



# Community Resource Guide



**Foundation for Immigrant Resources & Education**  
**500 Cedar Street**  
**Saint Paul, Minnesota 55101**  
**(651) 224-4728 ext. 111**

September 7, 2008

Welcome to the FIRE Community Resource Guide!

According to Merriam-Webster, a resource is defined as (1) a source of supply or support, and (2) an ability to meet and handle a situation. As an organization, FIRE works to be a resource that fulfills both of these definitions by providing support and aid to those in need and by empowering people to have the confidence and abilities necessary to address the challenges that life presents.

As the Minnesota community has continued to become more diverse over the last 50 years, so have the skills that immigrants, refugees, and native-born Americans need to succeed in the social and professional worlds. FIRE attempts to address these changing requirements by providing programming that is useful and relevant to the current wants and needs of the community. However, we also realize that like any non-profit organization, our resources for addressing these needs are limited.

It is from this recognition of our own limitations, and in the spirit of collaboration, that FIRE has worked to develop this resource guide. We recognize that this guide is far from complete and that there are many other organizations and issue areas that have not been included. However, it is our hope that this resource guide can serve as starting point rather an end-point. We welcome additions and changes from other organizations and hope to continue to add and update this guide as new organizations come into existence and current organizations expand their programming.

Please use this guide to find the resources that you, your organization, or your fellow community members need. All of the organizations and services are categorized by service area and listed alphabetically by name in the back index. All of the information included in this guide is up-to-date as of September 2008 but we nevertheless recommend contacting each organization about the dates and times of services offered.

Thank you for taking the time to read through this information. We hope that you can find what you need and that after drawing upon the resources of different organizations, you will be inspired to share your own resources, knowledge, and skills.

Sincerely,

Foundation for Immigrant Resources & Education

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# Citizenship

A citizen is defined as “a member of a state; a native or naturalized person who owes allegiance to a government and is entitled to protection from it.” Citizens are granted a variety of freedoms, protections, and legal rights. However, citizens also have specific responsibilities including participation in the government, usually through voting, paying taxes, serving in the country's armed forces when called upon, serving on juries, and obeying the laws of the county, state, and nation.

In order to be eligible for citizenship, an individual must demonstrate good moral character and meet requirements including (*some requirements may be modified or waived for certain applicants*):

- A period of continuous residence and physical presence in the United States
- The ability to read, write and speak English
- Good moral character
- Knowledge of the principles of the U.S. Constitution
- Favorable disposition towards the United States
- Pass the United States Citizenship Test

## Websites:

### **U.S. Citizenship and Immigration Services**

Provides information about the citizenship and naturalization process. Website offers a guide to naturalization that explains the naturalization process. To access guide, type “A Guide to Naturalization” into the search bar and click on the second link under “Search Results.”

<http://www.uscis.gov/portal/site/uscis>

### **Minnesota Literacy Council**

Provides information about the citizenship process, links to necessary forms, and information on citizenship classes.

<http://www.themlc.org/citizenshipprocess.html>

To search for citizenship classes in your area, visit:

[http://www.themlc.org/Online\\_Search\\_2.html](http://www.themlc.org/Online_Search_2.html)

## Comundiades Latinas Unidas En Servicio (CLUES)

797 East 7th Street  
St. Paul, MN 55106  
Ramsey County  
(651) 379-4200  
<http://www.clues.org>

**Hours:**

Tuesdays 10:00am-12:00pm

**Length of Program:**

Year-round, class schedule start on a quarterly basis.

**Classes Offered:**

- Citizenship

**Costs:**

- Class is free but students must purchase a citizenship workbook (\$10).

**Documentation:**

- Documentation showing that the individual is in United States legally is required.

**Registration Process:**

- Set up a registration appointment by calling (651) 379-4222 ext. 4229.
  - Ask for Alejandra Reyes.
  - Registration appointment includes filling out registration forms, discussing citizenship application status, and taking CASAS exam.
- Walk-in registration available Mondays at 4:00pm.
- After registration is complete, client can begin classes.

**Waitlist:**

- No

**Childcare:**

- Not available

**Requirements/Other:**

- Client must be of Latino/Hispanic descendant.
- Individual must have started citizenship application process.
- Individual must have an intermediate to advanced understanding of English.

**Comunidades Latinas Unidas En Servicio (CLUES)**  
**(continued)**

- CLUES prefers for students to be taking English simultaneously with citizenship classes.
- Classes start on a quarterly basis.

## Hmong Cultural Center (HCC)

995 University Avenue, Suite  
214  
St. Paul, MN 55104  
Ramsey County  
(651) 917-9937  
[www.hmongcenter.org](http://www.hmongcenter.org)

**Hours:**  
Monday-Friday: 10:00-12:00pm

**Length of Program:**  
Year-round

**Classes Offered:**

- Citizenship

**Costs:**

- Free

**Documentation:**

- Documentation showing that the individual is in United States legally is required.

**Registration Process:**

- Walk-in registrations accepted.

**Waitlist:**

- None

**Childcare:**

- Not available

**Requirements/Other:**

- N/A

## International Institute of Minnesota

1694 Como Ave.  
St. Paul, MN 55108  
Ramsey County  
(651) 647-0191 ext. 307  
<http://www.iimn.org>

**Hours:**  
Saturdays, 9:30-12:30pm

**Length of Program:**  
Six-week sessions

**Classes Offered:**

- Citizenship

**Costs:**

- Free
- If client needs help with his/her citizenship application (filling it out, completing the process) a \$10 fee is charged.

**Documentation:**

- Must bring social security card and green card to the first day of class.

**Registration Process:**

- Call to register at least one month in advance of class's start date.
- Set up a registration appointment by calling (651) 647-0191 ext. 307.
- Ask for Corleen.
- After registration is complete, begin classes.

**Waitlist:**

- No, but space is limited.

**Childcare:**

- Not available

**Requirements/Other:**

- N/A

## Jewish Community Center

1375 St. Paul Avenue  
St. Paul, MN 55116  
Ramsey County  
(651) 255-4734  
[www.jewishcommunityaction.org](http://www.jewishcommunityaction.org)

**Hours:**

Call for dates and times.

**Length of Program:**

Classes offered based on demand.

**Classes Offered:**

- Citizenship

**Costs:**

- Free

**Documentation:**

- None

**Registration Process:**

- Call to see if there is a citizenship class in session or beginning soon.
- Set up a registration appointment.
- Begin classes.

**Waitlist:**

- No

**Childcare:**

- Not available

**Requirements/Other:**

- N/A

## Lao Family Community of Minnesota

Mt. Airy Homes  
91 E. Arch Street  
St. Paul, MN 55101  
Ramsey County  
(651) 771-3891  
[www.laofamily.org](http://www.laofamily.org)

**Hours:**  
Fridays 9:00am-12:00pm

**Length of Program:**  
Year-round

**Classes Offered:**

- Citizenship

**Costs:**

- Free

**Documentation:**

- Documentation showing that the individual is in United States legally is required.

**Registration Process:**

- Walk-in registrations accepted.

**Waitlist:**

- Yes
  - Average length of wait is four to eight weeks.

**Childcare:**

- Not available

**Requirements/Other:**

- N/A

## Neighborhood House—Wellstone Center

179 Robie Street East  
St. Paul, MN 55107  
Ramsey County  
(651) 789-2509  
[www.neighb.org](http://www.neighb.org)

**Hours:**  
Tuesday, Thursday 1:45-2:45pm  
(Call to confirm class dates/times.)

**Length of Program:**  
Year-round, with occasional vacation periods.

### **Classes Offered:**

- Citizenship

### **Costs:**

- Free

### **Documentation:**

- None
- Although clients are asked for a social security number during registration, it is not mandatory to provide this information.

### **Registration Process:**

- Set up a registration appointment by calling (651) 789-2509.
  - Registration appointment includes filling out registration forms, completing different assessments, registering child for childcare (if applicable), and setting learning goals.
- After registration is complete, begin classes.

### **Waitlist:**

- None for Citizenship classes; however, there is usually a waiting list for childcare during class times.

### **Childcare:**

- Yes, for children 18 months-6 years of age (There is also a youth center in the building for children older than 6 years of age).
- There is no cost for childcare.
- *Note: Childcare fills up quickly and there is normally a waiting list for childcare during class times.*

**-Continued on page 9-**

**Neighborhood House—Wellstone Center (continued)**

**Requirements/Other:**

- Any immigrant who is interested in pursuing United States citizenship is eligible to participate in the Citizenship Study Group.

## Neighborhood House—West 7<sup>th</sup> Street

2390 7th Street West  
Saint Paul, MN 55116  
Phone: (651) 789-3607  
[www.neighb.org](http://www.neighb.org)

**Hours:**  
Monday-Wednesday: 10:00-11:30am  
(Call to confirm class dates/times.)

**Length of Program:**  
Year-round, with occasional vacation periods.

**Classes Offered:**

- Citizenship

**Costs:**

- Free

**Documentation:**

- None
- Although clients are asked for a social security number during registration, it is not mandatory to provide this information.

**Registration Process:**

- Set up a registration appointment by calling (651) 789-3607.
  - Registration appointment includes filling out registration forms, completing different assessments, registering child for childcare (if applicable), and setting learning goals.
- Walk-in registration available Monday-Thursday, 12:30-8:00pm.
  - Ask for Tatiana Timmerman.
- After registration is complete, begin classes.

**Waitlist:**

- None

**Childcare:**

- Not available

**Requirements/Other:**

- Any immigrant who is interested in pursuing United States citizenship is eligible to participate in the Citizenship Study Group.

**South Suburban ABE—West St. Paul  
South Suburban Augustana Lutheran Church**

1400 South Robert Street  
West St. Paul, MN 55118  
Dakota County  
(651) 457-9441  
[www.sspps.org](http://www.sspps.org)

**Hours:**  
Call for class hours.

**Length of Program:**  
September-May

**Classes Offered:**

- Citizenship

**Costs:**

- Free

**Documentation:**

- None

**Registration Process:**

- Set up a registration appointment by calling (651) 457-9441.
  - Registration appointment includes filling out registration forms, completing different assessments, and setting learning goals.
- After registration is complete, begin classes.

**Waitlist:**

- None

**Childcare:**

- Not available

**Requirements/Other:**

- N/A

# Computer Training

Technology is an integral part of today's world. To communicate, to pay bills, to look for jobs, to learn new things, and to be a desirable candidate in the professional world, one must know how to use a computer, the Internet, and basic computer applications. Being able to type quickly and accurately, search for information, and use different technological devices are all key skills that are becoming an expected standard rather than an exceptional skill in business.

It is important that you or your client have a basic understanding of how to use a computer and its applications. Unfortunately, because of the high demand for learning computer skills, there is currently limited space for free computer classes offered in the Twin Cities. Many organizations, colleges, school districts, and businesses offer computer classes but the majority of these classes charge fees that can range from \$35 to over \$200.

To learn more about computer classes in the Twin Cities, please continue to read on. If you cannot find a computer class that meets your needs or the needs of your client, please visit the following websites.

