

# Handbook of the Streets

## Minneapolis

2022-2023  
21st Edition

**A Resource Guide for  
People in Need**

### Quick Reference:

Food .....	Page 6, 10
Shelter.....	14
Public Assistance .....	34
Health Care .....	43
Education.....	63
Employment.....	66
Services for Immigrants .....	72
Legal Services.....	81

*prepared by*



# Hotlines/Emergency Phones

## Adult Shelter Connect at St. Olaf Church

Single adults access all Minneapolis shelters through this office.

**Phone:** 612-248-2350

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

## 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.

## Cornerstone

**24-Hour Crisis Phone:** 952-884-0330 or toll-free 1-866-223-1111

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

## 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 County Front Door

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

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

**Provides:** Intake center for Hennepin County social services.

## Metro Shelter Hotline

Information and referral to metro-area shelter/housing.

**Phone:** 1-888-234-1329

## Minnesota Food Helpline

**Phone:** 1-888-711-1151

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

## National Suicide Prevention Hotline

**Phone:** 1-800-273-TALK

## St. Stephen's Human 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. Provides a non-emergency response to homeless concerns in public settings with a mobile outreach team able to visit individuals in the community.

## United Way 2-1-1

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

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.

# Table of Contents

<b>Acknowledgments</b> .....	<b>4</b>
<b>Section 1. The Essentials</b> .....	<b>5</b>
A. Clothes Closets.....	5
B. Food Shelves .....	6
C. Free Meals .....	10
D. Overnight Shelter .....	14
E. Showers.....	18
F. Rapid ReHousing, Transitional & Supportive Housing.....	18
G. Affordable Housing.....	27
H. Furniture .....	30
I. Case Management.....	31
J. Pet Resources .....	32
<b>Section 2. Public Assistance</b> .....	<b>34</b>
A. Types of Assistance .....	34
B. MN Family Investment Program (MFIP) .....	35
C. Emergency Assistance & Emergency GA (EA/EGA) .....	36
D. Energy Assistance.....	37
E. Supplemental Nutrition Assistance Program (SNAP).....	38
F. General Assistance (GA).....	39
G. Medical Assistance & Minnesota Care.....	40
H. Minnesota Supplemental Aid (MSA) .....	40
I. Social Security.....	41
<b>Section 3. Health Care</b> .....	<b>43</b>
A. Community Clinics.....	43
B. Health Care for the Homeless .....	46
C. Urgent Care .....	47
D. HIV & STI Testing & Treatment.....	47
E. Mental Health Services.....	49
<b>Map of Downtown Minneapolis and surrounding area</b> .....	<b>50</b>
F. Alcohol & CD Counseling & Treatment Programs.....	58
G. Dental Care.....	60
H. Veterans .....	62
<b>Section 4. Education &amp; Employment</b> .....	<b>63</b>
A. Educational Programs.....	63
B. Job Training & Placement.....	66
C. Day and Temporary Labor .....	70
<b>Section 5. Special Help &amp; Advocacy</b> .....	<b>71</b>
A. Youth Programs.....	71
B. Services for Immigrants.....	72
C. Help for Veterans .....	75
D. Victims of Abuse and Crime.....	77
E. Legal Assistance.....	81
F. Police Misconduct.....	84
G. Advocacy.....	85
H. Programs for Ex-Offenders .....	88
<b>Index</b> .....	<b>90</b>

# 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 Semenak at Hennepin County Human Services & Public Health Dept. who coordinated review of the public assistance section.

We also thank the following volunteers who made many phone calls to update agency information: Sylvia Bachmann, Jenna Fadlalla, Jerry Lane, Margaret Mary Keating, Cheryl Meyers, and Kate Neis.

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

*Mike Menner*

*St. Stephen's Human Services/House of Charity  
December 2021*

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# Section I. The Essentials

## A. Clothes Closets

### Central Lutheran Church Free Store

333 South 12th Street, Minneapolis MN 55404

**Phone:** 612-870-4416

**Hours:** Monday and Thursday 10 am–11:30 am. If an emergency, call for an appointment.

**Remarks:** Clothing, household items, books. During winter months, if Minneapolis Public Schools are closed due to weather, they will be closed, too.

### 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:** Call for hours.

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

### 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:** Friday 10 am–2 pm. Check in at southeast 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 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 10–11:30 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–6 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

The following food shelves require photo ID and proof of residence (utility bill, medical card, etc.) since they serve only those who live within designated areas; most serve a person only once a month. If you do not have a permanent address, you can go to Sharing and Caring Hands.

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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.

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### 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.

### CAP

5930 Brooklyn Blvd., Brooklyn Center MN 55429

**Phone:** 612-756-8958

**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–Thursday 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 who are enrolled with a tribe.

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/Groveland Food for Youth

1900 Nicollet Ave., Minneapolis MN 55403

**Phone:** 612-871-0277

**Hours:** Monday–Friday 9 am–12 pm.

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

Joyce Uptown Food Shelf, Inc.

3041 Fremont Avenue South, Minneapolis MN 55408

**Phone:** 612-825-4431

**Hours:** Monday and Tuesday 9 am–7 pm; Thursday 11 am–7 pm; Saturday 9 am–2 pm.

**Remarks:** Appointment only shopping. Shoppers can come twice a month to shop in our small grocery store. No income or geographic requirements. Call ahead for appointment. Emergency prepacked food bags available on request.

Little Kitchen Food Shelf

1500 6th Street NE, Minneapolis MN 55413

**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 also available.

Minnesota Food Helpline

**Phone:** 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 assistance completing the application. Assists locating food resources (food shelf, meals). Also refers to other public food programs like WIC (Women, Infants and Children), and NAPS (Nutrition Assistance Program for Seniors).

New Creation Baptist Church

1414 East 48th Street, Minneapolis MN 55417

**Phone:** 612-825-6933 **Website:** [ncbcfoodshelf.com](http://ncbcfoodshelf.com)

**Hours:** Food and clothing pantry is open Saturdays 10 am–2 pm; closed when there is a fifth Saturday of the month.

**Remarks:** Bring state ID with you to register.

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 40 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:** Tuesday 1–4 pm; Wednesday and Thursday 8–11:30 am and 1–4 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, Minneapolis MN 55443

**Phone:** 763-425-0517

**Hours:** Tuesday and Thursday 12–4 pm by appointment.

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

**Service Area:** Northern and northwest suburbs of 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. You may also schedule online at: [uscsalvationarmy.wufood.com/forms/pvh88qtlm8hg6e/](http://uscsalvationarmy.wufood.com/forms/pvh88qtlm8hg6e/).



### 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:** Tuesday, Wednesday and Friday 9 am–11 am; Thursday produce distribution.

**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. Free produce distribution every second Thursday of the month; doors open at 9:45 am.

### 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:** Monday–Thursday 10–11:30 am; and 12:45–1:30 pm.

### Shelf of Hope Food Shelf

*Temporarily closed due to fire damage.*

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.

### Simpson United Methodist Church

2740 1st Avenue South, Minneapolis MN 55408

**Phone:** 612-874-7741

**Hours:** Tuesday and Wednesday from 9:30 am–12:30 pm.

**Remarks:** Need proof of residence and piece of mail with name and address or medical card for self. Family members must have medical, school ID or birth certificate. Can be used once every 30 days.

### 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.

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## **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.

St. Stephen's/House of Charity Food Centre

*Temporarily closed due to fire damage.*

714 Park Avenue, Minneapolis MN 55415

**Phone:** 612-436-2055

Serves women and families with children Monday–Friday from 8:30–9 am.

Sharing and Caring Hands

525 North 7th Street, Minneapolis MN 55405

**Phone:** 612-338-4640

Breakfast 10 am Monday–Thursday; 9:30 am on Saturday & Sunday.

### **Drop-in Centers, Lunch and Snacks**

All God's Children Metropolitan Community Church

3100 Park Avenue South, Minneapolis MN 55407

**Phone:** 612-824-2673

**Hours:** Thursday lunch is temporarily on hold due to pandemic. Small food shelf available Mondays and Thursdays 2–5 pm, and Tuesdays and Fridays 10 am–1 pm.

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-11:00 am Sign up Service Desk
- Laundry (\$1) 8 am-11:00 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–12:15 pm.; may end sooner, depending on the number of guests. To-go bag lunches also available.

**Remarks:** During winter months, if Minneapolis Public Schools are closed due to weather, we will be closed, too.

St. Stephen's/House of Charity Food Centre

*Temporarily closed due to fire damage.*

714 Park Avenue South , Minneapolis MN 55415

**Phone:** 612-436-2055

**Hours:** Lunch is served seven days a week 12–1 pm.

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 Corps

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 noon; Saturday and Sunday at 11 am.

