–6 pm; Sat–Sun 5:30 am–6 pm. For same-day work come to office before 6 am for first shift; between 1 and 2 for second shift, and 4–5 pm for overnight shift.

**Type of work:** General labor to semi-skilled work, hospitality, light industrial, snow shoveling, and various other jobs.

**Pay schedule:** \$10 and up

**Remarks:** Short-term and long-term assignments available. Approximately \$5/hour cash advance upon completion of the shift. Remainder paid by check the following Friday.

### Atlas Staffing

4080 West Broadway Avenue, Robbinsdale MN 55422

**Phone:** 763-537-1225

**Hours:** Monday–Friday 5 am–6 pm; applications accepted Monday–Thursday 10 am–4:30 pm.

**Pay Schedule:** \$9.65 and up, varies; paid weekly. Bilingual office.

**Type of work:** Light industrial and warehouse.

### Atlas Staffing Inc.

2639 Nicollet Ave. Ste. 100, Minneapolis MN 55408

**Phone:** 612-338-7971

**Hours:** Monday–Friday 5 am–6 pm.

**Type of work:** Light industrial, warehouse, packaging, food svc, assembly.

**Pay schedule:** \$9.65 & up

**Remarks:** Walk-in applications accepted Monday–Friday 9:30 am–4:30 pm. Background check/drug test done if customer requires.

### Montu Driver Solutions

4056 Central Avenue NE, Columbia Heights MN 55421

**Phone:** 763-782-6858

**Hours:** Monday–Friday 8 am–4:30 pm. Hiring for all shifts.

**Type of work:** CDL drivers. Class A B & D licenses. Forklift drivers and warehouse work.

**Remarks:** Prior driving issues and criminal history are not necessarily obstacles to hiring. Call for information.

# Section 5.

## Special Help & Advocacy

### A. Youth Programs

#### Avenues for Youth

1708 Oak Park Avenue North, Minneapolis MN 55411

**Phone:** 612-522-1690

**Intake information:** Call for information. Open 24 hours a day, seven days a week.

**Provides:** Overnight shelter for youth ages 16–20; case management, meals for residents, independent living skills training, mental health services, employment and educational support, referral to other services.

#### Avivo

900 20th Avenue South, Minneapolis MN 55404

**Phone:** 612-752-8800 and 763-321-6020

**Hours:** Monday through Friday 8 am–4:30 pm

**Provides:** Youth employment services for youth ages 14–24, in Minneapolis and the Twin Cities, including job and career training, completing education, life skills support, paid internships, and more.

**Remarks:** No charge for services; eligibility criteria do apply.

#### Brian Coyle Community Center

420 15th Avenue South, Minneapolis MN 55454

**Phone:** 612-338-5282

**Hours:** Call for hours.

**Provides:** Tutoring, leadership program, self-esteem and developmental programs, summer youth programs; school release day programs; and other social activities.

#### Division of Indian Work

1001 East Lake Street, Minneapolis MN 55404

**Phone:** 612-279-6320

**Hours:** Monday through Thursday, 5–7 pm

**Provides:** Academic support services and cultural enrichment activities for grades 1–12.

**Remarks:** Must enroll to attend.

#### Minneapolis Public Schools Student Placement Center

1250 West Broadway, Minneapolis MN 55411

**Phone:** 612-668-1840 **Fax:** 612-668-1841

**Website:** [mpls.k12.mn.us](http://mpls.k12.mn.us) **Email:** [SPS.department@mpls.k12.mn.us](mailto:SPS.department@mpls.k12.mn.us)

**Hours:** Monday–Friday 8 am–4:30 pm.

**Provides:** School info and enrollment for children and youth in grades pre-K–12 for all families. Spanish and Somali speakers available.

PRIDE / The Family Partnership

1527 East Lake Street, Minneapolis MN 55407

**Phone:** 612-728-2065

**24-hr crisis line:** 612-728-2062 / 1-888-PRIDE99

**Remarks:** PRIDE serves women and sexually-exploited youth who are victims of sex trafficking/sex exploitation. They have support groups for individuals who are at risk or involved in prostitution. Case management and court advocacy, and LGBTQ services are provided.

YouthLink - Youth Opportunity Center

41 North 12th Street, Minneapolis MN 55403

**Phone:** 612-252-1200

**Drop-in Hours:** Ages 16–24 Monday, Tuesday, Thursday & Friday 9 am–4:30 pm; Wednesday 10 am–4:30 pm.

**Provides:** During drop-in hours, youth have access to multiple agencies providing services in the areas of crisis intervention, health and wellness, education, employment and housing. Support groups, laundry, showers, food and clothing are also available to program participants.

Youth Services Network

**Website:** [www.ysnmn.org](http://www.ysnmn.org)

**Provides:** Resources for youth to find shelter and services.

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## B. Services for Immigrants

All immigrants

Hennepin County Office of Multicultural Services

2215 East Lake Street, Minneapolis MN 55407

**Phone:** 612-348-2193 **Email:** [oms@hennepin.us](mailto:oms@hennepin.us)

**Hours:** Call or email for program information.

**Services:** Gateway for refugees, immigrants and other new Americans to Hennepin County Services including outreach, employment assistance, housing, public assistance, childcare, forms completion, etc; assistance with immigration forms and petitions; criminal justice advocacy; immigration policy, public assistance interpretation. Services provided in: Somali, Spanish, Oromiffa, Amharic, Arabic, Bosnian, Swahili, Hindi, Hmong, Russian, Tibetan and 15 other languages.

