



RESOURCE GUIDE

FOOD • SHELTER • PET CARE • FINANCIAL AID • AND MORE





Resource Guide

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Resource Guide

General Resources

Find Help

Search and connect to resources in your area, including financial assistance, food support, medical care, and more.

findhelp.org

United Way 211

Free and confidential health and human services information for people in Minnesota. Available 24 hours a day, 7 days a week.

211unitedway.org

651-291-0211

MN Help Info

This online directory helps people in Minnesota identify resources such as human services, information and referral, financial assistance, and other forms of aid and assistance.

minnesotahelp.info



Resource Guide

Food Shelves and Supplies

Food shelves featuring an asterisk () are supplied with free pet food from Animal Humane Society.

Hunger Solutions Help Map

hungersolutions.org/find-help

Every Meal Distributions

everymeal.org/what-we-do/where-we-work

The locations listed below distribute free dog and cat food to community members. All locations operate under their own guidelines and requirements. Please contact the organization prior to visiting to ensure you meet the qualifications and have the most up-to-date information available. We cannot guarantee food will be available at all times.

Second Harvest Heartland

50 MN Locations

Call ahead to ensure the location you want to visit has pet food. If pet food is unavailable, you can request it.

800-543-7709

2harvest.org

Minneapolis

1

Groveland Food Shelf

1900 Nicollet Ave, Minneapolis, MN 55403

612-871-0277

grovelandfoodshelf.org

Monday – Friday, 9:30 AM – 12 PM

2

Joyce Uptown Food Shelf*

3041 Fremont Ave South, Minneapolis, MN 55408

Appointment required. To schedule, please call 612-825-4431.

joyceuptownfoodshelf.org

3

CLUES*

CareerForce Center

777 East Lake Street, Minneapolis, MN 55407

651-379-4200

clues.org

Wednesdays, 2 – 5 PM

4

People & Pets Together

2501 Minnehaha Ave, Minneapolis, MN 55404

612-722-9998

peopleandpetstogether.org

Tuesday & Thursday, 5:30 – 8:30 PM

Saturday, 9:30 AM – 2:30 PM

5

The Senior Food Shelf

Pet food provided when available. Must be 55 years or older and live in Hennepin County.
Hosted by the Minneapolis Public Housing Authority (MPHA) in the Parker Skyview apartment building.
1801 Central Ave NE, Minneapolis, MN 55418
612-788-9521

esns.org/foodprograms

Can't make it to the food shelf in person? Call 612-788-9521 to make an appointment for pick up or delivery if you are homebound.

Monday – Friday, 9:30 AM – 1 PM

6

Community Emergency Service (CES)*

1900 11th Ave, Minneapolis, MN 55404
612-870-1125

cesmn.org

The Food Shelf (a program of CES)

