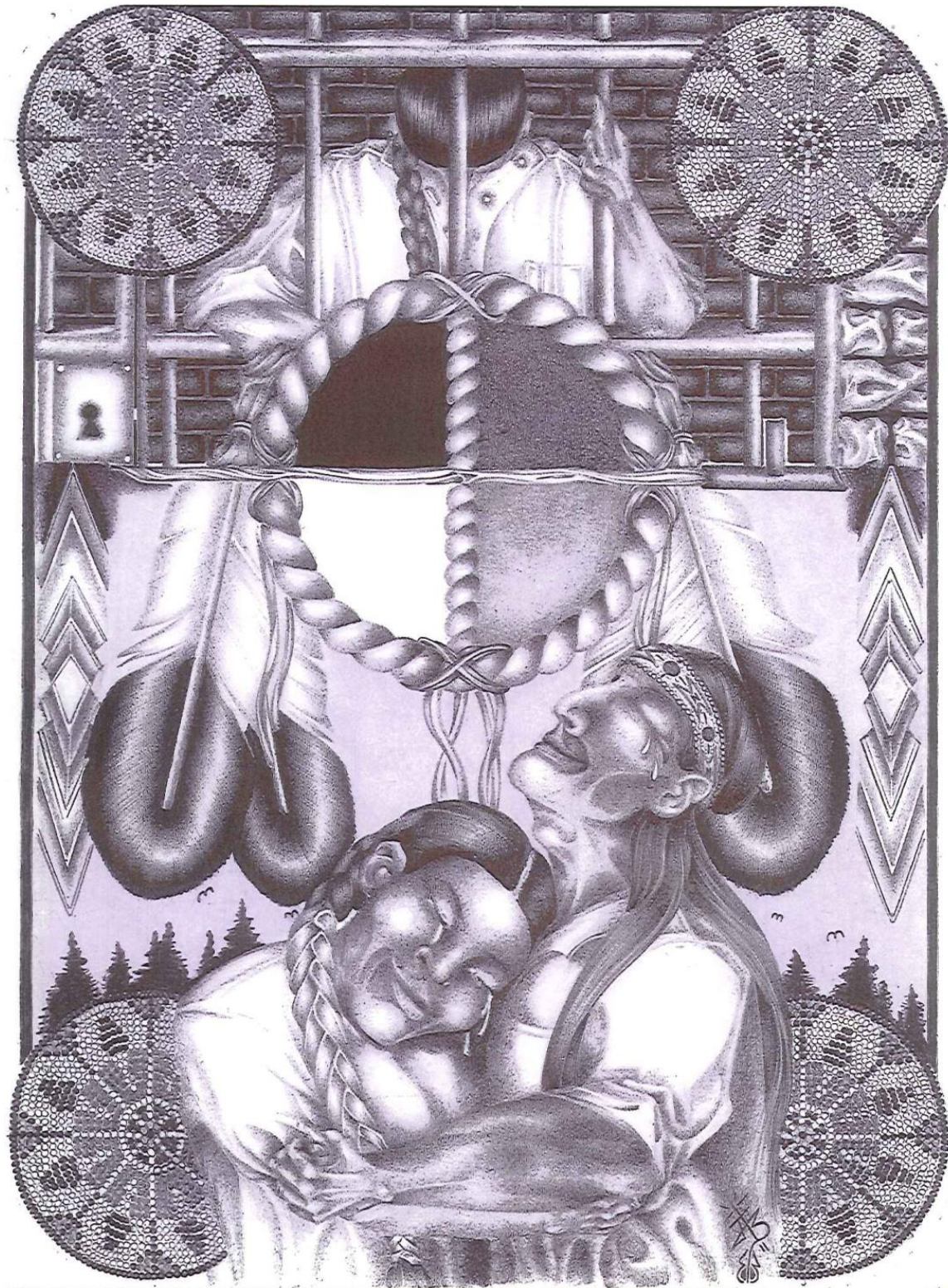


MINNESOTA AMERICAN INDIAN TRANSITION & RESOURCE DIRECTORY

Volume II 2015



A collaborative effort between the Minnesota Department of Corrections and the Minnesota Department of Human Services.



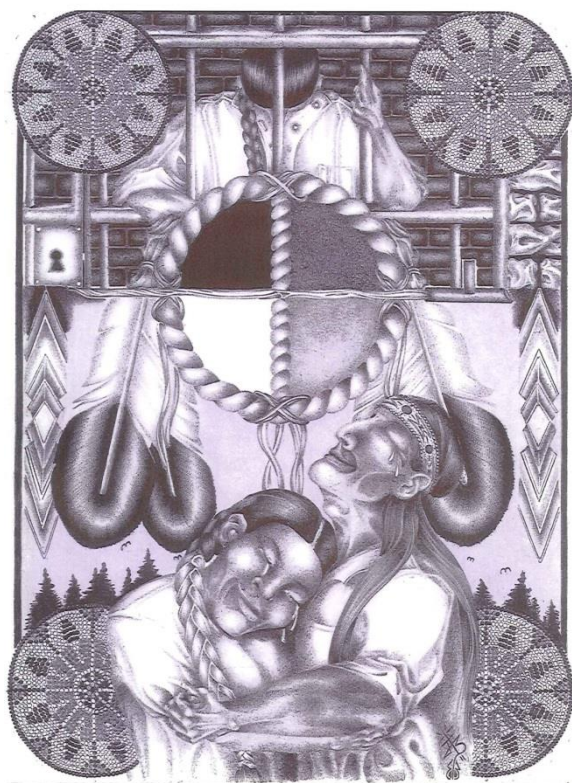
DISCLAIMER

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This is in the public domain. Please duplicate and distribute widely.



Artwork by Former Offender

The MN DOC provides alternative forms of expression and personal development for offenders through fine arts programming. Offenders may have the opportunity to exhibit or perform their work in sanctioned art shows or within the facilities.

INTRODUCTION

This directory is an updated, expanded version of the Minnesota Native American Transition and Resource Directory published in 2012. Much like its predecessor, this directory seeks to provide information about culturally appropriate and offender-friendly services throughout the state of Minnesota.

The resources in this directory have been thoroughly vetted by the Minnesota Department of Corrections (MN DOC); however, it makes no endorsements or recommendations about the quality of the services offered. All the resources and links included were accurate and up-to-date at press time; however, it is inevitable that some will become outdated over time. It is strongly encouraged that users refer to their preferred search engine for up-to-date information.

The Minnesota American Indian Transition and Resource Directory is available online (and PDF format) via the Minnesota Department of Corrections website: www.doc.state.mn.us.

For additional resources, please visit the Minnesota Help Info website at www.minnesotahelp.info/public/.

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TRIBAL RESOURCES

Bois Forte Band of Chippewa



General Information

www.boisforte.com/

(218)757-3261
(800)221-8129

Provides an overview of all the services and divisions available within the Bois Forte reservation.

EAF (Emergency Assistance Fund)

<http://tinyurl.com/kqtwsya>

(218)757-3261
x116

Temporary financial assistance available to Band members experiencing an emergency, crisis or financial hardship. Limited funds.

Housing

<http://tinyurl.com/lmu47ak>

(218)757-3253
(888)833-7337

Provides decent, safe, sanitary and affordable housing to Bois Forte members through rental housing units, home ownership opportunities and supportive services to homeowners.

Human Services

<http://tinyurl.com/lv9ykwx>

(218)757-3295
(800)747-1218

Offers chemical dependency, mental health, victim services and food distribution services to low-income families and individuals as well as vulnerable adults.

TERO (Tribal Employment Rights Organization)

<http://tinyurl.com/kqtwsya>

(218)757-3261
(800)221-8129

TERO enforces Indian preference in employment, training and contracting located on or near the Nett Lake area. Tribal members seeking employment should register with TERO for first-consideration on job openings.

Fond Du Lac Band of Lake Superior Chippewa



<p>General Information</p>	<p>www.fdlrez.com/</p>	<p>(218)879-4593</p>	<p>Provides an overview of all the services and divisions available within the Fond Du Lac reservation.</p>
<p>Center for American Indian Resources</p>	<p> 211 West 4th Street Duluth, MN 55806</p>	<p>(218)726-1370</p>	<p>The CAIR houses the public health nursing, social services, and chemical dependency services as well as the outpatient clinic.</p>
<p>Community Services</p>	<p>http://tinyurl.com/outl5r2</p>	<p>(218)878-2658</p>	<p>Provides resources to meet basic needs such as food support, energy assistance and adult basic education for band members.</p>
<p>Fond du Lac Human Services Pharmacies</p>	<p>http://tinyurl.com/m74zfg8</p>	<p>(218)878-2157 Cloquet (218)279-4142 Duluth (612)871-1989 Minneapolis</p>	<p>Provides culturally-appropriate pharmaceutical care to American Indians at their Min No Aya Win, Center for American Indian Resources and Mashkiki Waakaaigan locations.</p>
<p>Housing Programs</p>	<p>www.fdlrez.com/housing/main.htm</p>	<p>(218)878-8049</p>	<p>Offers an array of housing services including supportive housing, emergency rental assistance and downpayment assistance to members who meet income and household size guidelines.</p>
<p>Human Services</p>	<p>http://tinyurl.com/n4mqncs</p>	<p>(218)879-1227</p>	<p>Assists low-income, elderly, disabled, mentally ill and unemployed band members by delivering healthcare, social, public and behavioral health services.</p>
<p>Office of the Registrar</p>	<p>www.fdlrez.com/registrar.htm</p>	<p>(218)878-8072</p>	<p>Provides services relating to driver's licenses, motor vehicles registration and business licensing.</p>

Grand Portage Reservation



General Information

www.grandportage.com/

(218)475-2277

Provides an overview of all the services and divisions available within the Grand Portage reservation.

Programs & Services

<http://tinyurl.com/q8svdsc>

(218)475-2453
Human Services

Offers a complete phone listing of the services provided to tribal members by Grand Portage's tribal government.

Leech Lake Band of Ojibwe



General Information	www.llojibwe.com/	(218)335-8200	Provides an overview of all the services and divisions available within the Leech Lake reservation.
Education	www.llojibwe.com/	(218)335-8253	Offers financial assistance for secondary and post-secondary education through the Johnson O'Malley and PSGP grant programs. Provides post-secondary education and vocational training through the Leech Lake Tribal College
Health Division	www.llojibwe.com/	(218)335-4500	Services for medical, dental, occupational, developmental disabilities, nutrition and behavioral health for low-income individuals and families as well as vulnerable adults. Waivers: AC, CADI, CAC, TBI
Housing Authority	www.llojibwe.com/	(218)335-8280	Develops and administers affordable housing for low-income individuals, families and vulnerable adults. Offers housing services based on income and household size. Applicants cannot have a felony conviction within the last ten years.
Human Services	www.llojibwe.com/	(218)335-8308	Provides on-reservation alcohol and chemical dependency treatment, outpatient treatment, recovery maintenance, case management, and Rule 25 assessment services.
Human Resources	www.llojibwe.com/	(218)335-3698	Offers listings of current temporary and permanent employment opportunities on and off the reservation.

**TERO (Tribal
Employment
Rights
Organization)**

www.llojibwe.com/

(218)335-8374

TERO enforces Indian preference in employment, training and contracting located on or near the Leech Lake Reservation. Band members seeking employment should register with TERO for first-consideration on job openings.

**Tribal
Assistance**

www.llojibwe.com/

(218)335-3626

Offers basic needs assistance such as energy and emergency assistance, as well as job training and placement services.

Lower Sioux Indian Community



General Information

<http://lowersioux.com/>

(507)697-6185

Provides an overview of all the services and divisions available within the Lower Sioux Indian Community.

Chemical Dependency & Mental Health

<http://lowersioux.com/d-chemicaldependency.html>

(507)697-9108

Provides Indian Country with high-quality and culturally-appropriate chemical dependency and mental health services.

Health

<http://lowersioux.com/d-health.html>

(507)697-6185

Operates and administers varying healthcare services including, but not limited to: home monitoring, diabetes and wound care, blood pressure and diabetes screenings and health education. Services counties of Redwood and Renville within a 10-mile radius.

Housing Authority

<http://lowersioux.com/d-housing.html>

(507)697-6185

Develops and administers affordable rental housing units. Provides affordable supportive housing for low-income individuals, families, the elderly and other vulnerable adults.

Social Services

<http://lowersioux.com/d-socialservices.html>

(507)697-9108

Provides an array of basic needs services, including the food shelf and child care, along with guardianship care and child welfare.

Mille Lacs Band of Ojibwe



General Information	http://millelacsBand.com/	(320)532-4181	Provides an overview of all the services and divisions available within the Mille Lacs community.
Department of Labor	http://tinyurl.com/nzrtokt	(320)532-4181	Provides assistance, support, and training to promote employment. Eligible households must live within one of the federally approved service areas: Hennepin, Anoka and Ramsey counties; or within the townships of Aitkin, Benton, Crow Wing, Mille Lacs, Morrison or Pine counties.
Emergency Services	http://tinyurl.com/kfsq8re	(320)532-7880 Emergency Services (320)532-7510 Food Distribution	Provides emergency energy, loans and food packages to band members in crisis. Applicants must meet eligibility criteria to receive services.
Family Violence Prevention	http://tinyurl.com/kcr788o	(866)867-4006	Provides outreach, advocacy and resources to victims of domestic and sexual violence through its battered women's shelter, crisis hotline, and temporary shelters and safe houses.
Health & Human Services	http://tinyurl.com/m86quug	(320)532-4181	Operates three clinic locations across the reservation to make high-quality health care available to band members.
TERO (Tribal Employment Rights Organization)	http://tinyurl.com/qfld8qt	(320)532-4778	Enforces Indian preference in employment, training and contracting on or near the Mille Lacs community. Band members seeking employment should register with TERO for consideration on job openings.


Prairie Island Indian Community



General Information	www.prairieisland.org/	(651)385-2554	Provides an overview of all the services and divisions available within the Prairie Island Indian Community.
Family Services	www.prairieisland.org/contact-us/	(651)385-4185	Offers chemical dependency treatment and support along with domestic abuse services.
Health Service	www.prairieisland.org/contact-us/	(651)385-4187	Provides basic health and wellness services to tribal members.
Human Resources	www.prairieisland.org/contact-us/	(651)385-4138	Serves as a resource for employment opportunities in or near the Prairie Island Indian Community. Call for more information on job assistance and training.

Red Lake Reservation



<p>General Information</p>	<p>http://www.redlakenation.org</p>	<p>(218)679-3341</p>	<p>Provides an overview of all the services and divisions available within the Red Lake reservation.</p>
<p>Chemical Health Program</p>	<p>http://tinyurl.com/pfsuyql</p>	<p>(218)679-3392 Alcohol/Drug Rehab</p> <p>(218)679-3995 Red Lake Outpatient</p> <p>(218)554-7401 Ponemah Outpatient</p> <p>(218)679-3331 Families Outpatient</p> <p>(218)679-2375 Northern Winds Residential Treatment</p> <p>(218)679-3387 New Road Halfway House</p>	<p>Provides all Red Lake members with alcohol and drug abuse prevention, education, intervention and treatment services: Rule 25 Assessment, Red Cliff Curriculum, Project Charlie, recreational activities, cultural activities, fitness activities, cultural education, sobriety run, alcohol information, drug information, tobacco information, and alcohol, drug and tobacco counseling.</p>
<p>Education</p>	<p>http://www.redlake.k12.mn.us/ http://www.redlakenc.org/</p>	<p>(218)679-3733 High School</p> <p>(218)679-2700 Middle School</p> <p>(218)679-2860 Tribal College</p>	<p>Provides primary, lower secondary, secondary and post-secondary education to tribal members.</p>
<p>Housing Authority</p>	<p> 23884 Minnesota 1 Red Lake, MN 56671</p>	<p>(218)679-3368</p>	<p>Supportive housing and programs.</p>

Shakopee Mdewakanton Sioux Community



General Information	www.shakoopedakota.org	(952)445-8900	Provides an overview of all the services and divisions available within the Shakopee Mdewakanton Sioux Community.
Education	www.shakoopedakota.org/contact.html	(952)403-5301	Provides educational opportunities to tribal members.
Family & Children Services	www.shakoopedakota.org/contact.html	(952)496-6192	Offers services and support to build strong families within the tribal community.

Upper Sioux Community



General Information	www.upperSiouxcommunity-nsn.gov/	(320)564-3853	Provides an overview of all the services and divisions available within the Upper Sioux Community.
Housing	www.upperSiouxcommunity-nsn.gov/pages/housing.htm	(320)564-3853	Provides affordable housing options for tribal members.
Indian Health Services	www.upperSiouxcommunity-nsn.gov/pages/healthservices.htm	(320)564-2360	Provides education and awareness on mental health, diabetes and other illnesses affecting tribal members. Offers transportation to and from medical appointments and food distribution to tribal members.
Social Services	www.upperSiouxcommunity-nsn.gov/pages/socialservices.htm	(320)564-2360	Offers chemical dependency and tobacco treatment and education, mental health services and case management.

White Earth Indian Reservation



General Information	www.whiteearth.com	(218)983-3285	Provides an overview of all the services and divisions available within the White Earth reservation.
Anger Management	http://tinyurl.com/pw2cqhw	(218)983-3286 (800)950-3248	Offers services and therapies that assist tribal members in addressing, managing and controlling aggressive behavior.
Employment & Training	http://tinyurl.com/q2tr9ba	(218)935-5554 x3213	Provides employment counseling, training, job search, and other supportive services to low-income, unemployed, underemployed adults and youth.
Energy Assistance	http://tinyurl.com/oy93g6f	(218)473-2711	Offers heating assistance for any kind of home heating as well as furnace repair and replacement funding for qualified applicants. Application process begins at the end of August and runs through September.
Health	http://tinyurl.com/poig2os	(218)983-3286	Provides and promotes healthy living, honoring traditional healing practices, and restoring the balance of mind, body and spirit through its programs.
Housing	http://tinyurl.com/n5wa327	(218)473-4663 (800)726-4016	Provides affordable rental and owner occupied housing.
Human Services	http://tinyurl.com/ly4wzge	(218)935-2359	Administers and operates economic assistance, food distribution, health and dental assistance, employment and training, vocational training, crisis intervention and other services to tribal members.

Mental Health	http://tinyurl.com/qxpxh77	(218)983-3286	Provides outreach-based counseling services to adults, children and families. Services are based on individual and family needs. Services are offered at varying levels of involvement, such as crisis intervention, counseling sessions, family and community support services and assessments.
Substance Abuse	http://tinyurl.com/knfxwvh	(218)983-3286 x1297 White Earth (612)872-8207 Minneapolis	White Earth substance abuse program provides same-day assessments, transportation and prevention programs services for Natives and non-Natives.
Women's Wellbriety Center	http://tinyurl.com/kwpltzy	(218)751-6553	Women's Wellbriety Center (WWC) is a primary inpatient, extended care (3 to 9-month) chemical dependency treatment center for Native and non-Native women. Facilities are able to accommodate 7 clients and their children (ages 11 and under).



COUNTY RESOURCES

Aitkin County



Adult Services	www.co.aitkin.mn.us/Departments/Human-Svcs/Social-Svcs/adult-social-svcs.html	(218)927-7200 (800)328-3744	Assists eligible clients obtain access to the following supports: adult mental health, developmental disabilities and chemical dependency treatment for adults.
Health & Human Services	www.co.aitkin.mn.us/Departments/Human-Svcs/HHS-Home.html	(218)927-7200 (800)328-3744	Assists eligible clients in obtaining: EA, employment services, FS, FST, GA, GRH, MA, GAMC, MSA, MinnesotaCare, and transportation services.
Public Health	www.co.aitkin.mn.us/Departments/Human-Svcs/Public-Health/Public-Health.html	(218)927-7200 (800)328-3744	Assists eligible clients in obtaining the following community-based services: LTCC, CAC, CADI, and TBI. Waivers: CAC, CADI, TBI
Veteran Services	www.co.aitkin.mn.us/Departments/vet-svcs/veteran-svcs.html	(218)927-7320 (888)404-7320	Provides valuable benefits, vocational support, financial assistance, transportation services and compensation resources to veterans.

Anoka County



Adult Services

www.anokacounty.us/1702/Adults

(763)422-7246

Provides adult day foster care, mental health, protection, civil commitment, and developmental disability services to vulnerable adults. **Waivers: AC, CAC, CADI, TBI**

Economic Assistance

www.anokacounty.us/1797/Assistance

(763)422-7200
EZ Info

These programs help individuals and families who meet program guidelines and whose income is not enough to meet basic needs: GA, MSA, EA, EGA, FS, Housing Assistance, MA, LTC-MA, MNSure and MinnesotaCare.

