

Helping Organizations

First Call for Help 211

A free, confidential service that helps people find many kinds of local resources.

www.MinnesotaHelp.info Minnesota's most comprehensive online human services database.

County Human Service Agencies are helpful in directing people to county programs
Hennepin: 612 348-4500
Ramsey: 651 266-4444

Other Help Lines

Catholic Charities: 651 222-3001, www.ccsmpml.org

Indian Family Services: 651 793-3803

Jewish Family Services: 952 546-0616,

www.jfcsmpls.org

Lutheran Social Services 612 879-5200,

Legal Aid

Legal Aid Society of Minneapolis

mylegalaid.org

430 1st Ave N #300, Minneapolis

Offers free civil legal assistance to low-income people in many areas of law. 612 332-1441

Volunteer Lawyers Network

Volunteer Lawyers Network uses the power of volunteers to protect and enforce the legal rights of low-income Minnesotans.

www.vlnmn.org 612 752-6677

LawHelpMN

www.lawhelpmn.org

2324 University Ave W #101b

St Paul

Helps low income individuals solve their legal problems 651 228-9105

Shelter

Metro Shelter Hotline 1 888 234-1329

A telephone hotline that offers information to adults and youth about metro area emergency shelters and transitional housing programs.

Hennepin County homeless shelters, supportive housing, halfway housing, transitional housing, day shelters. This site services in Hennepin County, including emergency shelters, homeless shelters, day shelters, transitional housing, shared housing, residential drug alcohol rehabilitation programs and permanent affordable housing.

www.shelterlistings.org/county/mn-hennepin-county

Simpson Housing Services

2740 1st Ave S, Minneapolis, MN 612 874-0306

People Serving People Inc.

peopleservingpeople.org

614 S 3rd St, Minneapolis 612 332-4500

Ascension Place

www.ascensionplace.org

2634 Russell Ave N., Mpls 612 521-2128

Three programs: **Ascension Place:** a transitional housing program for women; **Next Step Housing:** a permanent housing program for graduates of Ascension Place; **St. Anne's Place:** an emergency shelter for homeless women with children.

Mary's Place

sharingandcaringhands.org

401 N 7th St, Minneapolis 612 338-4855

Mary's Wish

Offers low cost and no-cost furniture, household goods and children's clothing to the general public and those in critical need.

12 East 8th St., Waconia, MN 952 442-2268

Connect at First Universalist

Sunday Schedule

September to May: Services and religious education at 9:30 and 11:15 am

June-August: Services at 10:00 am only

Join a Community Circle:

Community Circles are small groups of committed participants who come together with a trained leader to listen and share about their lives. Community Circles are grounded in the spiritual practice of deep listening and open-hearted reflection. All are welcome. Contact Rev. Elaine Aron Tenbrink at Elaine@firstuniv.org or 612-825-1701x124 for more information.

Let Us Keep You in Our Thoughts and Prayers

If you are experiencing a crisis or transition, or celebrating a joy - please let us know. If you'd like to be included in our Cycle of Life each Sunday in worship, please contact Sandy DiNanni at (sandy@firstuniv.org) or (612) 825-1701. If you would like support, please contact Rev. Jen Crow (jen@firstuniv.org or 612 825-1701).

Find us on the web at

Firstuniversalistchurch.org or on Facebook



Need Help?

Take one of these brochures!

**First Universalist Church of
Minneapolis**
*In the Universalist spirit of love and hope,
we give, receive and grow.*

Rev. Justin Schroeder, Senior Minister

Rev. Jen Crow, Minister

Rev. Elaine Tenbrink, Minister of
Membership and Adult Ministries

Rev. Ruth McKenzie, Minister of Worship
Arts

Lauren Wyeth, Director of Children, Youth, &
Family Ministries

3400 Dupont Avenue, South
Minneapolis, MN 55408
612 825-1701



This is the church of
the **open mind.**

This is the church of
the **loving heart.**

This is the church of
the **helping hands.**



Elder Care

Senior Linkage Line 1-800-333-2433
Expertise in answering Medicare questions as well as suggesting a variety of resources regarding aging.

