

## **Resources Hennepin County**

\*To access the most up to date information regarding food, housing, clothing, public restrooms, crisis lines, legal assistance, etc. for Hennepin County go to <https://gis.hennepin.us/Waypoint/>. This website provides information to a wide variety of resources across Hennepin County for people to access.

This list is not all the available resources and is fairly long. One helpful number to know for immediate referral resources for housing, food and other resources is the United Way phone number. Simply call them **at United Way 211: 651-291-0211** to access resources specific to your situation.

Some resources are listed below.

### **Youth Resources for Ages 16-24**

#### **Groveland Food Shelf youth ages 16-23**

612-871-0277

1900 Nicollet Avenue

Basement of Plymouth Congregational Church

Minneapolis MN 55403

Tuesday 4:00pm to 7:00pm

Thursday 4:00pm to 7:00pm

#### **Oasis Drop-In Center for Youth**

2200 Old Shakopee Road West Bloomington, MN

952-512-2061

For youth ages 16-24 who live, work or go to school in Bloomington, Edina or Richfield, MN

Oasis provides food resources, laundry and showers, computer lab and internet access, job-search help, transportation help, mental health counseling, legal aid, housing support and more.

#### *Hours*

Monday-Friday 2:00pm-5:00pm

#### **Youthlink Drop-In Center for Youth**

41 12<sup>th</sup> St. North

Minneapolis, MN

612-252-1200

Youthlink connects youth ages 16-24 with a community of resources and support. Services include food shelf, meals, employment training assistance, assessing mental and physical health resources, and more.

\*please call for hours and to schedule an intake appointment

### **Food-SNAP benefits**

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

SNAP, also known as food stamps, helps Minnesotans get the food they need for nutritious and well-balanced meals. If you had a loss of income, or change in circumstances, apply as soon as possible. If you qualify, you will receive monthly benefits on an EBT card (like a credit card) that can be used at many stores and farmers markets. To check your eligibility and apply please contact a community partner:

Contact Hennepin County SNAP at

Phone: 612-596-1300

To apply via the phone or online

#### **Women, Infants and Children (WIC)**

WIC participants receive benefits on an eWIC EBT card (like a credit card) that allow you to purchase healthy foods such as milk, cheese, eggs, whole grains, fruits and vegetables. WIC also offers nutrition counseling, breastfeeding support and community referrals. Due to COVID, all WIC services are being provided over the phone.

The WIC program is available for women, infants and children in Ramsey County that meet the following guidelines:

- Women that are pregnant.
- Women that have had a baby in the last 6 months.
- Women breastfeeding a baby less than 12 months old.
- Families with children up to the age 5.

#### ***Residents of Hennepin County (except for Bloomington, Edina or Richfield)***

Call 612-348-6100 to make an appointment or for more information

\*Help is available in any language

#### ***Residents of Bloomington, Edina or Richfield***

Contact the Bloomington Public Health Department's WIC program at 952-563-8993

#### ***Residents outside Hennepin County***

Call 1-800-WIC-4030

#### **Nutrition Assistance Program for Seniors (NAPS)**

Second Harvest Heartland provides a box of nutritious food each month to low-income seniors 60 years old and over through the program. Program participants are given a box of highly nutritious food that may include canned fruits, vegetables and juices, milk, cheese, canned meat, peanut butter or dried beans, cereal, rice or pasta. Qualifying participants must be low-income Minnesota residents (seniors at 130% poverty level). Participants are required to provide recently postmarked mail with name and address, knowledge of current gross monthly household income, and picture ID. **Call 651-484-8241** for eligibility to find a location.

Interpreter services are available by calling 800-365-0270. Delivery is offered to home-bound seniors.

### **Help at Your Door**

Help at Your Door offers grocery delivery service to seniors over 60 and individuals with disabilities across Minnesota's seven-county Twin Cities metropolitan area for a small fee. The fee may be reduced based on income. Visit the grocery assistance page or **call 651-642-1892** for more information.