Veteran Services

www.anokacounty.us/344/Veteran-Services

(763)323-5290

Serves as a principal advocate for veterans and their families to ensure they receive medical, educational and financial benefits, and social supports.

COUNTY PROGRAM ACRONYMS

- Alternative Care (AC)
- Community Alternatives Care (CAC)
- Community Alternatives for Disabled Individuals (CADI)
- Emergency General Assistance (EGA)
- Group Residential Housing (GRH)
- Medical Assistance (MA)
- Developmental Disabilities (DD)
- Emergency Assistance (EA)
- Emergency Medical Assistance (EMA)
- Food Stamp Employment & Training (FSET)
- General Assistance (GA)
- Long-Term Care Consultation (LTCC)
- Energy Assistance Program (EAP)
- Food Support (FS)
- General Assistance Medical Care (GAMC)
- Medical Assistance for Long-Term Care (LTC-MA)
- Minnesota Supplemental Aid (MSA)
- Trauma Brain Injury (TBI)

Becker County



Adult Services	http://tinyurl.com/nw36kzc	(218)847-5628 Adult Intake	Provides services to vulnerable individuals including frail and disabled individuals. Agency staff collaborates with home health care providers, community health, law enforcement agencies and other providers of services to vulnerable adults. Waivers: CAC, CADI, TBI
Community Based Services	http://tinyurl.com/lyaf7sw	(218)847-5628 (866)454-5628	Offers LTCC, case management, PCA assessment and nutrition education services for individuals who meet program guidelines.
Economic Assistance	http://tinyurl.com/kukelfg	(218)847-5628 (866)454-5628	Programs help individuals and families who meet guidelines and whose income is not enough to meet basic needs: GA, MSA, FS, GRH, FSET and Minnesota Health Care Programs.
Transportation	http://tinyurl.com/kzhfxxc	(218)847-1674 (888)847-1674	Provides door-to-door service to passengers with special needs. Escorts will come to resident's door to assist them into the vehicle.
Veteran Services	http://tinyurl.com/lyfwjsu	(218)846-7312 (888)260-0580	Serving as a principal advocate for veterans and their families to ensure they receive medical, educational and financial benefits, and social supports.

Beltrami County



Adult Services	http://tinyurl.com/lvcbkg3	(218)333-4223	Provides adult day foster care, DD, mental illness and protection and advocacy services to individuals who meet program guidelines. Waivers: CAC, CADI, TBI
Economic Assistance	http://tinyurl.com/nofe2me	(218)333-8300	These programs help individuals and families who meet guidelines and whose income is not enough to meet basic needs: GA, MSA, EA, FS, MA, and MinnesotaCare.
Veteran Services	http://tinyurl.com/pp6yo4t	(218)333-4178	Serving as a principal advocate for veterans and their families to ensure they receive medical, educational and financial benefits, and social supports.

COUNTY PROGRAM ACRONYMS

- Alternative Care (AC)
- Community Alternatives Care (CAC)
- Community Alternatives for Disabled Individuals (CADI)
- Emergency General Assistance (EGA)
- Group Residential Housing (GRH)
- Medical Assistance (MA)
- Developmental Disabilities (DD)
- Emergency Assistance (EA)
- Emergency Medical Assistance (EMA)
- Food Stamp Employment & Training (FSET)
- General Assistance (GA)
- Long-Term Care Consultation (LTCC)
- Energy Assistance Program (EAP)
- Food Support (FS)
- General Assistance Medical Care (GAMC)
- Medical Assistance for Long-Term Care (LTC-MA)
- Minnesota Supplemental Aid (MSA)
- Traumatic Brain Injury (TBI)

Cass County



Human Services	http://tinyurl.com/ng3nvog	(218)547-1340	Offers MFIP, GA, MA, GAMC, MinnesotaCare, FS, adult protection, chemical and alcohol dependency treatment services, DD and mental health. Economic and health care assistance programs are available to individuals who meet the established income guidelines. Waivers: CADI, TBI, CAC
Public Health	http://tinyurl.com/kzjt6yl	(218)547-1340	Provides services to protect, promote and improve the health and well-being of individuals and families within Cass County.
Veteran Services	http://tinyurl.com/m942hq2	(218)947-7531	Serving as a principal advocate for veterans and their families to ensure they receive medical, educational and financial benefits, and social supports. Also provides outreach sites in the following cities: Backus, Cass Lake, Pillager, Remer and Walker. Contact VS office to schedule an appointment.

Clay County



Adult Services & Services for Persons with Disabilities

www.claycountymn.gov/177/Adult-Protection-Services

(218)299-5200

Provides eligible individuals with adult foster care, DD, adult protection, mental health and LTCC. **Waivers: AC, CADI, CAC, TBI**

Financial Assistance

www.claycountymn.gov/168/Social-Services

(218)299-5200

Provides financial assistance through a variety of programs. Persons must have eligibility determined via the application process. Programs available: GA, MSA, GRH, MA, GAMC, FS, EA, EGA, and emergency MSA.

Veteran Services

www.claycountymn.gov/341/Veterans-Services

(218)299-5041

Serving as a principal advocate for veterans and their families to ensure they receive medical, educational and financial benefits, and social supports.

COUNTY PROGRAM ACRONYMS

- Alternative Care (AC)
- Community Alternatives Care (CAC)
- Community Alternatives for Disabled Individuals (CADI)
- Emergency General Assistance (EGA)
- Group Residential Housing (GRH)
- Medical Assistance (MA)
- Developmental Disabilities (DD)
- Emergency Assistance (EA)
- Emergency Medical Assistance (EMA)
- Food Stamp Employment & Training (FSET)
- General Assistance (GA)
- Long-Term Care Consultation (LTCC)
- Energy Assistance Program (EAP)
- Food Support (FS)
- General Assistance Medical Care (GAMC)
- Medical Assistance for Long-Term Care (LTC-MA)
- Minnesota Supplemental Aid (MSA)
- Trauma Brain Injury (TBI)

Clearwater County



<p>Adult Mental Health</p>	<p>http://tinyurl.com/plmfjn</p>	<p>(218)694-6512 (800)245-6064</p>	<p>Offers a variety of services including case management, Adult Rehabilitative Mental Health Services (ARMHS), short-term residential treatment and supported employment and pre-vocational services.</p>
<p>Adult Services</p>	<p>http://tinyurl.com/qx4ts7k</p>	<p>(218)694-6512 (800)245-6064</p>	<p>Provides free, sliding scale and MA mental health services to adults who are challenged with issues relating to mental health, chemical health and physical disability.</p>
<p>Chemical Dependency Services</p>	<p>http://tinyurl.com/krygye3</p>	<p>(218)694-6512 (800)245-6064</p>	<p>Planned program of care for the treatment of chemical dependency to reduce or prevent further chemical abuse. A household income needs to be at or below the Federal Poverty Guidelines.</p>
<p>Development Disabilities</p>	<p>http://tinyurl.com/qfk2lr3</p>	<p>(218)694-6512 (800)245-6064</p>	<p>Social service activities for developmentally disabled persons. Services are designed, arranged and provided based on assessment information. Waivers: CAC, CADI, TBI</p>
<p>Income Maintenance Services</p>	<p>http://tinyurl.com/pannu8</p>	<p>(218)694-6164 (800)245-6064</p>	<p>Provides financial assistance through a variety of programs. Persons must have eligibility determined via the application process. Programs available: GA, MSA, MA, FS, EA, and EAP.</p>

Cook County



**Chemical
Dependency**

www.co.cook.mn.us/index.php/chemical-dependency

(218)387-3620

Wilderness Outpatient Treatment (WOT) program offers the following services: chemical dependency assessment, primary outpatient treatment, aftercare and information and referral. Please call staff to discuss funding options.

**Financial
Assistance**

www.co.cook.mn.us/index.php/financial-assistance

(218)387-3620

Provides financial assistance through a variety of programs. Persons must have eligibility determined. Programs available: GA, MSA, MNSure and MA.

Human Services

www.co.cook.mn.us/index.php/human-services

(218)387-3620

Offers DD, LTCC and mental health services for adults coping with physical and mental disabilities and mental illness. **Waivers: CADI, TBI**

**Veterans
Services**

<http://tinyurl.com/7k4wnsw>

(218)387-3639

Serving as a principal advocate for veterans and their families to ensure they receive medical, educational and financial benefits, and social supports.

COUNTY PROGRAM ACRONYMS

- Alternative Care (AC)
- Community Alternatives Care (CAC)
- Community Alternatives for Disabled Individuals (CADI)
- Emergency General Assistance (EGA)
- Group Residential Housing (GRH)
- Medical Assistance (MA)
- Developmental Disabilities (DD)
- Emergency Assistance (EA)
- Emergency Medical Assistance (EMA)
- Food Stamp Employment & Training (FSET)
- General Assistance (GA)
- Long-Term Care Consultation (LTCC)
- Energy Assistance Program (EAP)
- Food Support (FS)
- General Assistance Medical Care (GAMC)
- Medical Assistance for Long-Term Care (LTC-MA)
- Minnesota Supplemental Aid (MSA)
- Trauma Brain Injury (TBI)

Dakota County



<p>Adult Protection</p>	<p>http://tinyurl.com/popuv74</p>	<p>(651)554-6000 Intake</p> <p>(952)891-7171 24-Hour Crisis Line</p>	<p>Protects vulnerable adults from abuse and maltreatment. Social Services take steps to investigate any report of harm or neglect.</p>
<p>Aging & Disability Services</p>	<p>http://tinyurl.com/p48lfbu</p>	<p>(651)554-6336 Community Living Services</p>	<p>Helps people of all ages and abilities find resources to live as successfully and independently as possible, in the community. Waivers: AC, CAC, CADI, DD, TBI</p>
<p>Chemical Health</p>	<p>http://tinyurl.com/k9kz834</p>	<p>(651)554-6000 Intake</p>	<p>Provides chemical health assessment and treatment to persons who are: residents of Dakota County, do not have health insurance that covers CD treatment, and meet income guidelines.</p>
<p>Health Services</p>	<p>http://tinyurl.com/o75ncet</p>	<p>(651)554-6100</p>	<p>Provides access to low-cost or subsidized state health and dental programs: MA, MNSure, GAMC, EMA, and LTC-MA. Individuals must meet eligibility criteria.</p>
<p>Job Search Assistance</p>	<p>http://tinyurl.com/o2z64n5</p>	<p>(952)703-3100 Burnsville</p> <p>(651)554-5955 West St. Paul</p> <p>(952)445-7087 Shakopee</p>	<p>Offers a broad range of programs and services that assists residents looking for a job, obtain skills for a job, change careers or update a resume. Workforce Centers are located at: Burnsville, West St. Paul and Shakopee.</p>
<p>Mental Health</p>	<p>http://tinyurl.com/kw3uwja</p>	<p>(651)554-6424 Adult Mental Health</p> <p>(952)891-7171 24-Hour Crisis Line</p>	<p>Provides adult mental health services to residents who meet medical and financial eligibility requirements.</p>

Public Assistance	http://tinyurl.com/ofposzc	(651)554-5611	Provides financial assistance through a variety of programs. Persons must have eligibility determined via the application process. Programs available: GA, MSA, GRH, MA, GAMC, FS, EA, EGA, Housing Assistance and Emergency MSA.
Veterans Services	http://tinyurl.com/n8733mg	(651)554-5601	Provides benefit counseling, advice and assistance for veterans filing claims for state and/or federal benefits. Dakota County also assists veterans and their families with a variety of other programs and provides referrals to community resources.

Goodhue County



Economic Assistance

www.co.goodhue.mn.us/685/Economic-Assistance

(651)385-3200

Manages programs that provide support to low-income families, adults, elderly and disabled individuals. Support programs include: EA, FS, GAMC, GA, MA, GRH and MSA. Eligibility is determined according to program guidelines.

Social Services

www.co.goodhue.mn.us/174/Social-Services-Division

(651)385-3232

Provide services to county residents. Services provided are: adult mental health case management, adult protection, adult services, chemical dependency rule 25 assessment, residential treatment for person with chemical dependency and mental illness. **Waivers: AC, CAC, CADI, DD, TBI**

Veterans Services

www.co.goodhue.mn.us/187/Veterans-Service

(651)385-3256

Serving as a principal advocate for veterans and their families to ensure they receive medical, educational and financial benefits, and social supports.

COUNTY PROGRAM ACRONYMS

- Alternative Care (AC)
- Community Alternatives Care (CAC)
- Community Alternatives for Disabled Individuals (CADI)
- Emergency General Assistance (EGA)
- Group Residential Housing (GRH)
- Medical Assistance (MA)
- Developmental Disabilities (DD)
- Emergency Assistance (EA)
- Emergency Medical Assistance (EMA)
- Food Stamp Employment & Training (FSET)
- General Assistance (GA)
- Long-Term Care Consultation (LTCC)
- Energy Assistance Program (EAP)
- Food Support (FS)
- General Assistance Medical Care (GAMC)
- Medical Assistance for Long-Term Care (LTC-MA)
- Minnesota Supplemental Aid (MSA)
- Trauma Brain Injury (TBI)

Hennepin County



<p>Economic Assistance</p>	<p>www.hennepin.us/</p>	<p>(612)596-1300</p>	<p>Provides short-term and transitional assistance to low-income families, individuals, children, elderly and persons with disabilities. Assistance includes: EA, GA, GAMC, MSA, GRH, EMA, MNSure, MA and FS.</p>
<p>Employment</p>	<p>www.hennepin.us/</p>	<p>(612)596-7438 Sabathani (952)703-7730 WorkForce South (763)279-4400 WorkForce North</p>	<p>Assistance to individuals in finding employment through career counseling, training and job placement, as well as information on the labor market.</p>
<p>Intervention</p>	<p>www.hennepin.us/</p>	<p>(612)348-8526 Adult Protection (612)596-1223 COPE Hotline (612)596-9438 Mental Health Center (612)348-4111 Chemical Dependency</p>	<p>Offers an array of intervention services from child protection to civil commitment.</p>
<p>Services for People with Disabilities</p>	<p>www.hennepin.us/</p>	<p>(612)348-4111 Disability Services</p>	<p>Offer services to help people with disabilities live in their communities as independently as possible. Provides disability screenings and information sessions regarding local, state and federal programs. Waivers: AC, CAC, CADI, DD, TBI</p>

**Veterans
Services**

www.hennepin.us/

(612)348-3300

Helps veterans and their families obtain the benefits and services they have earned.

Hubbard County



Adult Services	http://tinyurl.com/kb98ltg	(218)732-1451	Provides adult protection, waiver programs, developmental disabilities, adult mental health and chemical dependency services. Waivers: AC, CADI, TBI
Economic Assistance	http://tinyurl.com/p7azex8	(218)732-1451	Offers an array of services to meet the immediate and long-term needs of low-income families, individuals, elderly and the disabled. Programs include: GA, FS, MA, MSA, and GAMC.
Public Transportation	http://tinyurl.com/owhfs06	(218)735-3500 Park Rapids Bus Service (218)732-9328 Dial-A-Car	Provides public transportation throughout Hubbard County for \$1.50 each way. At least 2 hour notice is needed for initial pick up. Dial-A-Car is a volunteer-driven service for individuals with medical appointments that cannot be scheduled by bus. 24-hour notice is required. Fares are based on mileage.

COUNTY PROGRAM ACRONYMS

- Alternative Care (AC)
- Community Alternatives Care (CAC)
- Community Alternatives for Disabled Individuals (CADI)
- Emergency General Assistance (EGA)
- Group Residential Housing (GRH)
- Medical Assistance (MA)
- Developmental Disabilities (DD)
- Emergency Assistance (EA)
- Emergency Medical Assistance (EMA)
- Food Stamp Employment & Training (FSET)
- General Assistance (GA)
- Long-Term Care Consultation (LTCC)
- Energy Assistance Program (EAP)
- Food Support (FS)
- General Assistance Medical Care (GAMC)
- Medical Assistance for Long-Term Care (LTC-MA)
- Minnesota Supplemental Aid (MSA)
- Trauma Brain Injury (TBI)

Itasca County



Developmental Disabilities

<http://tinyurl.com/owg53dl>

(218)327-2941

Provides case management, waivers, PCA, residential and day program services to adults with developmental and physical disabilities.

Waivers: CADI, TBI

Financial Assistance

<http://tinyurl.com/kxdfnbw>

(218)327-2941

Offers an array of services to meet the immediate and long-term needs of low-income families, individuals, elderly and the disabled. Programs include: GA, FS, MA, MSA, MinnesotaCare and GAMC.

Veterans Services

<http://tinyurl.com/n7pnyq9>

(218)327-2858

Serves as advocates for veterans with obtaining state and federal benefits earned by honorable service in the U.S. Military.

Koochiching County



Financial Services

<http://tinyurl.com/mah9e28>

(218)283-7000

Offers an array of services to meet the immediate and long-term needs of low-income families, individuals, elderly and the disabled. Programs include: GA, FS, MA, MSA, and emergency assistance for employment/training.

Social Services

<http://tinyurl.com/mah9e28>

(218)283-7000

Provides case management, waivers, PCA, residential and day program services and referrals to adults with developmental and physical disabilities. **Waivers: CADI, TBI**

Veterans Services

<http://tinyurl.com/l8ubquk>

(218)283-1179

Serves as advocates for veterans with obtaining state and federal benefits earned by honorable service in the U.S. Military.

COUNTY PROGRAM ACRONYMS

- Alternative Care (AC)
- Community Alternatives Care (CAC)
- Community Alternatives for Disabled Individuals (CADI)
- Emergency General Assistance (EGA)
- Group Residential Housing (GRH)
- Medical Assistance (MA)
- Developmental Disabilities (DD)
- Emergency Assistance (EA)
- Emergency Medical Assistance (EMA)
- Food Stamp Employment & Training (FSET)
- General Assistance (GA)
- Long-Term Care Consultation (LTCC)
- Energy Assistance Program (EAP)
- Food Support (FS)
- General Assistance Medical Care (GAMC)
- Medical Assistance for Long-Term Care (LTC-MA)
- Minnesota Supplemental Aid (MSA)
- Trauma Brain Injury (TBI)

Mahnomen County



Income Maintenance	http://tinyurl.com/n7l9kek	(218)935-2568	Offers an array of services to meet the immediate and long-term needs of low-income families, individuals, elderly and the disabled. Programs include: Diversion Assistance, GA, GRH, FS, MA, MSA, MinnesotaCare and GAMC.
Social Services	http://tinyurl.com/n7l9kek	(218)935-2568	Provides case management, waivers, PCA, transportation, residential and day program services and referrals to adults with developmental and physical disabilities, and mental illness. Waivers: AC, CAC, CADI, TBI
Veterans Services	http://tinyurl.com/lwoj4zs	(218)935-5062	Assists veterans to obtain benefits through federal and state veteran services offices. Also provides benefit counseling, referral and assistance in a variety of programs.

Mille Lacs County



**Adult
Developmental
Disability**

<http://tinyurl.com/pg4mkvz>

(320)983-8208
(888)270-8208

Provides a variety of community services, including: case management, vocational services, residential and semi-independent living services (SILS) and other services. **Waivers: CADI, DD, TBI**

**Adult Mental
Health**

<http://tinyurl.com/kqgw4gx>

(320)983-8208
(888)270-8208

Provides assessment, intake, information and referral, and case management for individuals with mental health issues.

**Chemical
Dependency**

<http://tinyurl.com/kqe2z93>

(320)983-8208
(888)270-8208

Provides Rule 25 assessment for individuals struggling with chemical abuse, but who do not have health insurance.

**Community
Health**

<http://tinyurl.com/lxoldr8>

(320)983-8208
(888)270-8208

Offers a variety of programs to promote health and wellness among residents of Mille Lacs County, such as Family Home Visiting, Follow Along Program, health promotion, personal care assessment (PCA) and public health clinics.

**Financial
Services**

<http://tinyurl.com/murtn69>

(320)983-8208
(888)270-8208

Offers several programs to meet the immediate needs of low-income families, individuals, elderly and the disabled. Programs include: GA, GAMC, FS, MA, and MSA. New participants may walk-in Monday, Tuesday and Wednesday and Friday from 8:30-10:00 am to be seen by an eligibility worker for a new application.

**Veterans
Services**

<http://tinyurl.com/mbcapnb>

(320)983-8208
(888)270-8208

Serves as advocates for veterans with obtaining state and federal benefits earned by honorable service in the U.S. Military.