### Soup for You Cafe

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

**Phone:** 612-978-7974

**Hours:** Serves bag lunches Monday–Friday 12–1 pm. Groceries given out on Mondays and Wednesdays. Hygiene and winter items also often available. Open on weekday holidays.

### Tasks Unlimited – Northeast Outreach & Opportunity Center

Elim Church 685 13th Ave. NE, Minneapolis, MN 55413

**Phone:** 612-756-6606

**Drop-in Hours:** Tuesdays, Thursdays, and Fridays 8 am–3 pm. The NOOC has snacks and hot meals available during open hours as well as hygiene supplies and other basic needs for visitors. You can also find mental health supports, employment resources, 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 phone:** 612-377-9810

**Website:** [www.loavesandfishesmn.org](http://www.loavesandfishesmn.org) for all site information

### 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– pm Monday–Friday

### Hope Lutheran Church

7132 Portland Avenue South, Richfield MN 55423

Serves 5–6 pm Monday–Friday.

### Christ the King Lutheran Church

8600 Fremont Ave. S., Bloomington MN 55420

Serves 5–6 pm Monday–Friday

Loaves and Fishes (continued)

Mount Olivet Lutheran Church

5025 Knox Avenue South, Minneapolis MN 55410

Serves Thursday 4:00–5:30 pm.

Living Hope Ministries

1737 Adams Street NE, Minneapolis MN 55413

Serves Tuesday and Thursday 4:00–5:30 pm.

Oak Park Neighborhood Center

1701 Oak Park Avenue North, Minneapolis MN 55411

**Phone** 612-377-7000

**Provides:** Community meals are served on a take-out basis Tuesday, Wednesday and Thursday 4–6 pm.

**Other Weekend Meals**

Calvary Baptist Church

2608 Blaisdell Avenue South, Minneapolis MN 55408

**Phone:** 612-872-7855

**Remarks:** Dinner on the third Sunday of the month, October–March. Doors open at 12:30 pm for 2:30 meal.

First Nations Kitchen

3044 Longfellow Avenue South, Minneapolis MN 55407

(All Saints Episcopal Indian Mission)

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

**Remarks:** Serves hot, take-out dinner Sundays from 4–5 pm.

**These Sunday meals are served 5–6 pm**

Plymouth Congregational Church

1900 Nicollet Avenue South, Minneapolis MN 55403

*Due to COVID-19, all Sunday evening meals are only at Plymouth. Meals may return to the following schedule in mid-2022:*

First and Fifth Sundays of the Month

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

## D. Overnight Shelter

### Metro Shelter Hotline

**Phone:** 1-888-234-1329 (toll free)

**Remarks:** Provides information about emergency shelter and transitional housing for single adults, families and youth in the 7-county metro area.

### **Shelter Intake Process for all Minneapolis Single Adult Shelters (Men and Women)**

In order to access shelter beds at Catholic Charities Higher Ground, Our Saviour's Shelter, St. Stephen's Shelter, Salvation Army Harbor Light Center, Simpson Shelter or First Covenant Shelter by St. Stephen's, contact:

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; and 1 pm–5 pm Saturday–Sunday.

After hours: (phone only) After evening check-in at the shelters, Adult Shelter Connect is available again via phone to fill any unclaimed beds beginning at 7:30 pm.

### **Women only**

Salvation Army Harbor Light Center Sally's Place

1010 Currie Avenue, Minneapolis MN 55403

**Phone:** 612-767-3113

**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.

### **All Genders**

First Covenant Church Shelter by St. Stephen's/House of Charity

810 South 7th Street, Minneapolis MN 55415

**Phone:** 612-927-3113

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

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

**Provides:** 50 beds to accommodate partners sleeping next to one another (40 beds during pandemic)

**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

2740 1st Avenue South, 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 (separate spaces; guests can stay wherever they identify or feel most comfortable). 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:** 612-767-3113

**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.*

Pay-for-Stay Housing: Is for men and women who are employed and can self-pay for Emergency Housing. Weekly and monthly rates are available. *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 12 beds for men and 13 beds for women available for 30 days. Some extensions are possible. Breakfast, supper, showers, laundry, and an address to receive mail are available. Building is wheelchair accessible.

### **Men Only**

#### 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.

St. Stephen's/House of Charity 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:** 42 beds for men 18+ (21 beds during pandemic).

**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 for guests with verified employment

Salvation Army Harbor Light Center Safe Bay  
1010 Currie Avenue, Minneapolis MN 55403

**Phone:** 612-767-3100 ext. 3158

**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 10:15–11:30 am & 1:30–2:30 pm. 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 30 days 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:** 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: 612-400-7333

**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

1121 East 46th Street, Minneapolis MN 55407

**Phone:** 612-204-8211

**Intake:** Call for information about available openings, or download the YSN app ([www.ysnmn.org](http://www.ysnmn.org)).

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

### 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 in times of crisis or stress.

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## **E. Showers**

### 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.

### St. Stephen's Human Services/House of Charity

510 South 8th Street, Minneapolis MN 55404

Showers are available Monday–Friday, 9 am–1 pm.

### 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 below and page 19).

**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.*

### 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 or 612-607-9255

**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:** 612-253-1462

**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. Must document 30 days of sobriety.

### Exodus Residence

819 2nd Avenue South, Minneapolis MN 55402

**Contact:** 612-204-8330

**Remarks:** 89 units of transitional housing; 6 units of VA housing. Case management is available. Stays are up to 2 years in transitional units. They take referrals from MDs, RNs, ARMHS workers and case managers.

### Glenwood Residence

173 Glenwood Avenue North, Minneapolis MN 55405

**Contact:** 612-204-8405

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

### St. Stephen's/House of Charity Board & Lodge/Supportive Services

510 South 8th Street, Minneapolis MN 55404

**Phone:** 612-594-2006 (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.

### Life Rebuilders Midwest Challenge

3049 Columbus Avenue South, Minneapolis MN 55407

**Phone:** 612-825-6871 x7 **Website:** [www.lrbmn.org](http://www.lrbmn.org)

**Hours:** Monday–Friday 9 am–4 pm.

**Provides:** Residential program in a safe, supportive environment for men and women ages 18+ who desire to get their lives on a productive course, (staying free of drugs, alcohol, and other addicting behaviors). The program offers emotional, intellectual, physical and spiritual support to help participants grow and gain the strength to succeed. Programs 6 months or more in length. Housing available in Hennepin and Dakota Counties.

**Intake:** Potential clients must complete online application at the website. A phone interview will then be set up. Each person accepted into the program must apply for GA and GRH.

### Lydia Apartments

1920 LaSalle Avenue South, Minneapolis MN 55403

**Phone:** 612-879-5770

**Provides:** Permanent supportive housing for people with disabilities. All apartments are efficiencies. Must be homeless, disabled and committed to sobriety (60 days sobriety required).

**Intake:** Must be referred by Hennepin County.

### Metro Shelter Hotline

**Phone:** 1-888-234-1329 (toll free)

**Remarks:** Provides information about emergency shelter and transitional housing for single adults, families and youth in the 7-county Metro area.

Missions Inc. Programs/Mission Lodge and Smith Lodge  
3409 Medicine Lake Blvd., Plymouth MN 55441

**Phone:** 763-55-9802

**Provides:** Transitional housing for individuals in recovery from chronic chemical addiction. 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 Hotel

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

**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 for 8 residents. 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 and persistent mental illness.

### Turning Point, Inc.

1500 Golden Valley Road, Minneapolis MN 55411

**Phone:** 612-520-4004

**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.

### Vail House

1025 6th Street SE, Minneapolis MN 55414

**Info Phone:** 612-454-4480

**Remarks:** A group residential housing (GRH) facility that provides transitional housing and services to support homeless adults with mental illness and chemical dependency needs. Up to 22 residents can be served in the communal transitional housing. Staff work with private landlords throughout Hennepin County to locate permanent housing for participants.

### Wayside Recovery Center and Family Treatment

2120 Clinton Avenue South, Minneapolis MN 55404

**Phone:** 651-242-5540 **Website:** [waysiderecovery.org](http://waysiderecovery.org)

**Remarks:** Long-term residential substance abuse and mental health treatment program. This comprehensive family treatment program provides services for mothers and their children up to age 11. Children are able to visit or live on-site with mothers. Early childhood education, preschool and parenting groups provided. Services include on-site nursing staff, recovery specialist, family therapy, play therapy, relapse prevention and DBT-based skills groups.