### **Food Shelves**

#### **Brian Coyle Center-Pillsbury United Communities**

420 15th Avenue South, Minneapolis, MN, 55454

**612-338-5282**

*Hours:* Mondays: 12-6 pm

Tuesdays: Not open

Wednesdays: 12-4 pm

Thursdays: Not open

Fridays: 12-4 pm

\*during this time, Brian Coyle Center will be providing curbside pickup of prefilled pantry bags

### **CAPI USA**

612-721-0122 \*call to schedule appointment

5930 Brooklyn Boulevard

Brooklyn Center MN 55429

Description:

CAPI's Asian-specific food shelf provides a variety of food and is open all year to all individuals/families across Hennepin County. Each summer/fall, CAPI has free produce distribution every other Friday at its Brooklyn Center site. All are welcome

### *Hours*

Monday 1:00pm to 4:00pm

Tuesday 9:00am to 4:00pm

Wednesday 9:00am to 4:00pm

Thursday 9:00am to 4:00pm

### **CLUES Comunidades Latinas Unidas en Servicio- Canasta Familiar**

#### Mpls Site

720 E Lake St. Minneapolis, MN 55407

P: 612-746-3500

E: [info@clues.org](mailto:info@clues.org)

#### St. Paul Site

797 East 7<sup>th</sup> St. Saint Paul, MN

P: 651-379-4200

E: [info@clues.org](mailto:info@clues.org)

The Canasta Familiar hours of operation are every Monday from 5:00 pm to 7:00 pm.

The Canasta Familiar will open its doors no sooner than 15 minutes before its scheduled opening. No tickets are distributed after the scheduled closing time.

There is a ticket counter near the entrance of the Canasta Familiar open at 1:00 pm for sign-up. Please take one ticket as soon as you arrive. It ensures your place in line.

Canasta Familiar participants can shop every week. **Please call 651-379-4256 to get more information about the food shelf and locations.**

#### **Division of Indian Work Food Shelf:**

1001 E Lake St. Minneapolis, MN

612-722-8722

Due to the recent Stay at Home order by Governor Walz, the DIW building will be closed to the public through April 10th. **However, at this time the food shelf will remain open during regular food shelf hours: Monday-Wednesday, 12:00pm - 3:00pm.** It has been set up outside of the garage bay and tables are set up so that patrons can keep the recommended 6 feet of distance from others. We will update the website and Facebook with any future changes to our days and hours.

#### **Groveland Food Shelf-Families and Individuals**

612-871-0277

1900 Nicollet Avenue

Basement of Plymouth Congregational Church

Minneapolis MN 55403

*Hours*

Monday 9:30am to 12:30pm

Tuesday 9:30am to 12:30pm

Wednesday 9:30am to 12:30pm

Thursday 9:30am to 12:30pm

Friday 9:30am to 12:30pm

**NorthPoint Community Food Shelf**

1835 Penn Ave. N Minneapolis MN 55411

612-767-9500

Monday 10:00am to 4:00pm

Tuesday 10:00am to 4:00pm

Wednesday 10:00am to 4:00pm

Thursday 10:00am to 4:00pm

\*closed on Fridays

\*please call for more information and hours

Line up along Penn Ave., remembering to stay 6 feet apart from peers.

\*provides a 4 day supply of food and other items once per month

**Sabathani Food Shelf**

612-821-2396 \*please call to make an appointment and ask about eligibility

310 38th Street East

Lower Level #20

Minneapolis MN 55409

*Hours*

Monday 9:00am to 11:30am: Monday 1:00pm to 3:30pm

Tuesday 9:00am to 11:30am: Tuesday 1:00pm to 3:30pm

Wednesday 9:00am to 11:30am: Wednesday 1:00pm to 3:30pm

Thursday 9:00am to 11:30am: Thursday 1:00pm to 3:30pm

### **Salvation Army Food Shelves-Minneapolis Locations**

**\*please call your location to set up appointment**

#### Central Minneapolis

2727 Central Ave. NE, 612-789-2858 (Monday—Friday, 8 a.m.—Noon and 1—4 p.m.; please arrive 30 minutes before closing to receive food)

#### South/East Minneapolis

1604 E. Lake St., 612-721-1513 (Monday—Friday, 8—11 a.m. and 1—3 p.m., closed Wednesday afternoons)

#### North Minneapolis

2024 Lyndale Ave. N., 612-522-4871 (Monday, Tuesday, Wednesday and Friday, 8:30—11 a.m. and 1—3 p.m., Thursday, 1—3 p.m.)

### **St. Olaf Catholic Church**

215 8<sup>th</sup> St. South Minneapolis, MN 55402

612-332-7471 \*please call to make an appointment

Monday 9:30am to 12:00pm

Monday 1:00pm to 2:00pm

Wednesday 9:30am to 12:00pm

Wednesday 1:00pm to 2:00pm

### **Waite House-Pillsbury United Communities**

2323 11th Avenue South, Minneapolis, MN, 55404

**612-721-1681**

#### *Hours:*

Mondays: 1-5 pm

Tuesdays: 10 am-12 pm & 2-5 pm

Wednesdays: Not open

Thursdays: 10 am-12 pm & 2-5 pm

Fridays: Not open

\*during COVID 19 they are currently only providing curbside pickup pantry bags.