## Websites:

### **Community Technology Empowerment Project (CTEP)**

The Community Technology Empowerment Project (CTEP) is an AmeriCorps project that helps low-income youth and adults use technology to better access social, civic, educational and economic opportunities. CTEP partners include 20 community agencies in Minneapolis and St. Paul.

<http://www.c-can.org/centers.html>

### **Saint Paul Public Schools and Community Education**

Community Programs is a section of Saint Paul Public Schools Community Education that provides a wide variety of classes and programs to meet individual's educational, recreational, cultural and leisure time needs. Once at webpage, please scroll down to "Computer Classes."

<http://www.ceregspps.org/saintpaul/ClassCatalog.aspx>

## Computer Education Center of the Science Museum Minnesota

120 West Kellogg Boulevard  
St. Paul, MN 55102  
Ramsey County  
(651) 221-4722  
<http://www.comped.smm.org>

**Hours:**  
Varies

**Length of Program:**  
Varies, classes start at different points throughout the year.

**Classes Offered:**

- Introduction to Computers
- Microsoft programs including Word, Excel, Powerpoint
- Specialty classes including Dreamweaver, Adobe Indesign
- More classes are also available (see website for more information)

**Costs:**

- \$75-\$259 depending on the course

**Documentation:**

- None

**Registration Process:**

- Call 651-221-4722 to register for classes or register online at <http://www.comped.smm.org>.
  - Must pay for classes at time of registration.
- After registration is complete, begin classes.

**Waitlist:**

- No

**Childcare:**

- Not available

**Requirements/Other:**

- Classes are open to the general public and are therefore not geared specifically towards ESL students.

## Roseville Technology Center

1910 County Road B West  
Roseville, Minnesota 55113  
(651) 604-3500

<http://www.roseville.k12.mn.us/commed/rtc/>

**Hours:**

Varies

**Length of Program:**

Varies, classes start at different points throughout the year.

**Classes Offered:**

- Introduction to Computers
- Internet skills
- More classes are also available (see website for more information)

**Costs:**

- \$85+

**Documentation:**

- None

**Registration Process:**

- Visit <http://www.roseville.k12.mn.us/commed/rtc/> to determine what classes are being offered
- Click on “classes” link
- Register for classes online
- After registration is complete, begin classes

**Waitlist:**

- No

**Childcare:**

- Not available

**Requirements/Other:**

- Classes are open to the general public and are therefore not geared specifically towards ESL students

## St. Paul Public Libraries

Locations vary  
Ramsey & Hennepin County  
<http://www.stpaul.lib.mn.us/programs/compclasses-lib.html>

**Hours:**  
Varies

**Length of Program:**  
Varies, classes start at different points throughout the year

### **Classes Offered:**

- Introduction to Computers
- Email basics
- Internet skills
- Microsoft Word, Powerpoint, Excel
- More classes are also available (see website for more information)

### **Costs:**

- Free

### **Documentation:**

- None

### **Registration Process:**

- Visit <http://www.stpaul.lib.mn.us/programs/compclasses-lib.html> to determine what classes are being offered.
- Call the appropriate library location to register for class.
- After registration is complete, begin classes.

### **Waitlist:**

- No

### **Childcare:**

- Not available

### **Requirements/Other:**

- Classes are open to the general public and are therefore not geared specifically towards ESL students.

## St. Paul Public Schools— Community Education Program

Location varies <a href="http://commed.spps.org/">http://commed.spps.org/</a>	<b>Hours:</b> Varies  <b>Length of Program:</b> Varies, classes start at different points throughout the year.
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**Classes Offered:**

- Introduction to computers
- Using the Internet
- More classes are also available (see website for more information)

**Costs:**

- \$35+

**Documentation:**

- None

**Registration Process:**

- Visit <http://commed.spps.org> to determine what classes are being offered.
- Click on “Catalog” link and then click on the “Computer” link.
- Register for classes by following directions on website.
- After registration is complete, begin classes.

**Waitlist:**

- No

**Childcare:**

- Not available

**Requirements/Other:**

- Classes are open to the general public and are therefore not geared specifically towards ESL students

# Food Shelves

Community food shelves play an important role in addressing one of the most basic necessities—food. Food shelves seek to provide individuals with staple food items that can fulfill the dietary needs of individuals and combat immediate hunger and starvation.

According to Second Harvest Heartland, in 2006, there were more than 1.8 million visits to Minnesota food shelves. It is estimated that 1 in 10 children in Minnesota lives in poverty and that in the U.S., two out of five seniors will fall below the poverty line for one year at some point between the ages of 60 and 90.

This section lists of community food shelves in the Twin Cities area. Please note that most food shelves require that individuals-in-need live within their service area, which are defined by specific geographical parameters. In addition, most food shelves require proof of residence and some form of government identification.

If you are unable to find a food shelf that you or someone you're helping qualifies for, please visit the following websites. Each provides a "search" page in which you can locate food shelves in your area.

## Websites:

### Hunger Solutions

Hunger Solutions is dedicated to ending hunger. According to their website, "through advocacy, supporting sound public policy and strategic communications, we [Hunger Solutions] take action to end hunger and assure food security for all Minnesotans. We [Hunger Solutions] use our resources to strengthen our capacity and effectiveness."

<http://www.hungersolutions.org/find>

### Emergency Foodshelf Network

The mission of the Emergency Foodshelf Network is to provide high quality food and essential support services to hunger relief programs in the community. Emergency Food Shelf Network does this through partnerships that maximize the sharing of food, resources, and systems of support; promoting quality standards; and educating and advocating for the eradication of hunger.

<http://www.emergencyfoodshelf.org/HungerReliefPartners/GetHelpNow.aspx>

### Second Harvest Heartland

The mission of Second Harvest Heartland is to end hunger through community partnerships. Second Harvest Heartland distributes more than 34 million pounds of food and grocery products annually to 1,000+ member agencies and programs in Minnesota and western Wisconsin.

<http://www.2harvest.org/about/agencies/directory/>

## Concordia College Food Shelf

275 Syndicate Street N.  
St. Paul, MN 55104  
(651) 603-6273

**Hours:**  
1<sup>st</sup> & 3<sup>rd</sup> Fridays of month: 11:00-2:00pm  
(Call to confirm dates/times.)

**Service Area:**

- Lexington-Hamline community around Concordia College.
- Concordia students living off-campus.
- People in neighborhood around Concordia University that are in emergency situations.

**Frequency of Service:**

- Client can receive food two times per month for as long as necessary.

**Procedure:**

- Call to confirm food shelf hours.
- Go to food shelf, fill out personal information form.
- Receive food.

**Requirements:**

- Family/individual must be experiencing financial difficulty.
- No personal identification or proof of address is necessary.

## **Hallie Q. Brown Community Center**

100 North Oxford Street  
St. Paul, MN 55104  
(651) 251-9015

**Hours:**  
Monday-Friday: 10:00-2:00pm

**Service Area:**

- Must live in 55104 zip code.
- Pierce-Butler-Summit-Victoria-Hamline

**Frequency of Service:**

- Client can receive food once per month for as long as necessary.

**Procedure:**

- Set up an appointment to meet with counselor by calling (651) 251-9015 at 9:00am, Monday through Friday.
- Meet with counselor to discuss financial situation.
- Receive approval to pick up food.

**Requirements:**

- Family/individual must be experiencing financial difficulty.
- Must bring a piece of official (non-generic) mail dated from this month or last month (i.e. utility bill) or a copy of the lease.
- Adults must bring a picture ID.
- For children, a medical card, social security card, report card/school ID/letter from school, or birth certificate must be provided.

## **Keystone Community Services Food Shelf—Fairview**

Fairview Community Center  
1910 W. Co. Road B  
Roseville, MN 55113  
(651) 917-3939

**Hours:**  
Monday-Friday: 10:00-3:30pm

**Service Area:**

- Call ahead to see if mailing address is within service area.

**Frequency of Service:**

- Client can receive food once per month for as long as necessary.

**Procedure:**

- Set up an appointment by calling (651) 917-3939.
- Meet with counselor to discuss financial situation.
- Receive approval to pick up food.

**Requirements:**

- Family/individual's **current** income must be under 200% of the federal poverty level.
- Must bring a piece of official (non-generic) mail dated from this month or last month (i.e. utility bill) or a copy of the lease.
- Adults must bring picture ID (does not need to be a government ID, does not need to be current).
- For children, a medical card, school registration, or birth certificate must be provided.

## **Keystone Community Services Food Shelf—Midway**

1916 University Avenue  
North St. Paul, MN 55104  
(651) 917-3939

**Hours:**  
Monday-Friday: 10:00-3:30pm

### **Service Area:**

- Call ahead to see if mailing address is within service area.

### **Frequency of Service:**

- Client can receive food once per month for as long as necessary.

### **Procedure:**

- Call ahead to see if mailing address is within service area.
- Only walk-ins are accepted (first come, first served so have family/individual arrive early).

### **Requirements:**

- Family/individual's **current** income must be under 200% of the federal poverty level.
- Must bring a piece of official (non-generic) mail dated from this month or last month (i.e. utility bill) or a copy of the lease.
- Adults must bring picture ID (does not need to be a government ID, does not need to be current).
- For children, a medical card, school registration, or birth certificate must be provided.

## **Keystone Community Services Food Shelf—Rice Street**

1457 Rice Street  
St. Paul, MN 55117  
(651) 917-3939

**Hours:**  
Monday-Friday: 10:00-3:30pm

### **Service Area:**

- Call ahead to see if mailing address is within service area.

### **Frequency of Service:**

- Client can receive food once per month for as long as necessary.

### **Procedure:**

- Call ahead to see if mailing address is within service area.
- Only walk-ins are accepted (first come, first served so have family/individual arrive early).

### **Requirements:**

- Family/individual's **current** income must be under 200% of the federal poverty level.
- Must bring a piece of official (non-generic) mail dated from this month or last month (i.e. utility bill) or a copy of the lease.
- Adults must bring picture ID (does not need to be a government ID, does not need to be current).
- For children, a medical card, school registration, or birth certificate must be provided.

## **Merrick's Food Shelf—Ames Avenue**

1575 Ames Avenue  
St. Paul, MN 55106  
(651) 772-9674

**Hours:**  
Monday, Wednesday, Friday: 9:00am-  
12:00pm, 1:00-4:00pm  
(each shift serves 12 families)

**Service Area:**

- Call ahead to see if mailing address is within service area.

**Frequency of Service:**

- Client can receive food once per month for as long as necessary.
- Exceptions are made if there is a sudden change in income.

**Procedure:**

- Call ahead to see if mailing address is within service area.
- Only walk-ins are accepted (first come, first served so have family/individual arrive early).

**Requirements:**

- Family/individual must be experiencing financial difficulty.
- Must bring a piece of official (non-generic) mail dated from this month or last month (i.e. utility bill) or a copy of the lease.
- Adults must bring a government ID.
- For children, a medical card, report card/letter from school, or birth certificate must be provided.