Monday – Wednesday, 1 – 4 PM

Friday, 1 – 3 PM

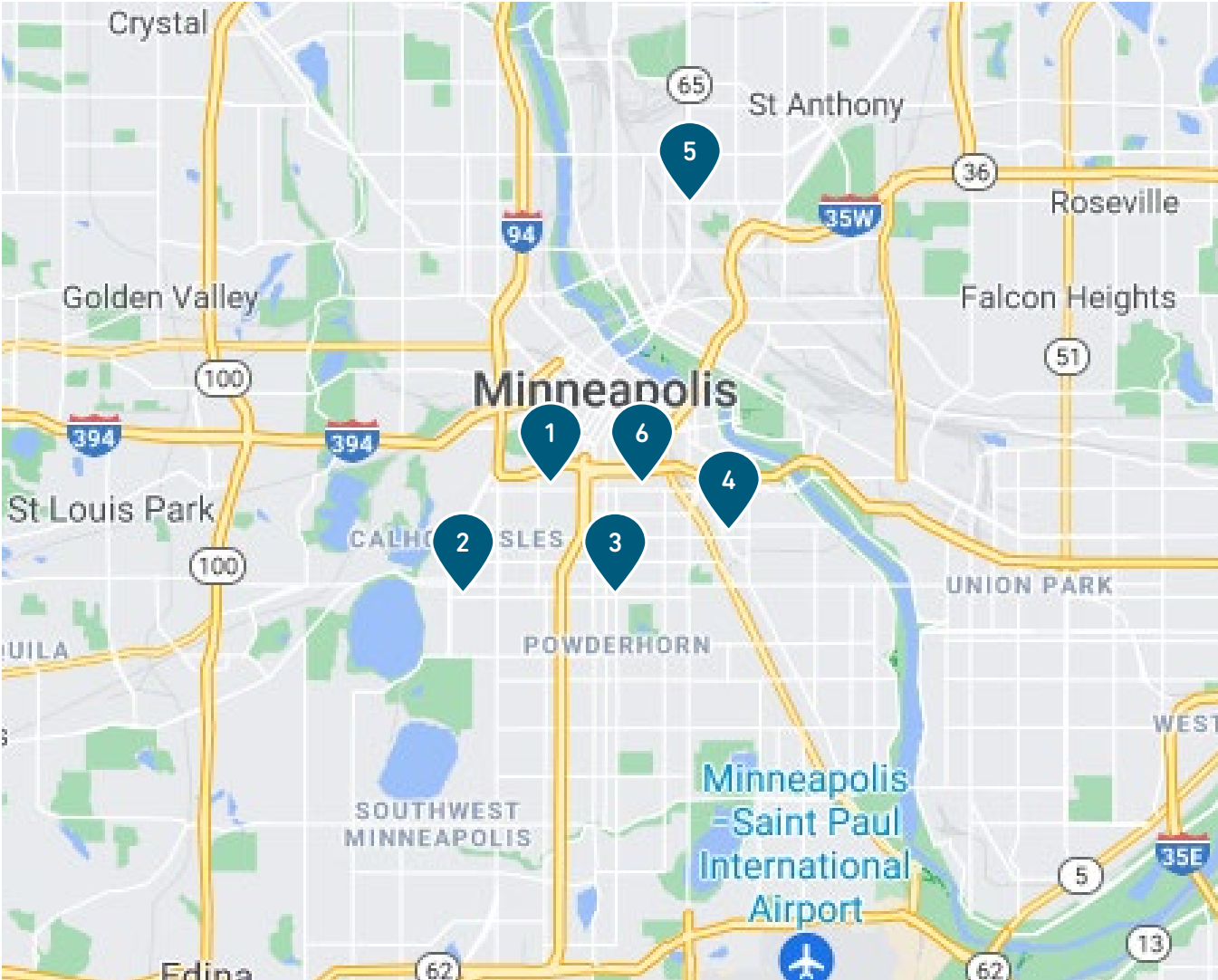
Curbside pick-up offered during regular hours. Please call 612-870-1125 to place your order and arrange a pick-up time.

Ani-Meals (a program of CES)

This program is supported through Meals on Wheels so participants must be enrolled in the Meals on Wheels or Home Delivery program.

Saturday or Sunday deliveries provided once a month.

Minneapolis - Food Shelves and Supplies Map



Food shelves featuring an asterisk () are supplied with free pet food from Animal Humane Society.

Saint Paul

1

Feeding Frogtown, West Minnehaha Recreation Center*

To receive pet food, you must wait in the general food distribution line.

685 West Minnehaha Ave, Saint Paul, MN 55104

651-236-8699

frogtownmn.org

Every other Friday, 3 – 6 PM

2

Salvation Army*

1019 Payne Ave, Saint Paul, 55130

651-776-8169

Tuesday & Thursday, 9 – 11 AM, 1 – 3 PM

centralusa.salvationarmy.org/northern/EastStPaul/programs-and-services

3

401 7th St W, Saint Paul, 55102

651-224-4316

Monday – Thursday, 10 AM – 2 PM

centralusa.salvationarmy.org/northern/WestStPaul/programs-and-services

4

The Wellstone Center Food Market at The Neighborhood House*

179 Robie St E, Saint Paul, MN 55107

neighborhoodhousemn.org

In-person shopping available Monday – Friday, 9 – 11:30 AM and 1 – 3:30 PM, and requires an appointment. Curbside pick-up is no longer available.

To schedule, please call 651-789-3602 between 9 AM – 4 PM.

5

Hallie Q Brown Food Shelf

270 N Kent St, Saint Paul, MN 55102

Appointment required. To schedule, please call 651-224-4607.