## G. Affordable Housing

### Alliance Housing Inc.

2309 Nicollet Avenue, Minneapolis MN 55404

**Phone:** 612-870-2267

**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](mailto: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:** \$390/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 \$35,000; call or stop in to be put on an "interested list." Can apply online at [www.cctwincities.org/evergreen](http://www.cctwincities.org/evergreen)

### HOPE Community

1928 Portland Avenue, Minneapolis MN 55404

**Phone:** 612-874-8867

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

**Hours:** Monday, Tuesday, Wednesday and Friday 9 am–4 pm

**Remarks:** Permanent affordable rental housing open to 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 and persistent mental illness.

### **Other Housing Assistance**

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:** The Prevention program provides some financial help to prevent single adults from losing housing.

**Intake:** Applicants must call first to begin the process.

**Remarks:** Individuals must be a single adult with no children living in the home, They must live in Minneapolis and have a denial letter from Emergency Assistance. Situation must be resolvable, and they must have some income to go toward rent.

HOME Line

**Phone:** 612-728-5767; toll free 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.

### Matrix Housing Services

2929 4th Avenue South, Suite 210, Minneapolis MN 55408

**Phone:** 612-790-2544 **Emergency Shelter:** 651-319-2153 (Dakota Co.)

**Coordinated Entry Assessments:** 612-283-2567 (Hennepin Co.)

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

**Provides:** Current services include emergency shelter and resource center in Dakota County; providing coordinated entry assessments for single adults in Hennepin County who are staying outside or in shelter, and accepting referrals from coordinated entry for our rapid rehousing programs.,

### Minnesota Attorney General's Office

**Phone:** 651-296-3353 or 1-800-657-3787

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

**Provides:** Information about housing law and tenant rights to anyone in Minnesota.

### Open Access Connections

**Phone:** 651-643-0883

**Provides:** Through community outreach sites and a network of community agencies, Open Access Connections provides an 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 professionals. It also serves as a safe phone number for victims of domestic abuse. There is no charge. Call for a referral to a participating agency or visit <http://tinyurl.com/OACOutreach> for updated outreach locations.

**Remarks:** Open Access also provides Lifeline cell phones through a partnership with EnTouchWireless. There is a one-time fee for the cell phone, but monthly service will be free and includes 1,000 units of talk, unlimited text, and 100mb of data. You can visit an outreach site to complete phone application. Bring a state-issued photo ID and proof of low-income status (EBT card or Medicaid card).

### St. Stephen's Human Services/House of Charity

2309 Nicollet Avenue, Minneapolis MN 55404

**Intake Phone:** 612-870-2298

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

**Intake:** Applicants must call first to begin the process.

**Remarks:** Families and singles must live in Hennepin County and have a denial letter from Emergency Assistance.

## 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, 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.*

Temple: 1604 East Lake Street, Minneapolis MN 55407

**Phone:** 612-767-2700

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

Parkview: 2024 Lyndale Avenue North, Minneapolis MN 55411

**Phone:** 612-522-6581

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

**Remarks:** Client must have a referral from a caseworker, social worker or advocate, and must provide a \$70 money order. Once the client has these items, please call 612-522-6581 ext. 106 to set up an appointment.

### Salvation Army

Central: 2727 Central Avenue NE, Minneapolis MN 55418

**Phone:** 612-789-1512

Noble: 10011 Noble Parkway, Minneapolis MN 55443

**Phone:** 763-425-0517

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

**Remarks:** Client must have a referral from a caseworker, social worker or advocate. Once you have this, please call for an appointment. Will need to provide a photo ID and piece of current mail at the time of the appointment.

## I. Case Management

### 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, 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.

### St. Stephen's Human Services/House of Charity

2309 Nicollet Avenue, Minneapolis MN 55404

**Phone:** 612-874-0311

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

### 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. Please 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.

**Service Area:** South Minneapolis and southern Hennepin county. Call for an appointment. Clients must have a photo ID and a piece of mail at the time of the appointment.

**Remarks:** Other services include 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 Thursday–Monday 11 am–9 pm and vaccine clinics every other Wednesday 8 am–5 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.



Minneapolis Animal Care & Control

212 17th Avenue North, Minneapolis MN 55411

**Phone:** 612-673-6222 **Website:** [minneapolismn.gov/animals](http://minneapolismn.gov/animals)

**Hours:** By appointment only Monday–Friday.

**Provides:** Helps find lost pets, register pet licenses, and vaccinate/microcip pets.

North Minneapolis Pet Resource Center

1401 44th Ave. N., Minneapolis MN 55412

**Phone:** 612-440-8529 **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

3745 Bloomington Avenue, Minneapolis MN 55407

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

**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 (*Henepin Ave. United Methodist Church*)

**Hours:** First Sunday of every month, 9am-3pm 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)

Diversionsary Work Program (DWP)

Emergency Assistance (EA)

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.
- 

### **Eligibility Supports Help Line: 612-596-1300**

EZINFO Line is available with automated information at any time. To speak to a worker, the lines are open from 9 am–4 pm Monday through 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 81.

### **How to Apply for Public Assistance Programs:**

#### **Hennepin County Human Services Dept. :**

**Phone:** 612-596-1300

**Hours:** *Due to COVID-19, Service Centers continue to be closed to in-person appointments.*

Call 612-596-1300 for information about applying for benefits, or go online to [www.MNBenefits.org](http://www.MNBenefits.org).

### **COVID-19 Effects:**

If your income was affected by COVID and you need help with rent, you can apply for RentHelpMN at [www.renthelpMN.org](http://www.renthelpMN.org).

If you need help with paying your mortgage, please visit [www.HOCCMN.org](http://www.HOCCMN.org).

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## **B. MN Family Investment Program (MFIP)**

MFIP provides monthly assistance for men and women with children, pregnant women, and two-parent families who have little or no income. Applicants must meet eligibility requirements. (Parent(s) cannot have cash assets worth more than \$10,000.

When applying, ask about other assistance you may qualify for such as *Emergency Assistance* (to prevent eviction, mortgage foreclosure and help pay utility bills), *Energy Assistance* (to help pay heat and electric bills), *SNAP*, & *Medical Assistance*.

### **How to Apply:**

Hennepin County Human Services Dept.

Call 612-596-1300 or go to [www.MNBenefits.org](http://www.MNBenefits.org).

NorthPoint Health & Wellness Center Gateway Program

1256 Penn Avenue North, Minneapolis MN 55411

**Phone:** 612-543-2500

**Hours:** Monday–Friday 8 am–5 pm.

**Provides:** Gateway’s goal is to increase family strength. This is done by connecting families to services and working closely to achieve family goals. Call for more information about assistance provided to MFIP families.

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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. You must attend an interview to receive benefits.

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:**

Hennepin County Human Services Dept.

Call 612-596-1300 or go to [www.MNBenefits.org](http://www.MNBenefits.org).

***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 35. (You may want to consult with your Advocate; see “*Legal Assistance*,” page 81).

Brian Coyle Community Center

420 15th Avenue South, Minneapolis MN 55454

**Phone:** 612-338-5282

**Hours:** Monday–Friday 9 am–8 pm.

**Provides:** Food, and support for victims of crimes.

## 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 assist with a one time cash issuance.

Services include:

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

### How to Apply:

Hennepin County Human Services Dept.

Call 612-596-1300 or go to [www.MNBenefits.org](http://www.MNBenefits.org).

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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:

Online applications can be found at: [caphennepin.org/what-we-do/energy-assistance.html/](http://caphennepin.org/what-we-do/energy-assistance.html/)

*Due to COVID-19 the CAP-HC office is closed to the public, including many satellite locations. Go online to download forms, or call 952-930-3541 to have forms mailed to you.*

Community Action Partnership of Hennepin County

8800 Hwy. 7 Ste. 403, St. Louis Park MN 55426

**Phone:** 952-930-3541

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

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 has 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 through Thursday 9–11:30 am and 1–3:30 pm;  
Friday 1–2:30 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 has a disconnection notice in order to apply.

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## **E. Supplemental Nutrition Assistance Program (SNAP)**

Monthly grants of SNAP can be used at grocery stores. The amount of the grant depends on the monthly income of each person in the family/household and costs for shelter. Most who receive assistance like MFIP, GA, or SSI are also eligible for SNAP. Working persons with low incomes may also qualify. Since eligibility is based on family or household income, you must provide truthful information about the income of **all** persons in your family/household.

### **Food Support Employment & Training**

This is a job search program for individuals who receive food support. Participation is required to receive SNAP.

### **How to Apply:**

Hennepin County Human Services Dept.