## **Merrick's Food Shelf—Hudson Road**

1053 Hudson Road  
St. Paul, MN 55106  
(651) 772-2313

**Hours:**  
Tuesday, Thursday: 9:00am-12:00pm,  
1:00-4:00pm  
(each shift serves 15 families)

**Service Area:**

- Call ahead to see if mailing address is within service area.

**Frequency of Service:**

- Client can receive food once per month for as long as necessary.
- Exceptions are made if there is a sudden change in income.

**Procedure:**

- Call ahead to see if mailing address is within service area.
- Only walk-ins are accepted (first come, first served so have family/individual arrive early).

**Requirements:**

- Family/individual must be experiencing financial difficulty.
- Must bring a piece of official (non-generic) mail dated from this month or last month (i.e. utility bill) or a copy of the lease.
- Adults must bring a government ID.
- For children, a medical card, report card/letter from school, or birth certificate must be provided.

## **North St. Paul Emergency Food Shelf**

2538 E. Seppala Boulevard  
North St. Paul, MN 55109  
(651) 770-1309

**Hours:**  
Monday-Friday: 10:00-1:00pm

### **Service Area:**

- North St. Paul-Maplewood-Oakdale School District (Independent School District #622)
  - Oakdale, Maplewood, and North St. Paul within the limits of Independent School District #624.

### **Frequency of Service:**

- Client can receive food six times per year for as long as necessary.

### **Procedure:**

- Set up an appointment by calling (651) 770-1309 between 10:00-1:00pm, Monday through Friday.
  - Appointment will be scheduled for the following day.
- Meet with counselor to discuss financial situation.
- If approved, receive food and vouchers same day as consultation.

### **Requirements:**

- Family/individual must be experiencing financial difficulty.
- Must bring utility bill dated within 30 days of food shelf appointment.
- Adults must bring a driver's license or government ID.
- For children, a medical card, report card/letter from school, or birth certificate must be provided.

## **Ralph Reeder Food Shelf**

Pike Lake Education Center  
2101 14th Street NW  
New Brighton, MN 55112  
(651) 639-6086

**Hours:**  
Monday-Friday: by appointment only

**Service Area:**

- Arden Hills, Mounds View, New Brighton, Shoreview, portions of Roseville and the Ramsey County portion of St. Anthony

**Frequency of Service:**

- Client can receive food once per month for as long as necessary.

**Procedure:**

- Set up an appointment to meet with counselor by calling (651) 639-6086 between 9:00-12:00pm, Monday through Friday.
  - Appointment will be scheduled for 2-3 days later.
- Meet with counselor to discuss financial situation.
- If approved, receive food same day as consultation.

**Requirements:**

- Family/individual must be experiencing financial difficulty.
- Must bring a piece of official (non-generic) mail dated from this month or last month (i.e. utility bill) or a copy of the lease.
- Adults must bring a government ID (picture ID preferred).
- For children, a medical card, report card/letter from school, or birth certificate must be provided.

## **Sharing Korner Food Shelf**

595 Ardundel Street  
St. Paul, MN 55103  
(651) 293-1931

**Hours:**  
Monday, Wednesday, Friday, Saturday:  
9:00-11:30am

**Service Area:**

- North: Pierce-Butler-Como Avenue, South: 94, East: Rice Street, West: Victoria Street
- Call ahead to see if mailing address is within service area.

**Frequency of Service:**

- Client can receive food once per month for as long as necessary.

**Procedure:**

- Call ahead to see if mailing address is within service area.
- Set up an appointment by calling (651) 293-1931.
- Meet with counselor to discuss financial situation.
- Receive food.

**Requirements:**

- Family/individual must be experiencing financial difficulty.
- Must bring a piece of official (non-generic) mail dated from this month or last month (i.e. utility bill) or a copy of the lease.
- Adults must bring picture ID.
- For children, an original medical or social security card must be provided.

## White Bear Lake Food Shelf

1884 Whitaker Avenue  
White Bear Lake, MN 55110  
(651) 407-5310

**Hours:**  
Monday-Friday: 8:30am-12:30pm

**Service Area:**

- White Bear Lake School District (Independent School District #624)
  - White Bear Lake, White Bear Lake Township, Vadnais Heights, Hugo and Birchwood within the limits of Independent School District #624.

**Frequency of Service:**

- Client can receive food six times per year.

**Procedure:**

- Set up an appointment by calling (651) 407-5310 between 8:30-12:30pm, Monday through Friday.
  - Receptionist will ask for basic information.
- Appointment to receive food will be scheduled for later that afternoon or the next day.

**Requirements:**

- Family/individual must be experiencing financial difficulty.
- Must bring a piece of official (non-generic) mail dated from this month or last month (i.e. utility bill) or a copy of the lease.
- Adults must bring a picture ID (can be a non-government ID).
- For children, a medical card, report card/letter from school, or birth certificate must be provided.

# **GED (General Education Development)**

The General Educational Development (GED) test is designed for people who, for various reasons, did not graduate from high school but want a certificate equivalent to the traditional high school diploma. The examination tests knowledge in five subject areas: Language Arts, Writing; Language Arts, Reading; Mathematics; Science; and Social Studies.

Although many examinees are able to pass the test battery without special preparation, many immigrants and refugees require specific test preparation. In order to prepare for the GED exam, many organizations offer GED classes which review the five subject areas, teach test taking techniques, and help with the registration process.

The GED test is given in both English and Spanish with special editions available for the legally blind. Modifications and special accommodations for learning or physically disabled students can be provided with advance arrangements with the Chief Examiner and with State GED approval.

## **Websites:**

### **Education Portal**

Provides information about the GED exam format, grading, and eligibility requirements.  
[http://education-portal.com/articles/All\\_About\\_the\\_GED:\\_Minnesota.html](http://education-portal.com/articles/All_About_the_GED:_Minnesota.html)

### **Minnesota Department of Education**

Provides a GED Testing Center Directory, Age Waiver Forms, and information on eligibility requirements, special accommodations, and what to do after the exam  
[http://education.state.mn.us/MDE/Learning\\_Support/Adult\\_Basic\\_Education\\_GED/GED/index.html](http://education.state.mn.us/MDE/Learning_Support/Adult_Basic_Education_GED/GED/index.html)

## Lao Family Community of Minnesota

1299 Arcade Street  
St. Paul, MN 55106  
Ramsey County  
(651) 771-3891  
[www.laofamily.org](http://www.laofamily.org)

**Hours:**  
Monday-Friday: 8:30-12:30pm, 12:30-4:30pm, 5:00-8:00pm

**Length of Program:**  
Year-round

**Classes Offered:**

- GED

**Costs:**

- Free

**Documentation:**

- Documentation showing that the individual is in United States legally is required.

**Registration Process:**

- Walk-in registrations accepted.

**Waitlist:**

- Yes
  - Average length of waitlist is four to eight weeks.

**Childcare:**

- Yes, pre-school class available during the morning and evening classes.
- *Note: Preschool fills up quickly and there is normally a waiting list.*

**Requirements/Other:**

- GED classes are free but there is a fee to take the GED exam.

## Minnesota Literacy Council—Rondo Library

Rondo Community Outreach  
Library  
461 Dale Street North  
St. Paul, MN 55103  
Ramsey County  
(651) 771-3891  
[www.theMLC.org](http://www.theMLC.org)

**Hours:**  
Monday-Thursday: 1:00-3:00pm  
(Call to confirm class dates/times.)

**Length of Program:**  
Year-round

**Classes Offered:**

- GED

**Costs:**

- Free

**Documentation:**

- None

**Registration Process:**

- Walk-in registrations accepted Monday-Thursday, 12:00-3:00pm.

**Waitlist:**

- No

**Childcare:**

- Not available

**Requirements/Other:**

- GED classes are free but there is a fee to take the GED exam.

## Neighborhood House—Wellstone Center

179 Robie Street East  
St. Paul, MN 55107  
Ramsey County  
(651) 789-2518  
[www.neighb.org](http://www.neighb.org)

**Hours:**  
Monday-Thursday: 9:00-11:00am, 11:00-1:00pm, 6:30-8:30pm  
(Call to confirm class dates/times.)

**Length of Program:**  
Year-round, with occasional vacation periods

### Classes Offered:

- GED (General Education Development)

### Costs:

- Free

### Documentation:

- None
- Although clients are asked for a social security number during registration, it is not mandatory to provide this information.

### Registration Process:

- Set up a registration appointment by calling (651) 789-2518.
  - Registration appointment includes filling out registration forms, completing different assessments, registering child for childcare (if applicable), and setting learning goals.
- After registration is complete, begin classes.

### Waitlist:

- None for GED classes; however, there is usually a waiting list for childcare during class times.

### Childcare:

- Yes, for children 18 months-6 years of age.
- There is also a youth center in the building for children older than 6 years of age There is no cost for childcare.
- *Note: Childcare fills up quickly and there is normally a waiting list for childcare during class times.*

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## **Neighborhood House—Wellstone Center (continued)**

### **Requirements/Other:**

- Must be 17 years of age or older and not possess an accredited diploma from the United States.
- GED classes are free but there is a fee to take the GED exam.

## South Suburban ABE—Northern Service Center

1 Mendota Road  
West St. Paul, MN 55118  
(651) 457-9441  
[www.sspps.org](http://www.sspps.org)

**Hours:**  
Call for class hours

**Length of Program:**  
Year-round

**Classes Offered:**

- GED

**Costs:**

- Free

**Documentation:**

- None

**Registration Process:**

- Set up a registration appointment by calling (651) 457-9441.
  - Registration appointment includes filling out registration forms, completing different assessments, and setting learning goals.
- After registration is complete, begin classes.

**Waitlist:**

- None

**Childcare:**

- Not available

**Requirements/Other:**

- GED classes are free but there is a fee to take the GED exam.
- GED exam is not offered at this location.

# Healthcare

Healthcare is the prevention, treatment, and management of illness and the preservation of mental and physical wellbeing through the services offered by the medical, nursing, and allied health professions. Healthcare embraces all the goods and services designed to promote health, including “preventive, curative and palliative interventions, whether directed to individuals or to populations.”<sup>1</sup>

According to the U.S. Census Bureau, in 2005, a record 46.6 million Americans, approximately 15.9 percent of Americans, lacked healthcare.<sup>2</sup> With the rising cost of healthcare, many individuals and families are struggling to pay for healthcare expenses, both preventive and treatment-based. Children and the elderly are particularly at risk.

The following resources offer information about free and low-cost medical services.

## Websites:

### **Children’s Defense Fund Minnesota**

Provides a directory that explains the health care options for uninsured or poorly insured families with children. Included in the directory is information on Medical Assistance; MinnesotaCare; and other low-cost or free health services available in each county in Minnesota.

<http://www.cdf-mn.org/health.htm>

### **Minnesota Department of Health**

Provides a guide to health resources and organizations. Includes information on programs and agencies that provide health care services or information about services and/or insurance in specific situations. The information in this guide is divided by the following topics: Senior Information, Free or Reduced Cost Health Care, Health Care for Children with Disabilities, General Insurance Information, Prescription Drugs, and Small Employer Information.