## **Food- Hot Meals**

### **House of Charity Food Centre**

714 Park Ave. Minneapolis, MN

612-594-2000

**\*have meals available daily, please call or go to the Hennepin County Waypoint site <https://gis.hennepin.us/Waypoint/> to see hours.**

**Need some form of photo ID**

### **Catholic Charities Adult Opportunity Center**

740 17<sup>th</sup> St. E Minneapolis, MN

612-204-8569

**\*have meals available daily, please call or go to the Hennepin County Waypoint site <https://gis.hennepin.us/Waypoint/> to see hours.**

**-also access to showers, laundry, internet access and other resources at this site**

**Need some form of photo ID**

### **The Dignity Center**

474 Groveland Ave. Minneapolis, MN

612-435-1315

*Hours:*

Monday 9:00am to 11:30am

Wednesday 9:00am to 11:30am

Friday 9:00am to 11:30am

*Eligibility:*

Those who would like to use the services at the Dignity Center will need to go through an intake process and must be alcohol free.

*Required documents: none*

### **Salvation Army Locations-Minneapolis Area**

#### **East Lake Street location**

1604 E. Lake St., Minneapolis (Monday — Wednesday, Noon — 1 p.m.)

## **Central Ave. Location**

2727 Central Ave. NE, Minneapolis (Monday — Friday, 11:30 a.m. — 12:30 p.m., June 15 — Aug. 19)

## **Harbor Light Center**

1010 Currie Ave., Minneapolis (Thursday — Monday, 6 p.m.)

**There is also a daily list of places in the Minneapolis area offering free meals here at CSR Minneapolis:**

<https://csrmppls.info/free-meals>

Also call or text 763-301-2362

Email: [freemeals@csrmppls.info](mailto:freemeals@csrmppls.info)

## **Shelter-Single Adults**

### *Process*

Individual adults will need to visit the Adult Shelter Connect (ASC) for an assessment and placement at one of the five Minneapolis shelters and referrals to other services.

### *Location*

St. Olaf Church  
215 S 8th Street  
Minneapolis, MN 55404

### *Phone*

612-248-2350

### *Hours*

M-F 10:00am-5:00pm, Weekend and Holidays 1:00pm-5:00pm

If you are in need of shelter after the Adult Shelter Connect office closes at 5pm – you can still call to get a bed reservation (depending on capacity) **starting at 7:30pm** every night at **612-248-2350**.

## **Shelter-Families**

### *Information*

If you're a Hennepin County resident and have tried all other options, shelter may be available. To be placed in a shelter, you must provide your children's birth certificates and a photo ID for the adult(s). Any income you have will be used to pay for your shelter stay. The shelter team is located at the Central-Northeast Minneapolis Human Services Center.

### *Location*

Health Services Building  
525 Portland Avenue  
Minneapolis



*Phone*

For questions, call 612-348-9410

On holidays, weekends, and evenings until 11 p.m., call 211 (**mobile: 651-291-0211**) and ask for the after-hours shelter team.

*Hours*

M-F, 8am to 4:30pm

**Domestic Violence Specific Shelters**

**Name: Day One**

Phone: [1-866-223-1111](tel:1-866-223-1111)

Text: [612-399-9995](tel:612-399-9995)

Website: <https://dayoneservices.org/>

Description: Day One connects you to the closest available domestic violence shelter near you, and all available domestic violence shelters in the state.

## **Resources for Ramsey County**

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### **Food- SNAP Benefits**

Supplemental Nutrition Assistance Program (SNAP)

SNAP, also known as food stamps, helps Minnesotans get the food they need for nutritious and well-balanced meals. If you had a loss of income, or change in circumstances, apply as soon as possible. If you qualify, you will receive monthly benefits on an EBT card (like a credit card) that can be used at many stores and farmers markets. To check your eligibility and apply please contact a community partner:

Hunger Solutions: Call 888-711-1151.

Second Harvest Midwest: Call 888-339-3663.

### **Women, Infants and Children (WIC)**

WIC participants receive benefits on an eWIC EBT card (like a credit card) that allow you to purchase healthy foods such as milk, cheese, eggs, whole grains, fruits and vegetables. WIC also offers nutrition counseling, breastfeeding support and community referrals. Due to COVID, all WIC services are being provided over the phone.