Call 612-596-1300 or go to [www.MNBenefits.org](http://www.MNBenefits.org).

## 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

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 monthly assistance to single persons and childless couples who have little or no income and who meet eligibility requirements. Families ineligible for MFIP are not eligible for GA. Applicants must 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:**

Hennepin County Human Services Dept.

Call 612-596-1300 or go to [www.MNBenefits.org](http://www.MNBenefits.org).

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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 this 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](http://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: [mn.gov/dhs/medical-assistance-signup](http://mn.gov/dhs/medical-assistance-signup). Be sure to search for a *navigator* not a *broker*, as only navigators assist with applying for MA and MinnesotaCare. Search for the language, as well as the zipcode or city that works best for you.

### How to Apply:

Hennepin County Human Services Dept.

Call 612-596-1300 or go to [www.MNBenefits.org](http://www.MNBenefits.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)

### How to Apply:

Hennepin County Human Services Dept.

Call 612-596-1300 or go to [www.MNBenefits.org](http://www.MNBenefits.org).

A state-sponsored program that provides additional monthly funding to those persons who are receiving SSI or Social Security. The amount of an MSA grant depends on several different factors, such as how much you pay in rent, if you live alone or with other people, and what your total income is. (Income includes Social Security and SSI.) Because it is a state program, the county—not the Social Security office—manages it.



## I. Social Security

### **Where to Apply:**

Social Security Administration

1811 Chicago Avenue South, Minneapolis MN 55404

**Phone:** 1-800-772-1213

**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 \$1,130 per month. If someone is working, there are ways that could lower the monthly gross wages below \$1,130. 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, 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 such as; cash, bank accounts, land, vehicles, personal property, life insurance, 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, 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 5 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:** 612-353-4769

**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.

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

**Remarks:** During winter months, if Minneapolis Public Schools are closed due to weather, they will be closed, too.

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.

**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.

**Provides:** family practice, pediatric, internal medicine providers, 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).

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.

**Remarks:** Primary care and health maintenance; Acute care for children and adults; Infant and well-child care; Family planning and birth control; Certified Nurse Midwives; Senior health care; health education; group pre-natal visits.

Family Tree Clinic

1919 Nicollet Avenue, Minneapolis MN 55403

**Phone:** 651-645-0478 **Website:** [www.familytreeclinic.org](http://www.familytreeclinic.org)

**Hours:** By appointment only. (Some same-day appointments available.) Monday–Thursday 9 am–7 pm; Friday 9 am–4pm; Saturday 10 am–2 pm.

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

**Other Services:** 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, option 1

**Hours:** Walk-ins Monday, Wednesday, Thursday and Friday 8:30–11:30 am and 1–3 pm; Tuesday 9:30–11:30 am and 1:45–3 pm.

**Provides:** Medical clinic, pediatrics, elder care, diabetes case management, counseling, nutrition and family planning.

**Remarks:** MA and private insurance plans are accepted. For those without insurance, there is a sliding fee 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

**Main Phone:** 612-588-9411

**Hours:** Monday–Friday 8 am–5 pm. Call for an appointment, though some walk-ins are available.

**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.

**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.

### NorthPoint Health & Wellness Center

1313 Penn 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.

**Remarks:** 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–5:30 pm.\*

People's Center Clinics & Services Longfellow Clinic

3152 Minnehaha Avenue South Minneapolis, MN 55406

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

\*Clinic hours are subject to change as a result of the COVID-19 pandemic.

**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; x-rays; mental health clinic 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 **Website:** [phillipsneighborhoodclinic.org](http://phillipsneighborhoodclinic.org)

**Hours:** Monday and Thursday evenings 5:30–9 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:** Monday, Tuesday, Thursday, and Friday 7:30 am–5 pm; Wednesday 7:30 am–7 pm.

**Remarks:** Patients should first make an appointment, although walk-ins are welcome. 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).

**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–Thursday 8 am–4 pm and Friday 8 am–12 pm.

### St. Mary's Health Clinics

**Provides:** Clinics throughout Twin Cities provide some primary and preventive health care services at no cost to uninsured people who meet income guidelines and aren't on MA or MinnesotaCare or have access to health insurance.

**Intake procedure:** Call 651-287-7777 Monday through Friday 8 am-4 pm 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; same-day and next-day appointments available.

**Provides:** Family medicine, pediatrics, pre-natal care, ob/gyn, sports medicine, x-ray, pharmacy, sleep clinic, physical therapy, cardiology and podiatry.

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

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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-Thursday 3-8 pm; first Thursday of month 5-8 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.

Simpson Shelter

2740 1st Avenue South, Minneapolis MN 55408

**Hours:** Monday and Wednesday from 5 pm–8 pm.

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## C. Urgent Care

Hennepin Healthcare Urgent Care

730 South 8th Street, Minneapolis MN 55415

**Phone:** 612-873-5555

**Hours:** Monday-Friday 8 am–7:30 pm; Saturday and Sunday 8 am–5:30 pm (except Thanksgiving & Christmas). Emergency Room open 24 hours a day, enter on S. 8th St between Park and Chicago.

**Remarks:** Persons need not make an appointment; MA and private insurance are accepted.

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## D. 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. Other services include: food shelf for members (Mon, Wed, Fri 10 am–2:30 pm by appointment only); 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:** 651-645-0478 **Website:** [www.familytreeclinic.org](http://www.familytreeclinic.org)

**Hours:** By appointment only. (Some same-day appointments available.) Monday–Thursday 9 am–7 pm; Friday 9 am–4pm; Saturday 10 am–2 pm.

**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 HIV; treatment for sexually transmitted infections; “Seen on the Streets” program offers STI testing for ages 13-25 on Wednesday 2–4 pm.

Fremont Clinic

3300 Fremont Avenue North, Minneapolis MN 55412

**Phone:** 612-588-9411

**Provides:** Testing for HIV; treatment for sexually transmitted infections; “Seen on the Streets” program offers STI testing for 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: 612-373-2437; or Text AIDSLine to 839863.

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

**Provides:** Information about HIV, referral to community resources and HIV testing. Also provides 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, 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.

**Remarks:** HIV testing and syringe exchange at All God's Children Metropolitan Church, 3100 Park Ave. Monday and Thursday from 2–5 pm; Tuesday and Friday 10 am–1 pm.

### Southside Community Clinic

324 East 35th Street, Minneapolis MN 55408

**Phone:** 612-827-7181

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

### Turning Point, Inc.

1500 Golden Valley Road, Minneapolis MN 55411

**Phone:** 612-520-4004

**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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## **E. Mental Health Services**

### **Counseling Services**

#### Canvas Health

Multiple Twin Cities locations

**Intake Phone:** 651-777-5222

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

**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)

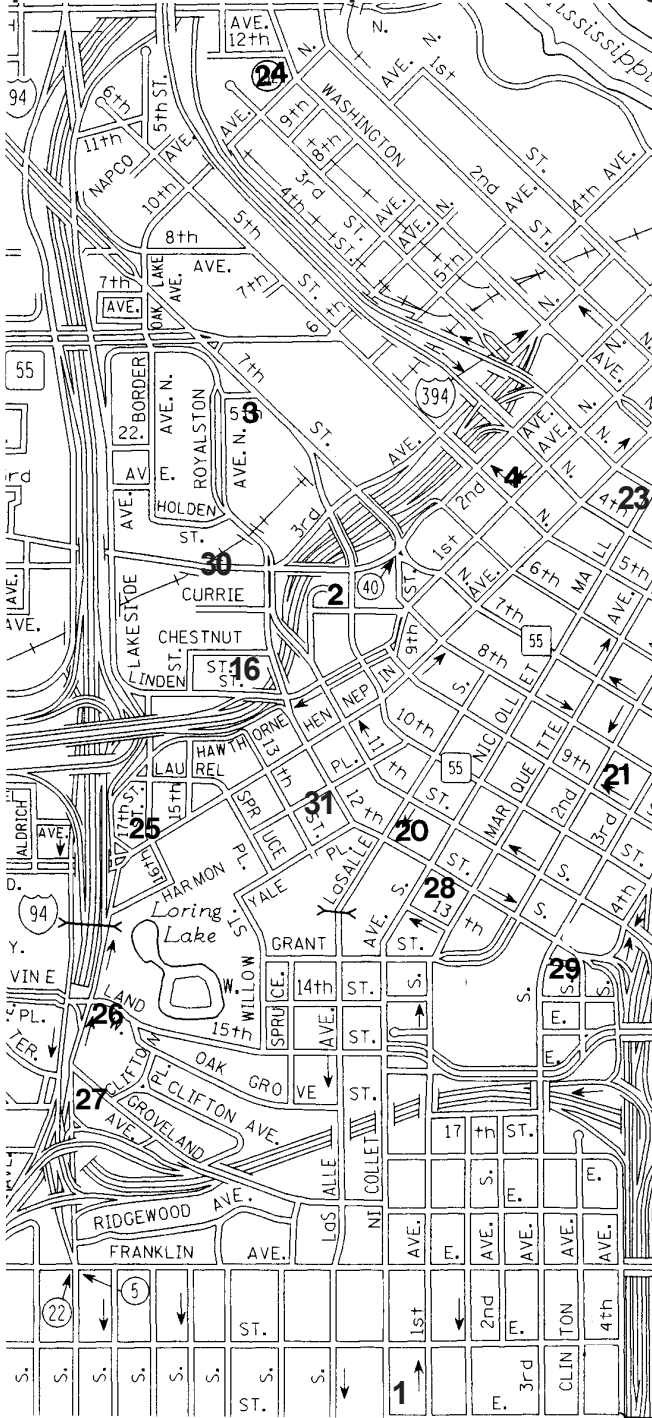
Services offered virtually only.

