

Family Supports for Immigrant Communities

Quick Links:

[Immigrant & Refugee Community Organizations](#)

[Legal- General](#)

[Family Law](#)

[Find a Lawyer](#)

[Immigration - Legal](#)

[Immigration -Deportation](#)

[Find Someone Detained](#)

[Bond Payments,](#)

[Disability Rights](#)

[Tenant/Renter](#) - Rights & Legal Supports

[Food Resources/Social Services](#) (Rent)

[Family Response](#)

[How to Talk to Kids about ICE](#)

[For Kids - What to Do If You're Worried About ICE](#)

Immigrant & Refugee Organizations

AICS - African Immigrants Community Services

<https://aicsmn.org/our-services/>

612-871-9481

County Assistance Navigation, Childcare Assistance, Housing Services, Interpreting, ELL enrollment, Drivers Ed Classes, Youth programs

Arrive Ministries

<https://arriveministries.org/>

Center for African Immigrants and Refugees Organization (CAIRO)

<https://cairomn.org/>

322 W Lake St, Suite 205

Minneapolis, MN 55408

320-281-3232

Serving the Ethiopian, Liberian, Nigerian, and Somali Communities in Hennepin County.

1515 East 66th Street
Richfield MN 55423
612-798-4332

Refugee Reception and Placement Services, Refugee Employment Services, Refugee Cash Assistance, Immigration Legal Services, ESL classes and tutoring, community development programs and other outreach services

CAIR-MN

<https://cairmn.com/>

2511 East Franklin Ave Suite #100
Minneapolis, MN 55406
612-206-3360

CAIR advocates for civil liberties and rights for Muslims in the U.S., including many immigrants and refugees.

CAP

<http://www.capiusa.org/>

3702 East Lake Street
Minneapolis, MN
612-721-0122

Guidance for refugees and immigrants on their journey toward self-determination and social equity. Services include: culturally specific food shelf, MNSure, Hmong Seniors Program, Caregiver Program, Benefit Enrollment, MFIP, civic engagement & public policy.

Hennepin County Multi-Cultural Services

<http://www.hennepin.us/residents/human-services/multi-cultural-services>

1201 East Lake Street
Minneapolis, MN 55407
612-348-2193

Connects immigrants and refugees to resources and services offered by the county and community partners. Staff speak multiple languages.

International Institute of Minnesota

<https://iimn.org/>

1694 Como Ave

CLUES- Comunidades Latinas Unidas en Servicio

<https://clues.org/>

777 East Lake Street
Minneapolis, MN 55407
612-746-3500

Supporting the Latino community and beyond, CLUES offers programs in the areas of health & wellness, survivor support, mental health, children & parenting, economic prosperity, arts, community engagement, English classes and Adult education and more.

Abriendo Caminos Behavioral Health Clinic (CLUES)

2600 E 25th St
Minneapolis, MN 55406
612-439-9571 Intake
612-404-2600

COPAL

<https://copalmn.org/>

612-255-3112

Comunidades Organizando el Poder y la Acción Latina, is a member-based organization established in 2018 to improve the quality of life of Latine families.

[Know your rights](#)

COPAL Navigators Support line: Provides verification of immigration raids and connects individuals to food, shelter, and legal aid: (612) 255-3112

Lation VOICES of Minnesota

<https://www.latinovoicesmn.org/>

952-594-5220

Supporting communities of Chaska, Chanhassen, Victoria, Cologne, Mayer, Waconia, Watertown, Eden Prairie, Jordan, and Shakopee. Services: Case Management, Resource Center,

MIRAC- Minnesota Immigration Rights Action Committee

<https://www.miracmn.com/resources>

4200 Cedar Ave S
Minneapolis, MN 55407

MIRAC is an all-volunteer, grassroots, multiracial, and multinational immigrant rights mass-movement organization

Saint Paul, MN 55108
651-647-0191

Assists immigrants and refugees in Minnesota- English Classes, Citizenship & Immigration Help, Classes and Job Training

