

**\*\*Resources are changing frequently. PLEASE check with individual agencies to determine if eligibility, availability or rules have changed due to COVID-19\*\***

## BASIC ESSENTIALS/FOOD RESOURCES

<p><b>Substance Church</b> 8299 Central Ave NE, Minneapolis, MN 55432</p>	<p>Substance Church has partnered with Manna Market, Anoka County, Second Harvest and local grocery stores to provide food to those in need. Food pick-up times:</p> <ul style="list-style-type: none"> <li>Monday: 4:00pm – 6:30pm</li> <li>Thursday: 4:00pm – 6:30pm</li> <li>Friday: 4:00pm – 6:30pm</li> <li>Saturday: 10:00am – 11:30am</li> </ul> <p><b>This is for Anoka County Residents. You must have a photo I.D. and a piece of mail with your address.</b></p>
<p><b>Manna Market</b></p> <p>Multiple locations throughout the Northern Suburbs (Anoka County and parts of Chisago County)</p> <p><a href="http://www.mannamarketmn.com/locations/">http://www.mannamarketmn.com/locations/</a></p>	<p>Provides food distribution to anyone in need who meets geographic/location eligibility.</p> <p>Some type of I.D./proof of address is required at each location. Days and times for distribution vary.</p>
<p><b>Emergency Latino Food Shelf (Centro)</b> 1915 Chicago Ave S Minneapolis, MN 55404</p> <p>Phone: 612-874-1412 Email: <a href="mailto:infocenter@centromn.org">infocenter@centromn.org</a></p> <p><a href="http://www.centromn.org">http://www.centromn.org</a></p>	<p>Offering Rice, beans, and bags of groceries. They are also able to help some clients with diapers</p>
<p><b>Church of Incarnation Food Shelf</b> 3817 Pleasant Ave S Minneapolis, MN 55409</p> <p>Phone: 612-822-2101 Email: <a href="mailto:foodshelf@incarnation-church.com">foodshelf@incarnation-church.com</a></p>	<p>Eligibility: reside within the borders of Nicollet Ave on the east side, Lyndale Ave on the west side, 30<sup>th</sup> St on the north side, and 50<sup>th</sup> St. on the south side.</p> <p>Walk-in is open during open hours: 8:30am – 2:30pm on Tuesdays and Thursdays. Bring proof of address (current piece of mail with your address)</p> <p>Usage limited to once a month, it is located in the basement of the Parish Center. Enter by the side door.</p>
<p><b>Home Bridge Food Shelf (HopeBridge Church)</b> 4217 Boone Ave N Brooklyn Park, MN 55428</p> <p>Phone: 763-533-5887</p> <p><a href="https://newhopechurchmn.org/serve/food-shelf/">https://newhopechurchmn.org/serve/food-shelf/</a></p>	<ul style="list-style-type: none"> <li>Thursdays: 4:00pm – 8:00pm</li> <li>Saturdays: 9:00am – 12:00pm</li> </ul> <p>With COVID-19, they now have a drive-up process where volunteers will approach your car for assistance. Drive up behind other vehicles in line. If you arrive by public transportation, walking or biking, enter the lobby to be assisted by volunteers while maintaining social distancing.</p> <p>No appointment needed, you will be registered onsite by a volunteer. Guests can now come 2 times a month.</p>