The WIC program is available for women, infants and children in Ramsey County that meet the following guidelines:

- Women that are pregnant.
- Women that have had a baby in the last 6 months.
- Women breastfeeding a baby less than 12 months old.
- Families with children up to the age 5.

Call the Ramsey County WIC program at 651-266-1300 to find out if you are eligible.

Appointments are available in English, Hmong, Karen, Somali and Spanish.

### **Nutrition Assistance Program for Seniors (NAPS)**

Second Harvest Heartland provides a box of nutritious food each month to low-income seniors 60 years old and over through the program. Program participants are given a box of highly nutritious food that may include canned fruits, vegetables and juices, milk, cheese, canned meat, peanut butter or dried beans, cereal, rice or pasta. Qualifying participants must be low-income Minnesota residents (seniors at 130% poverty level). Participants are required to provide recently postmarked mail with name and address, knowledge of current gross monthly household income, and picture ID. **Call 651-484-8241** for eligibility to find a location.

Interpreter services are available by calling 800-365-0270. Delivery is offered to home-bound seniors.

### **Help at Your Door**

Help at Your Door offers grocery delivery service to seniors over 60 and individuals with disabilities across Minnesota's seven-county Twin Cities metropolitan area for a small fee. The fee may be reduced based on income. Visit the grocery assistance page or call **651-642-1892** for more information.

### **Food-Hot Meals**

#### **Catholic Charities - Opportunity Center: Hot Meals**

<https://www.cctwincities.org/locations/saint-paul-opportunity-center/>

422 Dorothy Day Place Saint Paul, MN 55102

**651-404-6407**

9am-5:30pm / Serves three meals daily

Also has access to internet, hot showers, laundry, and referral services.

#### **Loaves and Fishes – No cost hot meal (only St Paul sites listed below)**

- St. Matthew's Catholic Church 510 Hall Ave Monday-Friday: 5:00 to 6:00 PM
- Dorothy Day Center 183 Old Sixth Street Sunday-Friday: 4:30 to 5:30 PM
- Beloved United Methodist Church 1965 Sherwood Avenue Monday & Tuesday: 5:30 to 6:30 PM
- Our Redeemer Lutheran Church 1390 Larpenteur Ave East Wednesdays: 5:30 to 6:30 PM
- Gethsemane Lutheran Church 2410 Stillwater Rd East First & Third Thursday of the Month: 5:30 to 6:30 PM

### **Salvation Army Locations**

#### **Payne Avenue Salvation Army**

1019 Payne Ave., St. Paul (Monday — Friday, 11:45 a.m. — 12:45 p.m.)

### **Food Shelves**

#### **Hunger Solutions Minnesota - Statewide Hunger Relief Advocacy and Referral: Food Shelf and Hot Meals**

555 Park Street, Saint Paul, MN 55103 / Other locations can be found at <http://www.hungersolutions.org/find-help>

(651) 486-9860 or 1-888-711-1151

## **CLUES Comunidades Latinas Unidas en Servicio- Canasta Familiar**

Mpls Site

720 E Lake St. Minneapolis, MN 55407

P: 612-746-3500

E: [info@clues.org](mailto:info@clues.org)

St. Paul Site

797 East 7<sup>th</sup> St. Saint Paul, MN

P: 651-379-4200

E: [info@clues.org](mailto:info@clues.org)

The Canasta Familiar hours of operation are every Monday from 5:00 pm to 7:00 pm.

The Canasta Familiar will open its doors no sooner than 15 minutes before its scheduled opening. No tickets are distributed after the scheduled closing time.

There is a ticket counter near the entrance of the Canasta Familiar open at 1:00 pm for sign-up. Please take one ticket as soon as you arrive. It ensures your place in line.

Canasta Familiar participants can shop every week. **Please call 651-379-4256 to get more information about the food shelf and locations.**

### **Department of Indian Work: Food Shelf**

<https://interfaithaction.org/emergencyservices>

1671 Summit Avenue, Saint Paul, Minnesota 55105

651-789-3849

Mondays 2-7pm, Tuesdays, Wednesdays & Thursdays 9:30am-2:30pm, CLOSED Fridays

### **Face to Face / Safe Zone: Food Support \*drop in center for youth ages 16-24**

<https://face2face.org/support>

130 East 7th Street, St Paul, MN. 55101 (only serves youth)

651-224-9644

Monday- Friday 1:00-8:00pm

### **Friends in Need: Food Shelf**

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

535 4th Street, St Paul MN 55071

651-458-0730 \*Schedule appointment

Tuesday's 8am-6pm & Wednesday's 5:30pm-7pm

\*COVID 19 note: If clients need help and live in Cottage Grove, Newport, St. Paul Park or Grey Cloud Island, they can call FIN at **(651)458-0730** on Monday between 12:00- 3:00 or Tuesday morning after 7:30 am to make an appointment, just as they usually do. Our hours will stay the same, but clients will pick up a pre-packed order in the parking lot.