Minneapolis Office of Immigrant & Refugee Affairs (OIRA)

**Phone:** 612-394-6018 **Website:** [minneapolismn.gov/OIRA](http://minneapolismn.gov/OIRA)

**Remarks:** Advises the City on immigration issues, welcomes new immigrants, connects residents to resources and legal help and highlights the contributions of immigrants in our community.

Minneapolis Public Schools Student Placement Center

1250 West Broadway, Minneapolis MN 55411

**Phone:** 612-668-1840 **Fax:** 612-668-1841

**Website:** [mpls.k12.mn.us](http://mpls.k12.mn.us) **Email:** [SPS.department@mpls.k12.mn.us](mailto:SPS.department@mpls.k12.mn.us)

**Hours:** Monday–Friday 8 am–4:30 pm.

**Provides:** School info and enrollment for children and youth in grades pre-K-12 for all families. Spanish and Somali speakers available.

Asian

CAPI

3702 East Lake Street #200, Minneapolis MN 55406

5930 Brooklyn Blvd., Brooklyn Center MN 55429

**Phone:** 612-721-0122 (Press 1 for Brooklyn Ctr; 2 for Mpls.)

**Hours:** Monday–Friday, 8:30 am–4:30 pm.

**Provides:** Food shelf for Asian refugees (Brooklyn Center location); supportive services and cultural education; elderly program; and employment services. Also provides benefits enrollment, caregiver support, and community gardens for Asians 65 and over.

African

African Community Services

1305 East 24th Street, Minneapolis MN 55404 (Lower level)

**Phone:** 612-721-9984 **Email:** [homar@africansc.org](mailto:homar@africansc.org)

**Hours:** Monday–Friday 9 am–5 pm

**Provides:** Services for newly arrived refugees including: employment assistance (application/resumé preparation, job search skills, interview preparation), refugee social service programming including assistance finding child care, housing, MNSure, home furnishings (Bridging referral agency) and other supportive referrals.

**Remarks:** Walk-in services available. Call program manager to determine program eligibility. Staff speaks nine African languages.

Latino

Centro Tyrone Guzman

1915 Chicago Avenue South, Minneapolis MN 55404

**Phone:** 612-874-1412

**Hours:** Monday through Friday from 8:30 am–5 pm.

**Provides:** referral to government offices; preschool program for ages 3–6; youth program; pre-natal program for pregnant mothers; seniors program; assistance with car seats.

Comunidades Latinas Unidas en Servicio (CLUES)

Services offered virtually only.

**Phone:** 651-379-4200 option 4

**Hours:** Monday–Friday 8:30 am–5 pm.

**Provides:** Counseling for families, individuals, couples, children and adolescents; chemical dependency counseling; English classes; employment advocacy; women's program for domestic violence. The St. Paul CLUES office has additional vocational, chemical dependency, health related programs.

Mexican Consulate/Consulado de México

797 East 7th Street, St. Paul MN 55106

**Phone:** 651-771-5494 **Email:** [contactos@consulmexstpaul.com](mailto:contactos@consulmexstpaul.com)

**Emergency/Protection Phone:** 651-771-5494 ext. 302 and 306

**Hours:** Monday–Friday from 8 am–1 pm.

**Provides:** The Mexican consulate serves to protect Mexicans and assist them with US government relations within its jurisdiction (MN/SD/ND/Western WI). It can assist with acquiring important documents like passports, birth certificates, consulate cards, and protection of rights.

Traducción de español

Centro Tyrone Guzman

1915 Chicago Avenue South, Minneapolis MN 55404

**Teléfono:** 612-874-1412

**Horas:** de lunes a viernes de 8:30 am a 5 pm.

**Servicios:** Servicios bilingües, referencia a oficinas gubernamentales; programa preescolar para niños de 3 a 6 años; programa juvenil; programa prenatal para madres embarazadas; programa de personas mayores; asistencia con asientos de carro.

Comunidades Latinas Unidas en Servicio (CLUES)

Servicios ofrecidos virtualmente solo.

**Teléfono:** 612-746-3500; Oprima la opción 4

**Horas:** de Lunes a viernes de 8:30 am a 5 pm.

**Servicios:** Consejería para familias, individuos, y jóvenes; consejería de dependencia de químicos para jóvenes; clases de inglés. La oficina de CLUES en St. Paul tiene otras programas de empleos, dependencia de químicos, y programas de salud.

Mexican Consulate/Consulado de México

797 East 7th Street, St. Paul MN 55106

**Teléfono:** 651-771-5494 **Email:** [contactos@consulmexstpaul.com](mailto:contactos@consulmexstpaul.com)

**Emergencia:** 651-771-5494 ext. 302 and 306

**Horas:** Lunes a Viernes, 8 am–1 pm.

**Servicios:** Tramites, Nacionalidad, Acta de Nacimiento, Documentos y Apostilla, y servicios de Protección Consular. La salvaguarda y defensa de sus derechos fundamentales e intereses en sus relaciones de naturaleza civil, penal, laboral, administrata, migratoria y judiciales con autoridades extranjeras y/o particulares. La jurisdicción del consulado es los estados de Minnesota, South Dakota, North Dakota, y el oeste de Wisconsin.