COUNTY PROGRAM ACRONYMS

- Alternative Care (AC)
- Community Alternatives Care (CAC)
- Community Alternatives for Disabled Individuals (CADI)
- Emergency General Assistance (EGA)
- Group Residential Housing (GRH)
- Medical Assistance (MA)
- Developmental Disabilities (DD)
- Emergency Assistance (EA)
- Emergency Medical Assistance (EMA)
- Food Stamp Employment & Training (FSET)
- General Assistance (GA)
- Long-Term Care Consultation (LTCC)
- Energy Assistance Program (EAP)
- Food Support (FS)
- General Assistance Medical Care (GAMC)
- Medical Assistance for Long-Term Care (LTC-MA)
- Minnesota Supplemental Aid (MSA)
- Trauma Brain Injury (TBI)

Norman County



Income Maintenance

<http://tinyurl.com/m97n5mq>

(218)784-5400

Offers an array of services to meet the immediate and long-term needs of low-income families, individuals, elderly and the disabled. Programs include: Diversion Assistance, GA, EA, FS, MA, MSA, MinnesotaCare and GAMC.

Human Services

<http://tinyurl.com/m97n5mq>

(218)784-5400

Provides chemical dependency, adult protection, developmental disabled, mental health and alternative care services.
Waivers: CAC, DD, CADI, MSHO, TBI

Veterans Services

<http://tinyurl.com/lhhftjs>

(218)784-5494

Assists veterans to obtain benefits through federal and state veteran services offices. Also provides benefit counseling, claims service, referrals and assistance for a variety of programs.

Pennington County



Adult Services	http://tinyurl.com/nfy6ofu	(218)681-2880	Offers adult services to persons age 60 and over who are experiencing difficulty living independently. Other services offered: developmental disabilities, mental health and chemical dependency.
Financial Assistance	http://tinyurl.com/7qkvaft	(218)681-2880	Provides immediate and short-term cash assistance to help low-income families and individuals meet their basic needs. Programs include: GA, MFIP, DWA and MSA.
Medical Programs	http://tinyurl.com/pd9vvjz	(218)681-2880	Offers MA to families and individuals who meet the income and household size eligibility requirements.
Veterans Services	http://tinyurl.com/pbzypw2	(218)683-7034	Serves as advocates for veterans with obtaining state and federal benefits earned by honorable service in the U.S. Military.

COUNTY PROGRAM ACRONYMS		
<ul style="list-style-type: none"> • Alternative Care (AC) 	<ul style="list-style-type: none"> • Developmental Disabilities (DD) 	<ul style="list-style-type: none"> • Energy Assistance Program (EAP)
<ul style="list-style-type: none"> • Community Alternatives Care (CAC) 	<ul style="list-style-type: none"> • Emergency Assistance (EA) 	<ul style="list-style-type: none"> • Food Support (FS)
<ul style="list-style-type: none"> • Community Alternatives for Disabled Individuals (CADI) 	<ul style="list-style-type: none"> • Emergency Medical Assistance (EMA) 	<ul style="list-style-type: none"> • General Assistance Medical Care (GAMC)
<ul style="list-style-type: none"> • Emergency General Assistance (EGA) 	<ul style="list-style-type: none"> • Food Stamp Employment & Training (FSET) 	<ul style="list-style-type: none"> • Medical Assistance for Long-Term Care (LTC-MA)
<ul style="list-style-type: none"> • Group Residential Housing (GRH) 	<ul style="list-style-type: none"> • General Assistance (GA) 	<ul style="list-style-type: none"> • Minnesota Supplemental Aid (MSA)
<ul style="list-style-type: none"> • Medical Assistance (MA) 	<ul style="list-style-type: none"> • Long-Term Care Consultation (LTCC) 	<ul style="list-style-type: none"> • Trauma Brain Injury (TBI)

Pine County



<p>Adult Related Disability Services</p>	<p>http://tinyurl.com/l2x6hfl</p>	<p>(320)216-4100 (800)450-7463</p>	<p>Provides case management, waivers, PCA, residential and day program services and referrals to adults with developmental and physical disabilities, and mental illness. Waivers: CAC, CADI, TBI</p>
<p>Financial Assistance</p>	<p>http://tinyurl.com/kfg27k2</p>	<p>(320)591-1588 Pine County (320)216-4137 Sandstone</p>	<p>Offers a variety of services and programs to meet the short-term and transitional needs of low-income families and individuals, the elderly and persons with disabilities. Programs available: GA, MSA, GRH, MA, MinnesotaCare, Emergency MSA, Emergency Minnesota Aid, and EGA. Families and individuals must meet income and household guidelines to receive assistance.</p>
<p>Veterans Services</p>	<p>http://tinyurl.com/kkxr9br</p>	<p>(320)216-4250 (800)450-7463</p>	<p>Assists veterans to obtain benefits through federal and state veteran services offices. Also provides benefit counseling, claims service, referrals and assistance for a variety of programs.</p>

Pipestone County Southwest Health & Human Services



Adult Mental Health	www.swmhhs.com/social-services/adult-mental-health	(888)637-6713	Offers case management and supportive services for adults struggling with mental illness. Available services: Assertive Community Treatment (ACT), Intensive Residential Treatment Services (IRTS), Adult Rehabilitation Mental Health Services (ARMHS) and Community Support Program (CSP). Please call for eligibility and discharge criteria.
Area AA/ALANON Meetings	www.swmhhs.com/social-services/area-aaalanon-meetings/	(507)532-3008 Project Turnabout-Marshall (800)862-1453 Project Turnabout-Granite Falls	Provides an up-to-date list of AA/ALANON meetings in the Marshall and surrounding areas. For more information or additional locations, contact Project Turnabout-Marshall or Project Turnabout-Granite Falls.
Chemical Health	www.swmhhs.com/social-services/chemical-health/	(888)637-6713	Provides assessment, assistance, case management and comprehensive treatment services. Persons who live in Lincoln, Lyon, Murray or Rock counties are eligible to receive services. Please call for additional eligibility criteria.
Developmental Disabilities	www.swmhhs.com/social-services/developmental-disabilities/	(888)637-6713	Provides case management, assessment, PCA and funding sources for individuals with a developmental disability as defined in Minnesota Statute 256B.092.

Financial Assistance	www.swmhhs.com/financial-assistance/	(888)637-6713	Provides support to low-income residents of Lincoln, Lyon, Murray, Pipestone, Redwood and Rock counties. Applicants must meet specific program guidelines to obtain benefits. Available programs: GA, GRH, MSA, MA, MinnesotaCare, FS, EA, EGA, and EMA.
Services to Individuals with Disabilities & Chronic Illness	www.swmhhs.com/social-services/services-to-individuals-with-disabilitieschronic-illness/	(888)637-6713	Offers home and community-based waiver programs available to persons who meet disability and/or chronic illness eligibility criteria. Waivers & Services: CAC, CADI, TBI, Consumer Support Grant (CSG) and Personal Care Attendant (PCA) Services.
Veterans Services	www.pipestone-county.com	(507)825-6771	Assists veterans to obtain benefits through federal and state veteran services offices. Also provides benefit counseling, claims service, referrals and assistance for a variety of programs.

COUNTY PROGRAM ACRONYMS		
<ul style="list-style-type: none"> • Alternative Care (AC) • Community Alternatives Care (CAC) • Community Alternatives for Disabled Individuals (CADI) • Emergency General Assistance (EGA) • Group Residential Housing (GRH) • Medical Assistance (MA) 	<ul style="list-style-type: none"> • Developmental Disabilities (DD) • Emergency Assistance (EA) • Emergency Medical Assistance (EMA) • Food Stamp Employment & Training (FSET) • General Assistance (GA) • Long-Term Care Consultation (LTCC) 	<ul style="list-style-type: none"> • Energy Assistance Program (EAP) • Food Support (FS) • General Assistance Medical Care (GAMC) • Medical Assistance for Long-Term Care (LTC-MA) • Minnesota Supplemental Aid (MSA) • Trauma Brain Injury (TBI)

Polk County



Income Maintenance	http://tinyurl.com/nndhcec	(218)281-3127 Crookston – Main Office (218)773-2431 East Grand Folks (218)435-1585 Fosston Provides support to low-income residents of Polk County. Eligibility is determined for public assistance programs as MA, FS, GA, GRH, MSA and MinnesotaCare.
Social Programs	http://tinyurl.com/m4nygjt	(218)281-3127 Crookston – Main Office (218)773-2431 East Grand Folks (218)435-1585 Fosston Provides adult protection, chemical dependency, continuing care, DD, and mental health servies to residents of Polk County.
Veterans Services	http://tinyurl.com/m3npgg9	(218)281-3066 Assists veterans in obtaining benefits through federal and state veteran services offices. Also provides benefit counseling, claims service, referrals and assistance for a variety of programs.

Ramsey County



Adult Services	www.co.ramsey.mn.us/hs/adultservices.htm	(651)266-4444 (651)291-6795 After Hours	Serving low-income, disabled adults and adults with mental or chemical health concerns, food support, housing, financial assistance, health care and protective services.
Disability Services	http://tinyurl.com/lejgqd2	(651)266-4496 AnswerPoint (651)266-3613 Intake (651)291-6795 After Hours	Provides services to help Ramsey County residents with disabilities live safely and independently as possible in the community. Waivers: AC, CAC, CADI, Intellectual, Developmental and Related Disabilities (IDD), TBI
Financial Assistance	http://tinyurl.com/6s6uvuf	(651)266-4444	Determines eligibility for individuals with low-incomes for MA, FS, MSA, EMA, Emergency MSA, GAMC, GA, GRH, EA and EGA.
Veterans Services	www.co.ramsey.mn.us/vs/index.htm	(651)266-2545	Provides guidance and assistance to veterans in applying for benefits provided by state and federal government.

COUNTY PROGRAM ACRONYMS

- Alternative Care (AC)
- Community Alternatives Care (CAC)
- Community Alternatives for Disabled Individuals (CADI)
- Emergency General Assistance (EGA)
- Group Residential Housing (GRH)
- Medical Assistance (MA)
- Developmental Disabilities (DD)
- Emergency Assistance (EA)
- Emergency Medical Assistance (EMA)
- Food Stamp Employment & Training (FSET)
- General Assistance (GA)
- Long-Term Care Consultation (LTCC)
- Energy Assistance Program (EAP)
- Food Support (FS)
- General Assistance Medical Care (GAMC)
- Medical Assistance for Long-Term Care (LTC-MA)
- Minnesota Supplemental Aid (MSA)
- Trauma Brain Injury (TBI)

Redwood County Southwest Health & Human Services



Adult Mental Health	www.swmhhs.com/social-services/adult-mental-health	(507)637-4041	Offers case management and supportive services for adults struggling with mental illness. Available services: Assertive Community Treatment (ACT), Intensive Residential Treatment Services (IRTS), Adult Rehabilitation Mental Health Services (ARMHS) and Community Support Program (CSP). Please call for eligibility and discharge criteria.
Area AA/ALANON Meetings	www.swmhhs.com/social-services/area-aaalanon-meetings/	(507)532-3008 Project Turnabout-Marshall (800)862-1453 Project Turnabout-Granite Falls	Provides an up-to-date list of AA/ALANON meetings in the Marshall and surrounding areas. For more information or additional locations, contact Project Turnabout-Marshall or Project Turnabout-Granite Falls.
Chemical Health	www.swmhhs.com/social-services/chemical-health/	(507)637-4041	Provides assessment, assistance, case management and comprehensive treatment services. Persons who live in Lincoln, Lyon, Murray or Rock counties are eligible to receive services. Please call for additional eligibility criteria.
Developmental Disabilities	www.swmhhs.com/social-services/developmental-disabilities/	(507)637-4041	Provides case management, assessment, PCA and funding sources for individuals with a developmental disability as defined in Minnesota Statute 256B.092.

Financial Assistance	www.swmhhs.com/financial-assistance/	(507)637-4041	Provides support to low-income residents of Lincoln, Lyon, Murray, Pipestone, Redwood and Rock counties. Applicants must meet specific program guidelines to obtain benefits. Available programs: GA, GRH, MSA, MA, MinnesotaCare, FS, EA, EGA, and EMA.
Services to Individuals with Disabilities & Chronic Illness	www.swmhhs.com/social-services/services-to-individuals-with-disabilitieschronic-illness/	(507)637-4041	Offers home and community-based waiver programs available to persons who meet disability and/or chronic illness eligibility criteria. Waivers and Services: CAC, CADI, TBI, Consumer Support Grant (CSG) and Personal Care Attendant (PCA) Services.
Veterans Services	www.redwoodcounty-mn.us/County_Departments/veterans.htm	(507)637-4034	Provides guidance and assistance to veterans in applying for benefits provided by state and federal government.

Roseau County



<p>Adult Services</p>	<p>www.co.roseau.mn.us/adult-services.html</p>	<p>(218)463-2411</p>	<p>Serving adults who are experiencing difficulty in living independently and/or unable to provide for their own needs. Services available: vulnerable adult protective services, chemical dependency, DD and mental illness. Waivers: AC, CAC, CADI, DD, TBI</p>
<p>Financial Assistance</p>	<p>www.co.roseau.mn.us/financial-assistance.html</p>	<p>(218)463-2411</p>	<p>Determines eligibility for individuals with low-incomes for FS, MSA, and GA programs.</p>
<p>Medical Programs</p>	<p>www.co.roseau.mn.us/medical-programs.html</p>	<p>(218)463-2411</p>	<p>Offers low-cost or state subsidized health care for low-income families, individuals, persons who are disabled or blind, and the elderly. Programs available: MA and GAMC.</p>
<p>Veterans Services</p>	<p>www.co.roseau.mn.us/veteran-services.html</p>	<p>(218)463-3308</p>	<p>Provides guidance and assistance to veterans in applying for benefits provided by state and federal government.</p>

COUNTY PROGRAM ACRONYMS

- Alternative Care (AC)
- Community Alternatives Care (CAC)
- Community Alternatives for Disabled Individuals (CADI)
- Emergency General Assistance (EGA)
- Group Residential Housing (GRH)
- Medical Assistance (MA)
- Developmental Disabilities (DD)
- Emergency Assistance (EA)
- Emergency Medical Assistance (EMA)
- Food Stamp Employment & Training (FSET)
- General Assistance (GA)
- Long-Term Care Consultation (LTCC)
- Energy Assistance Program (EAP)
- Food Support (FS)
- General Assistance Medical Care (GAMC)
- Medical Assistance for Long-Term Care (LTC-MA)
- Minnesota Supplemental Aid (MSA)
- Trauma Brain Injury (TBI)

St. Louis County



<p>Adult Mental Health</p> <p>http://tinyurl.com/pjlpcf</p>	<p>(218)726-2222 Duluth Area</p> <p>(218)749-7128 (800)450-9777 Virginia, Hibbing or Ely Areas</p>	<p>St. Louis County Adult Mental Health (Targeted) Case Management is a voluntary service provided to qualified persons 18 years of age or older who are in need of assistance in managing mental health symptoms, mental health resources, employment, housing, social connections, family relations and other co-occurring conditions. Persons must meet eligibility requirements to obtain services.</p>
<p>Chemical Dependency</p> <p>http://tinyurl.com/paju5z7</p>	<p>(218)726-2222 South St. Louis County</p> <p>(218)471-7620 North St. Louis County</p>	<p>Provides chemical dependency treatment through either St. Louis County or the tribal agency. Payment assistance for those who meet the clinical and financial criteria.</p>
<p>Developmental Disabilities</p> <p>http://tinyurl.com/nckfmqs</p>	<p>(218)726-2024 South St. Louis County</p> <p>(218)749-9760 North St. Louis County</p>	<p>Provides services to adults and children who meet the eligibility requirements. Available services: day training and habilitation, Semi Independent Living Services (SILS), residential services, respite services (in-home and out-of-home), transition planning, Consumer Support Grant (CSG), Family Support Grant (FSG), crisis services and respite care. Waivers: CAC, CADI, DD</p>

Financial Assistance

<http://tinyurl.com/nhtlq3r>

(218)726-2101
Duluth Provides financial assistance or low-cost or subsidized health care to low-income families, individuals, elderly and persons with a disability. Programs available: FS, GA, GAMC, GRH, MA, MinnesotaCare and MSA.

(218)749-7137
Virginia

(218)262-6000
Hibbing

(218)365-8220
Ely

Veterans Services

<http://tinyurl.com/p8chchn>

(218)725-5285
Duluth

(218)365-8203
Ely Provides guidance and assistance to veterans in applying for benefits provided by state and federal government.

(218)262-6090
Hibbing

(218)749-7110
Virginia

Scott County



Adult Mental Health

<http://tinyurl.com/mukwqb5>

(952)445-7751
Intake

(952)442-7601
Mental Health
Crisis Program

Provides case management and community support to Scott County adults with serious and persistent mental illness (SPMI). The Adult Mental Health Unit (AMHU) coordinates referrals with resources such as social rehabilitation, outpatient therapy, day treatment programs, psychiatric services, housing and vocational services.

Developmental Disabilities

<http://tinyurl.com/o6flgww>

(952)496-8556

Provides services to eligible children and adults with disabilities. Services include: case management, waiver programs, PCA services and home care assessment, respite vouchers, semi-independent living services, Family Support Grant (FSG) and Consumer Support Grant (CSG).

Employment & Training

<http://tinyurl.com/ncvkxec>

(952)496-8686
WorkForce
Center

Scott County offers employment and training programs to individuals transitioning from public assistance to work; dislocated workers; and hard-to-place individuals.

Financial Assistance

<http://tinyurl.com/k7ew87q>

(952)496-8686

Provides financial assistance or low-cost or subsidized health care to low-income families, individuals, elderly and persons with disabilities. Programs available: FS, GA, GAMC, GRH, MA, MinnesotaCare and MSA.

**Home &
Community
Care**

<http://tinyurl.com/mhtzjy8>

(952)445-7750

Provides programs designed to support the elderly and people with disabilities in their effort to live as independently in the community as possible. There are several programs targeted to specific age groups and types of disabilities. Services include: LTCC and PCA.
Waivers: AC, CAC, CADI, DD, TBI

**Veterans
Services**

<http://tinyurl.com/ktwjeb1>

(952)496-8176

Provides guidance and assistance to veterans in applying for benefits provided by state and federal government.

COUNTY PROGRAM ACRONYMS

- Alternative Care (AC)
- Community Alternatives Care (CAC)
- Community Alternatives for Disabled Individuals (CADI)
- Emergency General Assistance (EGA)
- Group Residential Housing (GRH)
- Medical Assistance (MA)
- Developmental Disabilities (DD)
- Emergency Assistance (EA)
- Emergency Medical Assistance (EMA)
- Food Stamp Employment & Training (FSET)
- General Assistance (GA)
- Long-Term Care Consultation (LTCC)
- Energy Assistance Program (EAP)
- Food Support (FS)
- General Assistance Medical Care (GAMC)
- Medical Assistance for Long-Term Care (LTC-MA)
- Minnesota Supplemental Aid (MSA)
- Trauma Brain Injury (TBI)

Traverse County



Adult Mental Health

www.co.traverse.mn.us/social-services/adult-services-programs/

(320)563-8255

Agency social worker provides a range of case management and supportive services to individuals and families experiencing difficulties related to mental illness. Services include, but not limited to: case management, discharge planning, placement and providing referrals to community resources.

Chemical Dependency Services

www.co.traverse.mn.us/social-services/chemical-dependency-services/

(320)563-8255

Provides chemical dependency evaluation and assessments for individuals. Individuals must meet eligibility requirements for treatment and financial assistance.

Economic Assistance

www.co.traverse.mn.us/social-services/economic-assistance-programs/

(320)563-8255

Provides financial assistance to low-income families, individuals, elderly and persons with disabilities. Programs available: EA, EGA, EAP, EMA, FS, GA, GRH, GAMC, GRH, MA, MinnesotaCare, Minnesota Food Assistance Program (MFAP) and MSA.

Veterans Services

www.co.traverse.mn.us

(320)563-4411

Provides advice and assistance on a wide variety of issues facing veterans, such as admission to a USVA medical center, obtaining copies of discharge records or assistance with other state and federal veterans benefits.

Washington County



Alcohol & Drug Abuse Services

<http://tinyurl.com/q9ovafv>

(651)430-6561

Provides alcohol and chemical dependency evaluation and assessments for individuals. Individuals must meet eligibility requirements for treatment and financial assistance.