Isuroon

<https://isuroon.org/>

1-833-437-3463

Locations in Minneapolis, Burnsville, Roseville & St Paul

Isuroon is a women-led organization empowering Somali women in Minnesota. Isuroon provides access to health, financial literacy, civic engagement, and leadership programs. Services include: Housing Assistance, Health & Wellness, Halal Food, Business Support, Youth Program, Crisis Health, Behavioral Services

Prosperity for New America

<https://pnamerica.org/>

612-200-2662

116 E 32nd St

Minneapolis, MN 55408

Advocacy for African Immigrants, Intergenerational services and programs, such as after-school, job training, financial literacy, and more

Sakan Community Resources

<https://www.sakanresources.org/>

612-564-9157

1701 American Blvd E Suite 6

Bloomington, MN 55425

Empowering Immigrants to homeownership, financial stability. Civic Engagement

English Language Classes (ESL)

Metro South

<https://metrosouth.org/english-as-a-second-language-esl/>

952-681-6170

Complete an interest form online to get started

Literacy Minnesota

<https://hotline.mnabe.org/>

800-222-1990

text: 612-424-1211

Search for available Adult Classes in ESL, GED, College Program

[Return to Top](#)

Legal

Adult Representation Services

<https://www.hennepin.us/adult-representation-services/>

525 Portland Ave S, Suite 900

Minneapolis, MN 55415

612-348-7012

contactars@hennepin.us

- Serves Hennepin County residents with legal services in several different areas and navigates legal and government systems and connects them with financial support and community organizations.

Mid Minnesota Legal Aid

1-877-696-6529

<https://mylegalaids.org/get-legal-help/serving>

Mon-Thurs 8:30am-4:30pm ; Friday 8:30-12pm

Serving: Low-Income, 60+, (online support connects you to [LawHelpMN.org](#)), supporting youth through Youth Law Project).

- Service areas: Civil, Family Court, Guardianship, Housing court, Immigration, Parent Representation, and Health Equity Legal Project (HELP).
- *We are not affiliated with the Hennepin County Attorney's Office, Adult Protection Services, or the Child Support Division. Consultation with us is confidential.*
- Call, email or use the online eligibility form. Interpreters available.

CMLS (Central Minnesota Legal Services)

<https://www.centralmnlegal.org/>

General Phone: 612-332-8151

Intake: 612-334-5970 or 1-877-696-6529

Schedule Mon - Thu: 8:30 am-4:30 pm **Fri:** 8:30 am-12:00 pm

- Serves residents of Hennepin and Anoka; income limits 200% of Poverty, no cost lawyers.
- Topics: Family Law, Housing, Public Benefits, Employment, Expungement, Consumer Debt

Law Help MN

<https://www.lawhelpmn.org/>

- Live chat available 9-4pm, search for providers & law clinics
- Includes a Self-Help Library Resource online
- Law Help MN has information on Delegation of Parental Authority, to assist families if they are unable to return home or remain together

MN Disability Law Center

1-800-292-4150

MN Legal Advice

<https://www.mnlegaladvice.org/>

Online tool to connect to advice. Advice is not available if you already have a lawyer working on your case.

Lawyer Referral

<https://www.mnlawyerreferral.org/>

Guided Assistance, Self-Referral, and search for a lawyer

- **Reduced Fee Program** (income between 125-250% of poverty) Call **612-752-6699** to Request to be screened for the Reduced Fee Program)
<https://www.mnlawyerreferral.org/attorneys/reduced-fee-program>

Volunteer Lawyers Network

<https://www.vlnmn.org/>

612-752-6677

Mondays-Thursdays between 10am and 1pm

Free Legal Advice for low-income people. Legal Representation is not available.