hallieqbrown.org

Monday – Friday, 9 AM – 4 PM

6

The Corner Shelf

Woodland Hills Church, 1740 Van Dyke St., Saint Paul, MN 55109

651-287-3000

whchurch.org/find-support/the-corner-shelf

Wednesday & Thursday, 10 – 11:30 AM

7

Merrick Food Shelf*

Gustavus Adolphus Lutheran Church, 1669 Arcade St N, Saint Paul, MN 55106

651-287-2088

merrickcs.org/community-services/food

Drive-thru hours: Mondays, 3 – 5 PM, Tuesdays, 10 AM – 12 PM; Door 2A

In-person shopping: Wednesdays & Thursdays, 10 AM – 12 PM; Door 3

8

CLUES*

771 Margaret Street, Saint Paul, MN 55106
651-379-4200

clues.org

Mondays, 3 – 5 PM

9

Faith Lutheran*

499 Charles Avenue, Saint Paul, MN 55103
In the lower level of the church.

651-227-5299

faithlutheranstp.org/community

Thursdays, 12 – 2 PM

10

Northeast Seniors for Better Living*

1831 Minnehaha Ave E, Saint Paul, MN 55119
651-808-1901

neseniorsforbetterliving.org

11

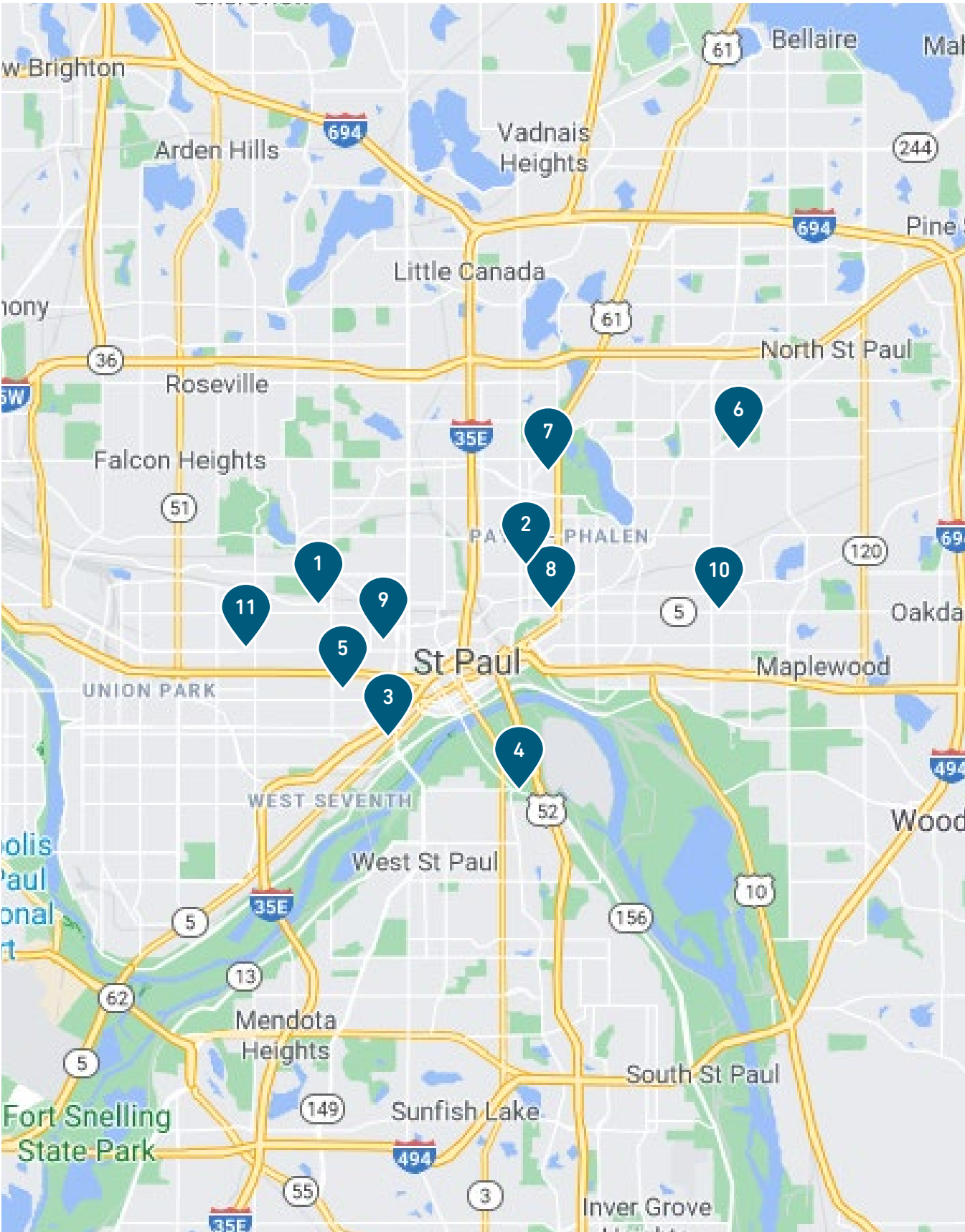
Animal Humane Society Vaccination Clinics*

1159 University Ave W, Saint Paul, MN 55104
3rd Saturday of every month

Must pre-register for an appointment.

animalhumanesociety.org/vaccine-clinics

St. Paul - Food Shelves and Supplies Map



Anoka

1 Anoka County Brotherhood Council (ACBC) Food Shelf

2615 9th Ave S N, Anoka, MN 55303

763-422-0046

acbcfoodshelf.com

Appointment required. To schedule, please complete the form online.