**Fare for All Food that makes cents**

<https://fareforall.org/>

38 locations throughout metro - check website or call 763-450-3880

Bought in bulk from wholesalers. A range of meats, fruits and vegetable packages available.

\*utilizing a drive through model during this time of COVID 19

**Franciscan Brothers of Peace: Food Shelf**

<http://www.brothersofpeace.org>

1289 Lafond Avenue, St Paul, Minnesota 55104

(651) 646-8586 \*Call between 9-10 am for appointment

Monday's 9:30-12:30 (closed some Mondays)

**Hallie Q. Brown Community Center: Food Shelf**

<http://www.hallieqbrown.org/site/index.php/programs/basic-needs>

270 North Kent Street, St. Paul, MN 55102

(651) 224-4601 extension #210 \*Requires Appointment

Mondays & Fridays 3-5:00pm (open to community while supplies last)

**Jewish Family Service: Kosher Meals on Wheels**

<https://jfssp.org/services/helpful-resources>

1633 West 7th Street, Saint Paul, MN 55102

(651) 315-9167 \*Appointment Required

Open to all (previously only served seniors)

**Keystone Community Services: Food Shelf**

<https://keystoneservices.org>

1916 University Ave. W., St. Paul, MN 55104 / **651-917-3792**

1459 Rice Street Suite 3, St Paul MN 55117 / **651-487-2792**

*Hours* Monday-Friday 10:00-12:30pm and 2:00-4:30pm

\*for their FoodMobile mobile food shelf schedule please go to <https://keystoneservices.org/food-shelves/foodmobile/> to view their schedule.

### **Merrick Food Shelf**

<https://merrickcs.org/community-services/food>

#### Woodland Hills Church Location

1740 Van Dyke St, St. Paul, MN 55109 (Door B)

*Hours:* Wednesdays 10:00am-11:30am Thursdays: 10:00am-11:30am

#### Arcade Location

1669 Arcade Street North, Suite 4, St. Paul, MN 55106 (Door 3)

*Hours:* Mondays 3:00pm-5:30pm and Tuesdays 10:00am-11:30am

**651-287-2088** \*Participants must schedule an appointment prior to accessing the food shelf

### **Neighborhood House/Wellstone Center: Food Shelf**

<http://neighb.org>

*Hours:* Monday – Friday 10–11:30 a.m. and 2–3:30 p.m.

179 E. Robie St., St. Paul, MN 55107 also serves some 55118 residents

Call **(651)789-2534** to get access to food. During this time, they are providing curbside food pickup

**\*during the COVID 19 outbreak, they are accepting anyone at their food shelf-no ID required.**

If you are in need of delivery, please call (651) 789-2534 and let the operator know you would like to order emergency bags for delivery. We will be taking calls for delivery from 9–11:30 a.m. and 1–3:30 p.m. All calls before 12 p.m. will guarantee and next-day delivery. All calls after 12 p.m. will guarantee a delivery in two days. If you are in need of SNAP assistance please contact Luis Mendez-Robles at (651) 789-2520 or [lroble@neighb.org](mailto:lroble@neighb.org).

### **Francis Basket Food Market**

*Hours:* Monday: 9-11:30 a.m., Tuesday & Friday: 9-11:30 a.m.; 1-3:30 p.m.

1293 Maynard Dr E St Paul Mn 55116

Call **(651) 789-2534** to get access to food.

**Neighbors Inc. South St Paul: Food Shelf**

<https://www.neighborsmn.org/services/food-shelf/>

222 Grand Avenue West in South St. Paul

651-455-5000

Monday - Friday 8:45am-11:30am and 1:00pm- 3:30 pm

\* Neighbors will be temporarily switching to a pre-pack pick-up model for our Food Shelf during COVID 19. Please **call 651-455-5000** to arrange. Currently working on ways to deliver food to people.