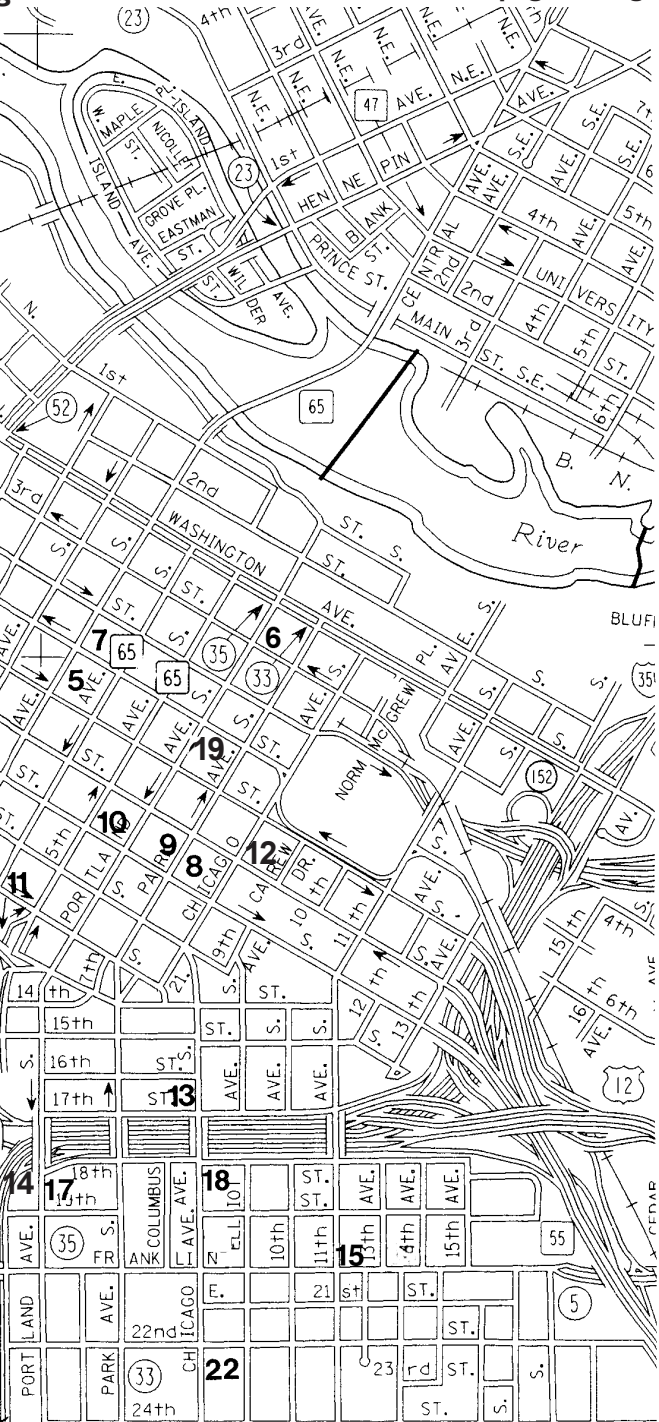
**Phone:** 651-379-4200 option 4

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

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

# Map of Downtown Minneapolis and surrounding





## Downtown Minneapolis

1. **St. Stephen's/House of Charity main office**
2. Salvation Army Harbor Light
3. Sharing and Caring Hands  
Mary's Place Shelter
4. Legal Aid Society
5. Hennepin County Government Center
6. People Serving People Shelter
7. Minneapolis City Hall
8. Hennepin County Medical Center
9. St. Stephen's/House of Charity Food Centre
10. St. Stephen's/House of Charity 510 shelter
11. Drake Hotel
12. First Covenant Church Shelter by St. Stephen's
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 (1800 Chicago)  
Social Security Administration (1811 Chicago)
19. Central-Northeast Minneapolis Human Service Center  
Hennepin Co. Public Health Clinic—Red Door Clinic
20. Continental Hotel
21. Exodus Hotel
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

### 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

**Phone:** 612-728-2061

**Hours:** Monday–Thursday 9 am–8 pm; Friday 9 am–5 pm.

**Provides:** Counseling for individuals and families.

**Remarks:** Various insurance plans are accepted. Ask about the other branch in north Minneapolis.

### HCMC Acute Psychiatric Services

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

**Phone:** 612-873-3161

**Provides:** Medication and evaluations for individuals who are between psychiatrists. Psychiatric emergency room available 24/7.

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

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

**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.

**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

1213 East Franklin Ave., Minneapolis MN 55404

**Phone:** 612-872-8086, option 1

**Hours:** Monday, Wednesday, Thursday and Friday 8:30–11:30 am and 1–3 pm; Tuesday 9:30–11:30 am and 1:45–3 pm.

**Services:** Individual, family, couples and child counseling; group and individual therapy programs.

**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

1313 Penn 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.

### 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:** 612-774-0011

**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; 612-404-9315

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

**Drop-in Hours:** Monday 10 am–2 pm; Tuesday and Thursday 10 am–3 pm; Wednesday 11 am–3 pm.

**Remarks:** People must be members of the center (no charge). ARMHS not available. There is vocational help for job search assistance.

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 - 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), medication management and chemical health support, wellness and recreation program are the mental health services offered to accommodate individual needs and choices.

**Remarks:** Program participants must be 18 years or older and be diagnosed with a serious and persistent 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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## F. Alcohol & Chemical Dependency Counseling & Treatment Programs

### 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. DWI/DUI classes. AA groups on Tuesdays 6–8:30 pm; NA groups Thursdays 6–8:30 pm.

### 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 46 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:** Restores hope to teens and adults struggling with drug and alcohol addiction; campuses in Minneapolis, Brainerd, Rochester and Duluth. Faith-based long-term 13–15 month program, as well as short-term 30–90 day program. Outpatient services also offered.

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

Narcotics Anonymous

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

**Provides:** Local meeting information updated weekly at [www.naminnesota.org](http://www.naminnesota.org). “Bridging the Gap” connects new NA participants with volunteers who can help introduce the program.

NorthPoint Health & Wellness Center “Renaissance”

1313 Penn Avenue North, Minneapolis MN 55411

**Phone:** 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.

St. Stephen's Human Services/House of Charity

510 South 8th Street, Minneapolis MN 55404

**Phone:** 612-594-2002 (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.

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

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

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## G. 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

**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 requests 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, option 2

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

**Services:** Complete dental care for adults and children provided staff dentists and dental assistants.

**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

1313 Penn 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

3152 Minnehaha Avenue South, Minneapolis MN 55406

**Phone:** 612-332-4973

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

**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 through Friday 7 am–5 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 Dental School

515 Delaware St. SE, Minneapolis MN 55455 (*Malcolm Moos Tower*)

**Phone:** 612-625-2495

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

**Remarks:** Comprehensive dental care provided by supervised students at 1/2 to 1/3 the normal cost. Children's clinic also available. Must show photo ID, and payment required at time of visit. Must call for an appointment.

### University of Minnesota Dental School Oral Surgery Clinic

515 Delaware St. SE, Minneapolis MN 55455 (*Malcolm Moos Tower*)

**Phone:** 612-624-8600

**Remarks:** Must call for appointment. There are fees for service. Must have valid ID and insurance card.

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## **H. Veterans**

### Veterans Affairs Medical Center

One Veterans Drive, Minneapolis MN 55417

(*East 54th Street and 48th Avenue South*)

**Phone:** 612-725-2000

**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 75 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. Call for info.