Minneapolis Office of Immigrant & Refugee Affairs (OIRA)

**Phone:** 612-394-6018 **Website:** [minneapolismn.gov/OIRA](http://minneapolismn.gov/OIRA)

**Remarks:** Asesora a la Ciudad sobre temas de inmigración, da la bienvenida a nuevos inmigrantes, conecta a los residentes con recursos y ayuda legal y destaca las contribuciones de los inmigrantes en nuestra comunidad.

Hmong

Lao Assistance Center of Minnesota

1015 4th Avenue North Ste 202, Minneapolis MN 55405

**Phone:** 612-987-2642

**Hours:** Monday through Friday, 9 am–5 pm,

**Provides:** Advocacy and services for families and individuals. Services include translation, advocacy in dealing with government, police, doctors, and welfare offices; housing assistance including dealing with foreclosure, gambling prevention, housing/civic engagement, youth art/elders.

Korean

Korean Service Center

630 Cedar Avenue South #B1, Minneapolis MN 55454

**Phone:** 612-342-1345

**Provides:** Advocacy and support for Korean families, individuals and seniors; translation services and advocacy in dealing with government, police, doctors and public assistance agencies; housing assistance (advocacy and interpretation in dealing with landlords and help filling out public housing applications); meals for senior citizens; information and referrals to other social service agencies. Assisted living program for residents of Cedar Square.

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## C. Help for Veterans

Every Third Saturday (ETS)

5402 43rd Avenue South, Minneapolis MN 55417

**Phone:** 952-356-5116 **Website:** [everythirdsaturday.org](http://everythirdsaturday.org)

**Hours:** Monday–Friday 9 am–4 pm.

**Provides:** Veterans may visit our free supply store once a month to pick up clothing, hygiene items, blankets, and more. Our Veterans Resource & Empowerment Center has free classes, including art, and is a place for veterans to gather and build community while enjoying coffee and snacks at no charge. A free 5-week course known as Warrior's Path is designed to empower veterans as they pursue a future tailored to their individual experiences, skill sets, and dreams. Pop Smoke is a program that provides a simple, digital pathway for veterans and their families to access the support they are seeking. Visit [everythirdsaturday.org/pop-smoke/](http://everythirdsaturday.org/pop-smoke/).

**Remarks:** We ask that veterans bring in proof of veteran status (VA ID or DD-214) during their first visit to ETS. We serve all veterans and their immediate families. Walk-ins welcome.

Hennepin County Veterans' Service

**Email:** [VetServices@hennepin.us](mailto:VetServices@hennepin.us)

**Service Notice:** Office is closed to the public at this time, but staff is working remotely to answer calls.

**Phone:** 612-348-3300

**Hours:** Monday–Friday, 8 am–4:30 pm.

**Provides:** Assistance to all veterans in applying for state and federal benefits, as well as assisting them in obtaining medical benefits through the VA Medical Service and admission to Minnesota Veterans Homes. Can assist people to get DD-214s and upgrade discharges. If veterans benefits aren't available, they can provide referrals to other sources for services.

Minneapolis VA Community Resource & Referral Center (CRRC)

1201 Harmon Place, Suite 103, Minneapolis MN 55403

**Phone:** 612-313-3240

**Hours:** Monday–Friday 7 am–4 pm. Appointment only 4–5 pm.

**Provides:** Counseling, medical care, employment services, housing referrals, veteran benefits information, and substance abuse services. Laundry and shower facilities are available as well as other on-site community services. Social work triage is done Monday–Friday 9:30 am–3:30 pm.

Minnesota Assistance Council for Veterans (MACV)

1000 University Ave. W. Ste 110, St. Paul MN 55104

**Phone:** 612-726-1327

**Hours:** 8 am–4 pm. Call to set up an intake.

**Provides:** Transitional housing, rental assistance, health care navigation, employment and legal services for veterans. Call for information about eligibility.

Minnesota Department of Veterans Affairs

1 Federal Dr., Rm. G220, St. Paul MN 55111 (*Henry Whipple Bldg.*)

**Phone:** 612-970-5662 (appeals office); Vet LinkageLine is toll-free 1-888-546-5838. Outreach supervisor: 218-209-0110.

**Provides:** Assistance in securing benefits for all veterans. Outreach department locates and assists minorities, female, and homeless veterans in an effort to meet the unique needs of these specific members of Minnesota's veterans community.

St. Paul Veterans Center

101 5th St. E. Suite 101, St. Paul MN 55101

**Phone:** 651-644-4022

**Hours:** Monday through Friday from 8 am–4:30 pm.

**Provides:** Individual and group counseling, family counseling, stress management; women veteran's group; counseling for any trauma related to military service, and bereavement.

**Remarks:** Services are for any combat veterans and families, and National Guard members who deployed during civil unrest. Limited evening appointments available by appointment only.

### U.S. Department of Veterans Affairs

The Mental Health Homeless Program team outreaches to homeless veterans and provides information and counseling about benefits, chemical and mental health treatment, housing and other medical services. Almost every day veterans are able to connect with various community partners such as VOA/Amicus, which helps veterans who have been incarcerated.