<http://www.health.state.mn.us/clearinghouse/resources.htm>

### **Minnesota Health Information**

Minnesota Health Information connects individuals to a wide range of information about the cost and quality of health care in Minnesota. This site is designed to be a clearinghouse of health care information.

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

### **Neighborhood Health Care Network**

Provides a directory of local clinics that provide comprehensive healthcare for all ages

<http://www.nhcn.org/directory.php?type=general>

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<sup>1</sup> World Health Organization Report. (2000). *“Why do health systems matter?”*. WHO.

<sup>2</sup> <http://www.cbpp.org/8-29-06health.htm>

## East Side Family Clinic

860 Arcade Street  
Saint Paul, MN 55106

**Phone:** (651) 772.9757  
**Fax:** (651) 772.9959

**Bus Routes:**  
Routes 61 and 74

**Website:**

<http://www.westsidechs.org/programs.php?clinic=5>

**Contact Person:**

Guerra de Patino, Clinic Manager  
[jpatino@westsidechs.org](mailto:jpatino@westsidechs.org)

**Hours:**

Monday-Friday 8:00am-5:00pm

**Program Description:**

- East Side Family Clinic offers a variety of medical services for individuals and families. This clinic provides translation services for Hmong and Spanish speakers.
- Services offered include: Adolescent Health Care, Dental Care, Diabetes Care, Family Planning & Pregnancy Testing, Family Support & Mental Health Counseling, Health Education, HIV Care, Nutrition Services, Pharmacy Services, Prenatal Care, Senior Health Care, Well Child Care & Immunizations, and Women's Health.

**Eligibility:**

- None

**Registration Process:**

- Call (651) 645-0478 to schedule an appointment to meet with a physician; ask about costs associated with the visit and your client's eligibility for the clinic's sliding fee scale program.

**Costs:**

- Most insurance plans are accepted, including Medical Assistance, Medicare, MinnesotaCare, HealthPartners, UCare, BlueCrossBlueShield/BluePlus, Medica Choice, Metropolitan Health Plan, PreferredOne and other private insurance.
- Sliding fee scale is a discount program available to assist those with no health insurance or high insurance deductibles. Sliding fees are based on family size and income.

## EyeCare America

Location varies

**Website:** <http://eyecareamerica.org>

**Phone:** 1 (800) 222-3937

### Program Description:

- The **Seniors EyeCare Program** helps to ensure that all eligible seniors have access to medical eye care and promotes annual, dilated eye exams. This program raises awareness about age-related eye disease, including cataracts, provides free eye care educational materials and facilitates access to eye care.
  - People eligible for a referral through this program receive a comprehensive, medical eye exam and up to one year of treatment — at no out-of-pocket cost — for any disease diagnosed during the initial exam.
  
- The **Glaucoma EyeCare Program** promotes early detection and treatment of glaucoma by raising awareness of glaucoma risk factors (family history, race, age), and providing free glaucoma educational materials. This program also facilitates access to a glaucoma eye exam.
  - Those eligible for a referral through the glaucoma program receive a glaucoma eye exam and the initiation of treatment, if deemed necessary.

### Eligibility:

- The **Senior EyeCare Program** is designed for people who are:
  - Are US citizens or legal residents
  - Are 65 ages or older
  - Have not seen an ophthalmologists in three or more years
  - Do not belong to an HMO or the VA
  
- The **Glaucoma EyeCare Program** is designed for people who:
  - Are US citizens or residents
  - Have not had an eye exam in 12 months or more
  - Are at increased risk for glaucoma (family history, race, age)
  - Do not belong to an HMO or VA

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## **EyeCare America (continued)**

### **Registration Process:**

- **Senior EyeCare/Glaucoma EyeCare Program**
  - To determine if the individual qualifies for a GEP referral call 1-800-391-EYES (3937) toll-free, 24 hours a day, seven days a week, 365 days a year.
  - Callers will automatically be screened to determine the program that provides the most appropriate eye care services.

### **Costs:**

- **Senior EyeCare Program**
  - Volunteer ophthalmologists accept Medicare and/or other insurance reimbursement as payment in full; patients without insurance receive care at no charge.
  
- **Glaucoma EyeCare Program**
  - Uninsured patients will receive the above care at no charge.
  - Patients with insurance will be billed and are responsible for any co-payments and/or the cost of the eye examination.

## Family Tree Clinic

1619 Dayton Ave, Suite 205  
St. Paul MN, 55104

**Phone:** (651) 645-0478

**Fax:** (651) 642-2523

**TTY:** (651) 379-5127

**Website:** <http://www.familytreeclinic.org/>

### **Hours:**

Monday & Wednesday: 8:30am – 8:30pm

Tuesday & Thursday: 8:30am – 5pm

Friday-Sunday: Closed

### **Program Description:**

- Family Tree Clinic is a leading reproductive and sexual health care clinic that offers reproductive and sexual health care for men, women, and teenagers. The clinic provides ASL and foreign language translation services.
- Services offered include: Low-cost birth control, sexually transmitted infection testing and treatment, rapid HIV testing, Pregnancy testing and options counseling, emergency contraception, mammogram referrals, pap smears and yearly exams, colposcopy, routine pelvic and breast exams, and UTI and infection treatment.

### **Eligibility:**

- None

### **Registration Process:**

- Call (651) 645-0478 to schedule an appointment to meet with a physician; ask about costs associated with the visit and your client's eligibility for clinic's sliding fee scale program.

### **Costs:**

- Costs are based on a sliding fee scale based on income. Clients are charged between 40 to 100 percent of the actual cost of the visit.
- If you are unable to pay the entire balance at the time of the visit, Family Tree Clinic can set up a payment plan.
- All lab tests must be paid for on the day of the appointment.
- No one is denied service based on inability to pay bill; however, all bills are expected to be paid at some point.

**Family Tree Clinic—  
Minnesota Family Planning Program**

1619 Dayton Ave, Suite 205  
St. Paul MN, 55104

**Website:** <http://www.familytreeclinic.org/clinic/mnfamilyplanning>

**Phone:** (651) 645-0478

**Fax:** (651) 642-2523

**TTY:** (651) 379-5127

**Hours:**

Monday & Wednesday: 8:30am – 8:30pm

Tuesday & Thursday: 8:30am – 5pm

Friday-Sunday: Closed

**Program Description:**

- Minnesota Family Planning Program provides free family planning services including yearly exams and birth control.

**Eligibility:**

- Are between the ages of 15 and 50
- Are a MN resident
- Are a U.S. citizen or a non-citizen who is qualified to participate in federally funded programs
- Have an income at or below 200 percent of federal poverty guidelines (under \$1702 gross monthly income for a single person). For people under 21 years of age, parents' income is not considered.
- Are not pregnant
- Are not enrolled in Medical Assistance, MinnesotaCare or General Assistance Medical Care.

**Registration Process:**

- Visit <http://edocs.dhs.state.mn.us/lfserver/Legacy/DHS-4740-ENG> and complete the Family Planning Program Application.
- Call (651) 379-5127 to schedule an appointment to meet with a physician.
- Bring Family Planning Program Application to appointment.

**Costs:**

- Program is free (other services at clinic are based on a sliding fee scale).

## Helping Hands Dental Clinic

506 West 7th Street  
Saint Paul, MN 55102

**Phone:** (651) 224-7561

**Fax:** (651) 224-1012

**Bus Routes:**

Routes 54 and 64

**Website:**

<http://www.westsidechs.org/programs.php?clinic=9>

**Contact:**

Lois Berndt, Dental Clinics Manager

**Hours:**

Monday, Tuesday & Wednesday:

7:30am–5:30pm

Thursday & Friday: 8:30am–5:00pm

**Program Description:**

- Helping Hands Dental Clinic offers dental services for individuals and families. The clinic provides translation services for English, Cambodian, Vietnamese, Romanian, French, Spanish, and Hmong speakers.

**Eligibility:**

- None

**Registration Process:**

- Call (651) 224-7561 to schedule an appointment to meet with a dentist; ask about costs associated with the visit and your client's eligibility for clinic's sliding fee scale program.

**Costs:**

- Most insurance plans are accepted, including Medical Assistance, Medicare, MinnesotaCare, HealthPartners, UCare, BlueCrossBlueShield/BluePlus, Medica Choice, Metropolitan Health Plan, PreferredOne and other private insurance.
- Sliding fee scale is a discount program available to assist those with no health insurance or high insurance deductibles. Sliding fees are based on family size and income.

**Other:**

- Urgent Care is available on Wednesdays. Appointments for Urgent Care can be made at 3:00pm on Tuesdays.

## La Clinica

153 Cesar Chavez Street  
St. Paul, MN 55107

**Phone:** (651) 222.1816

**Fax:** (651) 222.1305

**Bus Routes:**

Routes 68 and 71

**Website:**

<http://www.westsidechs.org/programs.php?clinic=4>

**Email:** [info@westsidechs.org](mailto:info@westsidechs.org)

**Hours:**

Monday, Tuesday & Friday:

8:00am–5:00pm

Wednesday & Thursday: 8am–8pm

Saturday: 8am–12:00pm

**Program Description:**

- La Clinica offers a variety of medical services for individuals and families, most of whom are of Latino/Hispanic descent. The clinic provides translation services for Hmong and Spanish speakers.
- Services offered include: Adolescent Health Care, Dental Care, Diabetes Care, Family Planning & Pregnancy Testing, Family Support & Mental Health Counseling, Health Education, HIV Care, Nutrition Services, Pharmacy Services, Prenatal Care, Senior Health Care, Well Child Care & Immunizations, Women's Health.

**Eligibility:**

- None

**Registration Process:**

- Call (651) 222-1816 to schedule an appointment to meet with a physician; ask about costs associated with the visit and your client's eligibility for clinic's sliding fee scale program.

**Costs:**

- Most insurance plans are accepted, including Medical Assistance, Medicare, MinnesotaCare, HealthPartners, UCare, BlueCrossBlueShield/BluePlus, Medica Choice, Metropolitan Health Plan, PreferredOne and other private insurance.
- Sliding fee scale is a discount program available to assist those with no health insurance or high insurance deductibles. Sliding fees are based on family size and income.

## Minnesota Vision Project

The Salvation Army  
2445 Prior Avenue  
Roseville, MN 55113

**Phone:** (651) 746-3525

**Contact Person:** Rebecca Anderson

### **Program Description:**

- The Minnesota Vision Project is a statewide program designed to help working underinsured low-income individuals who have difficulty affording primary eye care. Optometrists donate their time, while other organizations donate eyeglass frames and lens services.

### **Eligibility:**

- To qualify for a free eye exam an individual must be working or part of a family with one working member. They must have no health insurance that covers an eye exam and have had no eye exam in the past 24 months. They must also have an income below the established level based on the family size.

### **Registration Process:**

- To obtain an application, please call The Salvation Army at (651) 746-3525 and one will be mailed to you.

### **Costs:**

- The eye exam is free.
- Patients who need prescription glasses are asked to pay \$25.00 to the Minnesota Vision Project if they choose a donated frame.