Avivo Institute of Career & Technical Education

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

**Phone:** 612-752-8100    **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–Friday 8:30 am–3:30 pm.

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

## 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 vocational 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, foster care program. Other services include adoption program, mental health programs and recovery programs including Rule 25 assessments.

## **Veterans & Military Service Members**

### Veterans Welcome Center—MCTC

1501 Hennepin Ave. S., Bldg. H. Room 2300, Minneapolis MN 55403

**Phone:** 612-659-6580

**Website:** [minneapolis.edu/student-services/support-services/veterans-services](http://minneapolis.edu/student-services/support-services/veterans-services)

**Provides:** Preparation to start or return to college. Instruction and tutoring in college readiness, study skills, math, writing, and reading. 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

**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:** For more information, call, text, email ([youthbuild@gesmn.org](mailto:youthbuild@gesmn.org)) or visit us online at [gesmn.org/youthbuild](http://gesmn.org/youthbuild).

### 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.

### New Families Center

3345 Chicago Avenue South, Minneapolis MN 55407

(Enter at Door #1 at 34th & Chicago)

**Phone:** 612-668-3700

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

**Provides:** School info and enrollment for children and youth in grades pre-K-12 for families for whom English is not first language. Spanish and Somali family liaisons available to assist with translation, insurance questions, and accessing food banks and other services.

### 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 information and enrollment for grades Pre-K-12. Mpls. Public Schools empowers families to choose from a number of schools, and can send their children to community or magnet schools. High school students can choose from more than 30 programs through an application process in 8th grade.

### YouthLink

41 North 12th Street, Minneapolis MN 55403

**Phone:** 612-252-1200

**Provides:** GED preparation and referrals.

**Hours:** Ages 16-20 Monday, Tuesday, Thursday and Friday 2–6 pm.  
Ages 22–24 Monday, Tuesday, Thursday and Friday 9 am–1 pm;  
closed Wednesdays until 4 pm.

**Remarks:** Dinner for 16-20 year olds served Monday, Tuesday, Thursday and Friday from 4–5:30 pm.

## 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.

### CAPI

3702 East Lake Street #200, Minneapolis MN 55406

5930 Brooklyn Blvd., Brooklyn Park 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

1834 Emerson Avenue North, Minneapolis MN 55411

505 15th Avenue South, Minneapolis MN 55454

**Phone:** 612-529-9267

**Hours:** Due to COVID-19, outdoor services are provided Monday–Friday 10 am–2 pm. Other services provided virtually or via Live Chat. Call for upcoming dates or check [www.emerge-mn.org](http://www.emerge-mn.org)

**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:** Goodwill-Easter Seals provides FREE training in Automotive Services, Business Professional Pathways, Construction, IT, 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–5 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

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)

**Remarks:** Due to COVID-19, there are currently no computer lab hours or in-person classes being held. A number of virtual job search workshops are available at their website, and career development services are available by phone or video call. Call or email for information.

### Minneapolis American Indian Center

Workforce Innovation & Opportunity Act Program (“WIOA”)

1530 East Franklin Avenue, Minneapolis MN 55404

**Phone:** 612-879-1710 or toll-free 1-800-486-8797

**Hours:** Monday through Friday 8 am–4:30 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 (formerly Minnesota Workforce Center)

South

777 East Lake Street, Minneapolis MN 55407

**Phone:** 651-539-4410 or 1-888-GET-JOBS (438-5627)

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

North

800 West Broadway, Minneapolis MN 55411

**Phone:** 612-299-7200 or 1-888-GET-JOBS (438-5627)

**Hours:** Monday–Friday 8 am–4:30 pm; open to 8 pm on Tuesday.

**Provides:** Assistance with unemployment, job search; Veterans representative available; vocational rehabilitation services for those with disabilities.

Open Access Connections

**Phone:** 651-643-0883

**Provides:** Through community outreach sites and a network of community agencies, Open Access Connections provides an 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 professionals. It also serves as a safe phone number for victims of domestic abuse. There is no charge. Call for a referral to a participating agency or visit <http://tinyurl.com/OACOutreach> for updated outreach locations.

**Remarks:** Open Access also provides Lifeline cell phones through a partnership with EnTouch Wireless. There is a one-time fee for the cell phone, but monthly service will be free and includes 1,000 units of talk, unlimited text, and 100mb of data. You can visit an outreach site to complete phone application. Bring a state-issued photo ID and proof of low-income status (EBT card or Medicaid card).

PPL Career Center

1021 East Franklin Avenue, Minneapolis MN 55404

**Phone:** 612-455-5300

**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.

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:** Jobs Training Program offers paid on-the-job training and includes professional development services and mental health support; Job Placement Program connects individuals to careers of their choice; employment retention and career support services are also offered.

**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 preparation, job development and placement, on-the-job training and support services such as transportation, uniforms, and necessary tools. Appointments are preferred

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)

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

### Avivo

*In-person information sessions have been suspended due to COVID.*

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)

720 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

Minneapolis Urban League

2100 Plymouth Avenue North, Minneapolis MN 55411

**Phone:** 612-302-3100

Minnesota CareerForce (formerly Minnesota Workforce Center)

777 East Lake Street, Minneapolis MN 55407

**Phone:** 651-539-4410

800 West Broadway, Minneapolis MN 55411

**Phone:** 612-299-7200

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

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## C. Day and Temporary Labor

AAA Labor

2508 Hennepin Ave., Minneapolis MN 55405

**Phone:** 612-871-2505

**Hours:** Open for day and night shifts Monday through Friday from 5 am–6 pm; Saturday 5:30 am–4 pm; Sunday 7 am–4 pm.

**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.

ATA 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-1 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., 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-3:30 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 6 am–4:30 pm. Hiring for all shifts.

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

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## 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

**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.

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 16–21 Monday, Tuesday, Thursday & Friday 2–6 pm; ages 22–24 Monday, Tuesday, Thursday & Friday 9 am–1 pm; closed Wednesdays until 4 pm. Dinner served from 4–5:30 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:** Staff is working remotely due to COVID-19. Office may reopen in early 2022. 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.



### New Families Center

3345 Chicago Avenue South, Minneapolis MN 55407

(Enter Door #1 at 34th & Chicago)

**Phone:** 612-668-3700

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

**Provides:** School information and enrollment for children and youth in grades pre-K-12 for families for whom English is not their first language. Spanish and Somali family liaisons available to assist with translation, insurance questions, and accessing food banks and other services.

### **Asian**

#### CAPI

3702 East Lake Street #200, Minneapolis MN 55406

5930 Brooklyn Blvd., Brooklyn Park MN 55429

**Phone:** 612-721-0122

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

**Provides:** Food shelf for Asian refugees (Brooklyn Park 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

**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:** 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 insurance and 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; seniors program. 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

**Emergency/Protection Phone:** 651-334-8562

**Hours:** Monday–Friday from 8 am–1:45 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, military 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 seguro y 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 **Emergencia:** 651-334-8562

**Horas:** Lunes a Viernes, 8 am–1:45 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, administrativa, 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.

## Hmong

### Lao Assistance Center of Minnesota

503 Irving Avenue North #100A, 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

### Hennepin County Veterans' Service

300 South 6th St., Minneapolis MN 55487

**COVID-19 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)

1100 University Ave. W. Ste 110, St. Paul MN 55104

**Phone:** 612-726-1327

**Hours:** Monday–Friday 8 am–4 pm. Call to set up an appointment.

**Provides:** Transitional housing, rental assistance, employment and legal services for veterans. Call for information about eligibility.

Minnesota Department of Veterans Affairs

20 12th Street West, St. Paul MN 55155

**Phone:** 612-970-5662

**Crisis Line:** 1-800-273-8255

**Veterans Linkage Line:** 1-888-546-5838 (information hotline)

**Provides:** Assistance to all veterans. Also locates and assists minorities, female and homeless veterans in an effort to meet the unique needs of these 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; counseling for sexual trauma 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 Ave. S., Bldg. H. Room 2300, Minneapolis MN 55403

**Phone:** 612-659-6580

**Website:** [minneapolis.edu/student-services/support-services/veterans-services](http://minneapolis.edu/student-services/support-services/veterans-services)

**Provides:** Preparation to start or return to college. Instruction and tutoring in college readiness, study skills, math, writing, and reading. Advising and referrals for academics, career, and military education benefits.