Disability Services

<http://tinyurl.com/l8dyycq>

(651)430-6484
Intake

Provides LTCC services for individuals with a disability. A social worker provides information and direction on additional resources. Applicant must meet eligibility requirements to obtain services. **Waivers: AC, CAC, CADI, DD, TBI**

Economic Support

<http://tinyurl.com/m9lzweu>

(651)430-6459
Intake

Provides support to low-income residents of Washington County, such as FS, MA, MinnesotaCare, GA, GAMC, MSA, EMA, EAP, Emergency MSA and GRH.

Housing

<http://tinyurl.com/n2akm6v>

(651)430-6455

Serves families and individuals who are currently homeless or imminently at risk of homelessness. Must be a resident of Washington County to obtain housing services.

Mental Health

<http://tinyurl.com/Indeuuf>

(651)430-6484

Provides assessment, prepetition screenings, ongoing case management, and nursing services to individuals struggling with mental illness.

Minnesota WorkForce Center	http://tinyurl.com/mlx5j9q	(651)275-8650	Provides employment and training programs targeting dislocated workers, low-income adults, welfare-to-work participants and low-income seniors.
Veterans Services	http://tinyurl.com/kgpodrl	(651)430-6895	Provides assistance and support to veterans and their dependents in obtaining potential benefits from state and federal veterans affairs departments. Also advocates on behalf of the veterans and their dependents or directs them to other authorized agencies or providers as their needs dictate.

COUNTY PROGRAM ACRONYMS

- Alternative Care (AC)
- Community Alternatives Care (CAC)
- Community Alternatives for Disabled Individuals (CADI)
- Emergency General Assistance (EGA)
- Group Residential Housing (GRH)
- Medical Assistance (MA)
- Developmental Disabilities (DD)
- Emergency Assistance (EA)
- Emergency Medical Assistance (EMA)
- Food Stamp Employment & Training (FSET)
- General Assistance (GA)
- Long-Term Care Consultation (LTCC)
- Energy Assistance Program (EAP)
- Food Support (FS)
- General Assistance Medical Care (GAMC)
- Medical Assistance for Long-Term Care (LTC-MA)
- Minnesota Supplemental Aid (MSA)
- Trauma Brain Injury (TBI)

Yellow Medicine County



<p>Adult Social Services</p>	<p>http://tinyurl.com/nurbey8</p>	<p>(320)564-2211</p>	<p>Provides services to individuals who may have issues related to aging/long-term care and community based services, physical and/or developmental disabilities, or mental illness. Services may include, but not limited to: information and referral, LTCC, screenings and assessments, service access and funding, and case management/care coordination.</p>
<p>Chemical Health Services</p>	<p>http://tinyurl.com/qcupotw</p>	<p>(320)564-2211</p>	<p>Provides chemical dependency evaluation and assessments, case management, other services. Individuals must meet eligibility requirements for treatment and financial assistance.</p>
<p>Developmental Disabilities</p>	<p>http://tinyurl.com/pulbky6</p>	<p>(320)564-2211</p>	<p>Provides services to eligible children and adults with disabilities. Services include, but are not limited to: case management, waiver programs, Family Support Grant (FSG) and Consumer Support Grant (CSG). Waivers: CAC, CADI, DD, TBI</p>
<p>Financial Assistance</p>	<p>http://tinyurl.com/nn38h8x</p>	<p>(320)564-2211</p>	<p>Provides support to low-income residents of Yellow Medicine County, such as: FS, MA, GA, MSA, Minnesota Food Assistance Program (MFAP), and Food Support and Employment Training (FSET).</p>

**Veterans
Services**

<http://tinyurl.com/msums79>

(320)313-3037

Provides assistance and support to veterans and their dependents in obtaining potential benefits from state and federal veterans affairs departments. Also advocates on behalf of the veterans and their dependents or directs them to other authorized agencies or providers as their needs dictate.

A circular logo with a light gray border. Inside the circle, there are three stylized, light gray icons of dining utensils: a fork on the left, a spoon in the center, and a knife on the right. The text "BASIC NEEDS" and "RESOURCES" is overlaid on the center of the logo in a bold, black, sans-serif font.

**BASIC NEEDS
RESOURCES**

Bus Passes/Transportation



**Amicus
RECONNECT**

www.amicususa.org/programs/reconnect/

(612)877-4250

Provides bus passes and tokens at reduced prices for verifiable interviews and appointments. Individuals with criminal convictions must have a new full-time job and written verification from employer to receive free bus card.

**Basilica of St.
Mary's**

www.mary.org/ministries-education/charity-service/daily-outreach

(612)333-1381

Provide bus cards for those with new jobs (letter from employer required). Gas cards are distributed once every 12 months (with valid driver's license). Bus tickets to an out-of-town funeral for an immediate family member available. Limit two per family.

EmergeWORKS

<http://tinyurl.com/qa7yu5b>

(612)529-9267

Provides bus passes for career services clients and reduced fares for its van transportation services which provide rides to and from worksite.

**Catholic
Charities – St.
Cloud**

<http://tinyurl.com/paz4dtn>

(320)229-4560

Provides gas vouchers and 10-ride bus passes. Please call for eligibility requirements.

**Community
Action
Partnership of
Ramsey &
Washington
Counties**

www.capr.org/community-action-services/self-sufficiency/car-ownership/

(651)603-5880

Helps working people purchase cars through a loan program. Community Action provides a low interest loan up to \$4,000 for people to purchase a car and guide them through the car buying process. Please call for eligibility requirements.

Community Emergency Services	http://cesmn.org/index.php/emergency-aid-referral/transportation-assistance	(612)870-1125	Provides bus tokens to individuals transitioning from unemployment to employment, until the first paycheck is received.
Dignity Center (Hennepin Avenue United Methodist Church)	http://hennepinchurch.org/dignitycenter/	(612)435-1315	Provides bus tokens to individuals who are working to overcome barriers to employment, housing and healthcare.
Metro Mobility	http://tinyurl.com/klqj32n	(651)602-1111	Shared public transportation service for certified riders who are unable to use regular fixed-route buses due to a disability or health condition. Rides are provided for any purpose. Please call for eligibility guidelines.
Metro Transit	www.metrotransit.org	(612)373-3333	Metro Transit offers a network of buses, light rail and commuter trains as well as resources for those who carpool, vanpool, walk or bike. Check website for fares and route information.
Minnesota Non-Emergency Transportation Program	http://tinyurl.com/peekzhe	(866)467-1724	Transportation program for statewide recipients of the Minnesota Health Care Plan (e.g. MA and GAMC) that coordinates with agencies to provide low or no-cost transportation services to and from medical and dental appointments.
Neighbors, Inc.	www.neighborsmn.org/supportive-services/	(651)306-2143	Dial-a-Ride transportation program provides rides to medical, dental, counseling or similar necessary appointments to persons without readily available transportation. Serves residents in northern Dakota County.

PRISM (Ways to Work)	http://prismmpls.org/ways-to-work/	(763)432-4202	Provides low interest loans to working families for the purpose of purchasing or repairing a vehicle. Please call for eligibility requirements.
Salvation Army	http://tinyurl.com/knlsfrk	(612)789-2858	Offers transportation assistance for medical appointments and new jobs.
Salvation Army – Noble	http://tinyurl.com/l7mvvzo	(763)425-0517	Provides transportation assistance for medical appointments and new jobs. This location also oversees a social service office in Wright County.
Sharing & Caring Hands	http://tinyurl.com/km5hwo2	(612)338-4640	Offers assistance with transportation.
St. Olaf Catholic Church	http://saintolaf.org/st-olaf-ministries/social-outreach/	(612)332-7471 x247	Provides bus tokens for new employment for clients. Must present verification of new employment before receiving bus tokens.
St. Stephen's Human Services	http://ststephensmpls.org	(612)874-0311	Provides transportation assistance if enrolled in an agency jobs program.
The Listening House	www.listeninghouse.org/	(651)227-5911	Bus tokens for seeking or getting to work or appointments in exchange of household chores.
Transit Link	http://tinyurl.com/mpjbt5b	(612)602-5465	The Twin Cities dial-a-ride small bus service for the general public where regular route transit service is not available. Call for fare information.
Tri-County Action Program	www.tricap.org/transportation.html	(320)202-7824	Offers free rides to medical appointments or a variety of other destinations by volunteer drivers. Call to schedule an appointment.
Valley Outreach	http://tinyurl.com/q9mv3wv	(651)351-3169	Funds available for rent/mortgage, utility services, transportation or medical and dental emergencies. Must live in the Washington County service area.

Clothing




<p>Amicus RECONNECT</p>	<p>www.amicususa.org/programs/reconnect/</p>	<p>(612)877-4265</p>	<p>Provide referrals to clothing resources both for general use and for job interviews. Also supplies limited winter gear and personal hygiene items.</p>
<p>Anoka County Brotherhood Council (ACBC)</p>	<p>www.acbcfoodshelf.org</p>	<p>(763)422-0046</p>	<p>Free food and clothing. Monday and Wednesday 12:00 – 3:00 pm, Tuesday and Thursday 2:00 – 4:00 pm (appointments only), walk-ins 6:30 – 8:30 pm. Photo ID and piece of mail with address required. Receive clothing and food once every 30 days.</p>
<p>Arc's Value Village Thrift Store</p>	<p>www.arcsvaluevillage.org</p>	<p>N/A</p>	<p>Offers low-cost used clothing and household items. Please visit website for current promotions, locations and hours.</p>
<p>Basic Needs (Stone Soup Thrift Shop)</p>	<p>www.stonesoupthriftshop.org</p>	<p>(651)458-9786 (651)789-4055 Voucher Assistance Request</p>	<p>Serving families and individuals in South Washington County with clothing and household items. Vouchers for free clothing and household items are available to families and individuals unable to pay.</p>
<p>Basilica of St. Mary's</p>	<p>www.mary.org/ministries-education/charity-service/daily-outreach www.mary.org/ministries-education/charity-service/shoe-ministry</p>	<p>(612)333-1381</p>	<p>Outreach Services provides free clothing and housewares. Shoe Ministry provides vouchers to the Lake Street K-Mart for shoes. Services require photo ID and proof of residency in Minneapolis.</p>

Camden Neighborhood Center	www.puc-mn.org/camden	(612)529-8054	Provides professional attire for job interviews. Monday – Friday 9:00 am – 4:30 pm.
Central Lutheran Church	www.centralmpls.org	(612)870-4416	Free clothing available for men, women and children. Monday 10:00 am – 2:00 pm, Tuesday and Wednesday 10:00 am – 12:00 pm, Thursday 11:00 am – 2:00 pm.
CHAP Value Store	www.thechapstore.com	(952)890-8222	Offers low-cost new and gently used clothing and housewares to the public. Monday – Wednesday and Saturday 10:00 am – 6:00 pm, Thursday 10:00 am – 8:00 pm.
Community Clothes Closet (Hosanna Lutheran Church)	www.hosannalc.org/care/ministries/clothes-closet/	(952)435-3332	Provides clean, gently used clothing, home furniture, and household items free of charge to families or individuals in need.
Community Emergency Assistance Program (CEAP)	www.ceap.com	(763)783-4930 Blaine (763)566-9600 Brooklyn Park	New and gently used clothing for the whole family. Monday and Wednesday – Friday 9:00 am – 11:30 am and 1:00 pm – 3:30 pm. Bring photo ID.
Community Helping Hands	http://communityhelpinghand.org/	(651)464-8150	Serving families in Forest Lake area with clothing and furniture.
Department of Indian Work	http://tinyurl.com/l2blhgo	(651)789-3856	Operates a clothing closet for American Indian individuals and families in need.
Expressions of Hope Thrift Store	http://tinyurl.com/mqlx3jv	(320)203-7881	Affordable clothes, furniture and household goods.
From Me to You	www.frommetoyou97.org	(612)825-6469	Clothing items for men and women reentering the workplace. Closed Wednesdays. Call to set an appointment. Referral preferred, but no one is turned away.

Goodwill Industries	www.goodwilleasterseals.org	(651)439-4207 Stillwater (763)712-3468 Coon Rapids (651)379-5808 St. Paul	Low-cost clothing, household goods, furniture and other items.
Hallie Q. Brown Center	www.hallieqbrown.org/1015.html	(651)224-4601	Free clothing and small household items for families and individuals. Monday – Friday 9:00 am – 4:00 pm. Open to 6:00 pm on Wednesday.
Hastings Family Service	http://tinyurl.com/ppnc7pl	(651)437-7134	Offers seasonal clothing for families or individuals in crisis. Must demonstrate emergency need for assistance. Must present photo ID and a piece of mail. 8-piece clothing limit.
Hill City Thrift Shop	 169 Lone Avenue Hill City, MN 55748	(218)697-2424	Used clothing, household items, furniture and bedding for reasonable prices.
Hope Presbyterian Church (Vine & Branches Clothing Ministry)	www.hope-pc.org/missions-serve/2013/8/29/vine-and-branches	(612)866-1359	High-quality clothing, toys, books and household items at low prices.
Joseph’s Coat	www.josephscoatmn.org	(651)297-2472	Free new or gently used clothing for all ages available. Must have photo ID. May shop once a week. Monday – Wednesday 9:00 am – Noon and 1:00 pm – 4:30 pm.
Lydia’s Closet	www.oakhillbaptistchurch.org/ministries.htm	(763)789-4337	Free clothing and household items. Wednesday 6:30 pm – 8:30 pm.
Love Power Church	www.lovepowerministries.org/services.html	(763)784-4466	Provides free clothing year-round Sundays at 12:30 pm and Wednesdays at 6:00 pm.

Marie Sandvik Center	http://mariesandvikcenter.org	(612)870-9617	Free clothing for men and women. Men's clothing distribution on Sunday 6:00 pm and Friday 7:00 pm. Women's clothing distribution Tuesday 7:00 pm and Thursday Noon – 1:00 pm. Must be in the facility by the times listed.
Mission Outpost (Prince of Peace Lutheran Church)	http://tinyurl.com/q7eu6tq	(952)898-9311	Free clothing for all ages. Monday 1:00 pm – 3:00 pm and 5:00 pm – 7:00 pm, Wednesday by appointment only, Thursday 10:00 am – 12:30 pm, and 2nd and 4th Friday 6:00 pm – 7:30 pm.
Neighbors Clothes Closet	www.neighborsclothescloset.org	(651)455-0447	No-cost clothing for individuals and families who are unable to pay. Monday – Thursday 10:00 am – 7:00 pm, Friday – Saturday 10:00 am – 4:00 pm.
North Anoka County Emergency (Clothes Closet)	www.nacefoodshelf.org/clothing-closet.html	(763)434-7685	Free, clean, gently used or new men's, women's and children's clothing. Photo ID and piece of mail required. Monday 9:00 am – Noon, Tuesday 5:00 pm – 8:00 pm, Wednesday 1:00 pm – 4:30 pm and Thursday 8:00 am – 11:00 am.
Oak Park Neighborhood Center	www.puc-mn.org/oak-park-center	(612)377-7000	Provides free, quality used clothes for adults and children. No requirements. Monday – Thursday 9:00 am – Noon.
Park Avenue United Methodist Church	http://tinyurl.com/krk7o7y	(612)825-6863	Low-cost gently used clothes. Assistance available for those who are unable to pay. Tuesday 3:30 pm – 5:00 pm, Wednesday 4:30 pm – 6:00 pm and 1st Sunday of each month after service.

Ready for Success	http://readyforsuccessmn.org/	(612)872-1509	Gently used and new professional men's and women's clothing and accessories for job interviews and the workplace. Agency referral required.
Sabathani Community Center	www.sabathani.org/family_resources.aspx	(612)821-2396	Free clothing for all ages. Monday – Thursday 9:00 am – 11:30 am and 1:00 pm – 3:00 pm.
Salvation Army	http://salvationarmynorth.org/community-pages/programs-21/	(612)659-0711	Provide vouchers for clothing at Salvation Army thrift stores. Must see a Salvation Army caseworker. Must also provide a referral from an overnight shelter and present photo ID.
Sharing & Caring Hands	http://sharingandcaringhands.org	(612)338-4640	Free clothing available for all ages.
Southern Anoka Community Assistance	www.sacafoodshelf.org	(763)789-2444	Provides gently used clothing to residents in Fridley, Spring Lake Park, Hilltop and Columbia Heights.
St. Olaf Catholic Church	http://saintolaf.org/st-olaf-ministries/social-outreach	(612)332-7471	Free casual and professional clothing for women and children. By appointment only.
St. Thomas More Catholic Community (Swap Shop)	http://tinyurl.com/mnjwbwv	(651)227-7669	Free, season appropriate gently used clothing. Open to the public. Saturdays from 1:00 pm – 3:00 pm during the school year.
The Listening House	www.listeninghouse.org/	(651)227-5911	Free clothing available each week. Iron and ironing board also available.
The Unlimited (Elim Baptist Church)	http://elimchurch.com/the-unlimited/	(612)789-3591	Free women's clothing that is slightly used, but in excellent condition. Open 1st Thursday of each month 9:00 am – 12:00 pm.

Twice Nice Thrift Shop (ACCAP)	www.accap.org/assistance-services/twice-nice-thrift-store	(763)754-0935	Offers gently used and reasonably priced clothing, household items, toys, books, shoes and bedding. Monday – Friday 10:00 am – 7:00 pm, Saturday 9:00 am – 5:00 pm.	
Twin Cities Free Market	www.twincitiesfreemarket.org	N/A	Website that lists free items including clothes, furniture, TVs and other household items.	
Western Community Action Thrift Store	www.wcainc.org/thriftshop/	(507)637-8231	Low-cost clothing and household goods. Tuesday and Thursday 9:00 – 4:00 pm, Saturday 10:00 am – 3:00 pm.	
Westside Clothing Center		913 West Bridge Street Redwood Falls, MN 56283	(507)641-3329	Provides emergency clothing to adults and children at no charge. Thursday 9:00 am – 5:00 pm.

Documents & ID



Basilica of St. Mary's	http://tinyurl.com/le7gtle	(612)333-1381	Identification fees or a driver's license, state identification card, or birth certificate. Must bring proof of residency in Minneapolis and documentation required for assistance needed.
Catholic Charities – Opportunity Center	www.cctwincities.org/OpportunityCenter	(612)204-8300	Assist clients in obtaining state identification and birth certificates.
Catholic Charities – St. Cloud	http://tinyurl.com/paz4dtn	(320)229-4560	Assistance available to pay fees for birth certificates and state identification.
Minnesota Department of Health	http://tinyurl.com/lxjq4vl	N/A	Birth certificates can be obtained at your local registrar office. You will need to provide identification and fill out a request form. A certified copy of your birth certificate costs \$26.00 and will take 4-6 weeks to arrive in the mail. Follow link to find nearest office.
Minnesota Department of Public Safety	http://tinyurl.com/6ut4849	(651)297-3298	Driver's licenses and state IDs can be obtained at your DVS (Department of Vehicle Services) office. You will need to show identification and fill out an application. It costs \$18.00 for a state ID, \$13.50 for a replacement ID, \$24.00 for a driver's license, and will take 2-4 weeks to arrive in the mail. Check website to get nearest DMV office.
Salvation Army	http://salvationarmynorth.org/	(651)746-3400 Northern Division Headquarters	Limited funds available for state identification, driver's license and birth certificate fees.

Sharing & Caring Hands	www.sharingandcaringhands.org/?page_id=105	(612)338-4640	Provides vouchers for state identification. Must submit to an intake interview to determine eligibility for services.
Social Security Administration	www.ssa.gov/agency/contact/phone.html	(800)722-1213	Information on where to get a new, replacement or corrected SS card and make an appointment for SSI, disability and Medicare benefits.
The Listening House	www.listeninghouse.org/	(651)227-5911	Provides assistance in obtaining photo IDs and birth certificates.

Food Shelves



**Brian Coyle
Community
Center**

www.puc-mn.org/index.php/food-coyle

(612)876-9322

Monday and Friday, Noon – 6:00 pm and Tuesday and Wednesday, Noon – 3:00 pm. In addition, produce giveaway is available on the 2nd and 4th Thursday of each month.

**Centennial
Community
Food Shelf**

www.centennialfoodshelf.org/

(763)784-2013

Food distribution hours: Monday and Thursday 4:00 pm – 6:00 pm. Must live in service area to receive food shelf items: East Blaine, Lexington, Circle Pines, Lino Lakes and Centerville.

**Channel One
Regional Food
Bank**

www.channel-one.org/programs/food-shelf.php

(507)424-1707

Five-day supply of food once per month to eligible residents in Olmsted County. Call to schedule an appointment.