**North St. Paul Area: Food Pantry**

<https://www.northstpaul.org/304/Area-Food-Shelf>

2538 E. Seppala Blvd., North St. Paul, MN 55109 (Serves North St. Paul and Oakdale)

**651-770-1309 \*must call to make an appointment**

**Ralph Reeder: Food Shelf**

<https://www.moundsviewschools.org/Domain/75>

2544 Mounds View Blvd, Mounds View, MN 55112

**651-621-6280 \*Schedule appointment**

Monday – Friday (day and evening hours available)

**Salvation Army: Food Shelf and Hot Lunch**

<https://salvationarmynorth.org>

1019 Payne Avenue, Saint Paul, MN 55130 /651-776-8169 (#9) \* First 15 walk-ins per shift served daily.

Monday-Thursday 9-10:30am & 2-3:30pm. Friday's 9-10:30am and 2-3pm (except first Friday of the month).

Tuesday's at 11:00 = distribution of fresh produce, baked goods, etc. (September – May)

Free hot lunch Monday–Friday 11:45-12:45

**Salvation Army Service Lakeland Center: Food Shelf**

<https://salvationarmynorth.org/programs-that-help/basic-needs>

2080 Woodlyn Ave, Maplewood, MN 55109 & some 55119 residents / (651)770-4974 ext 1

\*Appointment Required

Mondays & Thursdays 10am - 2pm

**Salvation Army Twin Cities Social Services: Food Shelf**

<https://salvationarmynorth.org/programs-that-help/basic-needs>

401 West 7th Street, Saint Paul, MN 55102 / 651-224-6946 \* Appointment Required

Monday and Wednesdays from 9-11am and Tuesday and Thursdays from 1-3pm

**St. Paul Area Farmer's Market: Food Shelf**

290 East 5th Street, St Paul, MN 55101 / Other locations can be found at

<http://www.stpaulfarmersmarket.com>

Saturdays 9am-1pm

**Union Gospel Mission: Food Shelf and Hot Meals**

<https://www.ugmtc.org/our-work/meals/>

376 Western Avenue, St Paul MN 55103

651-209-6512

**Vadnais Heights: Food Shelf**

<https://www.cityvadnaisheights.com/221/Vadnais-Heights-Food-Shelf>

655 East County Road F, Vadnais Heights, MN 55127

612-245-9259 \*For emergency situations, ask for Paul.

Third Saturday each month 9-10:00am January - October / 9-11:00am November & December

**White Bear Area Emergency: Food Shelf**

<http://whitebearfoodshelf.org>

1884 Whitaker Street, White Bear Lake, MN 55110

651-407-5310 \*Appointments Required

Monday, Wednesday, Friday: 10am-12:30pm / Tuesday, Thursday: 4:30pm-7pm / Saturdays:  
8:45am-12:30pm

**Shelter**

Families with at least one minor child in need of emergency shelter should call 211, **651-291-0211**, the United Way's Helpline and Crisis Line, for a prescreen. If a family is currently unsheltered, they can also call Ramsey County's Homeless Services Team directly during business hours at **651-266-7818**.

Households that need assistance with rent or a notice of late rent should contact Financial Assistance Services at **651-266-4444**.



**\*FOR YOUTH AGES 14-24\***

Anyone age 24 or younger can connect with a variety of resources by visiting the Youth Services Network website or by downloading the YSN mobile app for free. Youth who need emergency help with food, clothing or finding a place to stay can **call Safe Zone at 651-224-9644.**

Youth ages 12-24 who are homeless or at-risk of becoming homeless may also contact the Youth Resource Line through the YMCA 8 a.m.-8 p.m. seven days a week at **763-493-3052**. YMCA staff will assist in problem-solving information on community resources and referrals; resources include food shelves, housing, employment, legal services, education, and health care.

**Mitakuye Oyasin (We are all related)-Women of Nations**

**\*Safety and shelter from domestic violence in Saint Paul**

Call DAY ONE phone number to access this resource

24/7 at 651-251-1609

**Naomi Family Residence – Union Gospel Mission Twin Cities. (Women & Children’s Shelter)**

77 East 9th Street East, St. Paul MN 55101

Phone: (651) 228 – 1800 or (651) 222 – 7962

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

Email: [nfc\\_reception@ugmtc.org](mailto:nfc_reception@ugmtc.org)