## 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 in times of crisis or stress.

#### PRIDE / The Family Partnership

1527 East Lake Street, Minneapolis MN 55407

**Phone:** 612-728-2065 **24-hr crisis:** 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.

#### Sexual Violence Center

2021 East Hennepin Ave, Suite 418, Minneapolis MN 55413

**Crisis Line:** 612-871-5111

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

**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 Inc.

**Crisis HelpLine:** 651-227-8284

**Hours:** 24 hours a day.

**Provides:** Assistance in obtaining safe shelter, referrals and information. Some legal services and financial assistance available.

## **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

**Hours:** Due to COVID-19 all services are virtual. 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, 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. All services are on a sliding scale based on ability to pay. 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:** 612-873-3132

**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).

### Minnesota Day One Crisis Hotline

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

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

**Provides:** Advocates who are ready to listen and provide information whether you are experiencing domestic or sexual violence or human trafficking, or simply questioning aspects of your relationship. Along with support talk, will do best to connect you within your community for help with shelter, legal aid, and therapy.

### Open Access Connections

**Phone:** 651-643-0883

**Provides:** Through community outreach sites and a network of community agencies, Open Access Connections provides an 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 professionals. It also serves as a safe phone number for victims of domestic abuse. There is no charge. Call for a referral to a participating agency or visit <http://tinyurl.com/OACOutreach> for updated outreach locations.

**Remarks:** Open Access also provides Lifeline cell phones through a partnership with EnTouch Wireless. There is a one-time fee for the cell phone, but monthly service will be free and includes 1,000 units of talk, unlimited text, and 100mb of data. You can visit an outreach site to complete phone application. Bring a state-issued photo ID and proof of low-income status (EBT card or Medicaid card).

### Order for Protection

Hennepin Co. Government Center

Domestic Abuse Service 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:** Assistance for victims of abuse with 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:** County Clerks who file these Orders can only provide some basic assistance. You may want to speak to an advocate who could help you throughout the entire process of obtaining an Order. Advocates have good knowledge of all parts of the legal system that a victim of domestic abuse may encounter. They can help prepare forms for Orders, as well as accompany a petitioner to court or help locate child care during court.

### OutFront Minnesota

310 East 38th Street #209, Minneapolis MN 55409

**Phone:** 612-822-0127 or toll-free 1-800-800-0350

**24-hour crisis hotline:** 612-822-0127, Option 3

**Provides:** Advocacy, information, support, counseling and safe-house referrals for victims of domestic violence. Serves the whole LGBTQ community. Offers free support groups for survivors of partner violence.

### OutFront Minnesota

Anti-Violence Anti-Harassment Advocate

310 East 38th Street #209, Minneapolis MN 55409

**Phone:** 612-822-0127 or toll-free 1-800-800-0350

**Provides:** Support for victims of hate crimes, assault, and harassment; assistance with police reports and pursuing reparations.

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## E. Legal Assistance

### Brian Coyle Community Center

420 15th Avenue South, Minneapolis MN 55454

*Due to COVID, no in-person clinics are held. Call for appointments.*

**Phone:** 612-752-6677

**Hours:** Monday, Wednesday and Thursday 9 am–1 pm

**Provides:** Lawyer provides general legal help.

**Remarks:** Free of charge.

### 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.

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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.

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### 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.

**COVID-19 Service Notice:** Office is closed to the public at this time. Complaints 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.

**Remarks:** The department has the authority to investigate incidents that occur within Minneapolis.

Minnesota Department of Human Rights

540 Fairview Avenue North Suite 201, St. Paul MN 55104

**Phone:** 651-539-1133

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

**Provides:** Investigates allegations of discrimination because of race, age, disability, sex, national origin, religion, public assistance status, marital status, sexual orientation, or gender identity; discrimination can occur in employment, housing, public accommodations, public services, education, credit, and business.

**Remarks:** Complaints must be made within one year of incident.

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

### 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

## **You can also file a formal complaint with:**

### Minneapolis Office of Police Conduct Review

350 South 5th Street, Minneapolis MN 55415 - Room 239 City Hall

**Phone:** 612-673-3012 **Email:** [policereview@minneapolismn.gov](mailto:policereview@minneapolismn.gov)

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

**COVID-19 Service Notice:** Office is closed to the public at this time. Complaints may be filed online at [www2.minneapolismn.gov/report-an-issue/police-officer-complaint/](http://www2.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 may be made online at [www.minneapolismn.gov/report-an-issue/police-officer-complaint/](http://www.minneapolismn.gov/report-an-issue/police-officer-complaint/). Complaints must be made within 270 days of incident (nine months).

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 through 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.

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## **G. Advocacy**

### Basilica of St. Mary

1600 Hennepin Ave., Minneapolis MN 55403 (*Enter in SW corner of church on ground level*)

**Phone:** 612-333-1381

**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.

### City Life Center

2520 Park Avenue, Minneapolis MN 55404 (*Carriage house*)

**Phone:** 612-874-1808

**Hours:** By appointment Monday-Thursday 10 am–4 pm.

**Provides:** A voice of hope for women who are pregnant, abused, homeless, afraid or lonely. Can offer women and their families resources including baby supplies, diapers, quilts, and hygiene products.

Cultural Wellness Center

2025 Portland Avenue South, Minneapolis MN 55404

**Phone:** 612-721-5745

**Hours:** Monday–Friday 8 am–5 pm. Saturday/Sunday by appt.

**Provides:** Community Systems Navigators (CSN) assist individuals in building community by reconnecting them to culture. CSN are role models, teachers, friends, mentors, advocates, community organizers. CSN provide home visits, facilitate self-study in addition to facilitating movement from little or no dependence on government to independence and self-sufficiency. Community action teams, diabetes support and health management.

Dignity Center (Henepin 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. After first session, appointments are expected.

**Remarks:** The Dignity Center is a collaborative ministry, characterized by a warm, hospitable drop in center staffed by committed volunteers who treat participants with dignity. The focus of programming is on teaching the skills needed for self sufficiency and helping people get connected to the services, resources, and tools needed for success. A variety of services are provided including case management, community services navigation, and social network development. Participants are expected to make a commitment to the program after meeting with their advocate. Regularly scheduled appointments are expected.

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.

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.

### Freedom From the Streets / No More Streets

**Phone:** 612-998-0576

**Provides:** An organization of people who have experienced homelessness or are at risk of homelessness, listening and helping each other find resources and solutions.

### 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 Explosion; Street Patrol; homicide crisis and response Team. Groups meet Tuesdays 5:30–7 pm.

### NorthPoint Health & Wellness Center

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.

St. Stephen's Human Services/House of Charity  
2309 Nicollet Avenue, Minneapolis MN 55404

Assistance obtaining Birth Certificates and Voice Mail

**Phone:** 612-870-2283

**Hours:** Monday–Friday 9 am–4 pm.

**Provides:** Assistance sending for U.S. birth certificates. Also provides voice mail boxes for housing and job searches, health care, and safety from domestic abuse.

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. Call for drop-in hours.

**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.

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 are also on Zoom every Tuesday at noon. Go to website and link on “ZamJam!”

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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

**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 not now being held in person due to COVID. Call for more information.

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# Index

2.4 Ministries 10

## A

AAA Labor 70  
Access Veterinary Care 32  
ACT Homeless Team-People Inc. 56  
Adult Shelter Connect 14  
African American AIDS Task Force 47  
African American Men Project 88  
African Community Services 73  
Alcoholics Anonymous 58  
Aliveness Project, The 47  
All God's Children Metropolitan Community Church 10  
Alliance Apartments 21  
Alliance Housing Inc. 27  
Alternative Homes 21  
American Indian Community Development Corp. 28  
American Indian OIC 63,66,69  
Animal Humane Society Pet Helpline 32  
Anishinabe Wakiagun 21  
Archdale Apartments 21  
Arrigoni House West 21  
Ascension Place 22  
ATA Staffing 70  
Atlas Staffing Inc. 70  
Avenues for Youth 17,71  
Avivo 22,56,58,66,69,71  
Avivo Institute of Career & Technical Education 63

## B

Basilica of St. Mary 85  
Brian Coyle Community Center 6,36,63,69,71,81  
The Bridge for Youth 17,27  
Bridging 30

## C

Calvary Baptist Church 13  
Canvas Health 49  
CAPI 6,66,73  
Catholic Charities Higher Ground Minneapolis 15,46  
Catholic Charities Higher Ground Residence 22  
Catholic Charities Homeless Prevention Program 28  
Catholic Charities Mary F. Frey Mpls. Opportunity Center  
10,11,18  
Catholic Charities Scattered-Site Housing Support/Subsidy 22  
Central Avenue Apartments 22  
Central Clinic 44,48  
Central Lutheran Church 5,11,43