**Christian
Cupboard**

<http://christiancupboard.org/>

(651)233-1296

Food distribution hours: Monday Noon – 4:00 pm, Thursday 3:00 pm – 7:00 pm, and Friday 9:00 am – 1:30 pm. Clients receive four or more bags of groceries depending on family size.

**Church of
Incarnation
Food Shelf**



3817 Pleasant Avenue South
Minneapolis, MN 55409

(612)822-2101

Serves residents in South Minneapolis within the borders of Nicollet and Lyndale Avenues, and 30th Street to West 50th Street. You must call in advance to verify eligibility for services. You must also be able to provide a valid ID and proof of address (i.e. utility bill).

Community Emergency Services	www.cesmn.org/index.php/food-program	(612)870-1125	Provides fresh meat, dairy and produce Monday – Thursday afternoons. Must have proof of residence in South Minneapolis to qualify.
Community Food Response	http://communityfoodresponse.org/	(507)281-5061	Offers prepared, fresh or frozen foods to take home or eat elsewhere. Open Monday, Wednesday and Friday, 5:00 pm – 6:30 pm.
Department of Indian Work	http://tinyurl.com/l2blhgo	(651)789-3856	Provides access to emergency food shelf, including Thanksgiving and holiday bags.
Division of Indian Work	www.gmcc.org/division-of-indian-work-program-overview	(612)722-8722 x350	Horizons Unlimited offers culturally sensitive food supplies to American Indian families and individuals.
Emergency Foodshelf Network	www.emergencyfoodshelf.org/index.php/get-help/	(763)450-3860	Full service bank, providing quality food and support services to over 200 hunger relief partners. Provides locations of food shelves or meal program throughout the state through its website.
Family Pathways Food Pantry	www.familypathways.org/food-shelves/family-pathways-frontpage/basic-life-services	(651)674-8040 (877)321-7100	Provides meat, milk, canned goods, personal care and household items to its nine community foodshelves in the area. Please call or visit the website to find the nearest location.
FARE for All	http://fareforall.org/	(763)450-3880	Offers frozen meat and fresh produce groceries for \$10 to \$25.
Friends in Need	www.friendsinneedfoodshelf.org	(651)458-0730	Serves the residents of Cottage Grove, St. Paul Park, Newport and Grey Cloud Island. Appointments are encouraged to assure services.
Hastings Family Service	http://tinyurl.com/lbg2a95	(651)437-7134	Food shelf provides a week's supply of groceries and a voucher to a grocery store for perishable food.

Hunger Solutions Minnesota	www.hungersolutions.org	(651)486-9860	Hunger relief organization that works with area food shelves and food banks to deliver food supplies to people in need. Provides food shelf resources on their website.
Joyce Uptown Food Shelf	www.joycefoodshelf.org	(612)825-4431	Provides three-day supply of food once a month to low-income individuals and families.
Kingswood Church	www.kingswoodchurch.org/hope-for-the-community/	(763)757-4266	Free food distribution every Thursday from 2:30 pm – 5:00 pm.
Mt. Olive Lutheran	www.mtolive-anoka.org/witness_ministry.html	(763)421-7156 x106	Open to the community on the last Tuesday of every month 6:30 pm – 7:30 pm.
Neighbors, Inc.	www.neighborsmn.org/human-services-emergency-assistance/	(651)455-5000	Food shelf in northern Dakota County. Provides groceries for three meals each day for a week. Must provide photo ID, demonstrate need, live in service area and verify address by submitting a piece of mail (i.e. cable, telephone or utility bill).
North Anoka County Emergency	www.nacefoodshelf.org/foodshelf.html	(763)434-7685	Food distribution hours: Monday 9:00 am – Noon, Tuesday 5:00 pm – 8:00 pm, Wednesday 1:00 pm – 4:30 pm and Thursday 8:00 am – 11:00 am. Up to 12 monthly visits per year. Must bring photo ID and a piece of mail with current address for each adult in household.
North Point Health & Wellness Center	http://tinyurl.com/2a2ajqx	(612)767-9175	Provides three to four-day supply of food every 30 days. Also provides emergency food packages. Monday, Tuesday and Thursday 9:00 am – 3:00 pm. Wednesday 11:00 am – 6:00 pm.

Sabathani Community Center	http://tinyurl.com/oma5hgc	(612)821-2396	Food distribution Monday – Thursday, 9:00 am – 11:30 am and 1:00 pm – 3:30 pm.
Salvation Army	http://tinyurl.com/lj6edu3	(651)746-3400 (800)456-4483	There are seven locations for food shelves go to website for nearest location.
Salvation Army – Rochester	http://tinyurl.com/ktwr734	(507)288-3663	Offers supplemental food shelf and bread distribution program. Check website for dates and times.
Sharing & Caring Hands	www.sharingandcaringhands.org	(612)338-4640	Open to those not eligible at other food shelves. One donation per week. Monday – Thursday 10:00 am – 11:30am; 1:30 pm – 3:00 pm.
Southern Anoka Community Assistance	www.sacafoodshelf.org/	(763)789-2444	Provides emergency food supplies to residents in Fridley, Spring Lake Park, Hilltop and Columbia Heights.
St. Jude of the Lake Parish	www.stjudeofthelake.org/Food-Shelf	(651)426-3245	Food shelf services for residents of Mahtomedi, Willernie, Birchwood, Grant and parts of White Bear Lake. Monday – Friday 8:00 am – 3:30 pm.
St. Olaf Catholic Church	http://saintolaf.org/st-olaf-ministries/social-outreach/	(612)332-7471	Food shelf open Monday – Wednesday 9:00 am – 2:00 pm.
Valley Outreach	http://valleyoutreachmn.org/food_shelf.aspx	(651)430-2739	Monday, Wednesday and Friday 10:00 am – Noon, Tuesday and Thursday 5:00 pm – 7:00 pm. Bonus Friday hours: 1:00 pm – 3:00 pm.
VEAP	www.veapvolunteers.org	(952)888-9616	Call 5 to 7 days in advance to make an appointment. Monday, Tuesday, Wednesday, Friday 8:00 am – 5:00 pm and 8:00 am – 7:00 pm Thursday.

**White Bear
Lake
Emergency
Food Shelf**

<http://whitebearfoodshelf.org/>

(651)407-5310

Monday 4:30 pm – 7:30
pm, Tuesday – Thursday
11:30 am – 2:30 pm and
Friday 11:00 am – 1:00 pm.

Free Meals



Calvary Baptist Church	www.calvarychurchmpls.org/-drop-in--ministry/	(612)872-7855	First Sunday of each month from October – April. Doors open at 1:30 pm and close at 4:30 pm. Meal is served at 2:30 pm.
Catholic Charities – Opportunity Center	www.cctwincities.org/OpportunityCenter	(612)204-8300	Free breakfast and lunch offered Monday – Saturday at the Opportunity Center. Breakfast: 7:00 am – 8:00 am and Lunch: 11:30 am – 12:30 pm
Cathedral of St. Mark	www.ourcathedral.org/outreach	(612)870-7800	Second Sunday of each month 5:00 pm – 6:00 pm. Monday night supper for young adults age 30 and under 3:00 pm – 7:30 pm. Sandwich Ministry provides free bagged lunches Monday, Tuesday, Wednesday and Friday of each week.
Central Lutheran Church	www.centralmpls.org/	(612)870-4416	Provides free community meal every Monday from 11:30 am – 1:00 pm in the Fellowship Hall.
Dorothy Day Center (Catholic Charities)	www.cctwincities.org/DorothyDayCenter	(651)647-2350	Lunch and dinner offered daily at 11:45 am – 12:45 pm and 4:30 pm – 5:15 pm. Breakfast offered on Saturday – Sunday 9:00 am – 9:30 am.
Harbor Lights Center	http://tinyurl.com/n5ysddn	(612)767-3100	Free daily meal at 6:00 pm.
Hennepin Ave. United Methodist Church	www.hennepinchurch.org	(612)871-5303	Free hot meals served on the 1st and 5th Sunday of every month. Guests also receive shelf-stable pantry items, toiletries, socks and underwear.

House of Charity Food Centre	www.houseofcharity.org/our-programs/free-public-meals/	(612)436-2052	Free meals. Breakfast for women and children only, Monday – Friday 8:30 am – 9:00 am. Lunch open to the public, Monday – Friday Noon – 1:00 pm. Weekend brunch open to the public 10:30 am – 11:30 am.
Lord’s Kitchen (Strong Tower Parish)	www.strongtowermn.org/	(612)874-7310	Free dinner every Wednesday 4:00 - 6:00 pm.
Love Power Church	www.lovepowerministries.org/services.html	(763)784-4466	Free meal after Sunday service on the last Sunday of the month from 12:30 pm – 2:30 pm.
Marie Sandvik Center	www.mariesandvikcenter.org	(612)870-9617	Free dinner: Must be at facility by 7:00 pm Tuesday, Friday and Sunday. Summer Lunch Club for children served Monday – Friday, June and July.
Loaves & Fishes	www.loavesandfishesmn.org	(612)377-9810	Provides free meals to the public at 14 locations within the 7-county metro area. For location nearest you, call or go to the website.
Place of Hope	http://tinyurl.com/lo83csg	(320)203-7881	Provides a free evening meal at 5:00 pm all year around to anyone in need.
Plymouth Congregational Church	www.plymouth.org/calendar/dining.php	(612)871-7400	Free, hot meal served 3rd Sunday of each month from 5:00 pm – 6:00 pm.
Salvation Army – Rochester	http://tinyurl.com/ktwr734	(507)288-3663	Free lunch served weekdays 11:30 am – 12:30 pm. Dinner is served Monday evenings 6:00 pm – 7:00 pm.
Salvation Army – St. Cloud	http://salvationarmynorth.org/community/st-cloud/community-pages/programs-17/	(320)252-4552	Free community lunch Monday – Friday 11:30 am – 12:45 pm.
Sharing & Caring Hands	www.sharingandcaringhands.org	(612)338-4640	Free hot meals. Monday – Thursday 10:00 am, Noon and 3:30 pm. Saturday – Sunday 9:30 am and 11:30 am.

**Waite House
Community Café** www.puc-mn.org


(612)721-1681

Free healthy, tasty and nutritious meals prepared daily. Monday – Friday 11:00 am – 12:30 pm. Open to all.

Furniture/Household Items



<p>Arc Greater Twin Cities (Value Village Thrift Store)</p> <p>www.arcsvaluevillage.org</p>		<p>(763)503-3534 Brooklyn Center</p> <p>(763)544-0006 New Hope</p> <p>(612)861-9550 Richfield</p> <p>(651)788-8300 St. Paul</p>	<p>Low-cost clothing and household items. Please call or visit website for current promotions, locations and hours.</p>
<p>Basic Needs (Stone Soup Thrift Shop)</p> <p>www.stonesoupthriftshop.org</p>		<p>(651)458-9786</p> <p>(651)789-4055 Voucher Assistance Request</p>	<p>Serving families and individuals in South Washington County with clothing and household items. Vouchers for free household items are available to families and individuals unable to pay.</p>
<p>Bridging, Inc.</p> <p>www.bridging.org</p>		<p>(952)888-1105</p>	<p>Provides furniture and household goods to families and individuals in need. Must be referred by a partner agency prior to receiving services. Check website for referral agencies.</p>
<p>Central Lutheran Church</p> <p>www.centralmpls.org/</p>		<p>(612)870-4416</p>	<p>Free household items and small appliances. Monday 10:00 am – 2:00 pm, Tuesday and Wednesday 10:00 am – 12:00 pm, Thursday 11:00 am – 2:00 pm.</p>
<p>Community Clothes Closet (Hosanna Lutheran Church)</p> <p>www.hosannalc.org/care/ministries/clothes-closet/</p>		<p>(952)435-3332</p>	<p>Donates large items like furniture and computers directly to those in need.</p>
<p>Community Helping Hands</p> <p>http://communityhelpinghand.org/</p>		<p>(651)464-8150</p>	<p>Serving families in Forest Lake area with clothing and furniture.</p>

Expressions of Hope Thrift Store	http://tinyurl.com/mqlx3jv	(320)203-7881	Affordable clothes, furniture and household goods.
Furnish Office & Home	www.furnishofficeandhome.org	(612)789-3322	Sells new and slightly used home and office furniture for up to 80% off the retail value.
Goodwill Outlet	http://tinyurl.com/dlr9s7	(651)603-1544	Housewares sold in bulk by the pound. Hours: Monday – Friday 8:00 am – 7:00 pm, Saturday 10:00 am – 6:00 pm, and Sunday 11:00 am – 5:00 pm.
Hastings Family Service	http://tinyurl.com/o942abu	(651)437-7134	Matches requests with offers of donated furniture with someone looking for items. Arrangements to transfer furniture items are made between the donor and the recipient.
Hill City Thrift Shop	 169 lone Avenue Hill City, MN 55748	(218)697-2424	Used clothing, household items, furniture and bedding for reasonable prices.
Joseph's Coat	www.josephscoatmn.org	(651)297-2472	Gently used household items. Must have photo ID. May shop once a week. Monday – Wednesday 9:00 am – Noon and 1:00 pm – 4:30 pm.
Neighbors, Inc. (Furniture Match Program)	www.neighborsmn.org/human-services-emergency-assistance/	(651)455-1508	Furniture Match Program connects those who have furniture or appliances with those who have need of those items.
Prince of Peace Church (Mission Outpost)	http://tinyurl.com/k2ee46u	(952)898-9310	Offers furniture and some household items. Please call for types and availability.
Sabathani Community Center	www.sabathani.org/family_resources.aspx	(612)821-2396	Free furniture and household items. Monday – Thursday 9:00 am – 11:30 am and 1:00 pm – 3:00 pm.
Salvation Army	http://tinyurl.com/pf4tbhl	(612)659-0711	Offers voucher assistance to thrift stores. Must have a referral from a caseworker at an overnight shelter, picture ID, and be moving of a shelter.

St. Olaf Catholic Church	http://saintolaf.org/st-olaf-ministries/social-outreach/	(612)332-7471 x247	Provides referrals for gently-used furniture and small household goods.
Twice Nice Thrift Shop (ACCAP)	www.accap.org/assistance-services/twice-nice-thrift-store	(763)754-0935	Offers gently used and reasonably priced household items and bedding. Monday – Friday 10:00 am – 7:00 pm, Saturday 9:00 am – 5:00 pm.
Twin Cities Free Market	www.twincitiesfreemarket.org	N/A	Website that lists free items including clothes, furniture, TVs and other household items.
Western Community Action Thrift Store	www.wcainc.org/thriftshop/	(507)637-8231	Low-cost clothing and household goods. Tuesday and Thursday 9:00 – 4:00 pm, Saturday 10:00 am – 3:00 pm.

Voice Mail Services



Amicus RECONNECT	www.amicususa.org/programs/reconnect/	(612)877-4265	Offers free voice mail number for up to 6 months to low-income individuals or families without a phone.
Catholic Charities (Opportunity Center)	www.cctwincities.org/OpportunityCenter	(612)204-8300	Provides free voice mail numbers for homeless or near-homeless persons in Minneapolis.
The Listening House	www.listeninghouse.org/	(651)227-5911	Free voice messaging service available to individuals for up to 6 months.
Open Access Connections	http://openaccessconnections.org/	(651)643-0883	Provides free voice messaging to low-income individuals and families without a phone seeking employment, health care or housing. Call for a referral to a participating agency. Complete list of referral agencies are available on website.
St. Stephen's Human Services	http://tinyurl.com/mko8vb6	(612)870-2283	Free voice mail boxes for individuals and families who do not have phones.

A graphic featuring a light beige rounded square background. In the center, there are four stylized human figures in a light yellow color, arranged in a row. Overlaid on this graphic is the text "COMMUNITY RESOURCES" in a bold, black, sans-serif font, centered horizontally and split across two lines.

COMMUNITY RESOURCES

Phone/Crisis Assistance



360 Communities	www.360communities.org/index.php/violence-prevention-intervention/sexual-assault-services/	(651)405-1500	Sexual Assault Service hotline available to victims of sexual abuse or a family member or friend of a sexual abuse victim. Counselors available 24/7.
AIDSLine	www.mnaidsproject.org/services/what-to-know/aidsline.php	(800)248-2437 Greater Minnesota (612)373-2437 Metro	Referrals to various AIDS services and agencies within Minnesota.
Crime Victim Services Council on Crime & Justice	www.crimeandjustice.org	(612)340-5400	24-hour hotline offering crisis counseling, information and referrals to victims of crime. Also provides on-going support through the criminal justice system.
Crisis Connection	www.crisis.org	(612)379-6363	24-hour crisis counseling by telephone. Available 365 days a year.
Hennepin County After-Hours Shelter Team	N/A	211	For those with an emergency shelter need after the county offices close. After 5:00 pm, and on weekends and holidays.
Hennepin County Medical Center Acute Psychiatric Services	http://tinyurl.com/mqwr9lh	(612)873-3161 Crisis Intervention (612)873-2222 Suicide Hotline	24-hour crisis and suicide hotlines provide immediate counseling and hope to persons experiencing psychiatric emergency or extreme emotional trauma.
Hunger Solutions Minnesota	www.hungersolutions.org	(888)711-1151	Minnesota Food HelpLine assesses caller's situation and provide solutions to their food needs. Monday – Friday 8:30 am – 4:30 pm.
Mental Health Crisis Alliance	http://mentalhealthcrisisalliance.org/	(651)266-7900	Call the crisis line for immediate mental health support, 24 hours a day.

Metro Shelter Hotline	N/A	(888)234-1329	Connects callers who are homeless to shelter information, 24 hours a day, seven days a week.
Minnesota Literacy Council	www.mnliteracy.org/hotline	(800)222-1990	Provides up-to-date ABE, GED, literacy and basic skills course information throughout the state of Minnesota.
Neighborhood Involvement Program Rape & Sexual Abuse Center	http://tinyurl.com/yj23fc	(612)825-4357 24-Hour Helpline	Provides affordable and qualified assistance to victims of sexual violence and their families. Walk-in crisis counseling and legal advocacy. Advocacy and support groups free. Therapy offered on a sliding fee basis.
United Way	www.gtcuw.org/get_help/	211 (651)291-0211 Cell Phone Users	Provides information about food, housing, employment, childcare, transportation, health services and more. Free, confidential and available 24/7. Multilingual access available for over 100 languages.

Support for Ex-Offenders



Amicus RECONNECT	www.amicususa.org/programs/reconnect	(612)877-4250	Matches ex-offenders with resources to meet their basic needs, including referrals for employment, housing, transportation and voicemail services.
Better Futures Enterprises	http://betterfuturesenterprises.com	(612)455-6133	Assists clients who are recently released with employment and housing needs. This program has its own housing units and own job placement work crew.
Center for Fathering (Urban Ventures)	www.urbanventures.org/center-for-fathering/	(612)455-4637	Offers relationship building and responsible parenting classes Tuesdays 5:00 pm – 7:00 pm. Dinner, bus tokens and childcare provided. Everyone is welcome.
Division of Indian Work	www.communityjusticeproject.gmcc.org/diw---strengthening-family-circles	(612)279-6370	Offering advocacy, cultural activities and parenting support to American Indian fathers.
EmergeWORKS	www.emerge-mn.org	(612)338-5282	Assists recently released persons or those with criminal convictions with work readiness, resume and skills development, interviewing and computer skills.
Ex-Offenders Resource Network	www.ex-offendersresourcenetwork.org	(866)498-0695	Offers basic computer training and certificate programs in Microsoft Digital Literacy and Microsoft Virtual Academy. Also offers training in television and studio production.
FATHER Project (Goodwill Easter Seals)	www.goodwilleasterseals.org	(612)724-3539 Central Office	Assists with paternity establishment, child support assistance, parenting support groups, job search, GED preparation, visitation assistance and custody issues.

Friends for a Non-Violent World (Alternatives to Violence Project)	www.fnvw.org	(651)644-5851	AVP provides workshops on conflict resolution in prisons, jails and communities.
Freedom Works Post-Prison Outreach	http://myfreedomworks.com/	(612)522-9007	Program focuses on helping former offenders reconnect to their family, their faith, full-time employment, the recovery community and the local church.
Parenting with Purpose	www.parentingwithpurpose.org/portfolio/parenting-classes-1	(763)503-2892	Offers parenting classes in the MCF-Faribault and other county correctional facilities. Supports ex-offenders and their families with obtaining community resources.
Transitions Support Group (Twin Cities Men's Center)	www.tcmc.org/support-groups.html	(612)822-5892	Drop-in support group focusing on issues involved in re-entering the community after incarceration. Open to men and women.
Women Planting Seeds	www.womenplantingseeds.org	(612)558-5721	Specializes in supporting the mental and emotional health of female offenders reentering the community.