**LifeNet Learning Center (Men & Women)**

Women’s Center: 109 9th Street East, St. Paul MN 55101

Phone: (651) 225 – 8019 or (651) 789 – 7607

Men’s Center: 435 University Avenue East, St. Paul, MN 55130

Phone: (651) 225 – 8019

<https://www.ugmtc.org/LifeNet>

**Ober Community Center (Youth)**

376 Western Avenue, St. Paul, MN 55103

Phone: (651)209- 6512

<https://ugmtc.org/our-work/youth>

**SuccessNet**

109 9th Street East, St. Paul, MN 55101

Phone: (651) 209- 6244

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

**Dorothy Day**

183 Old 6th Street West, St. Paul, MN 55102

Phone: (651) 647 – 2350

<https://www.cctwincities.org/locations/dorothy-day-center/>

**The Family Place (Family)**

244 10th Street East, St. Paul, MN 55101

Phone: (651) 225 – 9354

<http://famplace.org/>

**Bethel Hotel**

580 Hwy 96 West, St. Paul, MN 55130 (Men)

Phone: (651) 789 – 7599 or (651) 484-- 2023

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

**Kingdom Pathways Freedom Outreach**

1088 University Avenue West, St. Paul, MN 55104

Phone: (651) 387 – 8393

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

**Catholic Charities Maplewood**

2001 Van Dyke Street, Maplewood, MN 55109

Phone: (651) 291—0211

Web Site: <https://www.cctwincities.org/>

**Ain Dah Yung Center St. Paul \*Youth services between 16-24\***

1089 Portland Avenue, St. Paul, MN 55104

Phone: (651) 227 – 4184

<http://adycenter.org/>

**Union Gospel Mission**

435 University Avenue East, St. Paul, MN

Phone: (651) 292 - 1721

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

<https://www.homelesshelterdirectory.org/cgi-bin/id/shelter.cgi?shelter=8286>

**Salvation Army Booth Brown House \*Youth Shelter 18-21\***

1471 Como Avenue, St. Paul, MN 55108

Phone: (651) 646 – 2601

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

## **Culturally Relevant Community Services**

### **African Immigrants Community Services**

1433 E. Franklin Ave., suite 13B Minneapolis, MN 55404

\*office location is currently closed due to COVID 19

“AICS was incorporated into a 501c3 non-profit in 2007 by its current executive director, Mustafa Hassan, and other Somali refugees to meet the needs of East African refugees in the Twin Cities area. Since its inception the organization has continued to grow and develop strong working relationships with other community-based agencies, faith-based communities and government entities.”

[www.aicsmn.org](http://www.aicsmn.org)

The following are services that they can still provide remotely. Contact information to access these services below.

**Contact: [info@aicsmn.org](mailto:info@aicsmn.org) or (952) 457-8991**

Services we are still available to provide over the phone include:

1. Health Insurance enrollment/verification
2. Public Benefits enrollment
3. Unemployment
4. Housing Issues

### **Ain Dah Yung Center St. Paul \*Youth services and shelter between ages 16-24\***

1089 Portland Avenue, St. Paul, MN 55104

Phone: (651) 227 – 4184

<http://adycenter.org/>

### **American Indian Family Center**

579 Wells St. Saint Paul, MN

\*physical office location is closed until further notice due to COVID-19

To access AIFC services (mental health, chemical health/treatment, housing and basic needs referrals) call their main phone line, **(651) 793-3803**, which is answered during regular business hours of 8:30AM-5:00PM and access additional resources through the AIFC Facebook page!

## **Khunsi Onikan Recovery Support at AIFC**

Khunsi Onikan is a new women's outpatient recovery treatment program offered at the American Indian Family Center. To reach telephone recovery support, please call the AIFC Sobriety Help Line at **612-405-3437**.

**To access the group telephone sobriety meetings through Khunsi Onikan, call them at:**

### **7:00pm Tuesday evenings Native American Al-Anon Conference Call Recovery Meetings**

- Call 480-297-0773, when prompted type in to the phone keypad access code: 7592131
- As you enter the call, introduce yourself and the group facilitator will provide instructions on next steps.
  - Feel free to have something to smudge with and your al-anon meditation books ready. This is not required however.

### **7:00pm Thursday evenings: Medicine Wheel 12 Step/Wellbriety Conference Call Meetings**

- Call 480-297-0773, when prompted enter in to the phone keypad access code: 7592131
- As you enter the call, introduce yourself and the group facilitator will provide instructions on next steps.
  - If you like, you can have the Red Road to Wellbriety and Elders meditation books and something to smudge with ready. This is not required.