[Minnesota Family Deportation Preparedness Manual.pdf](#)

Southern Minnesota Regional Legal Services

<https://www.smls.org/>

1-877-696-6529

Serves residents of Carver, Dakota, Ramsey, Scott, and Washington Counties; income limits and seniors

[Return to Top](#)

Family Law

Hennepin County Family Court Resources

<https://www.mncourts.gov/Find-Courts/Hennepin/Hennepin-Family-Court.aspx>

MMLA-Minneapolis Family Law

<https://mylegalaid.org/>

Child Support and Child Custody Resources

<https://www.ag.state.mn.us/Consumer/Law/ChildSupport.asp>

Find a Lawyer

Minnesota State Bar Association

<https://www.mnbar.org/member-directory/find-a-lawyer>

Search by specialty/topic, free consultation, location and more

MN Courts Self Help Center

<https://mncourts.gov/help-topics/self-help-centers>

300 South 6th Street 2nd Floor, PSL
Minneapolis, MN 55487
651-259-3888

Find helpful information, services and resources about your legal problem if you are not represented by an attorney.

Minnesota Lawyer Referral*

<https://www.mnlawyerreferral.org/>

Minnesota Lawyer Referral and Information Service (MNLIRIS) connects persons with legal issues to one of over 200 qualified private attorneys practicing in over 50 areas of law. Referral counselors are available who can set up appointments with attorneys, provide general information about the legal process, and direct people to appropriate legal resources. Referral counselors are not attorneys; however, they can help clients focus on their legal issues and determine the type of assistance needed.

*this is a newer site the Hennepin and Ramsey County Bar Associations have created to assist those seeking legal representation.

[Return to Top](#)

Immigration- Legal

Arrive Ministries

<https://arriveministries.org/green-card-citizenship/>
(612) 798-4332

Legal Assistance for Immigration

Provides immigration legal services including:

- * Green card applications
- * United States citizenship applications
- * Family-based visas
- * Travel documents and document replacements
- * Work Permits

Immigrant Legal Resource Center

<https://www.ilrc.org/resources/community/know-your-rights-to-olkit>

The Immigrant Legal Resource Center has created a number of tools and resources to help families plan for possible interactions with immigration. These resources are available in multiple languages and include:

Red Cards on Your Rights;

<https://www.ilrc.org/red-cards-tarjetas-rojas>

Download your free cards

Immigration Law Center of Minnesota

<https://www.ilcm.org/>

651-641-1011 - Detention Intake (ICE)

1-800-223-1368 - Immigration Status/Intake

Check website for hours

The Immigrant Law Center of Minnesota (ILCM) is a nonprofit organization that provides free immigration legal representation to low-income immigrants and refugees in Minnesota and North Dakota

The Advocates for Human Rights

https://www.theadvocatesforhumanrights.org/Legal_Help .

612-341-9845

New Client Intake: Tues 10-12pm/ Thurs 12-2pm

We provide free legal help to people seeking asylum, unaccompanied children, people in immigration detention, and people who have been victims of human trafficking. Household income must be at or below 200% of federal poverty guidelines live or are detained in Minnesota, North Dakota, or South Dakota. We do not charge any legal fees.

Maintains a list of Private Immigration Attorneys and non-profits organizations offering legal services. Some may charge fees, while others provide free or low-cost assistance.

Educational Videos on Your Rights;

<https://www.wehaverights.us/spanish>

Family Preparedness Plan

https://www.ilrc.org/sites/default/files/resources/family_preparedness_plan.pdf

Law Help MN

<https://www.lawhelpmn.org/self-help-library/fact-sheet/delegation-parental-authority-dopa>

Law Help MN has information on [Delegation of Parental Authority \(DOPA\)](#), to assist families if they are unable to return home or remain together.