Traumatic Brain Injury (TBI)



Brainline.org	www.brainline.org/resources/index.php	N/A	State-by-state resource directory for persons with a TBI.
Minnesota Brain Injury Alliance	www.braininjurymn.org	(612)378-2742	Offers resource facilitation, advocacy and education, and case management for individuals with a TBI.
Minnesota Department of Health	www.health.state.mn.us/injury/topic/tbi/list.cfm	N/A	Statewide resources for persons with a TBI.
Plymouth Congregational Church	www.plymouth.org/caring/referrals.php	(612)871-7400	TBI support group meets on the first and third Tuesdays of the month, 12:30 pm – 2:00 pm, for people with mild to moderate TBI.
TBI Metro Services (Opportunity Partners)	http://opportunities.org/individuals-families/tbi-metro-services/	(952)930-4242 Edina (651)457-4756 St. Paul	Assists persons with TBI rediscover former skills and learn new ones. Provides one-on-one coaching, case management and job search assistance. Applicants with criminal histories are reviewed on a case-by-case basis.

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EMERGENCY RESOURCES

Financial/Rental/Utility Assistance



ACCAP www.accap.org/crisis_assistance.asp		(763)783-4747 Crisis Assistance (763)783-4712 Energy Assistance	Provides emergency assistance to individuals for first month's rent, medical prescriptions, and rent/mortgage payments. Offers energy assistance as well.
Catholic Charities – St. Cloud http://tinyurl.com/paz4dtn		(320)229-4560	Limited funds available for assistance with apartment application fees.
Central Lutheran Church (Restoration Center) www.centrlmpls.org/		(612)767-9214	Offers assistance with rent and other financial needs on a case-by-case basis.
Community Action Partnership of Washington & Ramsey Counties www.capr.org/community-action-services/energy-assistance/		(651)645-6445	Offers energy assistance to address: unpaid/overdue bills, outreach to vulnerable populations and advocacy. Energy assistance season begins October 1, 2014.
Community Emergency Services http://cesmn.org/index.php/emergency-aid-referral/utility-assistance		(612)870-1125	Provide referrals to other agencies for energy assistance. Only able to serve those with water shutoff notices.
Community Energy Assistance Program (CEAP) www.ceap.com/financialasst.html		(763)783-4930 Blaine (763)366-9600 Brooklyn Center	Limited funds available for rent/mortgage and utility assistance. Must first apply for emergency assistance via county of residence. Must call CEAP to schedule a screening before applying for services.
Community Sharing Fund http://tinyurl.com/o6e5bdh		(651)325-4260	Offers grants \$50 to \$500 for rent, rent deposits, utilities and other expenses.
Hastings Family Service http://tinyurl.com/k7lyuay		(651)437-7134	Emergency grants available to assist applicants with some expenses such as housing, utilities, automobile-related and gas

			to get to work, school or medical appointments. Must speak to a case worker before scheduling an appointment.
Minnesota Community Action Partnership	www.minncap.org	(651)645-7425	Made up of 26 community agencies and 11 tribal governments to serve residents in all 87 counties with energy assistance, transportation and other expenses. Go to website to find the nearest office.
Neighbors, Inc.	www.neighborsmn.org/human-services-emergency-assistance/	(651)455-5000	Limited grants available for gasoline, medical prescriptions, rent, utility bills, auto repair and similar emergencies. Serves North Dakota county only.
North Point Health & Wellness	http://tinyurl.com/km23yvb	(612)767-9500	Limited financial assistance for persons facing eviction due to non-payment of rent. Call for eligibility requirements.
Salvation Army	http://salvationarmynorth.org/community/st-paul-w-7th-street/	(651)224-4316 West 7th Street	Limited assistance with rent is available in St. Paul. Must live in service area zip codes. Call for additional eligibility requirements.
	http://salvationarmynorth.org/community/st-paul-payne-ave/	(651)776-8169 Payne Avenue	
Salvation Army – Noble	http://tinyurl.com/keclsz9	(763)425-0517	Provides rental assistance referrals and utility assistance. This office oversees social services office in Wright County.
Salvation Army – Parkview	http://tinyurl.com/q6wpcps	(612)522-4871	Provides financial, rental and utility assistance. Utility assistance can be used once per heating season.
Salvation Army – Rochester	http://tinyurl.com/ktwr734	(507)288-3663	Provides housing guides and applications for rental assistance, HeatShare and utility assistance.
Salvation Army – St. Cloud	http://salvationarmynorth.org/community/st-cloud/community-pages/programs-17/	(320)252-4552	Provides emergency assistance and utility assistance via HeatShare program.

Salvation Army – Temple	http://tinyurl.com/oqc22cc	(612)721-1513	Provides assistance with utility bills. Utility assistance can be used once per heating season. This office oversees social services office in Scott and Carver counties.
Salvation Army Washington & Chisago County	http://salvationarmynorth.org/community/twin-cities-metro/community-pages/social-services-office-chisago-washington/	(651)739-6288	Utility assistance available to those facing utility shutoff. Also available: financial assistance, rental and emergency medical assistance.
Sharing & Caring Hands	http://tinyurl.com/km5hwo2	(612)338-4640	Provides rent deposits for eligible clients. Must conduct in-house interview prior to receiving services.
St. Olaf Catholic Church	http://saintolaf.org/st-olaf-ministries/social-outreach	(612)332-7471	Limited funds available for emergency financial and utility assistance.
Tri-County Action Program	www.tricap.org/energy_programs.html	(320)251-1612	Offers energy assistance to address: unpaid/overdue bills, outreach to vulnerable populations and advocacy. Energy assistance season begins October 1, 2014.
WeCAN	http://wecan-help.org/?page_id=18	(952)472-0742	Qualified residents of WeCAN's service area are eligible for grants that may be available for a variety of basic needs like rent, mortgage, damage deposit and utilities. Call for an intake appointment.
Westside Community Health Service	http://tinyurl.com/lebtqrg	(651)266-1290	Financial assistance for utility shutoff notices. Serves only Ramsey County residents. Call for eligibility requirements.



EDUCATION RESOURCES

Adult Basic Education/GED



<p>Adult Homework Help (Minneapolis Central Library)</p>	<p>www.hclib.org</p>	<p>(612)543-8000 Central (612)548-6875 Sumner (612)543-6225 Brooklyn Park</p>	<p>Trained tutors help adults prepare for their GED, English and occupational exams. Program is available at the Sumner and Brooklyn Park library locations.</p>
<p>Adult Options in Education</p>	<p>www.adultoptions.org</p>	<p>(952)988-5343</p>	<p>Offers GED, ELL and basic skills courses. The program serves residents in Hopkins, Minnetonka and St. Louis Park.</p>
<p>American Indian OIC</p>	<p>http://aioic.org/education-and-training/abeged/</p>	<p>(612)341-3358 x112</p>	<p>Offers free adult basic education courses to prepare individuals for the GED exam. Tutoring is available.</p>
<p>Arrowhead Economic Opportunity Agency, Inc.</p>	<p>www.aeo.org/employment-and-training/adult-basic-education-abe</p>	<p>(218)749-2912 Central Office</p>	<p>Provides ELL, basic skills, and work-based computer classes and GED preparation courses.</p>
<p>Cedar Riverside Adult Education</p>	<p>http://abeweb.mpls.k12.mn.us/Directory</p>	<p>(612)376-0619</p>	<p>Offers pre-literacy to high intermediate English, math and computer classes. Registration is required.</p>
<p>Centennial School District 12</p>	<p>www.isd12.org/community-education-0/adult-programs/basic-education-abe-gde</p>	<p>(763)398-2980</p>	<p>Providing free ABE courses in the following subjects: GED prep, basic skills and college prep. Registration is required.</p>
<p>Center for Fathering (Urban Ventures)</p>	<p>www.urbanventures.org/our-programs/the-center-for-fathering.html</p>	<p>(612)638-1000</p>	<p>Provides referrals to GED, literacy and basic skills programs. An appointment is required prior to receiving services.</p>
<p>Columbia Heights Public Schools (Adult Basic Education)</p>	<p>http://tinyurl.com/n93rmtw</p>	<p>(763)706-3833</p>	<p>Provides free daytime and evening year-round ABE, ELL and GED classes for adults.</p>

FATHER Project (Goodwill Easter Seals)	www.goodwilleasterseals.org	(612)724-3539 Central Office	Offers adult education services, including GED prep and basic skills courses. Must be 17 years of age, low-income, and have a child or children. Offices throughout the state, call the central office for nearest program site.
Forest Lake Area Schools (ABE Program)	http://tinyurl.com/pb7q8pc	(651)982-8334	Offers free in-class or online basic skills, high school diploma and GED preparation classes weekly.
Franklin Learning Center	www.hclib.org	(612)543-6934	Serves adults who are studying English, math, science, social studies, and technology. GED examination courses also offered. Registration is required.
Fridley Public Schools (Adult Basic Education)	www.fridley.k12.mn.us/page.cfm?p=1739	(763)706-3833	Provides free basic skills, GED, ELL classes and tutoring to adults.
Hubbs Center (St. Paul Public Schools)	http://hubbs.spps.org	(651)290-4822	Offers a variety of free onsite, community-based and distance-learning GED, math, reading/writing and college preparation courses. Registration is required.
McGregor ISD District 4	http://tinyurl.com/prunlqq	(218)768-2121	Offers distance learning GED courses are administered online. Individuals must be 16 years or older and not enrolled in public school.
Metro North Adult Basic Education	www.metronorthabe.org	(763)783-4870	Provides free day and evening GED, computer, work skills and college prep courses for individuals 16 years of age or older.
Minneapolis American Indian Center	http://www.maicnet.org/programs/workforce-invesment-act/	(612)879-1710	Offers basic education and GED preparation courses. To be eligible, must be American Indian, low-income, unemployed or underemployed, dislocated

			worker or in need of employment upgrade. Must be at least 18 years old and males born after 12/31/59 must be registered for Selective Service. Must also reside within service area.
Minneapolis Community Education	http://abe.mpls.k12.mn.us/	(612)668-3800 South Campus (612)668-1863 North Campus	Offers GED, English literacy, career and college preparation courses to adults free-of-charge.
Minnesota Adult Basic Education	http://mnabe.org/find-abe-program	(651)645-2277	Provides information on local and statewide adult basic education and GED programs.
Minnesota Literacy Council	www.themlc.org	(800)222-1990 Literacy Hotline (612)424-1211 Text Messaging	Offers a broad range of direct and behind-the-scenes services for adult learners, such as GED, adult basic education and adult literacy classes.
Neighborhood House	www.neighb.org/ged.aspx	(651)789-2500	Offers GED, adult literacy and computer classes at no-charge. Must be 17 years of age and not completed high school.
North St. Paul – Maplewood – Oakdale Community Education	http://tinyurl.com/l27lfvh	(651)748-6208 (651)748-6625	Provides free educational programs and services for students who wish to receive their GED or brush up on basic skills.
Open Door Learning Center (Arlington Hills)	www.mnliteracy.org/learning-centers/open-door-arlington-hills	(651)793-4423	Offers GED preparation courses as well as basic computer skills, and math courses.
Open Door Learning Center (South Minneapolis)	www.mnliteracy.org/learning-centers/open-door-lake-street	(612)483-1763	Offers GED preparation courses as well as basic computer skills, communications and math courses.

Open Door Learning Center (North Minneapolis)	www.mnliteracy.org/learning-centers/open-door-north-side	(612)377-5399	Offers GED preparation courses as well as basic computer skills, communications and math courses.
Pike Lake Education Center	www.moundviewschools.org	(651)621-7410	Provides courses in GED preparation, high school diploma completion, basic skills and English literacy. Classes are free and open to the public. Registration is required.
South Suburban ABE (Tri-District Community Education)	www.tridistrictce.org/page/2536	(651)457-9441	Offers GED preparation, basic skills and literacy courses. One-time \$20 registration fee. Registration is required.
Springfield Public Schools (Adult Basic Education)	www.springfield.mntm.org/Page/120	(507)723-4288	Offers basic skills and GED preparation course for adults ages 16 and older who did not graduate high school. Classes are free of charge and held at Springfield High in the evenings throughout the school year.
St. Cloud Area School District (Adult Basic Education)	http://stcloudisd742.mn.schoolwebpages.com	(320)529-6500 x6202	Offers flexible schedule of GED, English and other basic skills courses. One-time \$20 registration fee which covers books and instructional materials.
St. Francis ISD District 15 (Adult Basic Education)	www.stfrancis.k12.mn.us/page.cfm?p=2695	(763)753-7190	Provides online and/or on-site GED, adult diploma completion program and college preparation courses.



EMPLOYMENT RESOURCES


Day & Temporary Labor




AAA Labor	www.aaalabor.com	(612)871-2505	Open for day and night shifts Monday through Friday from 5:00 am – 6:00 pm; Saturday and Sunday, 5:30 am – 6:00 pm. Unskilled labor, semi-skilled, hospitality, light industrial and various other jobs.
Command Center	www.commandonline.com	(651)917-3281	Temporary employment for hospitality and labor occupations. Criminal histories are fine. Will work with probation officers.
Labor Ready	www.laborready.com	(507)344-0600 Mankato (507)286-1064 Rochester (612)861-0053 Richfield	Temporary and seasonal employment in manufacturing, light industrial, hospitality and warehouse occupations. Job seekers must pass drug test.
Spartan Staffing	www.spartanstaffing.com	(651)774-9675	Offers temporary employment in manufacturing and light industrial positions. Able to work with criminal histories.

Job Search Assistance & Training



Aitkin County Developmental Achievement Center	www.aitkincountydac.com/	(218)768-4031	Provides vocational training and supported employment opportunities for individuals with disabilities. Persons with criminal records are reviewed on a case-by-case basis.
Aitkin Workforce Center	 321 Minnesota Avenue North Aitkin, MN 56431	(218)927-5623 (800)243-3209	Comprehensive and high-quality services designed to help youth and adults find, obtain and retain employment.
America in Recovery, Inc.	www.americainrecovery.org	N/A	A national website that allows ex-offenders to enter their resume information directly on the website, while employers can post job listings. The service is free.
American Indian OIC	http://aioic.org/career-services/employment-services/	(612)341-3358 x117 Minneapolis Resident (612)341-3358 x115 Hennepin County Resident	Assistance with resume writing and web-based job search, employment career center, individual service strategies and employment plans, referral for tuition assistance for job training programs, retention awards for continued employment.
Amicus RECONNECT	www.amicususa.org/programs/reconnect/	(612)877-4265	Offers employment assistance, job training, computer and phone access and resume help. Job resources for former offenders available.
Arrowhead Economic Opportunity Agency, Inc.	www.aeoa.org/employment-and-training	(218)749-2912 Central Office	Provides work-related computer class skills, vocational assessment and job search assistance.


Better Futures Enterprises	http://betterfuturesenterprises.com	(612)455-6133	Immediate access to safe, affordable housing for men leaving prison. Offers job assistance, healthcare access services and one-to-one coaching.
Catholic Charities (Opportunity Center)	www.cctwincities.org/OpportunityCenter	(612)204-8300	Employment and social services for homeless and near-homeless individuals in Minneapolis. Programs include: culinary skills, training, Rapid Re-Housing, job readiness, SNAP and MNSure enrollment and economic assistance screening.
Central Lutheran Church (Restoration Center)	www.centrlmpls.org/	(612)870-4416	Volunteers work with individuals to find employment, create cover letters and resumes. Job coaches are available by appointment only. Computer access available Monday –Thursday 7:30 am – 2:00 pm. Walk-in appointments Wednesday and Thursday 9:00 am – 11:00 am.
Central Minnesota Jobs & Training Services	www.cmjts.org	(218)927-2181 (800)284-7425	Offers individualized employment and job training for dislocated, unemployed and underemployed workers. Services are based on client eligibility.
Community Action Partnership of Ramsey & Washington Counties (CAPRW)	www.capr.org/community-action-services/self-sufficiency/project-success/	(651)303-5880	Economic Empowerment program that offers employment assistance, stability development and financial literacy. Participants must live in Ramsey or Washington counties.
East Side Neighborhood Services	www.esns.org/jobs	(612)781-6011	Works with low-income, unemployed and underemployed adults looking to build stable income.


EmergeWORKS	www.emerge-mn.org	(612)529-9267	Provides a wide range of services related to employment, job training, financial services and housing to adults and youth. Re-entry services available for ex-offenders.
Employment Action Center	www.eac-mn.org	(612)752-8400 North Minneapolis (612)752-8800 Central Minneapolis	Offers career counseling, job search workshops skills and self-esteem. Resume and training assistance, mentors, GED classes and job placement assistance. Fresh Start program for offenders ages 21 and under.
EPIC Program (Employing Partners in Community)	http://puc-mn.org/index.php/epic-camden	(612)529-8054 Camden Neighborhood Center	Offers individuals with intellectual and developmental disabilities both vocational and non-vocational services, with supported employment services and life skills.
Fresh Start Program (Employment Action Center)	www.eac-mn.org/YYP/fresh-start	(612)752-8834	Program for youth aged 14-21, who have committed a crime or at serious risk of involvement in the juvenile justice system. Services offered: employment and training, educational services, housing support and life skills coaching.
Goodwill/Easter Seals	www.goodwilleasterseals.org	(651)379-5835 Intake	ReEntry Services program assists persons with criminal records overcome barriers to employment. Services include: case management, mentoring, and employment readiness training.
Hennepin County Vocational Services Program	 1800 Chicago Avenue South Minneapolis, MN 55404	(612)879-3532	VSP is open to Hennepin County residents with mental health or chemical health issues, who wish to re-enter the workforce. Referral is required prior to receiving services.

HHH Job Corps Center	http://huberthumphrey.jobcorps.gov/	(651)642-1133	Vocational training for persons 16-24 who are generally low to moderate income. Training available in a variety of fields. GED and basic skills classes, job placement assistance, residential living program, on-site child care services available. Applicants with criminal histories will be reviewed on a case-by-case basis.
HIRED	www.hired.org/job-seekers/	(612)529-3342	Provides personalized employment and job training services to best meet the needs and interests of jobseekers.
Human Development Center	http://tinyurl.com/p7ne7m8	(218)728-3931	Community placement services that assist clients to define vocational goals and find employment within the community. Services clients in Carlton, Cook, Lake and St. Louis counties.
Lutheran Social Services (Center for Changing Lives)	www.lssmn.org/employmentservices/	(612)879-5200	Intensive counseling, job and computer training, job leads and other services for Minnesota Family Investment Program recipients, dislocated workers and individuals with significant barriers to employment.
Minneapolis American Indian Center (Workforce Investment Act)	www.maicnet.org/programs/workforce-investment-act/	(612)879-1710	Provides employment and training to the American Indian population living within a 71-county service area. Services include: assessment and personal employment planning, job development/placement, on-the-job training, and supportive services for employment related needs. Offender status does not impact eligibility.

Minneapolis Urban League (Adult Job Placement)	www.mul.org	(612)302-3120	Providing one-on-one job counseling, job leads; resume help, computer access and interview coaching for Minneapolis residents.
Minnesota Resource Center	www.mrc-mn.org	(612)752-8100	Computer training and job placement for persons with disabilities. Referral from rehab services, VA or a workforce center is required before receiving services.
Minnesota Workforce Center	http://mn.gov/deed/job-seekers/workforce-centers/	(888)438-5627	Offers classes, workshops and hands-on training to move clients from unemployment and underemployment to stable employment. Over 30 workforce center locations in the state.
Momentum Enterprises	www.momentummn.com/	(612)332-0664	Provides transitional employment, job training and related services for people with barriers to long-term employment. Ex-offenders are encouraged to apply.
		(800)325-5332 Virginia	
		(218)302-8400 Duluth	
Northeast Minnesota Office of Job Training	www.jobtrainingmn.org/	(218)878-5000 Cloquet	Statewide system of one-stop centers providing employment and training services for youth, adults, and dislocated workers.
		(218)327-4480 Grand Rapids	
		(218)262-6777 Hibbing	
		(218)283-9427 International Falls	

Oak Park Neighborhood Center	www.puc-mn.org/oak-park-center	(612)377-7000	Assistance for job seekers with resumes, cover letters, applications and other job search needs. Monday – Thursday 10:00 am – 1:00 pm. By appointment only.
People Serving People (Culinary Arts Training Program)	www.peopleservingpeople.org/	(612)277-0252 Human Resources	13-week structured, hands-on learning program teaches underprivileged individuals skills and techniques related to the food service industry. There is no cost for program participants. Books and materials will be provided. Contact HR for more information.
PPL	www.ppl-inc.org/the-hub/employment/re-entry-employment-resources	(612)455-5300	Offers job training and services to individuals with criminal histories. Training includes: computer skills, customer service, job search, resumes, interview coaching and professional development. Training is free.
Salvation Army – Noble	http://tinyurl.com/l7mvz0	(763)425-0517	Provides employment assistance. This location also oversees a social services office in Wright County.
SONIC Program (180 Degrees)	www.180degrees.org/adult-community-re-entry	(612)813-5000	Provides services to individuals facing barriers to employment and housing as a result of a criminal conviction.
STEP Ahead	www.iseek.org/exoffenders/	N/A	An online tool that helps job seekers with felony convictions and other criminal charges know their work options, set goals, get training and be successful in their job search.