## **Casa de Esperanza**

24-hr bilingual domestic violence helpline: **651.772.1611**

Casa de Esperanza also operates a domestic violence shelter, El Refugio. Please call **651.772.1611** to connect with an advocate and determine shelter needs and placement.

## **CLUES Comunidades Latinas Unidas en Servicio**

Mpls Site

720 E Lake St. Minneapolis, MN 55407

P: 612-746-3500

E: [info@clues.org](mailto:info@clues.org)

*St. Paul Site*

797 East 7th St. Saint Paul, MN

P: 651-379-4200

E: [info@clues.org](mailto:info@clues.org)

CLUES provides bilingual behavioral health resources for all ages (call 612-746-3500 to make a telephone appointment), family resource services, domestic violence/sexual assault advocacy

resources (call 612-746-3536 for more information), mental health case management for children in Hennepin County and Ramsey County and adults in Ramsey County, food shelf-Canasta Familiar, and many more services. Please call their main line at 612-746-3500 for more information or to access a resource.

### **Division of Indian Work Food Shelf:**

1001 E Lake St. Minneapolis, MN

612-722-8722

Due to the recent Stay at Home order by Governor Walz, the DIW building will be closed to the public through April 10th. **However, at this time the food shelf will remain open during regular food shelf hours: Monday-Wednesday, 12:00pm - 3:00pm.** It has been set up outside of the garage bay and tables are set up so that patrons can keep the recommended 6 feet of distance from others. We will update the website and Facebook with any future changes to our days and hours.

### **Indian Health Board**

1315 East 24<sup>th</sup> St. Minneapolis, MN 55404

612-721-9800

#### *Hours*

Monday-Friday 8:45am-5pm

Indian Health Board (IHB) provides a variety of culturally relevant services including behavioral health, primary medical health, dental health and human services referrals through their clinic. During this time of social distancing, IHB is primarily scheduling telehealth appointments. Their dental clinic is currently closed.

You can schedule behavioral health appointments through telemedicine (Zoom telephone or video conferencing appointment) by calling them **at 612-721-9845.**

You can schedule a medical health appointment through telemedicine (Zoom telephone or video conferencing appointment) by calling their main line at **612-721-9800.**

### **Mitakuye Oyasin (We are all related)-Women of Nations**

#### **\*Safety and shelter from domestic violence in Saint Paul**

Call DAY ONE phone number to access this resource

24/7 at 651-251-1609

### **Native American Community Clinic (NACC)**

1213 E Franklin Ave. Minneapolis, MN 55404

612-872-8086

## *Hours*

Monday-Friday 9am-5pm \*clinic closed from 12:45pm-1:45pm daily

NACC provides a variety of culturally relevant services including behavioral health, primary medical health, dental health and human services referrals through their clinic. During this time of social distancing, NACC is screening people prior to entering the clinic for a fever and any respiratory symptoms. Their dental clinic is currently closed. You can schedule behavioral health appointments through telemedicine (telephone or video conferencing appointment) by calling them **at 612-843-5981**.

For substance use treatment and MAT clinic services, you can call **612-872-8086 and press 5** to schedule a tele-appointment.

## **Northpoint Clinics and Human Services**

1313 Penn Ave. North Minneapolis, MN 55411

**Call: Clinic Appointments (612) 543-2500 Human Services Appointments 612-767-9500**

Northpoint provides a variety of services including behavioral health, primary medical health, dental health and human services referrals through their main campus. During this time of social distancing, Northpoint asks you to please call and talk with a clinic staff person prior to making the decision to come in to the clinic. Many services are being offered through the phone including therapeutic services. The food shelf is still open. Please call the main line for hours of operation and what to bring.

## **SEWA-AIFA**

<https://sewa-aifw.org/>

3702 E Lake Street, suite 300 Minneapolis, MN 55406

Call Crisis Line: (952) 912-9100

24 X 7 Support

Culturally Specific Services

South Asian Language Support

Shelter | Safe Place

“SEWA-AIFW originated from a desire to meet the unrecognized and unmet needs of the Asian-Indian diaspora and South Asian Immigrant & Refugee community in Minnesota. SEWA means, “to serve” in Hindi, and was created to serve and promote “Total Family Wellness” For South Asians in Minnesota through culturally specific programs.”

24/7 Crisis Line phone number **952-912-9100** help provide access to South Asian social workers and psychologists for mental health, domestic violence, basic needs and other concerns.

They are also providing meals and assistance to seniors, vulnerable adults and those experiencing housing instability. Contact the 24/7 crisis line at **952-912-9100** to get assistance from their program.