## New Americans Community Health Center

1821 University Ave. W.,  
Suite S-130  
St. Paul , MN 55104

**Phone:** (651) 287-5223

**Website:**

<http://www.newamericans.us/health/clinic.html>

**Hours:**

Monday-Friday (except Wednesday)  
8:30am – 4:30pm

**Program Description:**

- New Americans Community Health Center offers medical care to people of all ages, income levels, occupations, and backgrounds; however, New Americans' services are particularly oriented to the needs of the African immigrant and refugee community.
- Translation services are offered in a variety of languages, including many African languages.

**Eligibility:**

- None

**Registration Process:**

- Call (651) 287-5223 to schedule an appointment to meet with a physician; ask about costs associated with the visit, your client's eligibility for clinic's sliding fee scale program, and if appropriate translation services are available.

**Costs:**

- Services costs are based on a sliding fee scale.

**Other:**

- Walk-ins are welcome.

## New Eyes for the Needy

Locations vary

**Website:**

<http://www.neweyesfortheneedy.org>

### **Program Description:**

- New Eyes for the Needy purchases eyeglasses for needy residents of the United States.

### **Eligibility:**

- To be eligible for New Eyes for the Needy, applicants must:
  - Be in financial need; in general, applications should have incomes at or below the U.S. poverty guidelines:

<b>Family Size</b>	<b>Monthly Income</b>
1	\$817
2	\$1,100
3	\$1,383
4	\$1,667
5	\$1,950
6	\$2,233

- Have had a recent eye exam
- Have no other resources available to them to pay for glasses, including federal or state programs or assistance from local charitable organizations

### **Registration Process:**

- Visit [http://www.neweyesfortheneedy.org/forms/ind\\_inquiry.html](http://www.neweyesfortheneedy.org/forms/ind_inquiry.html) and fill out a request form.
- If you are approved for assistance by New Eyes or by one of their participating social service agencies, the process to receive glasses is as follows:
  - You will receive a blue and white voucher. Do not order your glasses before receiving the voucher.
  - You may take the voucher to any dispenser in your area as payment for your new eyeglasses. Make sure the optician is willing to provide your eyeglasses for the rates printed on the voucher.

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## **New Eyes for the Needy (continued)**

### **Costs:**

- If approved, eyeglasses are free.
- New Eyes does not pay for eye exams.

## Open Cities Healthcare Center

409 North Dunlap Street  
St. Paul, MN, 55104

135 Manitoba Ave.  
St. Paul, MN 55117

**Phone:** (651) 290-9200

**Fax:** (651) 290-9210

**Website:**

<http://www.ochealthcenter.com/>

**Hours:**

Monday-Thursday: 8:00am-8:00pm

Friday 8:00am-5:00pm

Saturday 10:00pm-2:00pm

**Program Description:**

- Open Cities Healthcare Center offers a variety of medical services for individuals and families of all ages. Specific medical services offered include medical, dental, behavioral, family practice, internal medicine, ophthalmology, minor surgery, dentistry, mental health, podiatry, prenatal classes, diabetic education, and smoking cessation.

**Eligibility:**

- None

**Registration Process:**

- Call (651) 290-9200 to schedule an appointment to meet with a physician; ask about costs associated with the visit and your client's eligibility for clinic's sliding fee scale program.

**Costs:**

- Most insurance plans are accepted, including Medicare, Medical Assistance, UCare, HealthPartners, Medica, Blue Plus, Blue Cross, PreferredOne, and other private insurance.
- Sliding fee discount for eligible patients.

## Sight for Students

Locations vary	<b>Website:</b> <a href="http://www.sightforstudents.org/">http://www.sightforstudents.org/</a> <b>To find a community partner, visit:</b> <a href="http://www.sightforstudents.org/html/help.html#">http://www.sightforstudents.org/html/help.html#</a>
<b>Program Description:</b> <ul style="list-style-type: none"><li>• Sight for Students is a VSP charity that provides free vision exams and glasses to low-income, uninsured children.</li></ul> <b>Eligibility:</b> <ul style="list-style-type: none"><li>• There are five basic qualifications that children must meet in order to receive a Sight for Students gift certificate:<ul style="list-style-type: none"><li>○ Family income is no more than 200% of federal poverty level</li><li>○ Child is not enrolled in Medicaid or other vision insurance</li><li>○ Child is 18 years old or younger and has not graduated from high school</li><li>○ Child or parent is a U.S. citizen or legal immigrant with a social security number</li><li>○ Child has not used the Sight for Students program during the past 12 months</li></ul></li></ul> <b>Registration Process:</b> <ul style="list-style-type: none"><li>• Visit <a href="http://www.sightforstudents.org/html/help.html#">http://www.sightforstudents.org/html/help.html#</a> to find a VSP partner near you.</li><li>• Contact community partner about qualification process.</li></ul> <b>Costs:</b> <ul style="list-style-type: none"><li>• N/A</li></ul>	

## St. Mary's Health Clinics

1884 Randolph Avenue  
St. Paul, MN 55105

**Website:**

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

**Phone:** (651) 690-7020

**Appt. Line:** (651) 690-7029

**Fax:** (651) 690-7075

**Hours:**

Monday-Thursday 8:30am-3:30pm

Friday 8:30am-12:00pm

**Program Description:**

- St. Mary's Health Clinics offer a variety of medical services including physicals, mammograms, diabetes screening, x-rays, blood tests, laboratory tests, diagnoses and treatment for hypertension, stomach problems, gynecological problems, urinary tract infections, and others.
- St. Mary's also provides most medications needed to control or cure a health problem.

**Eligibility:**

- Have no private health insurance and are not eligible for government subsidy programs such as Medicare, Medical Assistance, and MinnesotaCare
- Live in the county metro area or its bordering counties
- Have an income level that falls within St. Mary's guidelines are eligible for care in our clinics
- Are temporarily unemployed
- Are working in low-paying jobs, who do not receive any health care benefits
- Cannot afford the employee portion of the premium are examples of those we serve
- In transition between jobs
- Awaiting eligibility for government subsidy programs.

**Registration Process:**

- Call (651) 690-7029 to schedule an appointment to meet with a physician; ask about costs associated with the visit, your client's eligibility for clinic's sliding fee scale program, and if appropriate translation services are available.

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## **St. Mary's Health Clinics (continued)**

### **Costs:**

- Most insurance plans accepted.
- Sliding fee discount for eligible patients.

### **Other:**

- Spanish-speaking schedulers are available.

## West Side Dental Clinic

478 South Robert Street  
Saint Paul, MN 55107

**Phone:** (651) 602-7575

**Fax:** (651) 602-7518

**Bus Routes:**

Routes 68 and 71

**Website:**

<http://www.westsidetchs.org/programs.php?clinic=6>

**Contact:**

Lois Berndt, Dental Clinics Manager

**Hours:**

Monday, Tuesday and Friday:

8:00am–5:00pm

Wednesday: 8:30am–8:00pm

Thursday: 8:00am–7:00pm

**Program Description:**

- West Side Dental Clinic offers dental services for individuals and families. The clinic provides translation services for English, Cambodian, Vietnamese, Romanian, French, Spanish, and Hmong speakers.

**Eligibility:**

- None

**Registration Process:**

- Call (651) 602-7575 to schedule an appointment to meet with a dentist; ask about costs associated with the visit and your client's eligibility for clinic's sliding fee scale program.

**Costs:**

- Most insurance plans are accepted, including Medical Assistance, MinnesotaCare, Health Partners, and Delta Dental.
- Sliding fee scale is a discount program available to assist those with no health insurance or high insurance deductibles. Sliding fees are based on family size and income.

**Other:**

- Urgent Care is offered on Mondays and Fridays. Appointments for Urgent Care can be made at 3 p.m. the day before the Urgent Care Clinic.

# Legal Assistance

Legal issues and cases offer a unique challenge to non-profit and community organizations that do not have a background or focus in legal matters. Luckily, Minnesota has a variety of organizations that offer free to low-cost legal advice and representation for immigrants, low-income Minnesotans, families, and the elderly. Many of these organizations assist specific demographics while others focus on specific legal areas including family law, immigration, fraud and discrimination, and public benefits. Please read carefully through the eligibility requirements for each law firm/organization as most have different requirements.

## Websites:

### **Minnesota Legal Services Coalition**

The Minnesota Legal Services Coalition (MLSC) is an association of seven Minnesota regional legal services programs. Formed to enhance cooperation and coordination, MLSC supports the regional programs that help low-income Minnesotans with a broad range of civil legal matters.

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

### **ProJusticeMN.org**

Minnesota's online poverty law resource for pro bono and legal services practitioners, law students, and faculty advising low-income or disadvantaged clients.

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

### **LawHelpMN.org**

LawHelpMN works to help low-income Minnesotans solve civil legal problems. This website offers search function that allows you to look for answers to legal questions and search for legal aid offices.

<http://www.lawhelpmn.org/MN/index.cfm>

### **Minnesota Justice Foundation**

Minnesota Justice Foundation strives for justice by creating opportunities for law students to perform public interest and pro bono legal services.

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

### **Mid Minnesota Legal Assistance**

Mid-Minnesota Legal Assistance (MMLA) is the primary provider of general civil legal services to low-income and elderly people in 20 central Minnesota counties. MMLA provides these services through its three member corporations: the Legal Aid Society of Minneapolis (LASM), St. Cloud Area Legal Services, and Western Minnesota Legal Services.

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

## Centro Legal

2610 University Ave., Ste 450  
Saint Paul, MN 55114-1024

**Phone:** (651) 642-1890

**Fax:** (651) 642-1875

**Website:** [www.centro-legal.org](http://www.centro-legal.org)

**Hours:** Thursdays 3:00-5:00 p.m.

### **Program Description:**

- Centro Legal is a non-profit community law office that offers free and low-cost legal advice for issues related to immigration, naturalization, domestic abuse, family issues, employment & housing discrimination or exploitation, and others.

### **Eligibility:**

- Primarily serves people of Latino/Hispanic descent.
- Cases must meet a specific criteria; not all cases are accepted by this organization.

### **Registration Process:**

- Centro Legal holds call-in days twice a month; call (651) 642-1890, to see when call-in days are being held.
- On the call-in day, call at 8:30am to set up an appointment.

### **Costs:**

- Small fees are charged for some legal and translation services.

## **Chrysalis Center for Women—Legal Assistance for Women (LAW)**

4432 Chicago Avenue South  
Minneapolis, MN 55407

**Phone:** 612-871-0118

**TTY:** 612-824-2780

**Website:**

<http://www.chrysaliswomen.org/legal.htm>

**Email:** [info@chrysaliswomen.org](mailto:info@chrysaliswomen.org)

**Hours:** Vary, see website

### **Program Description:**

- The Chrysalis Center’s Legal Assistance for Women (LAW) offers three legal clinics: the Family Law Clinic, which addresses family law issues; the Employment Law Clinic, which addresses work issues; and the Lavender Law Clinic, which addresses legal issues faced by lesbian, bisexual and transgender women.

### **Eligibility:**

- Only serves women

### **Registration Process:**

- Call Chrysalis Intake at 612-871-0118, and select option 1.
- Ask about eligibility requirements for reduced payment rates.