Centro Tyrone Guzman 73,74  
Children's Dental Services 60  
Communities United Against Police Brutality 84  
Community Action Partnership of Hennepin County 37  
Community Bridge Food Shelf 6  
Community Emergency Service 7  
Community-University Health Care Center 43,48,53,60  
Comunidades Latinas Unidas en Servicio (CLUES)  
31,49,58,69,74  
Cooper Law Firm 42  
COPE (Community Outreach for Psychiatric Emergencies) 53  
Cornerstone 17,77,78  
Cornerstone Ministry 5  
Crisis Text Line 53  
Cultural Wellness Center 86

## **D**

Dakota County 80  
Dignity Center 86  
Division of Indian Work 7,71  
Domestic Abuse Project, Inc. 78  
Domestic Violence Intervention at HCMC 78  
Downtown Community Storage 86

## **E**

East Lake Clinic-Hennepin Healthcare 43  
Eastside Neighborhood Service Inc. 69  
Emerge Community Development 66,70  
Emergency Assistance (EA) 36  
Evergreen Residence 27  
Exodus Residence 22

## **F**

Family Partnership 53  
Family Tree Clinic 43,48  
Fare for All Program 7  
Federal Bureau of Investigation (FBI) 84  
First Covenant Shelter by St. Stephen's/House of Charity 14  
First Nations Kitchen 13  
Freedom From the Streets / No More Streets 87  
Fremont Clinic 44,48

## **G**

General Assistance (GA) 39  
Glenwood Residence 23  
Goodwill/Easter Seals 65,67  
Groveland Emergency Food Shelf 7  
Groveland Food for Youth 7

## H

Harassment Restraining Order 79  
HCMC Acute Psychiatric Services 53  
Hennepin Avenue Methodist Church 13  
Hennepin Co. Public Health Clinic—Red Door Clinic 48  
Hennepin County Attorney's Office 79,81  
Hennepin County Conciliation Court 81  
Hennepin County Front Door 58,86  
Hennepin County Mental Health Center 54  
Hennepin County Office of Multicultural Services 72  
Hennepin County Public Defender 81  
Hennepin County Veterans' Service 75  
Hennepin Healthcare Urgent Care 47  
HHH Job Corps Center 67  
HOME Line 28  
HOPE Community 27  
Hope Dental Clinic 61  
Hope Street 18

## I

Indian Health Board 44,54,61  
Indian Neighborhood Club on Alcohol and Drug Abuse 59

## J

Joyce Uptown Food Shelf, Inc. 7

## K

Korean Service Center 75

## L

Lao Assistance Center of Minnesota 75  
Lawyer Referral and Information 81  
Legal Aid 28,82  
Legal Rights Center 82  
Life Rebuilders Midwest Challenge 23  
Little Kitchen Food Shelf 7  
Loaves and Fishes 12,13  
Loring Nicollet Alternative School 65  
Love Lines Crisis Center 54  
Lutheran Social Service - Center for Changing Lives 67  
Lutheran Social Services 54  
Lydia Apartments 23

## M

MAD DADS 87  
Marie Sandvik Center 5,11  
Mary's Place 16,46  
Matrix Housing Services 29  
Metro Hope Ministries 59

Metropolitan Center for Independent Living 31  
Metro Shelter Hotline 14,23  
Mexican Consulate/Consulado de México 74  
Minneapolis American Indian Center 67  
Minneapolis Animal Care & Control 33  
Minneapolis Community and Technical College 64  
Minneapolis Department of Civil Rights 82  
Minneapolis Office of Police Conduct Review 85  
Minneapolis Public Housing Authority 27  
Minneapolis Public Schools Adult Education 63,64  
Minneapolis Urban League 70  
Minneapolis VA Community Resource & Referral Center 75  
Minnesota Adult and Teen Challenge 59  
Minnesota Assistance Council for Veterans (MACV) 76  
Minnesota Attorney General's Office 29  
Minnesota CareerForce 68,70  
Minnesota Day One Crisis Hotline 79  
Minnesota Department of Human Rights 83  
Minnesota Department of Veterans Affairs 76  
Minnesota Family Investment Program (MFIP) 35  
Minnesota Food Helpline 7  
Missions Inc. Programs/Home Free Shelter 17  
Missions Inc. Programs/Mission Lodge and Smith Lodge 24  
Montu Driver Solutions 71

## **N**

Narcotics Anonymous 59  
Native American Community Clinic 44,55,61  
Neighborhood HealthSource 44,48  
New Creation Baptist Church 8  
New Families Center 65,73  
Nicollet Square 24  
North Minneapolis Pet Resource Center 33  
NorthPoint Health & Wellness Center  
8,31,36,44,55,59,61,87,88  
Northside CSP/People Inc. 57  
Nutrition Assistance Program for Seniors 8

## **O**

Oak Park Neighborhood Center 13  
Old School by Steeple People 6  
Open Access Connections 29,68,79  
Opportunity Housing 24  
Order for Protection 80  
Our Saviour's Housing 24  
Our Saviour's Shelter 15  
OutFront Minnesota 80

## **P**

Peace House 11,12,87  
People and Pets Together 33  
People's Center Clinics & Services 45  
People's Center Dental 61  
People Serving People 16,24,46  
Phillips Neighborhood Clinic 45  
Pillsbury United Communities 18,77  
Plymouth Congregational Church 13  
Portland Village 25  
PPL Career Center 68,70  
PRIDE / The Family Partnership 72,77  
Project for Pride in Living (PPL) 25  
Pursuit Hometel 25

## **R**

Rainbow Health 49  
Rainbow Health Behavioral Health 55  
RedRover.org 33

## **S**

Sabathani Community Center 5,8  
Sally's Place 14  
Salvation Army 5,30,39  
Salvation Army Adult Rehabilitation Center 60  
Salvation Army Central 8,37  
Salvation Army Harbor Light Center 14,15,16,25,47  
Salvation Army HOPE Harbor 25  
Salvation Army Noble 8,38  
Salvation Army Parkview 9,11,32,38  
Salvation Army Stores 6  
Salvation Army Temple 9,11,32,38  
Second Harvest Heartland 39  
Senior Food Shelf 9  
Seward CSP 57  
Sexual Violence Center 77  
Sharing and Caring Hands 5,9,10,12,18,62  
Shelf of Hope Food Shelf 9  
Sheridan Clinic 44  
Simpson Housing Services 26  
Simpson Shelter 15,47  
Simpson United Methodist Church 9  
Social Security Administration 41  
Soup for You Cafe 12  
Southeast Asian Refugee Community House (SEARCH) 70  
Southside Community Clinic 45,49,62  
St. Anne's Place 16  
St. Mary's Health Clinics 46

St. Paul Veterans Center 76  
St. Stephen's/House of Charity Board & Lodge/Supportive  
Services 23  
St. Stephen's/House of Charity Food Centre 10,11  
St. Stephen's/House of Charity Shelter at 510 S. 8th Street 16  
St. Stephen's Human Services/House of Charity 18,29,31,60,88  
Student Placement Center 65  
St. Vincent de Paul 6  
Summit Academy OIC 64,68

## **T**

Tasks Unlimited 12,26,28,57,69  
Tubman 17,55,60,77,83  
Turning Point, Inc. 26,49,60

## **U**

University of Minnesota Dental School 62  
Upper Midwest American Indian Center 64  
U.S. Department of Veterans Affairs 76

## **V**

Vail House 26  
Vail Place 57  
Veterans Affairs Medical Center 62  
Veterans Welcome Center—MCTC 64,76  
VeTouch 33  
VOA-MN/Amicus 89  
Volunteer Lawyers Network 83

## **W**

Waite House 10,12,69  
Walk-in Counseling Center 55,56  
Wayside Recovery Center and Family Treatment 26  
Westminster Presbyterian Church 13  
Whittier Clinic-Hennepin Healthcare 46  
WIC Program (Women Infants Children) 10  
Women's Advocates Inc. 78

## **Y**

YouthLink 65,72  
Youth Services Network 72

## **Z**

zAmya Theatre Company 88

**Notes:**



**Notes:**

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## **About Agate Housing & Services**

The mission of Agate Housing and Services is ending homelessness and hunger. 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.

### **Addiction and Mental Health Recovery**

The Day by Day outpatient treatment program is a harm reduction program serving people with co-occurring substance use disorder and mental illness.

### **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, distributing bundles of healthy and fresh food.

### **Agate Housing & Services**

2309 Nicollet Avenue  
Minneapolis MN 55404  
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[www.agatemn.org](http://www.agatemn.org)