**Phone:** 612-313-3240 (Monday–Friday 7:00 am–5:00 pm)

**Outreach locations:** Call for current outreach schedule at the following locations. Minneapolis: Catholic Charities Opportunity Center, Salvation Army Harbor Light Center, Simpson Shelter. St. Paul: Dorothy Day Center, Salvation Army, Union Gospel Mission, Listening House.

### Veterans Welcome Center—MCTC

1501 Hennepin Avenue South #T.3406, Minneapolis MN 55403

**Phone:** 612-659-6580

**Provides:** Preparation to start or return to college. Advising and referrals for academics, career, and military education benefits.

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## D. Victims of Abuse and Crime

### Women & Children

#### Cornerstone

**24-hour Crisis Line:** 1-866-385-2699 or text 612-399-9977

**Website:** [cornerstonemn.org](http://cornerstonemn.org)

**Provides:** Crisis advocates and trained volunteers are available to talk confidentially with anyone experiencing domestic violence, sexual violence or human trafficking. Emergency housing for individuals or families in crisis. Clients also have access to full range of supportive services.

**Remarks:** Can provide a variety of resources to those seeking information, including referrals to support groups, possible transitional housing and options for legal advocacy.

#### Pillsbury United Communities

**Crisis Nursery line:** 612-302-3500

**Provides:** Crisis nursery services in a community-based family support program that provides services to parents and children (ages 6 weeks–12 years) in times of crisis or stress.

#### Sexual Violence Center

2600 East 25th Street, Suite C Minneapolis MN 55406

**24-Hour Crisis Line:** 612-871-5111

**Provides:** 24-hour support/crisis line for anyone affected by sexual violence; advocacy services after a sexual assault, reporting to law enforcement and navigating services; virtual support groups; individual counseling, and education. Reporting to law enforcement not required to receive services.

**Remarks:** We serve all genders and anyone 12 or older. All services are free and no one is ever turned away from services.

### Tubman

1725 Monastery Way, Maplewood MN 55109

**24-hour Crisis Intake:** 612-825-0000

**Business Phone:** 612-825-3333 **Website:** [www.tubman.org](http://www.tubman.org)

**Office Hours:** Monday–Thursday 8 am–5 pm; Friday 8 am–3 pm.

**Remarks:** There is space for 80 women, men and their children in a secure environment. Referrals are made to safe shelters in the area when they are without space. Also provides support services to all members of family with the aim of preventing and ending family violence.

### Women's Advocates

**24/7 Crisis Line:** 651-227-8284

**Live Chat:** [www.wadvocates.org/find-help/](http://www.wadvocates.org/find-help/)

**Provides:** We provide 24-hour support to victim-survivors of domestic violence on our 24/7 crisis line and live chat online; secured shelter housing for victim-survivors and their children leaving abuse; advocates who work within the legal system to write orders for protection and other legal documents; advocates who provide childcare and tutoring for children residing in-shelter; advocates who provide support for victim-survivors searching for or maintaining safe, affordable housing

**Remarks:** Some services are for shelter residents only. Please contact us via the 24/7 Crisis Line or live chat to learn more.

### Men and Women (Adults and Youth)

#### Cornerstone

**24-hour Crisis Line:** 1-866-385-2699 or text 612-399-9977

**Website:** [cornerstonemn.org](http://cornerstonemn.org)

**Provides:** Emergency housing for individuals or families in crisis. Clients also have access to full range of supportive services. Male victims receive safe and comfortable short-term housing while also accessing comprehensive services.

#### Domestic Abuse Project, Inc.

1121 Jackson Street NE, Suite 105, Minneapolis MN 55413

**Phone:** 612-874-7063 x232

**Hours:** Services are hybrid. Leave a message at any time and your call will be returned.

**Provides:** Crisis counseling, intervention, long term counseling and support groups; therapy for families, and a support group for veterans. Legal and community advocacy programs are offered for free, as well as groups for children and adolescents who witness domestic violence.

**Remarks:** Services are for individuals who use abusive behaviors, victims/survivors of domestic violence, and children witnesses. All services are on a sliding scale based on ability to pay. DAP will bill insurance for therapy. Children are free. Some services also available at other sites in downtown Minneapolis, at NorthPoint, and at Little Earth.

### Domestic Violence Intervention at HCMC

730 South 8th Street, Minneapolis MN 55415 (ER entrance)

**Phone:** 612-873-5832

**Hours:** 24 hours, 7 days a week.

**Provides:** Support and advocacy for victims of domestic violence who come to Hennepin County Medical Center for treatment of injuries received in a domestic assault; also provides assistance in getting safe shelter. Both men and women are served.

### Harassment Restraining Order

Hennepin Co. Government Center, Self-Help Center (2nd level PSL)

300 South 6th Street, Minneapolis MN 55487

**Phone:** 651-435-6535 (Statewide Self-Help Center (M-F 8:30–4))

**Email:** [4thSHCGC@courts.state.mn.us](mailto:4thSHCGC@courts.state.mn.us)

**Hours:** Walk-ins Monday–Friday 8 am–4:30 pm.

**Remarks:** For anyone who has experienced unwanted repeated words, gestures or behavior intended to affect the safety, security, or privacy of someone. No relationship need exist between persons. You must provide the name of the perpetrator.

