

Resources

Winter Pit Stop

Thurs 1/29
9 am-1pm
6201 Osgood Ave
Stillwater, MN 55082

free meals, haircuts, gas
& food gift cards,
personal care items,
and more

3 Grocery Delivery

- Open Cupboard
 - once a month, certain zip codes
 - 651-300-1130
- Bymore Supermercado
 - 857 Payne Ave, St. Paul 55130
 - 651-793-7196
- Loma Bonita
 - Richfield-140 W 66th St, 612-800-7272
 - Savage-4129 State Hwy 13, 952-882-6277
- Colonial Market & Restaurant
 - Minneapolis-2100 E Lake St. Suite A, 3120 N Penn Ave
 - Bloomington-3051 E 80 ½ St
 - all locations call 612-600-0300



5 Therapy (low cost or free, virtual option)

- Roots Wellness Center
 - 612-289-5656
- CLUES
 - 612-404-2600
- Walk-in Counseling
 - 612-870-0565 (ext 2 to set up appt in Spanish)
- Interprofessional Center
 - 651-962-4820
 - also offers legal services



For other needs, please reach out to your school's social worker

1 Legal Aid

- ILCMN -Immigrant & Refugee Rights Line
 - 1-800-223-1368
 - call to make appt
- Wilson Law Group
 - 612-497-3532
 - free consultation
- Southern MN Regional Legal Services
 - 651-291-2837

2 Healthcare

- CUHCC
 - 612-301-3433
- Portico Healthnet
 - 651-489-2273
 - help for uninsured

4 Ramsey County Assistance

- Emergency Assistance
 - 651-266-0693
 - rental assistance, utilities
- CAPRW
 - energy assistance
 - 651-645-6470
 - car repair
 - 651-603-5880
- Neighborhood House
 - resources to avoid homelessness
 - 651-789-2500
- Solid Ground
 - resources to avoid homelessness
 - 612-849-7120.

6 Other Resources

For more information on how to do a DOPA, obtain a passport, or making a plan for your family:

- website: Informed Immigrant