<p><b>Joyce Uptown Food Shelf</b> 3041 Fremont Ave S Minneapolis, MN 55408</p> <p>Phone: 612-825-4431 Email: <a href="mailto:info@joyceuptownfoodshelf.org">info@joyceuptownfoodshelf.org</a></p> <p><a href="https://www.joyceuptownfoodshelf.org/">https://www.joyceuptownfoodshelf.org/</a></p>	<p>With COVID-19, the food shelf now utilizes a prepackaged food model, meaning bags of prepackaged food are available for pickup.</p> <ul style="list-style-type: none"> <li>• Tuesdays: 1:00pm – 3:45pm to pick up prepackaged bags</li> <li>• Wednesdays: Service Providers (WTG, social works, human service workers) seeking resources for clients can CALL or EMAIL for an appointment. <b>Appointments only on Wednesday</b></li> <li>• Thursdays: 1:00pm – 3:45pm to pick up prepackaged bags</li> </ul>
<p><b>The Aliveness Project</b> 730 E 38<sup>th</sup> St Minneapolis, MN 55407</p> <p>Phone: 612-822-7946</p> <p><a href="https://aliveness.org/member-services/#member-benefits">https://aliveness.org/member-services/#member-benefits</a></p>	<p>Serving individuals living with HIV. To receive services, an application must be filled out with proof of HIV. Then, members are eligible for meals, food shelf access and other services.</p>
<p><b>Bethesda Baptist Church</b> 1118 S 8<sup>th</sup> St. Minneapolis, MN 55404</p> <p>Phone: 612-332-5904 Alt. Phone: 612-332-3389</p>	<p>Open on Mondays from 10:00am – 2:00pm. No residency restrictions, can call or walk-in to receive food assistance.</p>
<p><b>Calvary Lutheran Church</b> 3901 Chicago Ave Minneapolis, MN 55407</p> <p>Phone: 612-827-2504 ext. 205</p> <p><a href="http://clchurch.org/outreach-2/food-shelf-2.html">http://clchurch.org/outreach-2/food-shelf-2.html</a></p>	<p>Open Saturday mornings from 9:00am – 12:00pm.</p> <p>With COVID-19, volunteers will be distributing prepackaged bags of food at the elevator entrance (located on 39<sup>th</sup> Street, with a blue awning). People will be there to direct you to the appropriate door.</p> <p>No geographic restrictions, but you need an I.D. or pieces of mail if it is your first visit so volunteers can set up a user card.</p>
<p><b>Catholic Charities Housing &amp; Emergency Services</b></p>	<p>1308 Franklin Ave E. Minneapolis, MN 55404 Phone: 612-204-8585</p> <p>1000 Currie Ave Minneapolis, MN 55403 Phone: 612-204-8562</p>
<p><b>New Creation Baptist Church</b> 1414 E 48<sup>th</sup> St. Minneapolis, MN 55417</p> <p>Phone: 612-825-6933</p> <p><a href="https://newcreationbaptistchurchmn.org/food-shelf/">https://newcreationbaptistchurchmn.org/food-shelf/</a></p>	<p>Open every Saturday from 10:00am – 2:00pm *unknown if there are eligibility restrictions*</p>

<p><b>Community Emergency Assistance Program Inc.</b>          7051 Brooklyn Blvd          Brooklyn Center, MN 55429          Inside the Northwest Family Service Center</p> <p>Phone: 763-566-9600          Email: <a href="mailto:info@ceap.com">info@ceap.com</a></p> <p><a href="https://www.ceap.org/services/food-support/">https://www.ceap.org/services/food-support/</a></p>	<p>Food and clothing assistance available including Meals on Wheels, and resource referrals to families in need in Brooklyn Center, Brooklyn Park and Champlin</p> <p><b>Call between 8:00am and 4:30pm to make a same-day or next day appointment.</b></p> <p>Arrive on time for your appointment. A household of 4 will receive about 90 lbs of fresh produce, protein and shelf-stable food in prepackaged boxes and bags.</p> <p>Currently, volunteers can also bring the food straight to your car for a contact-less pick-up.</p> <p>Families will meet with a Family Services Representative who will ask a few basic questions about your household and explain CEAP's services.</p>
<p><b>Community Emergency Services</b>          1900 11<sup>th</sup> Ave S.,          Minneapolis, MN 55404</p> <p>Phone: 612-870-1125</p> <p><a href="https://www.cesmn.org/food-program">https://www.cesmn.org/food-program</a></p>	<p><b><u>Neighborhood Food Shelf:</u></b>          Monday – Thursday          Doors open at 10:30am to receive a number for each day. Registration starts at 12:30pm, food shelf operates from 1:00pm – 4:00pm.</p> <p>There is a simple intake for first-time guests. Food Shelf is open to residents in need of supplemental food, guests can visit once a month.</p> <p><b><u>East African Food Giveaway:</u></b>          East African guests can come to the food shelf once a month on Thursday mornings. A staff member will be onsite to help with interpretation and translation. Culturally specific foods are available (goat meat, chori beans, jasmine rice etc.)</p> <p><b><u>Bonus Friday:</u></b>          Every Friday from 1:00pm – 3:00pm, produce, bakery and deli items are available to anyone. Doors open at 10:30am to receive a number for the day's distribution.</p>
<p><b>East Side Neighborhood Service Inc.</b>          1700 2<sup>nd</sup> St NE          Minneapolis, MN 55413</p> <p>Phone: 612-788-9521  <a href="https://www.esns.org/metrofoodprograms">https://www.esns.org/metrofoodprograms</a></p>	<p>With COVID-19, prepackaged food is offered. Senior food shelf and Glendale are currently open. Glendale is only for residents of Glendale Town Homes.</p> <p><b>High Rise Mobile Food Shelf:</b>          Most sites receive delivery 2 times a month, food is set up in the building's community room.</p> <p>Eligibility:</p> <ul style="list-style-type: none"> <li>• Resident in building</li> <li>• Household income less than 200% of federal poverty guidelines (written proof not required)</li> <li>• Complete and sign annual enrollment form with basic information about household members</li> </ul> <p><a href="#">Current mobile food shelf sites</a></p>