Twin Cities Senior Housing Guide
A comprehensive guide to a wide variety of resources including housing options, home care, adult day centers, assisted living, residential care homes, memory care facilities and hospice. 651 690-3141
www.seniorhousingguide.us

Tubman Elder Care & Rights Center
Provides advocacy services for seniors and vulnerable adults, including educational programming for caregivers and care recipients. 612 870-2454
www.tubman.org or www.eldercarerights.org

Local WorkForce Centers

Offers staff assistance, access to computers and other office equipment, a library that focuses on job hunting and career planning, assistive technology and a career readiness certificate.

Minneapolis South WorkForce Center
Mon-Fri, 8:00 am to 4:30 pm
777 East Lake Street 612 821-4000
minneapolisouth.wfc@state.mn.us

Minneapolis North WorkForce Center
1200 Plymouth Ave., N. 612 520-3500
minneapolisnorth.wfc@state.mn.us

Ramsey County-St. Paul WorkForce Center
540 Fairview Ave., N. 651 642-0363
saintpaul.wfc@state.mn.us

Crisis Support

Crisis Connection: 24 hour counseling hotline
612 379-6363

Hennepin County Crisis for Adults
Crisis Outreach for Adults 612 596-1223

Hennepin County Crisis for Children
Child Crisis Services 612 348-2233

Suicide Hotline 612 873-2222
Counseling for suicidal individuals

Victim Intervention Support
Crisis intervention after homicide, suicide and accidental death 651 266-5674

Domestic Violence

Sexual Violence Center
Crisis phone line 612 871-5111

Cornerstone Advocacy Services
www.cornerstonemn.org 952 884-0376
Statewide hotline 1 866 223-1111

Harriet Tubman Chrysalis Center
Serves families in need; responds to crises through safe shelters and a 24-hour helpline.
4432 Chicago Ave., S., Minneapolis
612 870-2400

Oasis of Love
Crisis assistance, advocacy and support for women and children through the OASIS domestic violence programs.
Office: 2304 Emerson Ave., N., Minneapolis
www.oasisofloveinc.org 612 529-6055

Food Distribution*

Joyce Uptown Food Shelf
Provides clients with a 3-day supply of food once a month.
M-F, 1:00-3:45 pm; Th 5:00-6:45 pm
3041 Fremont Avenue, South
Minneapolis 612 825-4431

Sabathani Community Center Food Shelf
310 E. 38th St., suite 200, Minneapolis
www.sabathani.org 612 821-2300
Mon-Thurs: 9-11:30 am; 1:00-3:30 pm

Emergency Latino Food Shelf
1915 Chicago Ave., Minneapolis
A Latino-specific food shelf in Minneapolis that provides emergency staple foods (rice, beans, sugar and vegetable oil) for families of all cultures. Call Fridays at 8:30 A.M. to schedule an appointment for the following week.
612 874-2504

Little Kitchen Food Shelf, a project of Grace Lutheran Church, is a no-boundaries, no-restrictions food shelf. Pre-registration required for new clients; call 612 788-2444 between 9 and 11 am, Mondays.
Hours: Wed. & Fri, 10 am-noon;
Tues & Thurs, 6:00- &:30pm.

Meals on Wheels
For those unable to prepare nutritious meals or cannot afford healthy food—temporary or long-term. Enroll on-line at meals-on-wheels.com or call 612 623-3363.

***Food shelves often serve only the area in which they are located. Call 211 for the food shelf in the area in which you live.**

Mental Health

Hennepin County Acute Psychiatric Services
24 hour walk-in crisis intervention
Hennepin County Medical Center
701 Park Avenue, Mpls. 612 873-3161

Ramsey County Mental Health Center
24-hour phone support and outreach service
651 266-7890

Walk-in Counseling Center
Free, confidential mental health counseling
2421 Chicago Avenue, Mpls
<http://www.walkin.org> 612 870-0565

Men's Center
www.tcmc.org 612 822-5892
Anger/Divorce/Men's Groups

Medical Resources

St. Mary's Health Clinics
Provides health care services to low income, uninsured and underinsured individuals and families. For information on eligibility contact 651-287-7777 or go to info@stmarysclinics.org.

Vision Loss Resources
Provides the services, skills and community of support to aid in reclaiming life after vision loss.
1936 Lyndale Ave., S., Mpls 612 871-2222
216 South Wabasha St., St. Paul 651 224-7214

Rx Connect 1 800 657-2433
Drug manufacturers offer free or discounted prescription drugs to those who could not