### **Costs:**

- \$20 per clinic (\$15 if you prepay).
- Free for women who meet low-income guidelines.

### **Other:**

- Clients are seen in the order they arrive.

## Minnesota Council of Churches (MCC) – Diversity Visa Lottery

122 Franklin Ave West  
Minneapolis, MN 55404

**Phone:** 612-230-3227

**Website:**

<http://www.mnchurches.org/refugee/DVLottery.html>

**Contact:** Marie Hoffmann

**Email:** Marie.Hoffmann@mnchurches.org

**Hours:** Mondays 1-4 PM; Wednesdays 9 AM - 12 PM

**Program Description:**

- At MCC, help is available to register yourself or friends overseas for the Diversity Visa Lottery to be eligible to enter the United States with a Green Card or to obtain Permanent Residency in the US.

**Eligibility:**

- Applicant must be born in a qualifying country **AND** applicant must have at least *one* of the following:
  - High school education or equivalent *or* at least two years of work experience within the past five years in an occupation requiring at least two years of training or experience to perform.

**Registration Process:**

- For assistance with the application, go to 122 Franklin Ave W, Minneapolis, MN 55404 on Mondays 1-4 PM OR Wednesdays 9 AM - 12 PM.
- No appointment is necessary. First come, first served.

**Costs:**

- \$25 Service fee per application
- Each passport photo taken at MCC will cost \$5.

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## **Minnesota Council of Churches—Diversity Visa Lottery (continued)**

### **Other:**

- **You MUST bring the following information to the appointment for each applicant and their spouse and child(ren):**
  - Name & Address
  - Date & Location of Birth
  - Current Passport photo
  - \$25 Service fee per application
- Countries **NOT** qualified: Brazil, Canada, China (mainland-born), Columbia, Dominican Republic, Ecuador, El Salvador, Guatemala, Haiti, India, Jamaica, Mexico, Pakistan, Philippines, Peru, Poland, South Korea, United Kingdom & dependent territories except Northern Ireland, and Vietnam
- Hong Kong SAR, Macau SAR, and Taiwan **ARE** eligible.

## Immigration Law Center of Minnesota (ILCM)

450 North Syndicate St., Suite 175  
Saint Paul, MN 55104

**Phone:** 1-800-223-1368 (client line)

**Phone:** 651-641-1011 (office line)

**Fax:** 651-641-1131

**Website:**

<http://www.immigrantlawcentermn.org/service/general/index.htm>

**Hours:** Varies

### Program Description:

- The ILCM provides brief legal advice and full legal representation to eligible immigrants and refugees. ILCM only works on immigration cases.

### Eligibility:

- **Place of residence:** ILCM provides services statewide for victims of domestic abuse, crime victims, and individuals whose immigration case is impacted by HIV/AIDS. All other clients must reside in one of the 33 counties in Southern Minnesota listed below.
- **Income:** All client income must be at or below 187.5% of the federal poverty line.

Family Size	Annual	Monthly
1	\$19,500	\$1,625
2	26,250	2,188
3	33,000	2,750
4	39,750	3,313
5	46,500	3,875
6	53,250	4,439
7	60,000	5,000
8	66,750	5,563
Add for each additional person	6,750	563

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## **Immigration Law Center of Minnesota (ILCM)** (continued)

### **Eligibility:**

- **Type of immigration case:** ILCM can only assist in immigration-related cases. ILCM cannot assist with nonimmigrant visas such as student or business visas.

### **Registration Process:**

- Call (651) 641-1011 to verify weekly phone intake times.
- Call 1-800-223-1368 during the weekly phone intake times.  
*Note: Calling during the weekly phone intake is the only way that new clients will be able to receive legal advice from the ILCM.*

### **Costs:**

- N/A

## Neighborhood Justice Center

500 Laurel Avenue  
St. Paul, Minnesota 55102

**Phone:** 651.222.4703

**Fax:** 651.222.093

**Website:**

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

**Email:** [info@njcinc.org](mailto:info@njcinc.org)

**Hours:**

Monday-Friday: 8:30am-4:30pm

**Program Description:**

- The Neighborhood Justice Center provides comprehensive programming in the areas of criminal defense, outreach, crime prevention, and community education.
- The Neighborhood Justice Center provides a variety of programs including: Criminal Defense, Somali Legal Education and Assistance Project, Hispanic Community Legal Services, Southeast Asian Legal Survival Skills, Juvenile Services, Community Education. For more information about these programs, please visit their website.

**Eligibility:**

- Primarily serves low-income defendants and persons of color.

**Registration Process:**

- Call (651) 222-4703 to make an appointment.
- Ask about eligibility requirements and payment options.

**Costs:**

- N/A

## **Park Avenue Foundation/Volunteer Lawyers Network Walk-in Legal Clinic**

Park Avenue United Methodist Church  
3400 Park Avenue  
South Minneapolis, MN 55407

**Website:**

[http://www.mnadvocates.org/Legal\\_Advice\\_Clinics2.html](http://www.mnadvocates.org/Legal_Advice_Clinics2.html)

**Phone:** (612) 822-3755

**Hours:** Thursdays 3:00-5:00 pm

**Program Description:**

- Park Avenue Foundation/Volunteer Lawyers Network Walk-in Clinic provides brief advice and service in immigration legal matters to low-income residents of Hennepin county.

**Eligibility:**

- Must be a low-income resident of Hennepin County who does not have legal counsel.

**Registration Process:**

- None, however, it is recommended that clients arrive promptly at 3:00pm.

**Costs:**

- N/A

# Religious Institutions

From formal and established religious establishments to nondenominational spaces and meditation centers, Minnesota offers a wide variety of religious and spiritual spaces and organizations.

According to a 2008 survey by the Pew Forum on Religion and Public Life, 32% of Minnesotans were affiliated with Protestant traditions, 21% with Evangelical Protestants, 28% with Roman Catholic, 1% each with Jewish, Islamic, Buddhist, and Black Protestant traditions, smaller amounts for other faiths, and 13% unaffiliated.

The following section on religious institutions highlights different places of worship for a variety of faith and spiritual traditions. The section is broken down by denomination and offers specific places of worship for all denominations with the exception of Christianity. For Christianity, websites and contact information for specific Christian denominations (i.e. Catholic, Presbyterian, Baptist) are listed. This contact information can be used to find specific organizations and places of worship within that denomination.

For more information about other religious and spiritual spaces, organizations, and places of worship, please visit the websites listed below.

## Websites:

### USA Church

USA Church is an online community designed to connect Christians with Christian churches, schools and businesses in their local community. USA Church's online church directory helps Christians nationwide list or locate a church of any denomination.

[www.usachurch.com](http://www.usachurch.com)

### Minnesota Catholic Conference (MCC)

MCC represents the United Voice of the Catholic Bishops of Minnesota on public policy matters, at both state and federal levels. The website also provides an introduction to Catholic social teaching, a review of bishops' statements, and tips on advocacy.

<http://www.mncc.org>

### Minnesota Christian Chronicle

Minnesota's Christian community newspaper and most complete Christian concerts and events calendar.

<http://www.mcchronicle.com/>

### CatholicLinks

Provides a list of Catholic parishes in Minnesota.

<http://www.catholiclinks.org/parishesminnesota.htm>

## **Religious Institutions (continued)**

### **IslamicValley**

IslamicValley provides a searchable directory of Mosques, Islamic Schools, and Halal Restaurants.

<http://islamicvalley.com>

### **Minnesota Council of Churches**

The Minnesota Council of Churches brings together people of faith to strengthen communities. The Minnesota Council of Churches identifies itself as “related in Christ, and through Christ, to the world” and states that its mission is “to manifest unity in the church and to build the common good in the world.”

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

### **Minneapolis Jewish Federation**

The Minneapolis Jewish Federation offers information on social services, places to worship, community-building opportunities, and events in Minnesota.

<http://jewishminnesota.org/>

## Atheism

<b>Minnesota Atheists</b>	
P.O. Box 6261 Minneapolis MN 55406 <b>Phone:</b> (612) 588-7031	<b>Website:</b> <a href="http://mnatheists.org/">http://mnatheists.org/</a>

## Buddhism

<b>Clouds in Water Zen Center</b>	
308 Prince St # 120 St Paul, MN 55101 <b>Phone:</b> (651) 222-6968	<b>Website:</b> <a href="http://www.cloudsinwater.org">www.cloudsinwater.org</a>

<b>Common Grounds Meditation Center</b>	
3400 East 26th Street Minneapolis, Minnesota 55406 <b>Phone:</b> (612) 722-8260	<b>Website:</b> <a href="http://www.commongroundmeditation.org">http://www.commongroundmeditation.org</a> <b>E-mail:</b> <a href="mailto:info@commongroundmeditation.org">info@commongroundmeditation.org</a>

<b>Diamond Way Buddhist Center</b>	
1701 W Lake Street Minneapolis, MN 55408 <b>Phone:</b> 612-825-5055	<b>Website:</b> <a href="http://www.diamondway.org/minneapolis/">www.diamondway.org/minneapolis/</a> <b>E-mail:</b> <a href="mailto:minneapolis@diamondway.org">minneapolis@diamondway.org</a>

<b>Karma Thegsum Choling Minneapolis</b>	
4301 Morningside Road Minneapolis, MN 55416 <b>Phone:</b> (952) 926-5048	<b>Website:</b> <a href="http://www.ktcminneapolis.org/">http://www.ktcminneapolis.org/</a> <b>E-mail:</b> <a href="mailto:stuwbb@aol.com">stuwbb@aol.com</a>

<b>KTC Minneapolis Tibetan Buddhist Meditation Center</b>	
4301 Morningside Rd Minneapolis, MN 55416 <b>Phone:</b> (952) 926-5048	<b>Website:</b> <a href="http://kctminneapolis.org/">http://kctminneapolis.org/</a>

<b>Minnesota Zen Meditation Center</b>	
3343 East Calhoun Parkway Minneapolis, MN 55408 <b>Phone:</b> 612-822-5313	<b>Website:</b> <a href="http://www.mnzencenter.org/">http://www.mnzencenter.org/</a>

<b>Shambhala Meditation Center of Minneapolis</b>	
2931 Grand Street NE Minneapolis, MN 55418 <b>Phone:</b> (612) 331 7737	<b>Website:</b> <a href="http://www.shambhala-mn.org/">http://www.shambhala-mn.org/</a> <b>E-mail:</b> <a href="mailto:bjor6n@gmail.com">bjor6n@gmail.com</a>

<b>Twin Cities Vipassana Collective</b>	
P.O. Box 14683 Minneapolis, MN 55414 <b>Phone:</b> (612) 722-8260	<b>E-mail:</b> <a href="mailto:info@tcvc.info">info@tcvc.info</a>