-- [Making Sure Your Family Is Ready if you Get Deported toolkit](#)

Lutheran Social Service of Minnesota -

<https://www.lssmn.org/services/refugees/services/legal>

612-879-5258

2400 Park Ave S, Minnesota

Legal services for Refugees to complete documents. Call for an Appointment

National Immigration Law Center

<https://www.nilc.org/>

[Know your rights if arrested or detained by ICE](#)

[Return to Top](#)

Immigration - Deportation

Finding a loved one who's been detained:

- [Online Detainee Locator System](#)
- [ICE Field Office Locator](#)
- <https://www.nilc.org/resources/how-to-find-a-loved-one-after-a-u-s-immigration-arrest/>

Informed Immigrant

<https://www.informedimmigrant.com/>

Immigration Resources for Refugees

<https://fugeesfamily.org/immigration-resources/>
Family Immigration Resource Toolkit

National Immigration Law Center

<https://www.nilc.org/>

[Know your rights if arrested or detained by ICE](#)

Family Preparedness Plan

https://www.ilrc.org/sites/default/files/resources/family_preparedness_plan.pdf

VLN: MN Family Deportation Preparedness Manual

[Minnesota Family Deportation Preparedness Manual.pdf](#)

CBP: Intent to Self Deport*

<https://www.dhs.gov/cbphome>

Parent/Caregiver Resource:

[When children are afraid of parent's deportation-](#)

This pamphlet contains concrete steps to support children's sense of safety, positive identity, and healthy relationships during an uncertain time. It can be useful to any adult who is involved in caring for infants, children, and adolescents Available in English, Spanish, and Korean.
From MN Association of Children's Mental Health

[Traumatic separation and refugee and immigrant children: Tips for current caregivers \(Spanish\)](#)

UNIDOS

<https://unidos-mn.org/family-preparedness-planning>
Family Preparedness & Planning

MONARCA Rapid Response Line

<https://monarcamn.org/>

612-441-2881 - Hotline, report federal activity

651-372-8642 - question about your rights

Immigrant Defense Network

<https://immigrantdefensenetwork.org/>

Network of over 90 immigrant, labor, legal, faith, and community organizations dedicated to protecting and advancing the constitutional rights of immigrant communities across Minnesota

[Handbook for Constitutional Observers](#)
(Workplace-Employer Guide, Individual Rights)

National Lawyer Guild MN

<https://nlgm.org>

*Talk to a lawyer such as a VLN lawyer, 612-752-6677 or Advocates for Human Rights, 612-341-9845 about what selecting to Self Deport means	612-444-2654 How to Talk to Kids about ICE
---	--

[Return to Top](#)

Bond Payments

Midwest Immigration Bond Center https://www.mibfc.org/gethelp If you know of a detained individual who needs bond payment assistance, click here to fill out an application.	
--	--

Disability Rights

Disability Rights A Guide for Immigrants with Disabilities Facing the Threat of ICE Raids https://www.disabilitytalent.org/single-post/protecting-yourself-a-guide-for-people-with-disabilities-facing-the-threat-of-ice-raids Deaf, DeafBlind and Hard of Hearing State Services https://content.govdelivery.com/accounts/MNDHS/bulletins/4049367 Voice or preferred relay service: 651-431-5945 or 800-657-3663 Videophone: 651-964-1514 Email: dhs.dhhsd@state.mn.us Web: mn.gov/deaf-hard-of-hearing	
--	--

Renters/Tenant Legal Help

HOME Line

<https://homelinemn.org/>

612-728-5767 - English

612-255-8870 - Español

612-255-8860 - Af- Soomaali

612-255-7104 -Hmoob

- HOME Line provides free and low-cost legal, organizing, education, and advocacy services so that tenants throughout Minnesota can solve their own rental housing problems.
 - Tenant Resources including form letters available online.
-

Mid Minnesota Legal Aid

1-877-696-6529

<https://mylegalaid.org/get-legal-help/serving>

Mon-Thurs 8:30am-4:30pm ; Friday 8:30-12pm

Serving: Low-Income, 60+, (online support connects you to LawHelpMN.org), supporting youth through Youth Law Project.

