

Community Resources: Twin Cities Metro

Childcare & Education

Hopkins School District: Find information about and get connected to the Hopkins School District.

- 952-988-4000

Minnetonka School District: Find information about and get connected to the Minnetonka School District.

- 952-401-5000

Minnesota Afterschool Advance: An organization that can connect families with afterschool activities and care, while also providing financial assistance.

- 612-692-5530

Think Small: Provides information, tools, and knowledge to identify care and early education options and scholarships.

- 651-641-0305

Crisis Hotlines

COPE: Mental health crisis services.

- 612-596-1223

Crisis Connection: Confidential crisis hotline is open 24 hours a day, 7 days a week.

- 612-379-6363

Crisis Nursery: Crisis service for families with young children.

- 763-591-0100

Crisis Text Line: Crisis Text Line is available for any crisis.

- Text: MN to 741741

Minnesota Crisis Line: This resource is available for any crisis

- Call: 274747 (CRISIS)

National Suicide Prevention Lifeline: free and confidential emotional support to people in suicidal crisis or emotional distress

- 1-800-273-8255 (TALK)

Domestic Violence Help

Minnesota Day One Crisis Hotline: Network of domestic violence and sexual assault community programs.

- Crisis Hotline: 1-866-223-1111

Sexual Violence Center: Offers free services for victims of sexual violence.

- Crisis Hotline: 612-871-5111

Sojourner Project Inc.: Sojourner Project provides battered women and children safe, temporary crisis housing, and legal, medical, and financial assistance. The emergency hotline is open 24 hours a day.

- 952-933-7422

Employment

CareerForce: Minnesota's career development and talent matching resource. CareerForce works to connect individuals to employment opportunities to match interests to career fields, start a career, advance careers, help with job loss, and more.

- 651-259-7500

Hennepin County Employment Services: Information for job seekers, to get the support you need to prepare for employment and find a job; includes information about job fairs, resources for veterans, youth, people with criminal histories, and more.

- 612-348-3000

ICA Employment Assistance: With a one-on-one approach to employment assistance, ICA can assist with identifying and developing skills to find employment opportunities.

- 952-279-0286

Jewish Family and Children Services: Jewish Family and Children's Service of Minneapolis provides essential services to people of all ages and backgrounds to sustain healthy relationships, ease suffering and offer support in times of need.

- 952-546-0616

Mind the G.A.P.P.: Driving Beyond Barriers (DBB) utilizes a wraparound approach to guide and mentor the BIPOC community to acquire their Class A commercial driver's license through culturally specific 1:1 support and classroom instruction.

- 952-658-8159

Energy Assistance

Community Action Partnership of Hennepin County (CAP-HC): Can assist those who qualify with paying utility bills.

- 952-930-3541

HeatShare: Provides emergency utility assistance for natural gas, oil, propane and electricity bills.

- 1-800-842-7279

Electric Affordability Program with Xcel Energy: The Low-Income Energy Assistance Program (LEAP) works to keep our communities warm during the winter (November 1 through April 30) by assisting with heating costs, equipment repair, and replacement.

- 866-HEAT-HELP (866-432-8435)

Gas Affordability Program with CenterPoint Energy: CenterPoint Energy's Gas Affordability Program can help with an affordable monthly bill and help with past due charges. *You must receive a grant from the Energy Assistance Program (LIHEAP) in order to participate in CenterPoint Energy's Gas Affordability Program.*

- [Click to apply to CenterPoint Energy's Gas Affordability Program](#)

Financial

Lutheran Social Services (LSS): Provides free budget counseling, debt management plans, and financial education.

- 888-577-2227

Prepare & Prosper: We provide free tax preparation and other banking and financial services

- 651-287-0187

Food

Commodity Supplemental Food Program (CSFP): Provides healthy and nutritious meals at no cost to eligible individuals 60 years of age or older.

- 651-201-4404

Fare For All: A pop-up grocery store that offers low-cost monthly food packages.

- 800-582-4291
- 763-450-3860

ICA Food Shelf: ICA provides nutritious, well-balanced food for our neighbors.

- 952-938-0729

Islamic Center of Minnesota: Halal/Zabiha foods for families of Minnesota; located in Fridley.

- 763-571-5604

SNAP: This program supplements individuals with low incomes by providing food assistance for nutritious and well-balanced meals.

- 888-711-1151

Metro Meals on Wheels: Meals on Wheels is a community-based service that provides fresh, nutritious meals delivered directly to the homes of seniors and individuals with disabilities throughout the Twin Cities

- 612-623-3363

WIC: Food and nutrition program for women, infants, and children.

- 612-648-6810

Health and Wellness

Minnesota Association of Community Health Centers: Affordable primary and preventive medical, dental, and behavioral health services. Income-based pricing on a sliding scale.

- 612-253-4715

MNSure: Online application for low- or no-cost health insurance through the state of Minnesota, such as Medical Assistance (MA) or MinnesotaCare.

- 651-539-2099

myHealth: Provides comprehensive, preventative, and youth-focused medical services. Includes reproductive healthcare, general medical care, and more.

- 952-474-3251

Neighborhood Health Source: Clinics offering affordable, accessible healthcare for all. They serve patients of all income levels, [with and without insurance](#). Sliding fee scale. Locations include Central, Fremont, North Metro, and Sheridan clinics.