## Christianity

<b>Episcopal Diocese of Minnesota</b>	
1730 Clifton Place, Suite 201 Minneapolis, MN 55403-3242 <b>Phone:</b> (612) 871-5311 <b>Toll-Free:</b> 1 (800) 596-3839 <b>Fax:</b> (612) 871-0552	<b>Website:</b> <a href="http://www.episcopalmn.org">www.episcopalmn.org</a> <b>E-mail:</b> <a href="mailto:episcopal.center@episcopalmn.org">episcopal.center@episcopalmn.org</a>

<b>Evangelical Free Church of America</b>	
711 10th Avenue South, Minneapolis, MN 55415 <b>Phone:</b> (612) 338-1716 <b>Fax:</b> (612) 338-1519	<b>Website:</b> <a href="http://ncd.efca.org/">http://ncd.efca.org/</a> <b>E-mail:</b> <a href="mailto:ncd@ncdefca.org">ncd@ncdefca.org</a>

<b>Evangelical Lutheran Church in America— Northeastern Minnesota Synod</b>	
1105 E. Superior St., Upper Suite Duluth, MN 55802-2216 <b>Phone:</b> (218) 724.4424 <b>Fax:</b> (218)724-4393	<b>Website:</b> <a href="http://www.nemnsynod.org/">http://www.nemnsynod.org/</a> <b>E-mail:</b> <a href="mailto:mbcoffice@mbcworld.org">mbcoffice@mbcworld.org</a>

<b>Lutheran Via de Cristo of Minnesota</b>	
9330 Cortland Rd. Woodbury, MN 55125-9154 <b>Phone:</b> 651-493-7350	<b>Website:</b> <a href="http://www.mnviadecristo.org/">http://www.mnviadecristo.org/</a> <b>E-mail:</b> <a href="mailto:coordinator@mnviadecristo.org">coordinator@mnviadecristo.org</a>

<b>Mid-American Baptist Churches</b>	
2400 86th Street, Suite 15 Des Moines, IA 50322 <b>Phone:</b> 515.278.1411 <b>Fax:</b> 515.278.5865	<b>Website:</b> <a href="http://www.mid-abc.org/">http://www.mid-abc.org/</a> <b>E-mail:</b> <a href="mailto:office@mid-abc.org">office@mid-abc.org</a>

<b>Minnesota Annual Conference of the United Methodist Church</b>	
122 W. Franklin Ave., Suite 400 Minneapolis, MN 55404 <b>Phone:</b> (612) 870-0058 <b>Fax:</b> (612) 870-1260	<b>Website:</b> <a href="http://www.minnesotaumc.org">www.minnesotaumc.org</a> <b>E-mail:</b> <a href="mailto:info@minnesotaumc.org">info@minnesotaumc.org</a>

<b>Minnesota Association of Regular Baptist Churches</b>	
	<b>Website:</b> <a href="http://marbc.org/cms/">http://marbc.org/cms/</a>

<b>Minnesota Baptist Conference</b>	
1901 W. County RD. E-2 St. Paul, MN 55112 <b>Phone:</b> (651) 633-0560	<b>Website:</b> <a href="http://www.mbcworld.org/">http://www.mbcworld.org/</a> <b>E-mail:</b> <a href="mailto:mbcoffice@mbcworld.org">mbcoffice@mbcworld.org</a>

<b>Minnesota Church of God</b>	
16096 Harmony Path Lakeville, MN 55044 <b>Phone:</b> (952) 953-4351	<b>Website:</b> <a href="http://www.mncog.org/">http://www.mncog.org/</a> <b>Email:</b> <a href="mailto:MNBish@frontiernet.net">MNBish@frontiernet.net</a> <a href="mailto:Kathy_hamon@hotmail.com">Kathy_hamon@hotmail.com</a>

<b>Minnesota District Church of the Nazarene</b>	
<b>Phone:</b> (507) 474-6929	<b>Website:</b> <a href="http://www.mnnazarene.org/">http://www.mnnazarene.org/</a> <b>E-mail:</b> <a href="mailto:ds@mnnazarene.org">ds@mnnazarene.org</a>

<b>Minnesota District Council of the Assemblies of God</b>	
1315 Portland Ave. S. Minneapolis, MN 55404 <b>Phone:</b> (612) 332-2409 <b>Fax:</b> (612) 332-2510	<b>Website:</b> <a href="http://www.mnaog.org/index.asp">http://www.mnaog.org/index.asp</a> <b>E-mail:</b> <a href="mailto:info@mnaog.org">info@mnaog.org</a>

<b>Minnesota Fellowship of Congregationalists</b>	
422 Santa Fe Circle Chanhassen, MN 55317 <b>Phone:</b> 952-934-4233 <b>Fax:</b> 952-906-0904	<b>Website:</b> <a href="http://www.mnfellowship.org/">http://www.mnfellowship.org/</a> <b>E-mail:</b> <a href="mailto:info@mnfellowship.org">info@mnfellowship.org</a>

<b>Minnesota South District - Lutheran Church Missouri Synod</b>	
14301 Grand Ave South Burnsville, MN 55306 <b>Phone:</b> (952) 435-2550 <b>Fax:</b> (952) 435-2581	<b>Website:</b> <a href="http://mns.lcms.org">http://mns.lcms.org</a> <b>E-mail:</b> <a href="mailto:info@mnsdistrict.org">info@mnsdistrict.org</a>

<b>Pioneer and Western Baptist Association (Southern Baptist Convention)</b>	
P.O. Box 7342 Rochester, Minnesota 55903 <b>Phone:</b> (507) 286-9316	<b>Website:</b> <a href="http://www.pioneerwestern.org/">http://www.pioneerwestern.org/</a> <b>E-mail:</b> <a href="mailto:pioneer_western@charter.net">pioneer_western@charter.net</a>

<b>Presbytery of Minnesota (Presbyterian Church, USA)</b>	
4055 Abbott Drive Willmar, MN 56201 <b>Phone:</b> 320-235-7910	<b>Website:</b> <a href="http://www.minnesotavalleys.org/">http://www.minnesotavalleys.org/</a> <b>E-mail:</b> <a href="mailto:info@minnesotavalleys.org">info@minnesotavalleys.org</a>

## Hinduism

<b>Geeta Aashram Minnesota</b>	
10537 Noble Avenue Brooklyn Park MN 55443 <b>Phone:</b> (763) 493-4229	<b>Website:</b> <a href="http://www.geetaashram.org/">http://www.geetaashram.org/</a>

## Islam

<b>Anjuman E Asghari</b>	
10301 Jefferson Highway Minneapolis, MN 55445 <b>Phone:</b> (763) 424-4909	<b>Website:</b> <a href="http://www.mnjamat.org">http://www.mnjamat.org</a>

<b>Columbia Heights Mosque</b>	
4056 7th Street Northeast Columbia Heights, MN 55421 <b>Phone:</b> (763) 781-9111	<b>Website:</b> <a href="http://www.islamiccentermn.org">www.islamiccentermn.org</a>

<b>Dar Al-Farooq</b>	
983 17 <sup>th</sup> Avenue SE Minneapolis, MN 55414 <b>Phone:</b> (612) 502-0411	<b>Website:</b> <a href="http://www.daralfarooq.org/">http://www.daralfarooq.org/</a>

<b>Husain IMAM</b>	
6120 Brooklyn Boulevard Brooklyn Center, MN 55429 <b>Phone:</b> (763) 560-2225	

<b>Islamic Center of Minneapolis</b>	
1128 6th St SE Minneapolis, MN 55414 <b>Phone:</b> (612) 379-8269	<b>Website:</b> <a href="http://www.islamiccentermn.org">www.islamiccentermn.org</a>

<b>Islamic Center of Minnesota</b>	
1401 Gardena Avenue Northeast Fridley, MN 55432 <b>Phone:</b> (763) 571-5604	<b>Website:</b> <a href="http://www.islamiccentermn.org">www.islamiccentermn.org</a>

<b>Islamic Cultural Community Center</b>	
2534 Central Avenue Northeast Minneapolis, MN 55418 <b>Phone:</b> (612) 782-3883	<b>Website:</b> <a href="http://www.alhudacenter.org/service.htm">http://www.alhudacenter.org/service.htm</a>

<b>Islamic Institute of Minnesota</b>	
1460 Skillman Ave E Saint Paul, MN 55109 <b>Phone:</b> (651) 748-1688	<b>Website:</b> <a href="http://www.iimsouthwest.org">www.iimsouthwest.org</a>

<b>Masjid An-Nur</b>	
1729 Lyndale Ave, North, Minneapolis, MN 55411 <b>Phone:</b> (612) 521-1749	

<b>Masjid Muhammad</b>	
3759 4th Ave South Minneapolis, MN 55409 <b>Phone:</b> (612) 827-4858	

## Judaism

<b>Adath Israel Synagogue (Orthodox)</b>	
2337 Edgcumbe Rd. St. Paul, MN 55116 <b>Phone:</b> (651) 698-8300 <b>Fax:</b> (651) 690-1144	<b>Website:</b> <a href="http://www.adath.com">www.adath.com</a> <b>Contact:</b> Rabbi Asher Zeilingold <b>E-mail:</b> <a href="mailto:rabbiz@adath.com">rabbiz@adath.com</a>

<b>Adath Jeshurun (Conservative)</b>	
10500 Hillside Lane West Minnetonka, MN 55305 <b>Phone:</b> (952) 545-2424 <b>Fax:</b> (952) 545-2913	<b>Website:</b> <a href="http://www.adathjeshurun.org">www.adathjeshurun.org</a> <b>E-mail:</b> <a href="mailto:office@adathjeshurun.org">office@adathjeshurun.org</a>

<b>Bais Yisroel (Orthodox)</b>	
4221 Sunset Blvd. St. Louis Park, MN 55416 <b>Phone:</b> (952) 926-7867 <b>Fax:</b> (952) 915-9116	<b>Website:</b> <a href="http://www.baisyisroel.org">www.baisyisroel.org</a> <b>E-mail:</b> <a href="mailto:BaisLine@mninter.net">BaisLine@mninter.net</a>

<b>Bet Shalom Congregation (Reform)</b>	
13613 Orchard Road Minnetonka, MN 55305 <b>Phone:</b> (952) 933-8525 <b>Fax:</b> (952) 933-3238	<b>Website:</b> <a href="http://www.betshalom.org">www.betshalom.org</a>

<b>Beth El Synagogue (Conservative)</b>	
5224 West 26th Street St. Louis Park, MN 55416 <b>Phone:</b> (952) 920-3512 <b>Fax:</b> (952) 920-8755	<b>Website:</b> <a href="http://www.bethelsynagogue.org">www.bethelsynagogue.org</a>

<b>Beth Jacob Congregation (Conservative)</b>	
1179 Victoria Curve Mendota Heights, MN 55118 <b>Phone:</b> (651) 452-2226 <b>Fax:</b> (651) 452-0573	<b>Website:</b> <a href="http://www.beth-jacob.org">www.beth-jacob.org</a> <b>E-mail:</b> <a href="mailto:bjcadmin@beth-jacob.org">bjcadmin@beth-jacob.org</a>