Monday & Wednesday, 10 AM – 3 PM

Tuesday, 12 – 5 PM

Thursday, 12 – 7 PM

Serving residents of Bloomington, Edina, Richfield, and portions of South Minneapolis

2 Volunteers Enlisted to Assist People (VEAP)

9600 Aldrich Avenue S, Bloomington, MN 55420

952-888-9616

veap.org

Appointment required; please call to schedule.

Indoor shopping available Monday, Tuesday, & Wednesday.

Drive-thru option available Thursday & Friday.

Food pantry check-in 9 AM – 4:15 PM

Serving residents of Cambridge and Isanti

Family Pathways

familypathways.org/get-help

Appointment required. To schedule, please call your local food shelf.

3 Cambridge

1575 1st Ave E, Cambridge, MN 55008

763-552-3663

Appointment required; please call to schedule.

Monday – Friday, 9 AM – 5 PM

4 Chisago City

10586 Liberty Lane, Chisago City, MN 55013

651-257-1308

Appointment required; please call to schedule.

Monday, Tuesday, Thursday, 9 AM – 5 PM

5 Forest Lake

935 Lake Street S, Forest Lake, MN 55025

651-464-2098

Appointment required; please call to schedule.

Monday, Tuesday, Thursday, 9 AM – 5 PM

Saturday, 9 AM – 12 PM

6 Frederic
1100 Wisconsin Ave S, Frederic, WI 54837
715-327-4425
Appointment required; please call to schedule.
Tuesday, 12 – 4 PM
Wednesday & Thursday, 9 AM – 4 PM
Saturday, 9 AM – 12 PM

7 North Branch
6381 Main St, North Branch, MN 55056
651-674-8313
Appointment required; please call to schedule.
Monday, Wednesday, Friday, 9 AM – 5 PM

8 Onamia
502 E Main St, Onamia, MN 56359
320-532-7665
Appointment required; please call to schedule.
Monday & Wednesday, 12 – 5 PM
Friday, 10 AM – 3 PM

9 Pine City
220 7th St SW, Pine City, MN 55063
320-629-0128
Appointment required; please call to schedule.
Monday & Thursday, 9 AM – 5 PM
Wednesday, 11 AM – 5 PM

10 St. Croix Falls
2000 US Hwy 8, St. Croix Falls, WI 54024
715-483-2920
Appointment required; please call to schedule.
Monday, Tuesday, Thursday, 9 AM – 5 PM
Wednesday, 10:30 AM – 5 PM

11 Sandstone
314 Main St, Sandstone, MN 55072
320-245-2485
Appointment required; please call to schedule.
Tuesday, Wednesday, Thursday, 9 AM – 6 PM

Serving residents of Elk River, Ostego, and Zimmerman

12 CAER Food Shelf
12621 Elk Lake Rd NW, Elk River, MN 55330
763-441-1020
caerfoodshelf.org/appointments
Appointment required. Appointment times open online 72 hours in advance. Families who are only picking up the Kids Weekend CAER Package on Thursday or Friday do not need an appointment.
Monday, Wednesday, 10 AM – 1:30 PM
Thursday, 4:30 – 6 PM
Friday, 10 AM – 12 PM

Serving residents of Hopkins, Minnetonka, Excelsior, Shorewood, Deephaven, Greenwood, and Woodland

13

ICA Food Shelf

11588 K-Tel Dr, Minnetonka, MN 55343

952-938-0729

icafoodshelf.org

Appointment required.

Monday, 12 – 6 PM

Tuesday & Thursday, 10 AM – 3 PM

Wednesday, 9 AM – 3 PM

Serving residents of Mound, Minnetrista, Rockford, Spring Park, St. Bonifacius, Tonka Bay, Navarre, Minnetonka Beach, Maple Plain, Loretto, Independence, and Greenfield

14

Family Supply Pantry by Western Communities Action Network (WeCAN)

Pet food available once per month if needed. Must meet income guidelines.

5213 Shoreline Drive, Mound, MN 55364

952-472-0742

wecanmn.org/get-help

Please call or email foodprogram@wecanmn.org for schedule.

Red Wing

15

River Bluff Humane Society (Humane Society of Goodhue County)

Community members may visit up to five (5) times per year. ID required.