**Filing Fees:** There is a filing fee of \$297 for restraining orders. Some waivers are available.

### Hennepin County Attorney's Office Victim-Witness Services

**Phone:** 612-348-4003

**Hours:** Monday through Friday from 8 am–4:30 pm.

**Provides:** Information and advocacy for women and men who have been abused and wish to file assault charges in Hennepin County. Advocates will help with felony charges; misdemeanors are handled by City Attorney's office (612-673-2010).

### Open Access Connections

**Phone:** 651-643-0883

**Provides:** Through community outreach sites and a network of community agencies, they provide free individual voice mail phone number for low income people to receive messages as they look for jobs, housing, and maintain contact with health care and social services. It also can be a safe phone number for victims of domestic abuse. Visit <http://tinyurl.com/OACO Outreach> for updated outreach locations.

**Remarks:** Open Access Connections also provides Lifeline supported cell phones through a partnership with EnTouch Wireless. Eligible participants will receive a free cell phone, as well as a monthly service that includes unlimited talk, unlimited text, and 10 gigabytes of data each month. You can visit one of our outreach sites to complete Lifeline phone application. Please bring a state issued photo ID and proof of low-income status, such as an EBT card or Medicaid card.

### Order for Protection

Domestic Abuse Service Center (Government Center–Lower Level)  
300 South 6th Street, Minneapolis MN 55487

**Phone:** 612-348-5073

**Hours:** Walk-ins Monday–Friday 8 am–4:30 pm.

**Provides:** Assists victims of abuse obtaining Orders for Protection.

**Remarks:** For people living together, related by blood, married, divorced, or in a significant sexual or romantic relationship. There must be actual or threatened violence, threat of physical assault, or terroristic threats based on harm or fear of harm.

**Fees:** No filing fees charged for Orders for Protection.

### Order for Protection

Ramsey County: 651-266-5130

Washington County: 651-770-0777 (24 hours)

Dakota County: 952-891-7243

**Note:** Court Operations Associates are here to provide you with information regarding Orders for Protection and Harassment Restraining Orders. We strongly encourage you to fill out paperwork and file your documents online through MN Guide and File ([www.mncourts.gov/Help-Topics/Guide-and-File.aspx](http://www.mncourts.gov/Help-Topics/Guide-and-File.aspx)). MN Guide and File is a web-based electronic tool that helps you create and file forms online. If this technology is not available to you, we have a computer in our office that you may use, or we can provide you the packets in paper form. Once you have completed your paperwork and submitted it to our office, either in paper form or electronically, the Court Operations Associates will process your paperwork and forward your pleadings to a judicial officer for review. You will be contacted by our office with the judicial officer's decision and next steps.

### OutFront Minnesota

Anti-Violence Program

2446 University Ave W, Ste 112, St. Paul, MN 55114

**Phone:** 612-822-0127 option 3 or toll free 1-800-800-0350

**Hours:** Monday through Friday 9 am–5 pm.

**Provides:** Support for victims/survivors of intimate partner violence, sexual violence, and hate/bias violence. Specializing in working with LGBTQ+ communities. Assistance with navigating systems; safety planning; finding shelter; peer counseling; procuring protective orders; accessing resources and referrals to other service providers; filing police reports; pursuing reparations; PREA support; support groups for LGBTQ+ victims/survivors of violence on occasion. Our program also offers training and community education as it pertains to supporting LGBTQ+ victims/survivors of violence.

**Remarks:** Please note we are not a shelter, and do not provide legal services.

PRIDE / The Family Partnership

1527 East Lake Street, Minneapolis MN 55407

**Phone:** 612-728-2065

**24-hr crisis line:** 612-728-2062 / 1-888-PRIDE99

**Remarks:** PRIDE serves all genders and sexualities who are victims of or at high-risk of sex trafficking/sexual exploitation.

**Provides:** The drop-in center at 1527 East Lake Street, Minneapolis provides laundry, showers and respite services. Support groups available for individuals at risk of or involved with sex work. Case management, court advocacy, and LGBTQ services also provided.

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## E. Legal Assistance

Brian Coyle Community Center

420 15th Avenue South, Minneapolis MN 55454

**Phone:** 612-752-6677

**Provides:** Lawyer provides general legal help.

**Remarks:** Free of charge. Call for intake and appointment.

Hennepin County Attorney's Office

300 South 6th Street, Minneapolis MN 55487

**Phone:** 612-348-5550

**Hours:** Monday through Friday from 8 am–4:30 pm.

**Provides:** Criminal felony prosecution, child support enforcement, services for victims of sexual assault, and for victims and witnesses of crimes in Hennepin County (612-348-4003).

**Remarks:** All services are free.

Hennepin County Conciliation Court ('Small Claims')

350 South 5th Street Rm 306, Minneapolis MN 55415

**Phone:** 612-348-6000

**Hours:** Monday through Friday 8:00 am–4:30 pm.

**Provides:** Opportunity for person to file small claims court complaint against anyone who owes him/her money. Maximum claim is \$15,000. \$70 filing fee. For more information [www.mncourt.gov](http://www.mncourt.gov).