Attend your court hearing

Adult Representation Services

<https://www.hennepin.us/adult-representation-services/>

525 Portland Ave S, Suite 900

Minneapolis, MN 55415

612-348-7012

contactars@hennepin.us

- Serves Hennepin County residents with legal services in several different areas and navigates legal and government systems and connects them with financial support and community organizations.
 - Service areas: Civil, Family Court, Guardianship, Housing court, Immigration, Parent Representation, and Health Equity Legal Project (HELP).
 - *We are not affiliated with the Hennepin County Attorney's Office, Adult Protection Services, or the Child Support Division. Consultation with us is confidential.*
 - Call, email or use the online eligibility form. Interpreters available.
-

Mediation

Get help making a payment plan with your property manager. Hennepin County Residents

<https://publicaccess.courts.state.mn.us/CaseSearch>

If you don't have your summons, find your case records on the Minnesota Courts website or call 612-348-6000.

Call: 612-200-3551

Email: hennepincourt@communitymediationmn.org

Tenant Resource Connection

612-767-9737

Serving Minnesota households at or below 200% Federal Poverty Guidelines and the household must be experiencing a housing crisis and a need for assistance.

[Return to Top](#)

Food Resources

[ICA Food Shelf](#)

[Bountiful Basket Food Shelf](#)

Social Services (Rent Help)

[Minnetonka Family Friends](#)

For assistance with rent, utilities, transportation, other.

Salvation Army

South Minneapolis Salvation Army
1604 East Lake Street
Minneapolis, MN 55407

612-721-1513

<https://centralusa.salvationarmy.org/northern/SouthMinneapolis/programs-and-services/>

Services:

Emergency Rental Assistance, Food and More
See website for other services

SERVES South Minneapolis and 27 surrounding communities including: EDINA, RICHFIELD and Hopkins

[Return to Top](#)

Family Response

Family response



Immediate, in-person support and stabilization for children or youth and their parents/caregivers

612-979-9511

24/7

For emergencies, call 911.

Support for your family

If your child (ages 0–18) experiences a mental, behavioral, or emotional issue that leaves you overwhelmed and unsure of what to do, we are here to help. No situation is too small for our family response experts.

- Immediate in-person response within one hour anywhere in Hennepin County.
- Available to families with children ages 0–18 at no cost.
- Driven by your family's cultural, community, and clinical needs.

Our goal is to keep youth and families stable in their homes by helping them determine and connect to the support they need to thrive.

Immediate, in-person support

When you call, staff will gather basic information and send a family response team to your location within one hour:

- De-escalate and address the immediate concern
- Engage and support your family over the next 72 hours
- Connect you to other supports, including an optional eight-week stabilization service

Ongoing stabilization

After the initial 72 hours, a free, optional eight-week culturally specific stabilization service can help promote your family's well-being:

- Support healthy, safe behavior and your child's ability to manage their daily activities
- Build connections in your family and to ongoing supports in the community



hennepin.us/family-response

CHANGE INC.

 **Nexus-FACTS**
FAMILY HEALING





HOW TO TALK TO KIDS ABOUT ICE

WHY THESE CONVERASTIONS MATTER

Kids hear things. Without guidance, they feel anxious. Be present and honest.

WHAT NOT TO SAY

- Don't worry about it. (Feels dismissive)
- That won't happen to us. (Create false security)
- Constant News/Replays (Increases anxiety)

WHAT TO SAY INSTEAD

Focus on safety and validation.

- You aren't alone. Look for the helpers—I am one of them.
- It's okay to feel scared. Let's talk about it together.

AGES 3-6

- Focus on comfort
- Stick to routines and offer extra hugs.
- What to say: Some families aren't being treated nicely because of where they were born.
- Reassure them: Remind them they are safe and loved.



AGES 7 TO 11

- Explain the situation: Some families are being separated because of how they came here. That isn't right.
- Open dialogue: Let them ask questions.
- Safety first: Remind them to only discuss this with trusted adults.