<p><b>Intercongregation Communities Association</b> 12990 St. David's Rd Minnetonka, MN 55305</p> <p>Phone: 952-938-0729</p> <p><a href="https://www.icafoodshelf.org/food-services">https://www.icafoodshelf.org/food-services</a></p>	<p>With COVID-19, ICA uses a drive-up model, where volunteers bring prepackaged groceries to clients' cars.</p> <p>Eligibility:</p> <ul style="list-style-type: none"> <li>Residents of Hopkins, Excelsior, Shorewood, Deephaven, Greenwood and Woodland.</li> <li>Need proof of address dated within the past 30 days when you arrive to your appointment.</li> </ul> <p>Emergency bags are always available during operating hours, K-Tel location provides special "Bread and More" area that is available to anyone in the community, without an appointment</p>
<p><b>Messiah Lutheran Church – Minneapolis</b> 2400 Park Ave S. Minneapolis, MN 55404</p> <p>Phone: 612-871-8831</p> <p><a href="http://communitybridgempls.org/community-meals-and-food-pantry/">http://communitybridgempls.org/community-meals-and-food-pantry/</a></p>	<p>Open the 2<sup>nd</sup> Friday and the 4<sup>th</sup> Saturday each month, from 8:00am – 11:00am. Special Holiday baskets are available on the Saturday before each holiday (Easter, Thanksgiving, Christmas) from 10:00am – 12:00pm.</p> <p>Emergency food assistance available to those who stop by in need of a meal or food to take to their families.</p>
<p><b>Minnesota Teamsters Service Bureau</b> 3001 University Ave SE Minneapolis, MN 55414</p> <p>Phone: 612-378-0446</p> <p><a href="#">Website</a></p>	<p>Open Tuesdays and Wednesdays from 9:00am – 2:00pm. Members should contact their local union business agent or officers for prior authorization or any questions.</p> <p>*I believe you need to be a member of Teamster to be eligible*</p>
<p><b>People Reaching Out to Other People (PROP)</b> 14700 Martin Dr. Eden Prairie, MN 55344</p> <p>Phone: 952-937-9120</p> <p><a href="https://propfood.org/covid-19-announcement/">https://propfood.org/covid-19-announcement/</a></p>	<p>With COVID-19, all services will be done via phone. Call during office hours for assistance.</p> <p>Food orders are available (standard monthly food order based on household size). Call the main line to place your order. Same day order and pick up only. Call hours: Monday – Friday: 9:30am – 12:45pm, plus Wednesday evenings from 4:00pm – 6:15pm.</p> <p>Food shelf hours found here: <a href="https://propfood.org/get-help/">https://propfood.org/get-help/</a> May not be available with COVID (and services being run via phone)</p>
<p><b>Pillsbury United Communities</b> 420 15<sup>th</sup> Ave S. Minneapolis, MN 55454</p> <p>Phone: 612-876-9324</p> <p><a href="https://pillsburyunited.org/programs/food-distribution/">https://pillsburyunited.org/programs/food-distribution/</a></p>	<p>With COVID-19, they will have pre-filled pantry bags available for pick up at Waite House or Brian Coyle Center during normal food shelf hours.</p> <p>No appointment needed, but first-time visitors will be asked to complete a brief registration process.</p> <p><u>Waite House Community Center:</u> Mondays: 1-5 pm Tuesdays: 10 am-12 pm &amp; 2-5 pm Wednesdays: Not open Thursdays: 10 am-12 pm &amp; 2-5 pm</p>