St. Olaf Catholic Church	http://saintolaf.org/st-olaf-ministries/social-outreach/	(612)332-7471 x247	Volunteers assist unemployed and underemployed clients with employment training and job search support.
St. Paul Workforce Center (New Leaf Program)	 540 Fairview Avenue North St. Paul, MN 55104	(651)642-0696	Assists ex-offenders obtain stable employment through attending workshops, creating a job portfolio, interview coaching and employment referrals.
Summit Academy OIC	www.saoic.org	(612)377-0150	20-week program in pre-apprentice training in the fields of carpentry, plumbing, electrician, clerical, community health worker (CNA), pharmacy technician and administrative assistant. Information sessions are held at 10:00 am on Wednesdays.
TBI Metro Services (Opportunity Partners)	http://opportunities.org/individuals-families/tbi-metro-services/	(952)930-4242 Edina (651)457-4756 St. Paul	Assists persons with TBI rediscover former skills and learn new ones. Provides one-on-one coaching, case management and job search assistance. Applicants with criminal histories are reviewed on a case-by-case basis.
Twin Cities RISE!	www.twincitiesrise.org	(612)338-0295 Minneapolis (651)603-8520 St. Paul	10-week core program provides a comprehensive work skills and personal empowerment training program moving students to living-wage long-term employment. Core program requires 12-15 hours per week.
Urban Ventures (Ready? Set! Work...)	www.urbanventures.org/our-programs/the-center-for-fathering/ready-set-work.html	(612)455-4640 (612)638-1000	Job preparation and placement program specializing in helping ex-offenders and other individuals with significant barriers to employment.



HEALTH CARE RESOURCES

Dental Care



Apple Tree Dental www.appletreedental.org/	(763)784-7570 Coon Rapids	
	(218)998-2218 Fergus Falls	Offers low-cost dental care to elderly, low-income and disabled individuals. Mobile services are available. Call nearest location for more information on financial assistance and services offered.
	(218)483-1038 Hawley	
	(507)642-8742 Madelia	
	(763)316-5400 Mounds View	
(507)424-1040 Rochester		
Catholic Charities – St. Cloud http://tinyurl.com/paz4dtn	(320)229-4560	Provides emergency assistance for prescriptions and medical co-pays.
Century College www.century.edu/community/services.aspx	(651)779-5787	Cleaning, X-rays, sealants and fluoride treatment services provided by dental hygiene students. Clients charged a small fee.
Children’s Dental Services www.childrensdentalservices.org	(612)746-1530 (866)543-6009	Low-income can be eligible for free or sliding scale care. Emergencies are seen immediately. There are over 100 clinical locations, including 50 sites in the metro location. Check the website for closest location.
Community Dental Clinic www.cdenc.org	(651)925-8400 Maplewood (651)774-2959 St. Paul (507)258-4046 Rochester	Sliding fee scale dental care. Discount program available for those without insurance or have a high deductible plan. Multilingual and multicultural dentists and staff.

Community-University Dental Clinic	http://tinyurl.com/ptot73l	(612)638-0700	Provides sliding scale fee comprehensive dental care for children and adults. Fee is based on income and household size.
Family Dental Care	www.peoples-center.org/family-dental-care.html	(612)728-8888	Provides comprehensive dental care for children and adults. Sliding-fee scale available for those who do not have insurance.
Indian Health Board Dental Clinic	http://tinyurl.com/nn9x5lp	(612)721-9800	General dentistry and emergency services available. Open to everyone. Sliding fee payments based on family size and income.
Native American Community Clinic	http://nacc-healthcare.org/dental-services/	(612)872-8086	Works with the University of Minnesota School of Dentistry to provide quality dental care such as exams, cleanings, fillings, dentures, crowns and bridges, simple extractions, root canal therapy and emergency appointments. Offers sliding scale fees for patients without insurance. All patients accepted regardless of their ability to pay.
Normandale Community College Dental Hygiene Clinic	www.normandale.edu/departments/health-sciences/dental-hygiene/dental-hygiene-clinic	(952)358-8608	Low-cost cleaning, fluoride treatments, x-rays, sealants, oral hygiene instruction. Appointments available during school year only (September – May).
North Point Health & Wellness Center	http://tinyurl.com/o6r2vhv	(612)543-2511	Provides routine dental care as well as full and partial dentures. Accepts most insurance, but patients without insurance can pay a sliding fee.
Open Door Mobile Dental	www.opendoormobile.org	(507)388-2120	Quality and affordable medical and dental care for all people. Accepts MA, BluePlus and UCare insurance.
Sharing & Caring Hands	www.sharingandcaringhands.org	(612)338-4640	Free dental clinic. Emergency appointments only. Call for availability.

Southside Community Dental Clinic	www.southsidechs.org/southside-dental-clinic/	(612)822-9030	Comprehensive dental care for all ages. Appointments preferred. Walk-ins welcome. Sliding fee based on family size and income.
UCare Dental Van	http://tinyurl.com/kfyayah	(866)451-1555	Clinic provides dental check-ups, cleanings, and simple restorative care to eligible UCare members of all ages in Minnesota who have limited access to quality dental care.
Union Gospel Mission	www.ugmtc.org/services-dental.html	(651)789-7605	Free services. Dental clinic is open Monday – Thursday from 8:00 am – 5:00 pm and 6:00 pm – 9:00 pm.
University of Minnesota School of Dentistry	www.dentistry.umn.edu/patients/index.htm	(612)301-9000	Services provided by U of M School of Dentistry students. Will accept state health plans and most insurance plans. No sliding fee or free care.
West Side Community Health Services	www.westsidechs.org	(651)602-7500	Provides sliding scale fee dentistry for children and adults at one of these locations: La Clinica, East Side Family Clinic and West Side Dental Clinic.

Medical Care



Cedar Riverside Clinic	www.peoples-center.org/cedar-riverside-clinic/services/	(612)332-4973	Offers a wide variety of services to patients including: behavioral health, pediatric, geriatric, women's health, specialty services, nutrition, X-ray, immunizations and general family practice. Sliding fee scale available for individuals or families who do not have insurance.
Central Avenue Clinic	http://tinyurl.com/n3379p4	(612)781-6816	Offers basic health care services along with STI testing, family planning and mental health services. Sliding scale fee available to patients without insurance and meet household size and income guidelines.
Central Lutheran Church (Restoration Center)	www.centrlmpls.org/	(612)870-4416	Nurses from Augsburg College Department of Nursing provide basic health care services free-of-charge. Monday 10:00 am – Noon and Thursday Noon – 1:30 pm. Also provides assistance with prescription co-pays.
Community – University Health Care Center	www.cuhcc.umn.edu	(612)638-0740	Primary care services for children and low-income families. Sliding fee based on household income.
East Lake Clinic (Hennepin County Medical Center)	http://tinyurl.com/nada4ew	(612)873-6963	Primary care clinic serving south Minneapolis, Richfield and south metro area. Services offered: preventive and primary care, urgent care, family planning and birth control, specialty referrals, financial counseling, lab services, and language interpreters. Accepts most insurance including MA and Medicaid.

East Side Family Clinic	www.westsidetchs.org	(651)772-9757	Comprehensive health services, from family planning, adolescent healthcare to counseling and senior care.
Division of Indian Work	http://diw.gmcc.org/programs.php	(612)722-8722 x350	Offers two programs: Live It! and Women of Traditional Birthing (WTB). Live It! is a culturally specific teen pregnancy prevention and healthy sexuality curriculum that teaches American Indian youth the importance of integrating traditional teachings into their lives for healthier living. WTB supports pregnant American Indian women through mentoring, education and community outreach. Program also partners with clinics and other service providers.
Fond du Lac Human Services Pharmacies	http://tinyurl.com/m74zfg8	(218)878-2157 Cloquet (218)279-4142 Duluth (612)871-1989 Minneapolis	Provides culturally-appropriate pharmaceutical care to American Indians at their Min No Aya Win, Center for American Indian Resources and Mashkiki Waakaigan locations.
Fremont Clinic	http://tinyurl.com/pxwxdkg	(612)588-9411	Offers basic health care services along with sexually transmitted infection (STI) testing, family planning and mental health services. Sliding scale fee available to patients without insurance and meet household size and income guidelines.
Hennepin County Medical Center	www.hcmc.org	(612)873-3000	Offers comprehensive medical care, including emergency care, for adults and children. Patients without insurance can access medical services, but must meet with a financial counselor

Hennepin County Public Health Clinic Red Door Services	www.reddoorclinic.org	(612)543-5555	Free testing and treatment for any sexually transmitted infection (STI). Walk-ins please arrive early.
Indian Health Board	www.indianhealthboard.com	(612)721-9800	Comprehensive medical and assessment, including primary, postnatal care and pediatrics. Open to all. Sliding fees available. Discount drug program.
Kola Street Outreach (AICDC)	www.aicdc-mn.org/node/24	(612)874-1048	Provides case management, urgent medical care, health screenings and referrals to Native Americans who are homeless and struggling with alcoholism.
La Clinica	www.westsidechs.org	(651)222-1816	Comprehensive health services, from family planning, women's health, and counseling to nutrition services and prenatal care
Midwest Health Center for Women	http://wholewomanshealth.com/twin-cities/whole-womans-health-of-the-twin-cities.html	(612)332-2311	Provides abortion, gynecological and birth control services. Health and counseling services. Offers sliding fees based on income.
Native American Community Clinic	http://nacc-healthcare.org//medical-services/	(612)872-8086	Offers general health maintenance and preventive services, acute care for adults and children, cancer screening, diabetes care, mammograms, ADHD treatment, and dietitian services. Sliding scale fee available to patients without insurance.
NIP Community Clinic	http://tinyurl.com/nkdcfvo	(612)374-4089	Providing low-cost high-quality medical care to low-income families and individuals. Sliding scale fee available to patients without insurance and meet household size and income guidelines.

North Point Health & Wellness Center	www.northpointhealth.org	(612)543-2500	Services include family practice, pediatrics, OB/GYN, geriatrics and pharmacy. Reduced fees for low-income and uninsured patients. Must live in Hennepin County to be eligible for services.
Pillsbury House & Theatre	http://puc-mn.org/health	(612)787-3641	Provides information, safer sex materials and referral for free confidential HIV testing to at-risk adult men.
Planned Parenthood of MN	www.ppmns.org	(612)823-6300	Exams, birth control, pregnancy testing, education, and counseling. Sexually transmitted infection (STI) and HIV/AIDS testing. Website lists other locations throughout the state.
Salvation Army Harbor Light Center	http://tinyurl.com/n5ysddn	(612)767-3100 x3124	Free medical care for homeless and near homeless persons in the Twin Cities metro area. Medical services available five days a week to men, women and children.
Salvation Army – Rochester	http://tinyurl.com/ktwr734	(507)288-3663	Offers medical and dental care to those who are underinsured or have no insurance.
Sheridan Women & Children’s Clinic	http://tinyurl.com/p5pv686	(612)362-4111	Offers womens’ health care, child care, and parenting guidance. Sliding fee for those without insurance.
St. Mary’s Health Clinics	www.stmaryshealthclinics.org	(651)287-7777	No-cost medical care for people without private insurance, Medical Assistance, Medicare, or MinnesotaCare. Eight clinics throughout the Twin Cities.
St. Olaf Catholic Church	http://saintolaf.org/st-olaf-ministries/social-outreach/	(612)332-7471 x247	Financial assistance available for medical co-pays, including prescriptions. Must make appointment before receiving services.
WeCAN	http://wecan-help.org	(952)472-0742	Emergency assistance available to residents in the WeCAN service area for prescriptions. Call for eligibility requirements.



HOUSING RESOURCES

Permanent Housing



Aeon	www.aeonmn.org	(612)341-3148	Offers low-income and family housing. Owns and manages 28 properties, some of which accept ex-offenders.
Alliance Apartments	www.aeonmn.org/alliance_apartments.aspx	(612)630-3600	Affordable, long-term efficiency apartments for single men and women who are homeless or leaving transitional housing. Must be sober and working. No arson or sexual assault.
Alternative Homes of Minneapolis, Inc.	www.alternativehomes.org	(612)874-6321	Shared and private bedrooms for 43 residents. Rates range from \$28.83 to \$39.46 per day. Applicants must meet eligibility criteria. Men only.
Anishinabe Wakiagun	www.aicdc-mn.org/node/23	(612)871-2883	Permanent supportive housing program for late stage chronic inebriates. Residents have access to medical coverage and other critical services. Residents are not required to be sober to maintain their housing. Ex-offenders are accepted on a case-by-case basis.
Ascension Place	www.ascensionplace.org	(612)588-0861	Permanent (or transitional) housing in north Minneapolis for single women with no children. Two-month minimum stay. Must have two months of sobriety. Support available to women in crisis.
Better Futures Enterprises	http://betterfuturesenterprises.com	(612)455-6133	Immediate access to safe, affordable housing for men leaving prison. Offers job assistance, healthcare access services and one-to-one coaching.

Cabrini Partnership	www.ppl-inc.org/what-we-do/support-services/	(612)331-7390	Provides transitional and permanent supportive housing services designed to help adults manage mental health, maintain sobriety, and break the cycle of homelessness.
Central Avenue Apartments (RS Eden)	www.rseden.org	(612)781-7117	Offers permanent supportive housing to single men and women experiencing homelessness, mental health issues or a disability.
CommonBond Communities	www.commonbond.org	(651)291-1750	47 housing communities available in the metro area including affordable and low-income. Price and availability vary by site. Some properties have units designated for "hard-to-house" individuals.
Community Action Partnership of Suburban Hennepin	www.capsh.org	(952)933-9369	Provides rental support services for those who are homeless, living in shelters or hotels. Services help: individuals, youth, families, veterans and ex-offenders.
Community Neighbors Housing Services	www.communitynhs.org	(763)208-6767	Offers home loan program and ownership opportunities for low-income families and individuals. Down payment assistance available.
Cornerstone	www.cornerstonemn.org	(952)884-0376 (952)884-0330 24-Hour Helpline	Offers services to assist women and families experiencing domestic abuse find safe and supportive housing.
East Metro Place II (Solid Ground)	www.solidgroundmn.org	(651)215-2262 CAHS	Provides 14 units of permanent supportive housing. Seven units designated for families with long-term homelessness. Seven units for homeless families with disabilities.
EMERGE	www.emerge-mn.org/OurServices/HousingPrograms.aspx	(612)787-3558	Housing programs assists families who struggle with homelessness and meet income guidelines. Families will work with the Financial Opportunity Center.

Emma's Place	http://emmanorton.org/ep.htm	(651)747-8766	Offers permanent housing to single parents with three or more children. Applicants cannot have a felony within the last three years.
Evergreen Residence	www.cctwincities.org/Evergreen	(612)204-8406	Offers 88 units of single room occupancy permanent housing for independent, single adults experiencing homelessness. Facilities are available for 72 men and 16 women, who each pay \$360 a month.
Housing First (House of Charity)	www.houseofcharity.org/our-programs/housing	(612)594-2026	Places homeless clients in permanent supportive housing. Clients with criminal histories are taken on a case-by-case basis. Sex offenders are not eligible.
HousingLink	www.housinglink.org	(612)522-2500	A resource for affordable rental housing within the 7-county metro area. Vacancies updated weekly. Website has links to additional affordable housing resources.
Jackson Street Village (RS Eden)	www.rsedn.org	(651)558-5980	Affordable supportive housing for 24 families. Townhomes, play area and community center with support services.
Journey Homes (Lutheran Social Services)	www.lssmn.org/housing/permanent.html	(612)872-9247	Site-based permanent supportive housing program. Includes 12 housing units for families whose head of household has a documented disability.
Lindquist Apartments (RS Eden)	www.rsedn.org	(612)287-1670	24 efficiency apartments for sober young adults. On-site programming available. Criminal sexual conduct or registered sex offenders are not eligible for services.

Lutheran Social Services	www.lssmn.org/sls/	(866)444-3743	Provides shared living residences for people with disabilities. Residents are offered supportive services. Persons with criminal histories are approved on case-by-case basis.
Many Rivers (Niibiwa Siibin)	www.aicdc-mn.org/node/27	(612)813-1610	Offers 78 units of affordable housing in their east and west buildings. Credit history and criminal background check is required for all new applicants.
Minneapolis Public Housing Authority	www.mphaonline.org	(612)342-1480	Owns over 6,000 public housing units and administers over 4,600 Section 8 vouchers for low-income families, seniors and individuals. Persons with criminal histories are approved on case-by-case basis.
Minneapolis Urban League (Housing Advocate)	www.mul.org	(612)302-3141	Provides rental resources to low-income individuals, persons with poor credit histories and ex-offenders.
Minnesota Indian Women's Resource Center	http://www.miwrc.org/our-programs/family-stablization/	(612)728-2024	Maintains onsite Section 8 housing program to provide affordable housing for chronically homeless families. Offers other supportive services.
Olmsted County Housing & Redevelopment Authority	http://tinyurl.com/oazxxzk	(507)328-7150	Provides affordable rental housing to low-income families, individuals and persons with disabilities. Criminal histories are approved on case-by-case basis.
Portland Village (RS Eden)	www.rseden.org	(612)872-9045	Offers 26-unit, sober permanent housing. Serves homeless families with substance abuse and criminal histories.

PPL Property Management	www.ppl-inc.org	(612)455-5100	Affordable housing for low-income individuals and families. Ex-offenders with murder, assault, arson or criminal sexual conduct convictions are not eligible.
Salvation Army HOPE Harbor	http://salvationarmynorth.org/community-pages/hope-harbor/	(612)659-0705	Sliding scale rental units to low-income single adults and the chronically homeless. Availability varies. Wait list offered once per year.
Salvation Army – Rochester	http://tinyurl.com/ktwr734	(507)288-3663	Castlevew Apartments provides permanent housing to low-income single adults who are disabled or chronically homeless.
Simpson Housing Services	www.simpsonhousing.org	(612)874-8683	Offers permanent, subsidized, supportive rental housing for single men and women experiencing long-term homelessness. Referral required. Criminal history will be reviewed on a case-by-case basis.
St. Cloud Housing & Redevelopment Authority	www.stcloudhra.com	(320)252-0880	Provides affordable rental units for individuals, families and persons with disabilities. All applicants are subject to criminal background checks. Criminal history does not make you not eligible for housing.
Washington County Housing & Redevelopment Authority	www.wchra.com	(651)458-0936	Providing administration of public housing and Section 8 vouchers. Public notifications when accepting applications.

