

Youth Basic Needs Resources (Ages 24 and Under)

This is an informational list that Family Tree Clinic provides our patients and is not an endorsement of any organization. If you have questions or concerns, please contact our Patient Resources Coordinator at 612-454-0738 or prc@familytreeclinic.org.

Housing:

If you are on your own looking for a place to stay TONIGHT:

- Here are some numbers you can call for information on same-day shelter:
 - Bridge for Youth (call 612-377-8800 or text 612-400-7233)
 - Avenues for Youth
 - North Minneapolis (ages 18-24): 612-844-2003
 - Brooklyn Park (ages 16-21): 763-450-4276
 - Hennepin Shelter Hotline (adults ages 18 and above): 612-204-8200
- You can also search the Youth Services Network website (ysnmn.org) for outreach workers on call today that can help you. They are all BIPOC friendly and queer/trans friendly.
- [Youthlink](https://youthlinkmn.org/housing) (youthlinkmn.org/housing) can help provide support with finding shelters, filling out housing applications, accessing local housing programs or finding financial assistance to prevent evictions.

If you are pregnant or parenting and looking for a place to stay TONIGHT or in the future:

- Call or text the Bridge for Youth (call 612-377-8800 or text 612-400-7233).

If you prefer or need in-person help in:

- **South Minneapolis:**
 - Go to [Oasis for Youth Drop In Center](#)
 - Ages: 16-24 *Phone:* 952-512-2061
 - *Location:* 2200 West Old Shakopee Road, Minneapolis, MN
 - *Hours:* MWF 2pm to 5pm and Tu/Th 12pm to 5pm
 - *Help with:* Finding shelter, free closet, laundry, case management, legal referrals, jobs and resumes
 - Go to [Queerspace Collective](#)
 - Ages: 13-17 *Email:* sam@queerspacecollective.org
 - *Location:* 702 W Franklin Ave Minneapolis, MN 55403



- *Hours:* Tuesdays & Thursdays, 3:00 PM – 7:00 PM
- *Help with:* Snacks and meals, a place to hang out and ask for help. Please bring an ID if you have one.
- Come to [Freeing Ourselves and Finding Community](#) (drop-in support group at Family Tree)
 - *Ages:* 13-24 *Email:* dropin@familytreeclinic.org
Phone: 612-900-2729
 - *Location:* 1919 Nicollet Ave, Minneapolis, MN 55403
 - *Hours:* Every Monday, 3:30pm-6:30pm
 - *Help with:* Free meals, transportation, and community building
- **North Minneapolis:** Go to [YouthLink](#)
 - *Ages:* 16-24 *Phone:* 612-252-1200
 - *Location:* 41 North 12th Street, Minneapolis, MN 55403
 - *Hours:* Mon & Tues 9am-4:30pm, Wed 10am-8 pm, Thurs & Fri 9am-4:30pm
 - *Help with:* Food, hygiene supplies, clothes/laundry, help finding shelter, help getting IDs, health clinic, mental health support
- **St. Paul:** Go to [SafeZone's Drop In Center](#)
 - *Ages:* 14-24 *Phone:* 651-224-9644
 - *Location:* 130 East 7th Street Saint Paul, MN *Hours:* M-F 9am-6pm
 - *Help with:* Immediate needs like showers and hot meals, personal care items, and people who can help you with homework, healthcare, and connection to resources.
- **Maplewood:** Go to [NorthStar Youth Outreach Center](#)
 - *Ages:* 10-24 *Phone:* 651-748-4010
 - *Location:* 2966 White Bear Ave, Maplewood, MN
 - *Hours:* Tu, W, Th, Fri 12pm-8pm, Sat 10am-8pm
 - *Help with:* free food and snacks, computer access, laundry, supplies, clothing, advocacy, legal services, safety planning, finding shelters

If you are facing a potential eviction, need a safer place to stay long-term, need resources around domestic violence or substance abuse, and/or just want to talk to a trusted adult:

- Search the Youth Services Network website (ysnmn.org) for outreach workers on call today that can help answer questions and figure out your next steps. They are all BIPOC friendly and queer/trans friendly.



- You can also contact Bridge for Youth (call 612-377-8800 or text 612-400-7233) or a case manager at Avenues for Youth (call or text 612-968-1672).