	<p><u>Brian Coyle Center:</u>  Mondays: 12-6 pm  Wednesdays: 12-4 pm  Fridays: 12-4 pm</p>
<p><b>Plymouth Congregational Church</b>  1900 Nicollet Ave S.  Minneapolis, MN 55403</p> <p>Phone: 612-871-0277</p> <p><a href="https://www.grovelandfoodshelf.org/index.php/need-food">https://www.grovelandfoodshelf.org/index.php/need-food</a></p>	<p>Groveland Food Shelf is hosted in the basement of Plymouth Congregational Church.</p> <p>Open Monday – Friday from 9:30am – 12:3pm  Additional hours available upon request</p> <p>Eligibility is open to all. There is a short intake on the first visit (name, birthdate and household information). After the first visit, only your name is needed to shop.</p> <p>Individuals can shop up to 15 times a year.</p>
<p><b>PRISM (People Responding in Social Ministry)</b>  730 Florida Ave S.  Golden Valley, MN 55426</p> <p>Food Shelf Address:  1220 Zane Ave. N.  Golden Valley, MN 55422</p> <p>Phone: 763-529-1350</p> <p><a href="https://www.prismmpls.org/food">https://www.prismmpls.org/food</a></p>	<p>COVID-19 Food Shelf Operating Hours:  Monday – Thursday: 10:00am – 3:00pm  No appointment needed.</p> <p>Eligibility:</p> <ul style="list-style-type: none"> <li>• Individuals/families with financial crisis</li> <li>• Resident of Golden Valley, New Hope, Robbinsdale, Crystal or Plymouth (east of 494)</li> </ul>
<p><b>Sabathani Community Center</b>  310 E 38<sup>th</sup> St.  Minneapolis, MN 55409</p> <p>Phone: 612-821-2303  Administrative staff: 612-821-2300</p>	<p>COVID-19 food shelf hours:  Monday – Thursday from 10:00am – 2:00pm</p> <p>They are strictly adhering to the CDC’s recommendations with 6 foot spacing, hand sanitizer use and <u>prefilled grocery bags available for pick up.</u></p>
<p><b>Sharing and Caring Hands</b>  525 N 7<sup>th</sup> St.  Minneapolis, MN 55405</p> <p>Phone: 612-338-4640</p> <p><a href="https://sharingandcaringhands.org/day-services">https://sharingandcaringhands.org/day-services</a></p>	<p>Bags of food are given to families with children, and individuals: Monday – Thursday from 10:30am – 11:30am and 1:30pm – 2:30pm.</p> <p>Hot meals available at Day Services Center:  Monday – Thursday at 10:30am, 12:00pm, and 3:00pm  Saturday &amp; Sundays: 9:30am and 11:00am</p>
<p><b>Simpson Food Pantry</b>  2740 1<sup>st</sup> Ave S.  Minneapolis, MN 55408</p> <p>Phone: 612-874-7741  <a href="http://www.simpsonchurchmn.org/789905">http://www.simpsonchurchmn.org/789905</a></p>	<p>Hours of Operation:  Tuesday and Wednesday from 9:30am – 12:30pm</p> <p>Eligibility: residing in an area bounded on the north by Franklin Ave., the south by Lake St., the west by Lyndale Ave., and the east by Portland Ave.</p>
<p><b>St. Louis Park Emergency Program (STEP)</b>  6812 W Lake St.  St. Louis Park, MN 55426</p> <p>Phone: 952-925-4899</p>	<p>Call to make an appointment first.</p> <p>Must reside in St. Louis Park to be eligible, and verify address with utility bill, lease, official mail from county, state or federal government, or other official mail (driver’s license doesn’t count). You must also present</p>