AGES 12-18

- Be direct: It is unfair that people are treated differently based on where they are from.
- Listen: Encourage them to share their feelings.
- Empower them: Support them if they want to take positive action

SOURCE: CHILDREN'S NETWORK

<https://namimn.org/talking-with-children-about-violence-in-the-news-guidance-for-parents-and-care-givers/>

WHAT TO SAY TO KIDS ABOUT ICE

Even if a child isn't directly affected, they may hear about ICE at school or online. Avoiding the topic can cause more fear. Calm, honest conversations help children feel safe and supported.

START THE CONVERSATION

Begin by asking: "What do you know about ICE?" This gives you insight into what they've heard or seen. If they say "I don't know," you can gently explain:

"ICE is a government group that checks if people are following immigration laws. Some families are scared of them because they help decide who can stay in the U.S. Have you heard about people moving to new countries?"

AGES 3-6

"Some families are being treated unfairly because of where they were born. You're safe, and I'm here with you."

- Keep it simple and comforting
- Provide extra hugs, reassurance, and routines.

AGES 7-11

"Some families are being separated because of how they came to the U.S. Even kids are getting hurt, and that's not okay."

- Be honest without overwhelming

WHAT **NOT** TO SAY

- "Don't worry about it." Dismisses their feelings
- "That won't happen to us." Creates false reassurance

AGES 12-18

"It's not right for people to be treated unfairly because of where they're from. This hurts kids and families."

- Acknowledge their awareness
- Encourage healthy ways to process: writing, talking, art, advocacy.

EMOTIONAL SUPPORT FOR ALL AGES

"It's okay to feel scared or frustrated. What matters is we talk about it and help each other feel better."

- Encourage breathing, drawing, or journaling

WHAT TO SAY **INSTEAD**

"You're not alone in this. People are trying to help, and I'm one of them. If you ever feel scared, we can talk about it together."

Plan for emergencies. Use our Family Preparedness Toolkit: childnet.org/immigration-resources



FOR KIDS!

What to Do if You're Worried About ICE

You're not alone. This guide is just for YOU so you can feel safer, stronger, and supported.

YOUR FEELINGS MATTER

It's normal to feel scared, confused, or upset. You might hear things about ICE or people being taken away.

Here's how you can feel a little better:

- Take 3 slow, deep breaths
- Talk to someone you trust
- Draw or write what you're feeling
- Tell yourself: "I am safe right now."

YOU HAVE RIGHTS

Yes! Even kids have rights.

If someone from ICE comes or asks questions:

- You don't have to talk
- You don't have to open the door
- You can say: "I want to talk to a lawyer"
- You can use a Red Card (ask a grown-up for one)

YOUR FAMILY PLAN

Ask your grown-up about your safety plan.

Things you should know:

- Your full name and your parent's name
- A phone number you can call
- Who will take care of you if needed
- Where important papers are kept

Your family can practice the plan with you.
(We have a Family Preparedness Toolkit on our website!)

Ask a parent or grown-up if it's okay to visit: www.childnet.org

This guide was created by the Children's Network of Solano County to support local children and families. It was adapted from trusted resources, including the Immigrant Legal Resource Center, the American Academy of Pediatrics, Bright Futures, and the National Immigration Law Center.

HELPING YOUR FRIENDS AND COMMUNITY

You can help if someone you care about is scared:

- Be kind and listen
- Say: "I'm here for you"
- Take deep breaths together
- Tell a trusted adult if something feels wrong
- Learn about your rights and talk to your family

SPEAK UP FOR WHAT'S RIGHT

Your voice matters. Even if you're a kid, you can help make the world better!

When something feels unfair or wrong:

- Talk with a trusted adult
- Ask questions
- Stand up for your friends
- Say: "That's not okay"

You don't have to be loud to be brave.

WHO CAN I TALK TO?

You never have to face things alone.

If you're scared or confused, talk to:

- Your parent or caregiver
- A teacher or school counselor
- A family friend or trusted adult

There are people who want to help you feel safe.