- 952-933-1100

Relate Counseling: Relate Counseling is a nonprofit community-based mental health center, focused on providing the best possible care at the lowest cost.

- 952-932-7277

St. Mary's Clinics: Provides high-quality, affordable, accessible healthcare to underserved communities.

- 651-287-7777

Brivia Health: Briva Health is committed to improving healthcare access for all Minnesotans, particularly those facing barriers. Our MNSure Certified Navigators offer free application and renewal assistance over the phone and in-person to all Minnesotans across the state.

- info@briviahealth.com
- 612-844-0710

Hennepin County

Cash Assistance Programs: Hennepin County offers programs to supplement families' and individuals' incomes. The type of assistance people receive depends on their life circumstances, family size and type, and other factors.

- 612-348-3000

Emergency Assistance Programs: When Hennepin County residents are in a financial crisis that poses a direct threat to their physical health or safety, the county may be able to help by providing short-term aid.

- Families: 612-596-1900

- Adults without children: 612-596-1300

Hennepin County Human Services: Apply for and manage Human Services or Public Health services online or by phone — you usually don't need to visit a county office.

- 612-348-4111
- See a full list of services at [Residents | Hennepin County](#)

[Hennepin County Homework Help:](#) Through Hennepin County Library, find homework resources for K-12 students.

[Hopkins Library:](#) Get a free library card and have access to books, printing, faxing, free events, and more.

- 612-543-6400

[Minnetonka Library:](#) Get a free library card and have access to books, printing, faxing, free events, and more.

- 612-543-5725

Housing

[Hennepin County Shelter Services:](#) Hennepin County staff can work with you to find a solution to your housing issues.

- 612-348-9410

[HOME Line:](#) HOME Line provides free and low-cost legal, organizing, education, and advocacy services so that tenants throughout Minnesota can solve their own rental housing problems.

- 612-728-5767

[Hopkins Renting Information:](#) A list of rental options (apartments, condominiums, townhomes) in Hopkins, MN.

[HousingLink:](#) HousingLink connects people to affordable rental homes.

- 612-522-2500

[ICA Food Shelf:](#) ICA's housing team can assist with solving short-term housing issues.

- 952-938-0729

MoveFwd: MoveFwd provides housing assistance to young adults who are experiencing or at risk of homelessness.

- 952-988-8336

Mind the G.A.P.P.: Mind the G.A.P.P. connects its participants with safe, affordable housing units for individuals and families experiencing homelessness. This program specifically supports people who are African American or of African descent.

- 952-658-8159
- info@mtgmn.org

Global Health Link: Global Health Link is a Housing Stabilization Services Provider. They can support people on Medical Assistance (MA) with transitioning into housing, increasing long-term housing stability, and avoiding future periods of homelessness or institutionalization

- **[Housing Stabilization Services \(HSS\) – Global Health Link](#)**

Legal

Immigrant Law Center of Minnesota: Provides immigration legal assistance to low-income immigrants and refugees in Minnesota.

- 651-641-1011

Legal Aid: Provides professional legal services for financially eligible individuals.

- 612-334-5970

Tubman: Tubman assists those who have experienced relationship violence, elder abuse, addiction, sexual exploitation, or other forms of trauma by providing safe shelter, legal services, mental and chemical health counseling and more.

- Crisis hotline: (612) 825-0000
- Main phone: (612) 825-3333

Volunteer Lawyers Network: Matches low-income clients with volunteer attorneys for free civil legal services, from advice to full representation for many issues.

- 612-752-6655

Senior

Senior Care and Assisted Living Guide: This guide for assisted living gives an overview of residential care costs across Minnesota and provides options for financial assistance to help pay for care

- 800-973-1540

Senior Community Services: Assists older adults with household outdoor maintenance, counseling, and other assistance to remain independent.

- 952-541-1019

Senior Linkage Line: Senior Linkage Line is a free service of the state of Minnesota that connects older Minnesotans and families with help.

- 800-333-2433

Transportation

Jewish Family and Children's Services: FCS offers ride services for individuals 60 years or older.

- 952-546-0616

The Lift Garage: The Lift Garage provides low-cost car repair, free pre-purchase car inspections, and honest advice that supports our community on the road to more secure lives.

- 612-866-5840

Metro Mobility: Metro Mobility is a shared ride public transportation service for certified riders who are unable to use regular fixed-route buses due to a disability or health condition. Trips are provided for any purpose.

- 651-484-8241

Metro Transit Assistance Program: The TAP program offers qualified riders a Go-to Card that allows you to ride for \$1 per trip for a full year.

- 612-373-3333

Transit Link: Transit Link is shared-ride public transportation for the Twin Cities metro area where regular route transit service is infrequent or unavailable. It's for trips that can't be accomplished on regular transit routes alone.

- 651-602-5465

Other

Reach and Restore: Helps community members with clothing, household goods, and furniture.

- 952-933-1393

2-1-1 United Way: Free and confidential health and human services information.

- 211 or 651-291-0211
- Text your zip code to 898211

STEP: The St. Louis Park Emergency Program's mission is to identify, address and respond to the critical and emergency needs of residents in St. Louis Park.

- 952-925-4899