<p><a href="http://stepslp.org/get-assistance/food-shelf/">http://stepslp.org/get-assistance/food-shelf/</a></p>	<p>photo I.D. at appointment.</p> <p>Those eligible are encouraged to come once a month. Some households may come twice a month if discussed with STEP social worker</p> <p>Emergency food is available to those who walk in or can't make an appointment</p> <p>Hours of Operation:  Monday: 8:00am – 4:00pm  Tuesday: 12:00pm – 8:00pm  Wednesday: 8:00am – 4:00pm  Thursday: 8:00am – 3:00pm  Friday: 8:00am – 12:00pm</p>
<p><b>La Mision El Santo Nino Jesus</b>  463 Maria Ave.  Saint Paul, MN 55106</p> <p>Phone: 651-295-7481</p> <p><a href="http://www.eastsidefirst.com/wellness.html">http://www.eastsidefirst.com/wellness.html</a></p>	<p>Common meal available Wednesdays at 6:00pm.</p>
<p><b>Unemployment Insurance</b></p> <p><a href="https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp">https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp</a></p>	<p>There is a schedule for when individuals can start an application, based on the last number in their social security number.</p> <p>Due to high need/high volume of applications, if individuals have questions, it may take longer to get them answered or for their applications to be processed.</p>
<p><b>Food Pick-Up with MPS</b>  Multiple locations</p> <p><a href="https://cws.mpls.k12.mn.us/COVID19">https://cws.mpls.k12.mn.us/COVID19</a></p>	<p>Almost 50 food distribution sites offering weekly food pick-up. Each box has 5 breakfasts and 5 lunches (for a total of 10 meals). Families can take one box per child under 18 years of age each week. Look for the yellow school bus.</p> <p>Monday – Friday from 10:00am – 2:00pm</p> <p><b>MONDAY</b>  Waite Park School, Hiawatha School, Edison HS, Andersen School, Hale School, Olson Middle, Farview Park, Laney School, Whittier Park, Bancroft School</p> <p><b>TUESDAY</b>  Bottineau Park, Beltrami Park, Cityview School, Seward School, Green School, Jenny Lind School, Hospitality House, MLK Jr. Park, Bossen Field, Phillips Park</p> <p><b>WEDNESDAY</b>  Northeast Athletic Field Park, Marcy School, Anwatin School, Hmong School, Folwell School, Lyndale School,</p>

	<p>Keewaydin School, North Commons Park, Longfellow School, Peavey Park</p> <p><b>THURSDAY</b> Audubon Park, Elliot Park, Webster School, Bethune School, South HS, Windom School, Mastery School, Minneapolis PAL, Jefferson School, Sanford School</p> <p><b>FRIDAY</b> Harrison Park, Pratt School, Henry HS, Hall School, Northeast Middle, Roosevelt HS, Folwell Park, Bryant Square Park, Sullivan School</p>
<p><b>Additional MPS Food Pick-Up Sites</b></p> <p>Mary's Place ----- 401 N 7<sup>th</sup> St</p> <p>Brian Coyle Center ----- 420 S 15<sup>th</sup> Ave)</p> <p>Willard Park ----- 1626 Queen Ave N</p> <p>Look for the red food truck! Food is available to any child 18 years and younger. Children <b>MUST</b> be present to receive food.</p>	<p>Monday – Friday 10:00am – 10:45am</p> <p>Monday – Friday 11:15am – Noon</p> <p>Monday – Friday 12:30pm – 1:15pm</p>
<p><b>NorthPoint Food Shelf</b> 1835 Penn Ave N Minneapolis, MN 55411</p> <p><a href="https://www.northpointhealth.org/community-food-shelf">https://www.northpointhealth.org/community-food-shelf</a></p>	<p>Employees will hand out order forms and bring prepackaged food outside. Individuals can receive a 4-day supply of food once per calendar month.</p> <p>There are diapers and baby food available for 3-4 days, with a food request.</p> <p>Open Monday – Wednesday from 10:00am – 4:00pm. Intake closes at 3:30pm.</p>
<p><b>Hennepin County Financial Assistance</b> Phone: 612-596-1300</p> <p>Fax: 612-288-2981</p>	<p>They are currently processing applications and responding to phone calls.</p> <p>For cash assistance, SNAP, childcare or emergency assistance <a href="#">apply online</a>. You can also call for a mailed application, or to complete the application over the phone.</p> <p>If you need to submit documents, use the fax number. Drop boxes available for urgent use:</p> <ul style="list-style-type: none"> <li>• Health Services Building, 525 Portland Avenue, Minneapolis, 55415</li> <li>• Northwest Family Service Center, 7051 Brooklyn Boulevard, Brooklyn Center, 55429</li> <li>• Wells Fargo Building, 1011 – 1st Street South, Hopkins, 55343</li> </ul>