Hennepin County Public Defender

701 4th Avenue South #1400, Minneapolis MN 55415

**Phone:** 612-348-7530

**Provides:** Legal representation for people in Hennepin County criminal court who are unable to afford their own lawyer.

Lawyer Referral and Information

**Phone:** 612-752-6699 **Website:** [www.mnlawyerreferral.org](http://www.mnlawyerreferral.org)

**Provides:** Advice and appropriate referral to an attorney or other resources in legal services.

**Remarks:** There is a \$30 fee for the referral and first half-hour consultation. During the first meeting the attorney and client should agree on fees beyond then. Must make an appointment. Also can provide brief attorney advice at the government center.

### Legal Aid

111 North 5th Street, Suite 100, Minneapolis MN 55403

**Intake Phone:** 612-334-5970; **Main Phone:** 612-332-1441

**Hours:** Monday–Friday 8:30 am–4:30 pm.

**Phone Intake hours:** Monday–Thursday 9:30 am–11:30 am and 1:30–3:30 pm; Friday 9:30–11:30 am.

**Provides:** Legal advice and assistance with civil matters (tenant-landlord problems, evictions, some consumer problems, immigration, family law, tax, health care access), advocacy for public assistance recipients and claimants (TANF, Food Support, GA, Social Security, SSI). Disability Law Center assists people who have legal issues related to a disability.

**Remarks:** All services are free if eligible.

### Legal Rights Center

1611 Park Avenue South, Minneapolis MN 55404

**Phone:** 612-337-0030 **Website:** [www.legalrightscenter.org](http://www.legalrightscenter.org)

**Hours:** Intake is done by phone only at this time. Office hours are Monday–Friday 9 am–4:30 pm.

**Provides:** Legal resources and the services of attorneys for criminal matters within Hennepin County (as an alternative to the Public Defender) for low-income persons; mediation and restorative justice criminal cases only.

### Minneapolis Department of Civil Rights

350 South 5th Street, Minneapolis MN 55415 - City Hall Room 239

**Phone:** 612-673-3012

**Hours:** Monday through Friday from 8:30 am–4:30 pm.

Complaints from incidents in Minneapolis may be filed online at [www2.minneapolismn.gov/government/departments/civil-rights/](http://www2.minneapolismn.gov/government/departments/civil-rights/) or by calling 311.

**Provides:** Investigates incidents of discrimination in employment, education, housing, city departments, and private businesses; investigates allegations of police misconduct; enforces employees' rights to paid sick and safe time and a minimum wage.

Your right to file a charge of discrimination is protected by law. If you are the victim of a reprisal or further harassment because you have filed a complaint, you should notify the Department of Human Rights immediately.

#### Minnesota Department of Human Rights

540 Fairview Avenue North, St. Paul MN 55104

**Phone:** 1-800-657-3704

**Website:** [www.humanrights.state.mn.us](http://www.humanrights.state.mn.us)

**Hours:** Monday–Friday 8 am–4:30 pm, excluding holidays.

**Remarks:** The Minnesota Human Rights Department enforces the Human Rights Act which prohibits discrimination. We investigate charges of discrimination, Equity and Inclusion for state contracting and Educate to reduce discrimination and disparate outcomes.

## Tubman

Legal Assistance for Women (L.A.W.)

4432 Chicago Avenue, Minneapolis MN 55407

**Phone:** 612-871-0118 **Website:** [www.tubman.org](http://www.tubman.org)

**Hours:** Hours vary. Call for information.

**Provides:** Legal advice and referrals to attorneys for family law matters. Limited resources for employment and family law.

**Remarks:** Fees vary based on services. Registration needed.

## Volunteer Lawyers Network

**Phone Intake:** 612-752-6677

**Phone Intake Hours:** Monday, Wednesday, Thursday 9 am–1 pm.

**Other intake options:** Due to COVID-19, there are currently no in-person services. For other intake and service options, call or visit [www.vlnmn.org/help](http://www.vlnmn.org/help).

**Provides:** Free legal services on numerous legal issues, including tenant-landlord, conciliation court, garnishments, debtors rights, divorce, child custody, criminal expungement, bankruptcy, and provides limited legal services in immigration and employment issues. Services include legal advice, phone services and full representation. Eligibility based on income, assets, legal issue and geography (varies per legal issue).

**Remarks:** For criminal cases, personal injury cases, call Lawyer Referral and Information Service. For subsidized housing or government benefits cases, contact Legal Aid.

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## F. Police Misconduct

If you are the victim of police misconduct or abuse:

- seek medical attention
- write down the details right away
- photograph the injuries
- contact witnesses, if any

You can file a formal complaint with:

Minneapolis Office of Police Conduct Review

350 South 5th Street, Minneapolis MN 55415 - Room 239 City Hall

**Email:** [policereview@minneapolismn.gov](mailto:policereview@minneapolismn.gov)

**Hours:** Monday through Friday from 8:30 am–4:30 pm

**Website:** Complaints may be filed online at

[www.minneapolismn.gov/report-an-issue/police-officer-complaint/](http://www.minneapolismn.gov/report-an-issue/police-officer-complaint/).