If you are trans and need money as soon as possible from community:

- [Twin Cities Trans Mutual Aid](#): Mutual aid payments for trans-identified individuals funded by community. DM them on Instagram @tctransmutualaid to request help.

 Food/Groceries:

If you need information on free food near you:

- [Hunger Solutions Map](#): Scan the QR code or visit hungersolutions.org and put in your location to see a map of the closest food shelves to you. Or, call 1-888-711-1151 for help.



If you need food as soon as possible:

- [Twin Cities Free Food Events & Resources](#): Facebook group is the place to post free food share events happening throughout the Twin Cities metro area and to post updates.

If you need food near Family Tree:

- [Groveland Food Shelf](#): Plymouth Church at 1900 Nicollet Ave. Open Mon/Wed/Fri, 10 am-1 pm and Tues/Thurs 1-4 pm. LGBTQ friendly. 612-871-0277.

If you need food in South Minneapolis:

- [Harvest from the Heart](#): Food shelf recommended by a Family Tree patient as LGBTQ+ friendly and having lots of options. Located at 3817 Pleasant Ave. S. in Minneapolis, open Tuesday thru Friday: 11AM - 4PM. Call (612) 822-2101 or visit harvestfromtheheart.org for more information.

If you need food in North Minneapolis:

- [NorthPoint Health & Wellness](#): NorthPoint's Food Shelf provides supplemental food. We can also help you enroll in SNAP. Visit us: 2220 Plymouth Ave. N. Minneapolis, MN 55411 Entrance on the north end of the building (from 14th Ave. N.) Hours: Mondays and Wednesdays, 10 a.m. to 4 p.m. Tuesdays and Thursdays, 10 a.m. to 7 p.m.

If you need help signing up for SNAP/food stamps:

- [NorthPoint Health & Wellness](#): NorthPoint's Food Shelf provides supplemental food. We can also help you enroll in SNAP. Visit us: 2220 Plymouth Ave. N. Minneapolis, MN 55411 Entrance on the north end of the building (from 14th Ave. N.) Hours: Mondays and Wednesdays, 10 a.m. to 4 p.m. Tuesdays and Thursdays, 10 a.m. to 7 p.m. The Food Shelf is closed on Fridays, Saturdays and Sundays



- [Second Harvest Heartland](#): Navigator line can help you find a food shelf and/or apply for SNAP/EBT/food stamps. Call or text 866-844-3663!

If you need groceries at a cheaper price:

- [Fare for All](#): Pop-up grocery store. We sell packs of fresh produce and frozen meat at up to 40% off of retail prices. Everyone and anyone can shop at Fare For All across 30+ pop up sites in the Twin Cities and Greater MN. Find a sale near you at thefoodgroupmn.org.



Transportation:

If you have Medical Assistance:

- You can get free rides to and from medical appointments if you are on Medical Assistance (people under 19 and/or pregnant people on MinnesotaCare can also get free rides). Call your insurance company on the back of your insurance card to schedule a ride. If you are on straight MA, call 866-467-1724 or reserve a ride online at mtm.mtmlink.net.
- If you need help signing up for or getting back on Medical Assistance, please contact a MNsure Navigator for help. We recommend Southside Community Health Services (612-827-7181), Indian Health Board (612-721-9848) or Portico Healthnet (651-489-2273, info@porticohealthnet.org)

If you want to apply for \$1 rides on Metro Transit:

- [Metro Transit Transit Assistance Program \(TAP\)](#): If you are low income, you may qualify for \$1 rides for a year on Metro Transit. You will need an ID. Apply online at store.metrotransit.org/tap or in person at the Minneapolis Metro Transit Service Center (719 Marquette Avenue, Minneapolis | 8:30 a.m. - 4 p.m.) Call 612-373-3333 for help.

If you can volunteer your time to get free rides on Metro Transit:

- [Metro Transit Adopt-A-Stop](#): Get 10 free rides a month for every stop you volunteer to "adopt," aka take care of through picking up trash and reporting issues to Metro Transit.

If you are looking for low cost car repair:

- [The Lift Garage](#): Non-profit organization in South Minneapolis that provides low cost car repair for people who are low income. Contact them at (612) 866-5840 or visit theliftgarage.org.