<p><b>Salvation Army</b></p>	<p>Food, emergency assistance and spiritual care still available.</p> <p>Food shelves and financial assistance services are offered <b>BY APPOINTMENT ONLY. CALL FIRST.</b></p> <p>Full listing of services by location can be found <a href="#">here</a></p>
<p><b>Expensify</b>  <a href="https://community.expensify.com/discussion/6527/expensify-org-temporarily-pivots-to-support-snap-beneficiaries-during-the-covid-19-pandemic/p1?new=1">https://community.expensify.com/discussion/6527/expensify-org-temporarily-pivots-to-support-snap-beneficiaries-during-the-covid-19-pandemic/p1?new=1</a></p>	<p>While there are funds available, Expensify will reimburse families that use EBT for up to \$50 one time.</p> <p>Instructions found using link.</p>

## CHILDCARE RESOURCES

<p><b>YMCA</b>  <a href="https://www.ycamn.org/update-hub?blm_aid=0">https://www.ycamn.org/update-hub?blm_aid=0</a></p>	<p>YMCA child care is available for all ages, including school-age, for essential employees and critical workers.</p> <p>YMCA care is available at school sites as well in District 196, Moundsvew School District and St. Croix Prep Academy (Stillwater)</p>
<p><b>YWCA</b>            Contact: Mandi Zaccardi            Phone: 612-215-4183   <a href="https://www.ywcamps.org/locations/facility-notices/?blm_aid=0">https://www.ywcamps.org/locations/facility-notices/?blm_aid=0</a></p>	<p>Beginning 3/23/2020, YWCA Minneapolis offers childcare to essential personnel at Abbott Northwestern Hospital. Care available Monday – Friday, 7:00am – 6:00pm for children 6 weeks – 12 years old.</p>
<p><b>Hennepin County MN hotlines</b>            Phone: 651-297-1304            Alternate: 1-800-657-3504             Phone: 651-201-3920            Alternate: 1-800-657-3903</p>	<p>Schools, childcare, business questions</p> <p>Health questions</p> <p>Lines are staffed from 7:00am – 7:00pm</p>

## ENERGY/INTERNET RESOURCES

<p><b>Xcel Energy</b>             Phone: 800-895-4999   <a href="https://www.xcelenergy.com/covid-19_response">https://www.xcelenergy.com/covid-19_response</a></p>	<p>Xcel won't disconnect any services due to inability to pay. If customers are having difficulties paying bills, contact Xcel to arrange a payment plan.</p>
<p><b>Free Minneapolis WiFi</b>            USI wireless network   <a href="http://www.minneapolismn.gov/wireless/index.htm">http://www.minneapolismn.gov/wireless/index.htm</a></p>	<p>"City of Minneapolis Public WiFi" or "USI Wireless" networks are available to connect, no credit card or password needed to use.</p> <p>Service varies indoors, depending on how far away from hotspots you are.</p>



<p><b>Comcast</b></p> <p><a href="https://internetessentials.com/">https://internetessentials.com/</a></p>	<p>Offering free internet while schools are closed.</p> <p>Anyone eligible for FRPI, housing assistance, Medicaid, SNAP, or SSL is eligible for this internet.</p> <p>No contract, credit check or installation fee.</p>
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## HEALTH RESOURCES