1213 Brick Ave, Red Wing, MN 55066

651-388-5286

rbhspets.org

Tuesday – Sunday, 11 AM – 4 PM

Stillwater

16

Valley Outreach Food Shelf

1911 Curve Crest Blvd, Stillwater, MN 55082

651-430-2739

valleyoutreachmn.org/food-shelf

Offering in-person shopping, drive-up, or delivery (must sign for delivery). Appointment required.

Call or complete the form online.

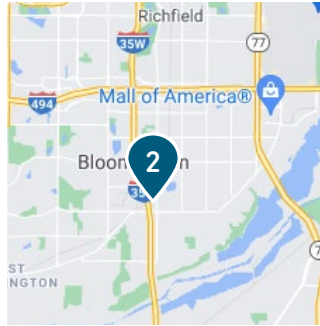
Monday, 9:30 – 11:30 AM

Tuesday & Thursday, 1:30 – 6:30 PM

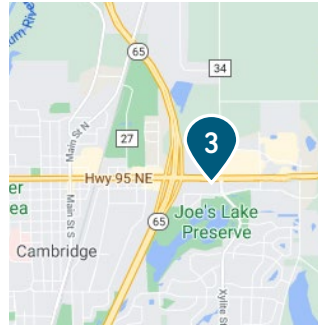
Food Shelves and Supplies Map



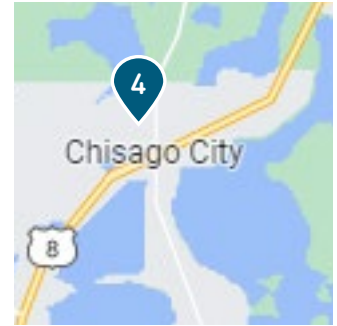
Anoka



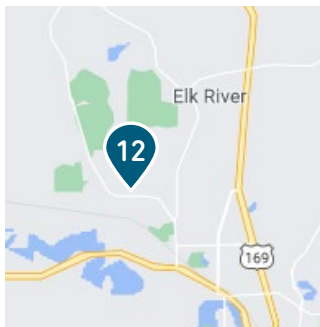
Bloomington



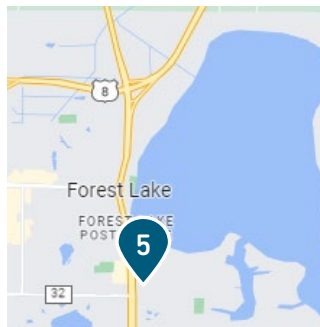
Cambridge



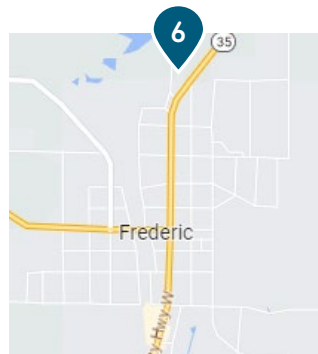
Chisago City



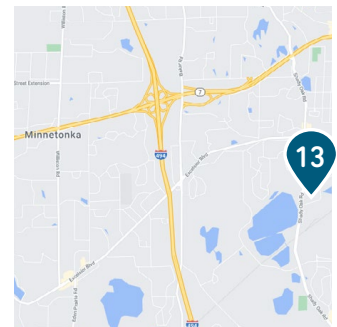
Elk River



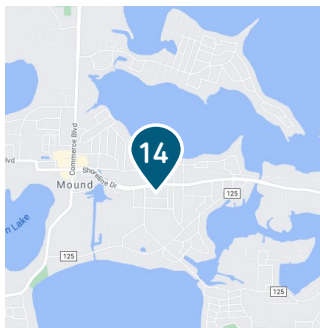
Forest Lake



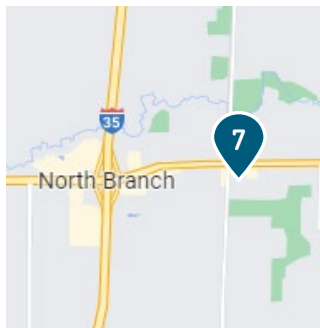
Frederic



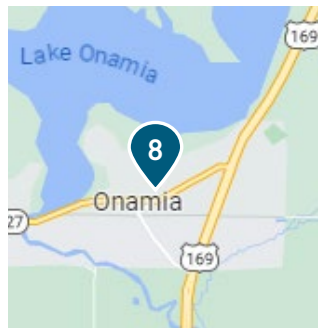
Minnetonka



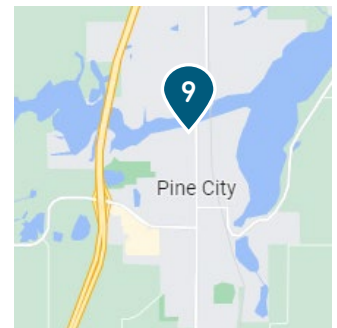
Mound



North Branch



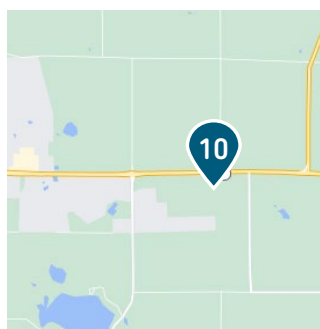
Onamia



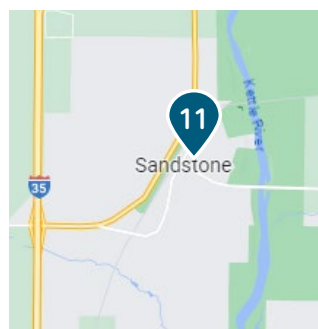
Pine City



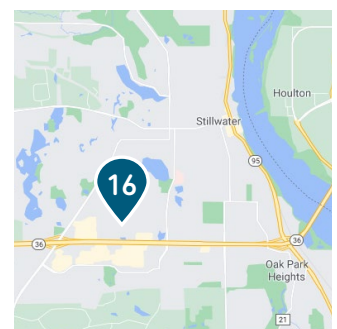
Red Wing



St. Croix Falls



Sandstone



Stillwater



Resource Guide

Training and Behavior

Pet behavior help

Animal Humane Society Behavior Helpline

Dedicated trainers are available to answer behavior questions about your pet (or connect you to an expert who can), and to support the bond you have with your pet.

763-489-2202

animalhumanesociety.org/behavior

Click on "Request Behavior Help" and fill out the form with as much detail as you can to help them route your questions to the appropriate resources.

Animal Humane Society Pet Behavior Library

The online library covers common behaviors and concerns including separation anxiety, aggression, unwanted scratching from cats, pet introductions, litter box issues, and crate training your dog,

animalhumanesociety.org/behavior

Animal Humane Society Training

More than 100 virtual and on-site training classes are offered weekly to fit your schedule and pet's skill level.

763-489-2217

animalhumanesociety.org/training

VIP Petcare

Free behavior helpline staffed by a veterinarian.