Transitional Housing



<p>Ain Dah Yung (Our Home) Center</p>	<p>http://adycenter.org/</p>	<p>(651)227-4184</p>	<p>Operates a transitional living program and emergency shelter for American Indian youth ages 5 – 17 years of age. Services are provided to youth who are homeless, runaway or involved in juvenile corrections.</p>
<p>Alliance Apartments</p>	<p>www.aeonmn.org/alliance_apartments.aspx</p>	<p>(612)630-3600</p>	<p>Affordable, short-term efficiency apartments for single men and women who are homeless or leaving transitional housing. Must be sober and working. No arson or sexual assault.</p>
<p>Ashland (Reentry)</p>	<p>www.rsedn.org</p>	<p>(651)292-1466</p>	<p>2 to 10 month residential program which offers highly structured environment and support services to newly released offenders. Must have referral agency.</p>
<p>Better Futures Enterprises</p>	<p>http://betterfuturesenterprises.com</p>	<p>(612)455-6133</p>	<p>Immediate access to safe, transitional housing for men leaving prison. Offers job assistance, healthcare access services and one-to-one coaching.</p>
<p>Cabrini Partnership</p>	<p>www.ppl-inc.org/what-we-do/support-services/</p>	<p>(612)331-7390</p>	<p>Provides transitional and permanent supportive housing services designed to help adults manage mental health, maintain sobriety, and break the cycle of homelessness.</p>
<p>Canvas Health</p>	<p>www.canvashealth.org</p>	<p>(651)777-5222</p>	<p>Transitional housing for persons with mental illness, rental subsidy and permanent supportive housing.</p>

Damascus Way Re-Entry Center	www.damascusway.com	(763)545-6558 Golden Valley (507)292-1700 Rochester	Referral-based Christian residential re-entry program for adult men leaving prison. Minimum 60-day stay. Accepts both legally mandated and voluntary clients.
Exodus Residence (Catholic Charities)	www.cctwincities.org/Exodus	(612)204-8330	Provides low-cost single-room occupancy transitional housing to single men and women in Minneapolis. Residence does not accept individuals with criminal sexual conduct or arson convictions.
FreedomWorks Reentry & Aftercare Services	www.myfreedomworks.com	(612)522-9007	Christian-based rehabilitation program offering shared living spaces for up to 9 months. Must commit to the program for six months to qualify for housing. Currently have openings. Program does not accept individuals with criminal sexual conduct or arson convictions.
House of Charity	www.houseofcharity.org	(612)594-2002	Three types of transitional housing available: Group Residential Housing, Self-Pay Beds and VA Beds. Referral required. Does not accept individuals with criminal sexual conduct or arson convictions.
Kateri Residence (St. Stephen's Human Services)	http://tinyurl.com/kfwlj5a	(612)871-0477	Kateri Residence is for Native American women recovering from addiction. Priority given to Native American women that are pregnant, have small children in their custody and/or exiting treatment or corrections.
Life Rebuilders	www.lrbmn.org	(612)825-6871	Christian-focused transitional housing for men coming from prison. Education and employment assistance available. Does not accept individuals with sexual conduct or arson convictions.

Lutheran Social Services	www.lssmn.org/sls/	(866)444-3743	Provides temporary shared living residences for people with disabilities. Residents are offered supportive services. Persons with criminal histories are approved on case-by-case basis.
Mary Hall (Catholic Charities)	www.cctwincities.org/MaryHallSRO	(651)647-2340	Provides housing for 56 men and 24 women on a month-to-month lease for up to two years. Case management and financial assistance available. Alcohol and chemical use prohibited.
Metro (Reentry)	www.rsedn.org	(651)644-1951	Residential program which offers highly structured environment and support services to newly released offenders. Duration of stay varies. Must have referral agency.
Minnesota Adult & Teen Challenge	www.mntc.org	(612)373-3366 Minneapolis	Provides in-patient, short and long-term residential treatment for individuals with a history of chemical and substance abuse. Inmate Inquiry Information form must be submitted for applicants with criminal history. Four locations throughout the state.
Minnesota Indian Women's Resource Center	http://www.miwrc.org/our-programs/family-stablization/	(612)728-2024	MIWRC provides emergency shelter for women fleeing domestic abuse or transitioning out of homelessness through its program Family Space. All Family Space clients receive life skills-building support and other counseling from the Housing Coordinator, and work with MWIRC to obtain permanent affordable housing.

Our Saviour's Housing	www.oscs-mn.org/oursaviourshousing/	(612)872-4193	Transitional housing and emergency shelter for single men and women. Provide access to medical care and mental health professionals and up to 2 years of support services.
Place of Hope	http://tinyurl.com/lo83csg	(320)203-7881	Provides shelter for those in need if local shelters are full or families and individuals are unable to get into the shelters. Check-in is from 5:00 pm to 6:00 pm.
Portland House	www.lssmn.org/lss/portland.htm	(612)331-1087	Halfway house providing direct service to male ex-offenders. Referrals can be made through courts, corrections departments and counties. Minimum stay three months. Does not accept individuals with sexual conduct or arson convictions.
Salvation Army Adult Rehabilitation Center	http://minneapolis.satruck.org	(612)332-5855	No-cost, in-patient recovery program for men. Transitional housing available for 6 to 12 months. Ex-offenders can submit an inmate application.
Salvation Army Harbor Lights Center	http://tinyurl.com/n5ysddn	(612)767-3100	Provides numerous housing services from overnight shelter to transitional housing for single adults.
Salvation Army HOPE Harbor	http://salvationarmynorth.org/community-pages/hope-harbor/	(612)659-0705	Offers sliding scale rental units to low-income single adults and the chronically homeless. Open application period for the waiting list is offered once per year.
Simpson Housing Services	www.simpsonhousing.org	(612)871-1138 Overnight Shelter	Offers free, safe and clean overnight shelter for single adults. Simpson also assists clients in finding and subsidizing transitional and permanent housing. Clients must come from a Simpson shelter.

<p>Solid Ground</p>	<p>www.solidgroundmn.org</p>	<p>(651)215-2262 CAHS</p>	<p>Offers transitional housing units in its East Metro Place I and II residences for single or two-parent families. Applicants must have custody of at least one child. Criminal records are considered according to their guidelines.</p>
<p>The Family Program (Lutheran Social Services)</p>	<p>www.lssmn.org/housing/transitional.html</p>	<p>(612)348-9875 Rapid Exit</p>	<p>Serves one or two-parent families with up to three children. Families may stay in the program for up to 12 months. Referrals must come from Rapid Exit. Families interested in applying should contact Rapid Exit first. To be eligible, families must have stayed in a Hennepin County shelter at least twice in the last 12 months.</p>
<p>Theresa Living Center</p>	<p>www.theresalivingcenter.com</p>	<p>(651)774-5594</p>	<p>Residential transitional home for women who are single, pregnant or have one child under the age of one. Women must be 18 or older and homeless. Must commit to improving their lives through job skills and education.</p>
<p>West (Reentry)</p>	<p>www.rsedn.org</p>	<p>(651)227-6291</p>	<p>Residential program which offers highly structured environment and support services to newly released offenders. Duration of stay varies. Must have referral agency.</p>



**LEGAL
RESOURCES**

Legal Assistance



Anishinabe Legal Services www.alslegal.org	<p>(800)422-1335 Cass Lake</p> <p>(866)679-2281 Red Lake</p> <p>(877)800-7295 White Earth</p>	<p>(800)422-1335 Cass Lake</p> <p>(866)679-2281 Red Lake</p> <p>(877)800-7295 White Earth</p>	<p>Provides free legal assistance and representation to American Indians and non-natives for cases involving, but not limited to: traffic, divorce, order of protection, Indian law, social security and more. Please call for eligibility criteria and to schedule an appointment.</p>
Brian Coyle Community Center www.puc-mn.org/brian-coyle-center	<p>(612)338-5282</p>	<p>(612)338-5282</p>	<p>Legal aid is provided every other Wednesday from 12:30 pm – 2:00 pm.</p>
Central Minnesota Legal Services www.centramnlegal.org	<p>(612)332-8151</p>	<p>(612)332-8151</p>	<p>Provides civil legal assistance to eligible clients within a 21 county service area. Legal services are provided at no cost.</p>
Community Emergency Services http://cesmn.org/index.php/emergency-aid-referral/legal-services	<p>(612)870-1125</p>	<p>(612)870-1125</p>	<p>Attorneys from Lindquis & Venum, PLLP available at CES 1st and 3rd Wednesday of each month offering free legal advice.</p>
Criminal Expungement Seminar www.crimeandjustice.org	<p>(612)353-3024</p>	<p>(612)353-3024</p>	<p>Provides free expungement assistance to low-income individuals with criminal records. Please call for participant guidelines.</p>
Indian Child Welfare Law Center www.icwlc.org/	<p>(612)879-9165</p>	<p>(612)879-9165</p>	<p>Legal services and advocacy for Indian families with particular focus on the Indian Child Welfare Act.</p>
LawHelpMN.org www.lawhelpmn.org	<p>Web Chat Available on Site</p>	<p>Web Chat Available on Site</p>	<p>Providing legal information and resources to low-incomes persons in Minnesota.</p>
Law Moose Legal Reference Library http://tinyurl.com/k2l9zt7	<p>N/A</p>	<p>N/A</p>	<p>Website listing statewide legal resources at no charge to users.</p>

		(218)829-1701 Brainerd	
		(218)623-8100 Duluth	
Legal Aid Service of Northeastern Minnesota	www.lasnem.org	(218)322-6020 Grand Rapids	Provide free legal advice and representation to low-income people who live in Northeastern Minnesota.
		(800)382-7166 Pine City	
		(800)886-3270 Virginia	
Legal Aid Society – Minneapolis	www.mylegalaid.org	(612)332-5970	Provides legal assistance to low-income individuals, seniors and others.
Legal Assistance to Minnesota Prisoners (William Mitchell College of Law)	http://web.wmitchell.edu/legal-practice-center/client-representation-clinics/lamp-legal-assistance-to-minnesota-prisoners/	(651)290-8651	Law students provide representation to low-income persons incarcerated in Minnesota. Cases range from inmate mistreatment to divorce.
Legal Assistance of Olmsted County	www.laocmn.org	(507)287-2036	Offers free civil legal services to low-income persons.
Legal Rights Center	www.legalrightscenter.org	(612)337-0030	Staff attorneys provide legal representation for adults and juveniles in criminal cases free of charge.
Legal Services Northwest Minnesota	http://lsnmlaw.org/	(218)233-8585 (800)450-8585	Provides high-quality legal representation and community legal education to low-income and elderly persons in 22 northwestern Minnesota counties.
Minnesota Innocence Project	http://ipmn.org/	(651)523-3152	Represents people who were wrongfully convicted for crimes they did not commit. Provide DNA exonerations as well as case re-investigation services.
Neighborhood Justice Center	www.njcinc.org	(651)222-4703	Providing comprehensive criminal defense services for low-income persons, emphasizing outreach to communities of color.

Southern Minnesota Regional Legal Services (SMRLS)	www.smrls.org	(651)222-4731 (888)575-2954	Provides free legal assistance to low-income persons. Provides information on offices that serve American Indians.	
University of Minnesota Law School (Civil Practice Clinic)		190 Mondale Hall 229-19th Avenue South Minneapolis, MN 55455	(612)625-1000	Free legal assistance with immigration issues. Must call the center to make an appointment.
Volunteer Lawyers Network	www.vlnmn.org	(612)752-6677	Matches low-income clients with volunteer attorneys for free civil legal services. Offers expungement representation to qualified individuals who attend the Council on Crime & Justice expungement seminar.	
West Seventh Community Center	http://tinyurl.com/konjsb9	(651)298-5493	Provides free one-time consultations on the 3rd Wednesday of each month to assist with legal issues related to immigration. Clients must preregister before receiving services.	



**MENTAL
HEALTH
RESOURCES**

Mental Health/Counseling/Clinics



American Indian Family Center	www.aifc.net/36512/index.html	(651)793-3803 x3015	Short and long-term counseling for youth, individuals and families. Provides assessment and testing; outreach, case coordination and advocacy.
Associated Clinic of Psychology	www.acp-mn.com	(952)432-1484 Apple Valley (763)503-8560 Brooklyn Center (612)925-6033 Minneapolis (651)450-0860 West St. Paul	Provides clinic-based, in-home, and long-term services as well as group and individual therapy. Accepts most insurance plans including, MA, Medicare Part B, Medicaid and UCare.
Catholic Charities	www.cctwincities.org/CounselingServices	(651)647-3186	Confidential and affordable counseling services are available to people, regardless of religious affiliation or ability to pay, who live in the 12-county Archdiocese of St. Paul and Minneapolis.
Central Minnesota Mental Health Center	www.cmmhc.org	(320)252-5010 St. Cloud (763)295-4001 Monticello	Provides 24-hour mental health crisis services as well as outpatient, rehabilitative, residential and chemical dependency services.
Community – University Health Care Center	http://tinyurl.com/ls2p39z	(612)638-0670	Individuals, couples, family, and group therapy. Culturally competent diagnostic assessment. Uninsured patients must live in Hennepin County to receive sliding scale fee or may qualify for Hennepin County grant.

Hamm Clinic	www.hammclinic.org	(651)224-0614	Non-profit mental health services provider offers individual, group, and couples therapy, specialized counseling, mental health evaluation, medication prescription and management. Sliding scale fee available to uninsured patients.
Headway Emotional Health Services	www.headway.org/	(612)861-1675	Services include: individual counseling, group therapy, men's anger management, medication management, domestic violence counseling, and sexual abuse treatment. Accepts most insurance plans. Sliding scale fee payment available to underinsured or uninsured patients.
Hennepin County Medical Center Acute Psychiatric Services	http://tinyurl.com/mqwr9lh	(612)873-3161 Crisis Intervention (612)873-2222 Suicide Hotline	24-hour crisis and suicide hotlines provide immediate counseling and hope to persons experiencing psychiatric emergency or extreme emotional trauma.
Hope House	www.hopehousebemidji.org	(218)444-6748	A comprehensive community-based support program for persons with serious and persistent mental illness (SPMI).
Indian Health Board	www.indianhealthboard.com	(612)721-9807	Serves residents of Minneapolis, primarily Native Americans. Outpatient mental health facility provides counseling for individuals, couples, and families, includes anger management, ADHD assessment and testing, walk-in counseling.
Kente Circle	www.kentecircle.com	(612)243-1600	Clients include individuals, couples, families, and children from various social, economic and spiritual backgrounds. Accepts most insurance plus MA.

Minnesota Department of Human Services	http://tinyurl.com/q6qbrk6	N/A	List of all medical assistance accepted adult rehabilitative mental health services and mental health crisis response services for each county in Minnesota.
Minnesota Mental Health Clinics	www.mnmentalhealthclinics.com	(651)454-0114	Services provided: mental health, urgent care, outpatient services, group therapy, psychiatric services for adolescents and adults and adult day treatment and family counseling. Six locations in the metro area. Accepts Medical Assistance.
National Alliance on Mental Illness (NAMI) – Duluth	www.namidulutharea.com/resources.html	(218)409-6566	NAMI Duluth offers support groups, monthly educational meetings and resources for additional services within and surrounding the Duluth area.
Neighborhood Involvement Program Counseling Center	http://tinyurl.com/kqd3zh9	(612)374-3125	Offers affordable individual, group, family and couples therapy and adult workshops.
North Point Health & Wellness Center Behavioral Services	www.northpointhealth.org	(612)543-2500	Offers counseling, psychiatric services, support groups, psychological testing and other services for individuals, couples and families.
Sanford Behavioral Health	http://tinyurl.com/oskq2qx	(218)333-5000 Main Clinic	Offers outpatient, partial hospital and inpatient services for adults, and outpatient care for adolescents. Nine locations in Bemidji, Detroit Lakes, Moorhead, Thief River Falls and Tracy.
St. Olaf Catholic Church	http://saintolaf.org/st-olaf-ministries/social-outreach/	(612)332-7471 x247	Volunteers and ministers offer mental health support free-of-charge.
Upper Midwest American Indian Center	1035 West Broadway Avenue Minneapolis, MN 55411	(612)522-4436 x124	Provides therapy, case management and Rule 25 assessment at no-charge. An intake assessment is required before receiving services.


Upper Mississippi Mental Health Center		722 15th Street NW Bemidji, MN 56601	(218)751-3280	Offers outpatient chemical dependency and mental health services. Sliding fee scale available for patients without insurance.
Walk-In Counseling Center (WICC)	www.walkin.org		(612)870-0565	Provides free, easily accessible counseling that is open to the public. Three locations in Minneapolis and St. Paul.
Watercourse Counseling Center	www.watercoursecounseling.org		(612)822-8227	Provides individual, family, couples, and group counseling in English, Spanish and Somali. Two offices in south and north Minneapolis. Sliding scale fee option available.
Zumbro Valley Mental Health Center	www.zumbromhc.org/		(507)289-2089	Offers residents of Southeast Minnesota a continuum of care options for their mental and chemical health needs.



**SUBSTANCE
ABUSE
RESOURCES**

Alcohol & Chemical Dependency Treatment & Counseling



Aitkin Clinic (Riverwood Healthcare Center)	www.riverwoodhealthcare.org	(218)927-9154	Offers testing for chemical and alcohol use.
Alcoholic Anonymous	www.aa.org	N/A	Support for persons battling alcoholism. Search the national site to find nearest AA meetings. Free and open to the public.
Beacon Program (Salvation Army)	http://salvationarmynorth.org/community-pages/programs-and-services/	(612)767-3100 x3131	Residential substance abuse treatment program for men. Outpatient and aftercare services are available. Provides Rule 25 assessments.
Chemical Health Services (RESOURCE, Inc.)	www.resource-mn.org/rrc-pages/rrc-home/	(612)752-8000 Minneapolis (763)243-1200 Princeton	Community-based chemical health services specializing in clinical treatment, recovery maintenance and support services. Offers transitional housing to clients. Referral required.
First Nations Recovery Center	www.firstnationsrecovery.org	(612)871-1208	Combines chemical, physical and mental health services with community and family-based support. Provides cultural and spiritual events to aid clients in the recovery process.
House of Charity	www.houseofcharity.org/our-programs/dependency-illness-treatment/	(612)594-2002	120-day chemical dependency outpatient program for men and women 18 year of age and older. Offers co-occurring services including case management, individual, family and group therapy.
Indian Neighborhood Club on Alcohol & Drug Abuse	 1805 Portland Avenue South Minneapolis, MN 55404	(612)871-7412	Provides referral for treatment, GRH for chemically dependent American Indian men, social

			activities and AA meetings. Program does not accept persons with violent crimes, arson or level 3 sex offenses on record.
Juel Fairbanks Chemical Dependency Services	http://juelfairbanks.org	(651)644-6204	Provides comprehensive alcohol and drug treatment to American Indians and other underserved populations. Experienced in working with persons with a TBI. Persons with criminal histories are reviewed on case-by-case basis. No sex offenses.
Minneapolis VA Health Care System (Community Resource & Referral Center)	http://tinyurl.com/pvujjhd	(612)313-3240	Provides needed resources and help Veterans overcome: homelessness, unemployment, alcohol and substance abuse, and mental illness.
Minnesota Adult & Teen Challenge	www.mntc.org	(612)373-3366 Minneapolis	Provides inpatient, short and long-term residential treatment for individuals with a history of chemical and substance abuse. Inmate Inquiry Information form must be submitted for applicants with criminal history. Four locations throughout the state.
Minnesota Department of Human Services	http://mn.gov/dhs/people-we-serve/adults/health-care/substance-abuse/programs-services/	N/A	Offers statewide information for alcohol and chemical dependency programs through the Substance Abuse Facility Locator link.
Northland Recovery Center	www.northlandrecovery.org	(218)327-1105	Offers comprehensive inpatient and outpatient chemical dependency treatment. Persons with criminal sexual conduct convictions are reviewed on a case-by-case basis.
North Point Health & Wellness	http://tinyurl.com/o4o4tmf	(612)543-2566	Offers counseling and outpatient treatment for individuals dealing with chemical dependency.

Project Turnabout	http://projectturnabout.org	(800)862-1453	Offers inpatient and outpatient treatment for alcohol and chemical dependency. Persons with criminal histories are reviewed individually. Does not accept medical assistance.
Recovery.org	www.recovery.org/browse/minnesota	N/A	Lists recovery programs for the state of Minnesota.
RS Eden	www.rseden.org	(612)338-0723 Intake	Structured programming for men and women with a history of addiction. Fees based on sliding scale and vary with service provided. Ex-offenders are welcomed. Accepts medical assistance.
The Agape Center	www.theagapecenter.com/Treatment-Centers/Minnesota.htm	N/A	Provides a complete list of residential and outpatient chemical dependency and alcohol treatment programs within Minnesota.
Transformation House	http://transformationhouse.com	(763)427-7155	Three in-patient treatment facilities for alcohol and chemical dependency. Persons transitioning from the corrections system and ex-offenders are welcomed. Accepts medical assistance.
Tubman Center	http://tubman.org/home/services/chemical-health-services	(612)870-2426 Intake	Provides programming, support and case management for women dealing with alcohol and chemical dependency issues. In-patient for women exiting the corrections system is unavailable. Accepts medical assistance.
White Earth Substance Abuse Program	http://tinyurl.com/kejxkmr	(612)872-8207 Minneapolis (218)983-3286 x1297 White Earth	Offers chemical and alcohol abuse treatment services.

For more information on TBI, please visit the Minnesota Brain Injury Alliance's website at www.braininjurymn.org.

For more information about the Minnesota Department of Corrections, please visit www.doc.state.mn.us.

For more information about the Minnesota Department of Human Services, please visit <http://mn.gov/dhs/>.

For additional resources, please visit the Minnesota Help Info website at www.minnesotahelp.info/public/.