<p><b>Health and Wellness Support from Hennepin County</b></p> <p>18+ Phone: 612-596-1223 &gt;18 Phone: 612-348-2233</p>	<p>Offering immediate mental health support to individuals over and under 18 years of age (see the 2 phone numbers)</p>
<p><b>NCE Wellness</b></p> <p>Phone: 612-310-8683</p> <p><a href="https://www.facebook.com/northsideemotionalwellness/?ref=page_internal">https://www.facebook.com/northsideemotionalwellness/?ref=page_internal</a></p>	<p>During COVID-19, they will be offering telehealth therapy, which is covered by most major insurance companies.</p>
<p><b>MNsure Enrollment Period</b> March 23 – April 21, 2020</p>	<p>Special enrollment period (SEP) for qualified individuals who don't have insurance.</p>
<p><b>Hennepin County MN hotlines</b></p> <p>Phone: 651-297-1304 Alternate: 1-800-657-3504</p> <p>Phone: 651-201-3920 Alternate: 1-800-657-3903</p>	<p>Schools, childcare, business questions</p> <p>Health questions</p> <p>Lines are staffed from 7:00am – 7:00pm</p>
<p><b>Hennepin County Health Care Assistance</b></p> <p>Phone: 612-596-1300</p> <p><a href="https://www.mnsure.org/">https://www.mnsure.org/</a></p>	<p>Call, or look online for more information or to apply.</p>
<p><b>NorthPoint Health and Wellness</b></p> <p>1313 Penn Ave N Minneapolis, MN 55411</p> <p>Phone: 612-543-2500</p>	<p>Clinic hours: Monday – Friday from 10:00am – 5:00pm. Phones answered at 8:00am.</p> <p>MNsure and SNAP enrollment Monday – Wednesday from 10:00am – 5:00pm.</p> <p>Pharmacy: Monday – Friday from 10:00am – 5:00pm (only filling Rx from NorthPoint Providers)</p>
<p><b>NAMI Minnesota</b></p> <p><a href="https://namimn.org/education-public-awareness/classes/scheduled/">https://namimn.org/education-public-awareness/classes/scheduled/</a></p>	<p>Offering scheduled classes during COVID-19 to help people take care of themselves and loved ones. Zoom meetings.</p>
<p><b>Walk-In Counseling Center</b></p> <p><a href="https://walkin.org/walk-in-now-offers-free-counseling-by-phone-in-and-on-line-only-heres-how-to-walk-in/">https://walkin.org/walk-in-now-offers-free-counseling-by-phone-in-and-on-line-only-heres-how-to-walk-in/</a></p>	<p>Offering free “phone-in” and online counseling.</p>

## HOMELESSNESS RESOURCES

<p><b>Hennepin County Homelessness</b>          Adults: 612-248-2350          Families: 612-348-9410</p> <p><a href="https://www.hennepin.us/residents/human-services/emergency-assistance">https://www.hennepin.us/residents/human-services/emergency-assistance</a></p>	<p>Holidays, weekends, evenings until 11:00pm: call 211 (mobile: 651-291-0211). Ask for after-hours shelter team</p>
<p><b>St. Stephens</b></p> <p>Phone: 612-248-2350  <a href="https://ststephensmpls.org/get-help#i-want-handbook-streets-2248">https://ststephensmpls.org/get-help#i-want-handbook-streets-2248</a></p>	<p>Adult Shelter Connect is operated by phone only. No walk-ins at the ASC office at St. Olaf. Shelter reservations must be made on the phone.</p> <p>Connections to other housing services available on the website for those in Hennepin County</p>

## LEGAL RESOURCES

<p><b>Hart Law Office, PLLC</b>          1112 E. Lake St., suite I          Minneapolis, MN 55407</p> <p>Phone: 612-333-3003          Fax: 612-605-4484          Email: <a href="mailto:info@hartimmigrationlaw.com">info@hartimmigrationlaw.com</a></p> <p><a href="https://www.hartimmigrationlaw.com/">https://www.hartimmigrationlaw.com/</a></p>	<p>First consultation is free.          “Assist with all aspects of immigration law, including:</p> <ul style="list-style-type: none"> <li>• Naturalization</li> <li>• Family reunification</li> <li>• Waivers of inadmissibility</li> <li>• Deferred Action for Childhood Arrivals (DACA)</li> <li>• Marriage-based applications for permanent residence</li> <li>• Applications based on domestic abuse and crime (U visas and VAWA self-petitions)”</li> </ul>
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## RECREATION /K-12 RESOURCES

<p><b>The Yoga Room</b>          Classes available on Facebook</p> <p><a href="https://touch.facebook.com/northsideyogaroom/?_tn_=%7E-R">https://touch.facebook.com/northsideyogaroom/?_tn_=%7E-R</a></p>	<p>Check Facebook “events” for next virtual class.</p> <p>Suggested \$10 payment per class, or pay what you can via paypal to <a href="mailto:laurie@northsidecenter.net">laurie@northsidecenter.net</a></p>
<p><b>Chaz Sandifer</b></p> <p><a href="mailto:thenewmpls@gmail.com">thenewmpls@gmail.com</a></p>	<p>Unlimited exercises, classes, wellness chats, and meal prep for \$20 via Zoom.</p> <p>Classes include HIIT, cardio-kickboxing, Trap Bandz, Circuit Training and more.</p>
<p><b>Val Turner</b></p> <p><a href="https://www.facebook.com/Valiamzumbaturner">https://www.facebook.com/Valiamzumbaturner</a></p>	<p>Offering virtual Zuma, cardio boxing and strength training classes for kids 4-11 years old.</p> <p>Monday and Wednesdays from 12:30pm – 1:00pm          From March 23 – April 29.          Minimum donation of \$2 via Cash App</p>
<p><b>Audible</b></p> <p><a href="https://stories.audible.com/start-listen">https://stories.audible.com/start-listen</a></p>	<p>For as long as schools are closed, kids have free access to audiobooks with audible. Books are available in 6 languages.</p> <p>Listen with a desktop computer, laptop, phone or tablet.</p>