**Remarks:** Takes complaints against Minneapolis Police officers for misconduct, such as inappropriate language or conduct, harassment, discrimination, retaliation, excessive force, and failure to provide adequate and timely protection. After a complaint is made, staff will investigate. If the Office of Police Conduct Review sustains a complaint, they make a recommendation to the Chief for discipline of the officer. Mediation between complainant and police may also be an option. Complaints must be made within 270 days of incident (nine months).

Federal Bureau of Investigation (FBI)

1501 Freeway Blvd., Brooklyn Center MN 55430

**Phone:** 763-569-8000

The FBI investigates cases of police misconduct as they relate to federal civil rights laws. If you should witness or be a victim of police misconduct, call the FBI and ask to speak to someone about a civil rights matter.

Communities United Against Police Brutality (CUAPB)

4200 Cedar Avenue South, Minneapolis MN 55407

**Phone:** 24 Hour Hotline 612-874-STOP (612-874-7867)

**Hours:** Meetings are Saturdays 1:30–4:00 pm. *In-person meetings have resumed, but there are call-in and video options. Call for info.*

**Provides:** CUAPB is an all-volunteer grassroots group that provides support for survivors of police brutality and families of victims so they can reclaim their dignity and join the struggle to end police brutality.

**Remarks:** CUAPB does many things, including education, political action, legislative action and legal research. CUAPB also offers a 24-hour crisis line(612-874-STOP) that people can call to report instances of abuse. CUAPB can send out a crisis team to investigate the complaint, take photos and statements and offer immediate assistance. CUAPB follows up with legal, medical and psychological referrals and other services as needed. CUAPB also brings together families and survivors in a local network to provide ongoing support and empowerment for people suffering from their encounter with police brutality.

*If you think you were discriminated against on the basis of age, ancestry, color, creed, gender, national origin, religion, or sexual preference, you can file a complaint with:*

Minnesota Department of Human Rights

540 Fairview Avenue North Suite 201, St. Paul MN 55104

**Phone:** 651-539-1133

**Hours:** Monday–Friday from 8 am–4:30 pm. Monday Wednesday and Friday by appointment only; walk-ins available on Tuesday and Thursday.

**Remarks:** Takes complaints of discrimination within one year of date of incident.

## G. Advocacy

### Agate Housing and Services

2309 Nicollet Avenue, Minneapolis MN 55404

#### Assistance obtaining Birth Certificates

**Phone:** 612-870-2283

**Hours:** Monday–Friday 9 am–4 pm.

**Provides:** Assistance sending for U.S. birth certificates. Can provide referrals for assistance paying those fees.

#### Education and Advocacy

**Phone:** 612-715-0449

“A Day in the Life” is an educational program about homelessness, hosted by Community Educators who have lived-experience. If you have experienced homelessness and would like to share your story as a part of the A Day in the Life program, please call for more information about becoming a community educator

#### Street Outreach Team

**Phone:** 612-879-7624 or toll-free 1-888-550-7624

**Hours:** Monday–Friday 9 am–4 pm.

**Drop-in Hours:** Monday and Wednesdays, 9:30–11:30 am.

**Remarks:** Works with individuals sleeping outside or in places unsuitable for human habitation, and assists them to get into permanent housing. Provides a non-emergency response to homeless concerns in public settings with a mobile outreach team able to visit individuals in the community.

### Basilica of St. Mary

88 North 17th Street, Minneapolis MN 55403 (*Enter in SW corner of church on ground level*)

**Phone:** 612-333-1381

**Hours:** Tuesday and Thursday, 9:30–11:30 am.

**Provides:** Vouchers for Minnesota IDs, birth certificates, and out-of-state birth certificates for Minneapolis residents only. Bring ID and piece of current mail.

**Provides:** Pathways is a faith-based life skills program Thursdays 6–7:30 pm. It offers discussions about life skills, spirituality, prayer and support. Bag lunch provided. Anyone is welcome.

### Dignity Center (*Hennepin Ave. United Methodist Church*)

425 Groveland, Minneapolis MN 55403 (*enter off Groveland*)

**Phone:** 612-435-1315

**Hours:** Monday, Wednesday and Friday 9–11:30 am.

**Remarks:** The Dignity Center is a collaborative ministry, characterized by a warm, hospitable drop-in center staffed by volunteers who treat participants with dignity. The advocates support participants as they get connected to the services, resources, and tools needed for stability. Advocates partner with participants on an ongoing basis to increase their stability in the community. The Dignity Center utilizes harm reduction and person centered models. .

### Downtown Community Storage

5th Street North & 2nd Avenue North, Minneapolis MN 55401

(Ramp B, basement level)

**Phone:** 612-330-9882 **Website:** [MplsDID.com](http://MplsDID.com)

**Hours:** Monday–Friday 9 am–5 pm

**Provides:** Free storage for personal belongings.

### Eastside Neighborhood Service Inc.

1700 2nd Street NE, Minneapolis MN 55413

**Phone:** 612-781-6011 Call for appointments.

**Provides:** A holistic range of services from youth services like childcare, out-of-school time programs, summer camp, and an alternative high school, to older adult transportation, caregiving support, and wellness classes. Provides healthy nutrition with three food shelf programs. Helps people gain economic stability and grow their careers through employment programs for all ages. Supports family healing through counseling programs for people who have been identified as using abusive behaviors. Creative arts therapy for youth.