<b>B'nai Israel Synagogue (Reform)</b>	
621 2nd St. SW Rochester, MN 55902 <b>Phone:</b> (507) 288-5825 <b>Fax:</b> (507) 288-8562	<b>Website:</b> <a href="http://www.bnaisrael.org">www.bnaisrael.org</a> <b>Contact:</b> Rabbi Michelle Werner <b>E-mail:</b> <a href="mailto:rabbi@bnaisraelmn.org">rabbi@bnaisraelmn.org</a>

<b>Chabad of New Hope</b>	
8501 29th Avenue North New Hope, MN 55427 <b>Phone:</b> (763) 593-9295 <b>Fax:</b> (763) 593-9295	<b>Contact:</b> Rabbi Yosef Y. Shagalow <b>E-mail:</b> <a href="mailto:jishagalow@hotmail.com">jishagalow@hotmail.com</a>

<b>Chabad-Lubavitch of Rochester</b>	
730 2nd St. SW Rochester, MN 55902 <b>Phone:</b> (507) 288-7500 <b>Fax:</b> (507) 286-9329	<b>Website:</b> <a href="http://www.chabadrochestermn.com">www.chabadrochestermn.com</a> <b>Contact:</b> Rabbi David Greene <b>E-mail:</b> <a href="mailto:rabbigreene@msn.com">rabbigreene@msn.com</a>

<b>Congregation Bais Menachem (Russian)</b>	
2575 West 7th St. St. Paul, MN 55116 <b>Phone:</b> (651) 690-2669 <b>Fax:</b> (651) 690-0704	<b>Contact:</b> Rabbi Gershon Giter <b>E-mail:</b> <a href="mailto:ggiter@expertsg.com">ggiter@expertsg.com</a>

<b>Darchei Noam Congregation (Modern Orthodox)</b>	
5224 Minnetonka Blvd. - entrance at Salem Ave. alley St. Louis Park, MN 55416 <b>Phone:</b> (952) 929-7833	<b>Website:</b> <a href="http://www.darcheinoammn.org">www.darcheinoammn.org</a> <b>Contact:</b> Anne-Monique Rapoport <b>E-mail:</b> <a href="mailto:anemonetje@yahoo.com">anemonetje@yahoo.com</a>

<b>Kenesseth Israel (Orthodox)</b>	
4330 W. 28th St. St. Louis Park, MN 55416 <b>Phone:</b> (952) 920-2183 <b>Fax:</b> (952) 920-2184	<b>Website:</b> <a href="http://www.kenessethisrael.org">www.kenessethisrael.org</a>

<b>Mayim Rabim Congregation (Reconstructionist)</b>	
2751 Hennepin Avenue South, Suite 236 Minneapolis, MN 55408 <b>Phone:</b> (612) 922-5983	<b>Website:</b> <a href="http://www.mayimrabim.org">www.mayimrabim.org</a> <b>E-mail:</b> <a href="mailto:mayimrabim@yahoo.com">mayimrabim@yahoo.com</a>

<b>Merkos Chabad Lubavitch House</b>	
400 W. Marie Ave. St. Paul, MN 55118 <b>Phone:</b> (651) 554-7700 <b>Fax:</b> (651) 698-1295	<b>Contact:</b> Rabbi Moshe Feller

<b>Minneapolis Chabad Lubavitch</b>	
2857 Hedberg Dr. Minnetonka, MN 55305 <b>Phone:</b> (952) 929-9922	<b>Website:</b> <a href="http://www.chabadminneapolis.com">www.chabadminneapolis.com</a> <b>Contact:</b> Rabbi Mordechai Grossbaum <b>E-mail:</b> <a href="mailto:info@chabadminneapolis.com">info@chabadminneapolis.com</a>

<b>Mount Zion Temple (Reform)</b>	
1300 Summit Ave. St. Paul, MN 55105 <b>Phone:</b> (651) 698-3881 <b>Fax:</b> (651) 698-1263	<b>Website:</b> <a href="http://www.mzion.org">www.mzion.org</a> <b>E-mail:</b> <a href="mailto:mountzion@mzion.org">mountzion@mzion.org</a>

<b>Or Emet (Humanistic)</b>	
<b>Phone:</b> (763) 535-2226	<b>Website:</b> <a href="http://www.oremet.org">www.oremet.org</a> <b>Contact:</b> Margo Fox, President <b>E-mail:</b> <a href="mailto:margofox10@comcast.net">margofox10@comcast.net</a>

<b>Sharei Chesed (Conservative)</b>	
1712 Hopkins Crossroad Hopkins, MN 55305 <b>Phone:</b> (763)-545-8800	<b>Contact:</b> Lee Reinharz <b>E-mail:</b> <a href="mailto:emarocks@yahoo.com">emarocks@yahoo.com</a>

<b>Shir HaNeshamah (Jewish Renewal)</b>	
2584 Upton Ave. S. Minneapolis, MN 55405 <b>Phone:</b> (612) 374-4765	<b>Contact:</b> Terry Gips <b>E-mail:</b> <a href="mailto:tgips@mtn.org">tgips@mtn.org</a>

<b>Shir Tikvah Congregation (Reform)</b>	
5000 Girard Avenue South Minneapolis, MN 55419 <b>Phone:</b> (612) 822-1440 <b>Fax:</b> (612) 435-4870	<b>Website:</b> <a href="http://www.shirtikvah.net">www.shirtikvah.net</a> <b>E-mail:</b> <a href="mailto:office@shirtikvah.net">office@shirtikvah.net</a>

<b>Temple Israel (Reform)</b>	
2324 Emerson Ave. S. Minneapolis, MN 55405 <b>Phone:</b> (612) 377-8680 <b>Gift shop:</b> (612) 374-0331 <b>Fax:</b> (612) 377-6630	<b>Website:</b> <a href="http://www.shirtikvah.net">www.shirtikvah.net</a> <b>E-mail:</b> <a href="mailto:office@shirtikvah.net">office@shirtikvah.net</a>

<b>Temple of Aaron (Conservative)</b>	
616 S. Mississippi River Blvd. St. Paul, MN 55116 <b>Phone:</b> (651) 698-8874	<b>Website:</b> <a href="http://www.templeofaaron.org">www.templeofaaron.org</a> <b>E-mail:</b> <a href="mailto:webmaster@templeofaaron.org">webmaster@templeofaaron.org</a>

## Seventh Day Evangelists

<b>Minnesota Conference of Seventh-day Adventists</b>	
7384 Kirkwood Court Maple Grove, MN 55369 <b>Phone:</b> (763) 424-8923 <b>Fax:</b> (763) 424-9576	<b>Website:</b> <a href="http://www.mnsda.com">www.mnsda.com</a>

## Unitarian Universalists

<b>Dakota Unitarian Universalist Church</b>	
13001 County Road 5 Burnsville, MN 55337 <b>Phone:</b> (651) 688-6819	<b>Website:</b> <a href="http://www.dakotauu.org/">http://www.dakotauu.org/</a> <b>E-mail:</b> <a href="mailto:Dakotauu@hotmail.com">Dakotauu@hotmail.com</a>

<b>First Unitarian Society of Minneapolis</b>	
900 Mount Curve Avenue Minneapolis, MN 55403 <b>Phone:</b> (612) 377-6608 <b>Fax:</b> (612)377-2151	<b>Website:</b> <a href="http://firstunitariansociety.org/">http://firstunitariansociety.org/</a>

<b>First Universalist Church of Minneapolis</b>	
3400 Dupont Avenue South Minneapolis, MN 55408 <b>Phone:</b> (612) 825-1701	<b>Website:</b> <a href="http://www.firstuniv.org/">http://www.firstuniv.org/</a> <b>E-mail:</b> <a href="mailto:firstuniversalist@firstuniv.org">firstuniversalist@firstuniv.org</a>

<b>Groveland Unitarian Universalist Fellowship</b>	
<b>Mailing Address:</b> 2022 Summit Ave. St. Paul, MN 55105  <b>Street Address:</b> St. Paul Area Council of Churches Building 1671 Summit Avenue St. Paul, MN 55105  <b>Phone:</b> (651) 699-4440	<b>Website:</b> <a href="http://www.grovelanduu.org/cgi-bin/index.cgi">www.grovelanduu.org/cgi-bin/index.cgi</a>  <b>E-mail:</b> <a href="mailto:info@grovelanduu.org">info@grovelanduu.org</a>

<b>Lake Fellowship of Unitarian Universalists</b>	
24575 Glen Road P.O. Box 174 Excelsior, MN 55331 <b>Phone:</b> (952) 474-8064	<b>Website:</b> <a href="http://www.lakefellowship.org/">http://www.lakefellowship.org/</a>
<b>Michael Servetus Unitarian Society</b>	
6565 Oakley Drive Northeast Fridley, MN 55432 <b>Phone:</b> (763) 571-5229	<b>Website:</b> <a href="http://www.msuu.org/">http://www.msuu.org/</a>
<b>Minnesota Valley Unitarian Universalist Fellowship</b>	
10715 Zenith Avenue South Bloomington, MN 55431 <b>Phone:</b> (952) 884-8956	<b>Website:</b> <a href="http://www.mnvalleyuu.org/">http://www.mnvalleyuu.org/</a>
<b>St. Cloud Unitarian Universalist Fellowship</b>	
3226 Maine Prairie Road St. Cloud, MN 56301 <b>Phone:</b> (320) 5252-0020	<b>Website:</b> <a href="http://www.cloudnet.com/~scuuf/">http://www.cloudnet.com/~scuuf/</a>
<b>Unitarian Universalist Church of Minnetonka</b>	
605 Rice Street Wayzata, MN 55391 <b>Phone:</b> (952) 473-5900	<b>Website:</b> <a href="http://www.uucmtka.org/">http://www.uucmtka.org/</a>
<b>Unitarian Universalist Fellowship of Mankato</b>	
937 Charles Avenue Mankato, MN 56001 <b>Phone:</b> (507) 388-5022 <b>Fax:</b> (507) 388-5022	<b>Website:</b> <a href="http://uumankato.org/index.php">http://uumankato.org/index.php</a> <b>E-mail:</b> <a href="mailto:uufm@hickorytech.net">uufm@hickorytech.net</a>
<b>Unitarian Universalist Fellowship of Northfield</b>	
<b>Mailing Address:</b> P.O. Box 363 Northfield, MN 55057-0363 <b>Street Address:</b> 113 S. Linden St. Northfield, MN 55057-0363 <b>Phone:</b> (507) 646-3366	<b>Website:</b> <a href="http://www.uunorthfield.org/">www.uunorthfield.org/</a> <b>E-mail:</b> <a href="mailto:uufnorthfield@gmail.com">uufnorthfield@gmail.com</a>

<b>Unity Church-Unitarian</b>	
732 Holly Avenue St. Paul, MN 55104 <b>Phone:</b> (651) 228-1456	<b>Website:</b> <a href="http://www.unityunitarian.org/">http://www.unityunitarian.org/</a>

<b>White Bear Unitarian Universalist Church</b>	
328 Maple Street White Bear, MN 55115 <b>Phone:</b> (651) 426-2369	<b>Website:</b> <a href="http://www.whitebearunitarian.org">www.whitebearunitarian.org</a>

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