<p><b>Hennepin County Libraries</b> Physical locations closed. Phone and online resources available.</p> <p><a href="https://www.hclib.org/about/closure-faq">https://www.hclib.org/about/closure-faq</a></p>	<ul style="list-style-type: none"> <li>• <a href="#">Contact librarians</a> for reading suggestions, online resource help or other questions.</li> <li>• <a href="#">Online tutoring</a> is available, as well as other K-12 homework help resources.</li> <li>• Borrow Ebooks with Libby by OverDrive app</li> <li>• <a href="#">Apply</a> for a temporary e-card</li> <li>• Due dates are extended, and book drops are closed.</li> </ul>
<p><b>Great MN Schools</b> <a href="https://greatmnschools.org/covid-19-resources/?blm_aid=21726">https://greatmnschools.org/covid-19-resources/?blm_aid=21726</a></p>	<p>Continuously updated webpage with resources for partners (like WTG) to consider short-term and long-term needs as a result of COVID-19.</p>
<p><b>Think Small ParentPowered Texts</b></p>	<p>Texts are available in English, Spanish or Somali. Parents who sign up receive one text per week with a fact, tip and information about growth. Text content is being adapted for the COVID-19 Pandemic.</p> <ul style="list-style-type: none"> <li>• English: Text TS to 70138</li> <li>• Spanish: Enviè un mensaje de texto con el còdigo TS ESP a 70138</li> <li>• Somali: U qor/text TS SOM 70138</li> </ul>
<p><b>Children’s Theater Company</b>  <a href="#">Virtual Resources</a></p>	<p>Available on Instagram Live (so families need an Instagram account), CTC will host a virtual “happy hour” where families can ask questions and learn!</p> <ul style="list-style-type: none"> <li>• 4/14 @ noon w/Acting Company members Autumn Ness and Reed Sigmund</li> <li>• 4/28 @ noon w/artistic director Peter C Brosius</li> <li>• 5/12 @ noon w/ Director of Education Ellie McKay</li> </ul> <p>The Virtual Resources page has weekly video series (Mindfulness Monday, Write On! Wednesday), as well as activities to do at home and advice for parents at home.</p>
<p><b>Khan Academy</b> <a href="https://www.khanacademy.org/?blm_aid=21726">https://www.khanacademy.org/?blm_aid=21726</a></p>	<p>An online learning site, there are video lessons in multiple content areas, available in multiple languages.</p> <p>They also offer daily schedules and webinars so parents can better support their children’s e-learning.</p>
<p><b>Raz-Kids</b> <a href="https://www.raz-kids.com/?blm_aid=21726">https://www.raz-kids.com/?blm_aid=21726</a></p>	<p>An extension of Reading A-Z, it supports K-5<sup>th</sup> grade reading with leveled books. Normally, accounts are purchased by the school or family. With COVID-19, accounts are free for families until the end of the school year</p>
<p><b>PBS Kids</b> <a href="https://www.pbs.org/parents?blm_aid=21726">https://www.pbs.org/parents?blm_aid=21726</a></p>	<p>Primarily online games, activities, and videos with characters from PBS kids shows (Daniel Tiger, Arthur etc.) for different content areas. Some non-electronic activities also available</p>

<p><b>BrainPOP</b>  <a href="https://go.brainpop.com/family/home">https://go.brainpop.com/family/home</a></p>	<p>Providing free family access during school closures. BrainPOP has videos for K-12<sup>th</sup> grade in a variety of content areas. Along with videos, there are learning games and additional reading/activities for the subject your student is studying.</p>
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**Miscellaneous Resources**

<p><b>National Association of School Psychologists</b>  <a href="https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19">https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19</a></p>	<p>Includes recommendations for how to talk about COVID-19 with children, as well as how to help children cope with changes.</p> <p>PDFs are available to give to families about helping children cope.</p>