Call 800-775-4519 or chat live vipetcare.com/petiq-veterinary-help-line

Service or emotional support pets

Please note: Animal Humane Society does not offer service dog or emotional support animal training or resources. Service dogs are uniquely trained dogs that help their disabled owner with specific tasks. For more information on service dogs, please contact:

Can-do Canines

763-331-3000

can-do-canines.org

Helping Paws

952-998-9359

helpingpaws.org

Emotional support dogs provide emotional or therapeutic support for their owner, but do not qualify as service dogs. Please speak with your healthcare provider to learn more about emotional support animals.



Resource Guide

Housing

Resources for individuals and families who are experiencing homelessness, at risk of becoming homeless, or need emergency assistance to stay in their homes.

Ramsey County

ramseycounty.us/residents/assistance-support/assistance/housing-services-support

Hennepin County

hennepin.us/residents#human-services

Washington County

co.washington.mn.us/2959/Housing-Resources

Dakota County

co.dakota.mn.us/HealthFamily/PublicAssistance/Housing

Agate Housing and Services

Works with homeless individuals and families seeking emergency shelter or long-term housing. Long-term housing options may allow pets.

Single adults: 612-283-2567, Families: 612-348-4111

agatemn.org

Handbook of the Streets

Minneapolis and St. Paul

agatemn.org/get-involved/share-handbook-of-the-streets

Adult Shelter Connect

Helps people access shelter who are in Hennepin County and 18 years and older.

612-248-2350

Monday – Friday, 10 AM – 5:30 PM

Saturday & Sunday, 1 – 5:30 PM

After 7:30 PM nightly

ysnmn.org/detail/program/1125

People Serving People

Emergency shelter for families experiencing homelessness. Only service animals are allowed in the shelter with the family.

612-332-4500

peopleservingpeople.org

Pet-friendly housing resources

My Pitbull is Family

mypitbullisfamily.org

Housing Link

housinglink.org

People with Pets

peoplewithpets.com

Senior living apartments allowing pets with Section 8 accessibility

Labor Retreat Apartments

Minimum age requirement is 62.

124 4th St SE, Minneapolis, MN 55414

612-378-2946

Walker Methodist on Lyndale

Minimum age requirement is 62.

