

# Family Resource Guide

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## CRISIS & DOMESTIC VIOLENCE HELP 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)

**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

## ENERGY ASSISTANCE

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

- 952-930-3541

**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.*

**Minnesota Power Payment Assistance Programs:** Minnesota Power offers the different assistance programs for qualifying families. Visit [mnpower.com](http://mnpower.com) for more information.

## 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

## ENTERTAINMENT

**Children's Theatre Company ACT Pass program:** The ACT Pass program provides financial aid to attend Children's Theatre Company's performances, classes, and camps.

**Guthrie Theater (Minneapolis):** Low income patrons receive \$5 tickets The Guthrie Theater offers \$5 tickets, available to adults (18+) who are enrolled in MN EBT, TANF, WIC, Section 8, SSDI, SSI or other government benefit programs. Up to 4 tickets may be purchased for select performances.

**Minnesota Children's Museum "All Play" Membership:** Qualifying families receive free admission for one full year.

**Minnesota Historical Society Limited Income Program:** Qualifying families receive discounted admission: \$4 for adults and free for children ages 17 and under.

**Minnesota Zoo Free to Explore Program:** Free to Explore provides free admission for a qualifying guest and their dependents.

**Omnitheater:** Discounts admission for low income patrons.

**Science Museum of Minnesota:** Qualifying families receive discounted admission.

**Stages Theater Company:** Low income families can receive free or low cost tickets, and can visit up to three pay-what-you-can performances each year. They also offer bus subsidies and tuition assistance through the Stages Theatre Company's Open-Door Program if you are interested in performing.

**The Works Museum:** Qualifying families receive discounted admissions, memberships and camp: \$4.25 admission and \$25 family memberships.

**YMCA Discounted memberships:** The YMCA provides discounted memberships to qualifying families.

## FOOD

Westonka Food Shelf  
MN DEPT OF ED SUMMER FOOD PROGRAMS

Second harvest information on web also saved to desktop

**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

**Metro Meals on Wheels:** Meals on Wheels in the Westonka area.

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

- 888-711-1151

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

- 612-648-6810

## HEALTH & 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

## 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.

**Westonka Library:** Local library services.

- 612-543-6175

## 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:** 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

**MoveFwd:** Providing 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](mailto:info@mtgmn.org)

## 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

**Westonka WeCab:** WeCab offers reliable driving services for riders in the Westonka & Carver County Communities.  
844-743-3932

## WIRELESS

**Assurance Wireless Lifeline Assistance Program:** Visit [assurancewireless.com](http://assurancewireless.com) for more information.

**Easy Wireless Lifeline Assistance Program:** Visit [myeasywireless.com](http://myeasywireless.com) for more information.

**Minnesota Department of Commerce:** Phone and internet discounts

**SafeLink Free Wireless Program**

Visit [safelinkwireless.com](http://safelinkwireless.com) for more information.

## OTHER

**Parent Aware:** A list of comprehensive resources for financial assistance, medical programs, nutrition, and housing.

**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

**Amazon Discounted Prime Memberships:** Qualifying families receive discounted membership rate.