### Hennepin County Front Door

**Phone:** 612-348-4111, Option 0

**Hours:** Monday through Friday from 8 am–4 pm.

**Provides:** Primary intake for voluntary social services in Hennepin County. Services include: Long-term services and supports (Mn-CHOICES and Developmental Disabilities Eligibility); Child and Adult Access; Child and Adult Behavioral Health Case Management; Coordinated Entry for Families; and Rule 25 assessment resources. The referrals may be for short-term service planning (90 days or less) or long-term case management. Consultants also make immediate transfers to crisis intervention services as needed.

### MAD DADS

3026 4th Ave South, Minneapolis MN 55407

**Phone:** 612-455-4630

**Hours:** Monday through Friday, 9 am–4 pm.

**Provides:** Minneapolis MAD DADS has many programs available such as: men's empowerment and responsibility program; school crime prevention intervention support; Peace Bus-Outreach Expedition; Street Patrol; homicide crisis and response Team.

NorthPoint Health & Wellness Ctr African American Men Project  
1256 Penn Avenue North Suite 5300, Minneapolis MN 55411

**Phone:** 612-767-9500

**Hours:** Monday–Friday 8 am–5 pm.

**Provides:** AAMP serves African American men who are 18 and older and are Hennepin Co. residents. The program helps African American men become healthy and successful wage earners, fathers and community leaders. They provide coaching and support and also assist men with medical needs. AAMP encourages men to see health as a priority for meeting life goals. Can help get same day appointments for medical care, behavioral health, dental care and human services.

**Remarks:** Walk-ins are accepted, as are referrals from Hennepin County departments and other community organizations.

#### Peace House

1816 Portland Avenue South, Minneapolis MN 55404

**Phone:** 612-870-7263 **Website:** [www.peacehousecommunity.org](http://www.peacehousecommunity.org)

**Hours:** Monday–Friday 9:30 am–2:30 pm. Meditation/group discussion is held 10:30–11:30 am.

**Provides:** Peace House is a gathering place where poor, homeless and economically comfortable people come to form community, work for non-violence, affirmation and responsibility. Emphasis on spirituality through daily reflection time together.

#### ZAmya Theatre Company

**Phone:** 612-760-4804 **Website:** [www.zamyatheater.org](http://www.zamyatheater.org)

**Remarks:** If you have experienced homelessness and are interested in participating in workshops or performance to educate and entertain the community about homeless issues, please call or email or find us on facebook at ZAMYA Theater Project. We meet on Tuesdays 8:30–10:30 am at the downtown Minneapolis Central Library. Everyone is welcome regardless of acting/performance experience.

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## H. Programs for Ex-Offenders

#### NorthPoint Health & Wellness Center

African American Men Project

1256 Penn Avenue North Suite 5300, Minneapolis MN 55411

**Phone:** 612-767-9500

**Hours:** Monday and Friday 8 am–5 pm; Tuesday–Thursday 8 am–7 pm; Saturday 8 am–noon.

**Provides:** AAMP serves African American men who are 18 and older and are Hennepin Co. residents. AAMP Re-entry program provides classes addressing the personal development needs of ex-offenders re-entering society.

VOA-MN/Amicus

3041 4th Avenue South, Minneapolis MN 55407

**Phone:** 612-877-4250

**Hours:** Monday–Friday 9 am–noon and 1–3 pm.

**Remarks:** “Reconnect,” is a referral program for re-entering offenders who are searching for jobs, housing, family services, transportation, clothing, sobriety supports and other needs. Available to offenders in all Minnesota facilities (state and federal) and all ex-offenders, whether just out or years after release. Amicus Ex-Offenders support group is being restarted in spring 2023. Call for more information.

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 Minneapolis, MN 55404

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Questions? 612-870-2283.



## About Agate Housing and Services

The mission of Agate Housing and Services is to end homelessness and relieve hunger through action and advocacy. Our primary goal is to support and empower people experiencing homelessness in achieving permanent housing and independence. We meet people where they are, working together toward self-sufficiency and housing stability.

### Street Outreach

The Street Outreach team works with people sleeping outside or in places unfit for human habitation. The team provides on-the-spot services to ensure safety and survival for people experiencing homelessness, while helping clients address their barriers to housing.

### Shelter

Agate provides emergency shelter to up to 94 individuals experiencing homelessness each night. In addition to providing meals, access to showers, and a safe place to sleep, staff at our shelter locations provide coordination of services to assist guests in meeting their long-term goals.

### Housing

Our range of housing programs provide access to scattered-site, affordable housing for single adults and families, and permanent supportive housing units at our 510 building and Park7. Our prevention programs help households remain stably housed through a range of services from short-term assistance to ongoing case management.

### Substance Use Disorder / Mental Health Treatment

Kyros provides outpatient treatment at our Day by Day program to people living with a substance use disorder and mental illness while also experiencing homelessness.

### Food Centre and Food Shelf

A daily lunch meal is served 365 days a year, both in the Food Centre and catered to shelter guests. The Food Shelf operates every Wednesday.



Agate Housing and Services

2309 Nicollet Avenue  
Minneapolis MN 55404  
612-874-0311  
[www.agatemn.org](http://www.agatemn.org)