3737 Bryant Ave S, Minneapolis, MN 55409

612-827-5931

walkermethodist.org/locations/lyndale

East Side Apartments

Allows two (2) pets with a one-time pet deposit.

1256 Wilson Ave, St. Paul, MN 55106

651-240-6513

Legal resources for renters

HOME Line

Free legal help for renters.

612-728-5767

homelinemn.org/e-mail-an-attorney

Southern Minnesota Regional Legal Services (SMRLS)

Southern Minnesota Regional Legal Services provides free, high-quality legal help to low-income people in critical civil matters. For 110 years, they've helped individuals and families secure and protect their basic needs, maintaining freedom from hunger, homelessness, sickness, and abuse.

Intake for clients: 877-696-6529

smrls.org

Volunteer Lawyers Network

612-752-6677

vlnmn.org



Resource Guide

Pet Care

Veterinary Care

AHS Veterinary Centers

AHS offers high-quality spay/neuter surgeries, full-service exams, preventative care, dental services, and specialty surgeries with affordable standard fees and additional discounts based on income. They are unable to handle emergency medical situations.

845 Meadow Ln N, Golden Valley, MN 55422

1159 University Ave W, St. Paul, MN 55104

763-489-7729

animalhumanesociety.org/vetcenters

Access Vet Care

Low-cost wellness, surgery, and euthanasia services. Equipped to handle injured animals and emergency medical situations.

6225 42nd Ave N, Minneapolis, MN 55422

763-390-4050

myaccessvetcare.com

Mission Animal Hospital

Operates on a two-tier fee system, offers payment plans, and can help with applying for veterinary grants. Accepts urgent walk-ins; appointments are triaged based on urgency. Arrive 30 minutes prior to opening to get on their list and plan on staying for the day.

10100 Viking Dr. Suite 150, Eden Prairie, MN 55344

952-938-1237

missionah.org

3 Pound Cats – Dr. Marie Louderback

In-home wellness visits, including vaccinations and preventative care for cats and dogs, for seniors living in the Twin Cities metropolitan area. Low-cost for clients on a fixed income. Lion cuts available for matted cats. Not to be used as an emergency vet. 3 Pound Cats partners with local veterinary clinics to provide full service pet care at discounted rates for seniors.

651-261-5808

Email: DrMarie@3poundcats.com

3poundcats.com

Hennepin Avenue United Methodist Church

Provides free vaccines and wellness using VeTouch (a service provided by U of M). Dates are available on the website. Parking is available in the church parking lot after 10:30 AM. Walk-ins only on a first come, first served basis, so it is recommended to come early. Bring income verification.

511 Groveland Ave, Minneapolis, MN 55403

612-440-6147

Email: Vetouch@umn.edu

vetouch.umn.edu

VIP Petcare

Offers low-cost wellness services, vaccines, and preventatives. Also offers a free veterinary helpline. Visit their website to find the nearest wellness center or community clinic.

800-775-4519

vipetcare.com

Financial assistance with costs for veterinary care

The Pet Fund

Provides financial assistance to owners of domestic animals who need veterinary care. Assistance is **ONLY** provided for non-basic, non-urgent care (cancer treatment, heart disease, chronic conditions, endocrine diseases, eye diseases, etc.). For eligibility requirements and the application process, please visit their website.

Email: info@thepetfund.com

thepetfund.com

RedRover

Provides financial assistance, resources, and emotional support to pet guardians struggling with economic hardships when pets are in life-threatening situations. The RedRover Relief Urgent Care grant program helps animals who need urgent and emergency veterinary care. Decisions are based upon several factors, including medical urgency, financial need, available funding, and eligibility. Once an application has been submitted, you can expect to receive a response by email or phone within one to two business days. The typical grant is around \$200. For eligibility requirements and the application process, please visit their website.

redrover.org

MN Humane Society Grant

The Minnesota Humane Society offers grants to qualified Minnesota residents for veterinary treatment for their cat, dog, or other companion animal. Grants are not given for preventative care such as spay/neuter or vaccinations, but are instead for injury or illness treatment only. For eligibility requirements and the application process, please visit their website.

mnhumane.org/vet-expense

Waggle

Waggle is a crowdfunding site for your pet's veterinary bills. Create an account for your pet to share with friends and family. Waggle also has donors who provide grants and scholarships.

waggle.org

Animal Care Foundation

Provides funding for those 65 and older with a disability. Visit their website for eligibility requirements and the application process.

animalcarefoundation.org

Grooming

Shear Elegance Pet Grooming

1469 White Bear Ave N, St. Paul, MN 55106

651-528-1157

shearelegancepetgrooming.com

Cat's Meow Grooming & Boarding Suites

6410 Nicollet Ave, Richfield, MN 55423

952-582-4429

thecatsmeowgrooming.com

Bubbly Paws

Offers an unlimited monthly self-service package at four (4) locations.

bubblypaws.com

Maple Grove

7893 Main St, Maple Grove, MN 55369

763-390-2411

Minneapolis

4737 Chicago Ave, Minneapolis, MN 55407

612-315-0330

St. Louis Park

3730 Grand Way, St. Louis Park, MN 55416

952-657-5300

St. Paul

949 Grand Ave, St. Paul, MN 55105

651-964-4590

Licensing

Minneapolis Animal Control

Can assist with low-cost vaccines, microchips, pet licensing, and temporary housing for pets. Requires a request form be submitted online from Minneapolis residents.

minneapolismn.gov/resident-services/animals-pets

St. Paul Animal Control

Processing animal licenses and permits for St. Paul residents. Also provides shelter to stray animals.

stpaul.gov/departments/safety-inspections/animal-control-information

Check your city's website to learn how to obtain a pet license.



Resource Guide

Mental Health Resources

If you or someone you know is in crisis and in need of immediate assistance, the following resources can help:

National Suicide Prevention Lifeline

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.

988

suicidepreventionlifeline.org

Crisis Support

Minnesota crisis services are available 24 hours a day, 7 days a week if you or someone you care about is having a mental health crisis.

Text: HOME to 741741

crisistextline.org

Mental Health Resource - State of Minnesota

mn.gov/covid19/for-minnesotans/get-help/mental-health.jsp

National Alliance on Mental Illness (NAMI) Minnesota

Contact their helpline to receive guidance on navigating the mental health system or identifying resources and treatments that can help. **NOTE: This is not a crisis line.**

651-645-2948, ext. 117 or 888-NAMI-HELPS

Email: namihelps@namimn.org

namimn.org

The Trevor Project

Trained counselors that understand the challenges LGBTQI+ young people face are available and can offer support during a crisis or provide a safe and judgment-free place to talk. Available 24/7.

866-488-7386

Text: Start to 678-678

thetrevorproject.org

Minnesota Farm & Rural Helpline

Farming can be a stressful occupation. Often, you live where you work. Financial problems, price and marketing uncertainties, farm transfer issues, production challenges, marital difficulties, and social pressures can be real sources of stress – even crisis – for farmers and farm family members. Free, confidential, 24/7. If you or someone you know is struggling with stress, anxiety, depression, or suicidal thoughts – call. Translators available.

833-600-2670

Text: FARMSTRESS to 898211

Email: farmstress@state.mn.us

mda.state.mn.us/about/mnfarmerstress

Pet Loss and bereavement

Lap of Love Pet Loss and Bereavement Resource Line

If you are grieving the loss of a pet, call to talk to someone who can provide understanding, comfort, and support.
7 days a week, 7 AM – 11 PM
855-352-5683

St. Francis Animal & Bird Hospital

Christine Severance, CVT, certified Pet Bereavement Counselor.
1227 Larpenteur Ave W, Roseville, MN 55113
651-645-2808

Heidi Brenegan at Animal Emergency Clinic & Referral Center of Minnesota

Meetings take place on the fourth Tuesday of each month, 7 – 9 PM.
1163 Helmo Ave N, Oakdale, MN 55128
651-501-3759
aercmn.com

Companion Animal Love, Loss and Memories Group (CALLM Group)

The University of Minnesota Veterinary Medical Center (VMC) offers a bereavement group to support those grieving the loss of a beloved animal. Whether you are facing an imminent or recent death, the CALLM group will provide you with a supportive and confidential environment in which to share your story. CALLM sessions are facilitated by the staff of VMC Social Work Services on the University of Minnesota's St. Paul campus. Please call to determine meeting location and times.
612-624-9372

Cornell University College of Veterinary Medicine Pet Loss Support Hotline

607-253-3932

ASPCA Pet Loss Hotline

Calls are returned immediately 24 hours a day.
877-474-3310

IAMS Pet Loss Support Center and Hotline

Monday – Friday, 9 AM – 5 PM
888-332-7738

Association for Pet Loss & Bereavement

Counselor facilitated chat room on their website.
718-382-0690
aplb.org

The Nikki Hospice Foundation for Pets

Dr. Marocchino offers personalized grief counseling sessions. Callers are invited to leave a brief message if no one answers and to carefully articulate their name and call-back number, especially if using a cell phone or when emotionally distressed. Calls will be returned as soon as possible, usually within 72 hours.
707-557-8595