

# REENTRY PACKET

Your Customized Guide to Support your Successful Transition



National Web-based Reentry Resource Center

[www.fairshake.net](http://www.fairshake.net)

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## Find A Job

Finding employment is one of the top priorities of most people in society. Finding employment after incarceration is not only pivotal for reentry success, it can also be a requirement for parole or a halfway house.

It is important to find satisfaction in our jobs, but sometimes we must temper our wishes with our needs.

When we have to take a job that we are not excited about now, we can leverage the feelings of dissatisfaction to push us toward whatever it is that we need to do to find satisfaction. These things may include: submitting applications for jobs that we really want but may not be available now, or trying to work in an organization that has a similar philosophy to our own so we can move within the organization to a job that is more fulfilling, or perhaps we need to get the education required for certain positions, or maybe what we really want is to start our own business but need to work a 'day job' until our idea provides enough income for us to thrive.

Knowing there are many avenues to employment, Fair Shake offers several ways for you to engage within our website.

**Remember: most jobs get filled without ever being listed on a website!**

When searching for employment, remember to consider what it is you want to do. What type of business would you like to work in, and in which positions do you think you would do well? What kind of jobs might you enjoy doing? Keep your eyes on the prize! Even if you must work in a job you don't care for now, remember that you are building character, patience, tolerance and REFERENCES. The image to the right is what our "Get A Job" page looks like today. This page, like all pages on the Fair Shake website, is constantly evolving. Please let us know what you think!


## Fair Shake Employment Pages

Find a Job

### Find a Job (or Start Your Own Business)

#### Job Search Engines


All search engines available online only



**job-applications.com**

#1 Independent Online Job Application Website


We offer links to online application pages and printable job application forms from our comprehensive database. We feature information on 1,500 popular companies in major industries such as fast food, retail, grocery stores, hotels and restaurants. Each company listed has a page which includes company history, service offered and common job opportunities. <https://www.job-applications.com/>



**WayUp**

<https://www.wayup.com/>


We feel strongly that opportunity belongs to all, and that an individual should never be limited by their economic status, race, sexual orientation, gender, who you know, where you went to school, or where you're from.



**Glassdoor**

<https://www.glassdoor.com/>


Glassdoor is one of the fastest growing jobs and recruiting sites. It holds a growing database of millions of company reviews, CEO approval ratings, salary reports, interview reviews and questions, benefits reviews, office photos and more. No other site allows you to see which employers are hiring, what it's really like to work or interview there according to employees, and how much you could earn.



**Jobs for Felons Hub**

<http://jobsforfelonshub.com/>


A resource website created by a few folks who have personally watched their loved ones struggle to get a job due to having a felony. They share their free reentry employment guide here. Check out their website or their Facebook page for more information! <http://jobsforfelonshub.com/start-here/> or Facebook: <https://www.facebook.com/jobsforfelonshub>



**Successful Release**


We have personally contacted each company for information regarding jobs for felons. <https://successfulrelease.com/jobs-for-felons/>

Guide to Finding a Job Through Networking <https://successfulrelease.com/who-hires-felons-where-to-network-to-find-jobs-for-felons/>




**Formerly Incarcerated College Graduate Network**

<https://www.ficgn.org/job-leads> Discover career-related jobs that welcome formerly incarcerated applicants and see the value in your lived experience.




**Jobline**

Toll-Free Number: 1-800-414-6748 If you are looking for employment, Jobline is a free public service available on the telephone 24 hours a day, 7 days a week. New jobs are listed on the system each day, and jobs that are filled are removed. All that is required is a touch-tone telephone to establish your personalized job-search profile. The system is designed for you to use each day during your job search.



**USA Jobs**

An official website of the United States government <https://www.usajobs.gov/>




**O\*Net**

Occupation Search! <https://www.onetonline.org>

All of these websites have thousands of jobs available at different employability levels:


Indeed.com Simplyhired.com Monster.com Linkedup.com

#### Non-profit Job Search Engines:



**Idealist**


[www.idealists.org](http://www.idealists.org) Jobs, Internships and Volunteer Opportunities (that can sometimes turn in to jobs...)



**Jobs That Help**

<https://www.jobsthathelp.com/>


WISCONSIN JOB SEEKERS! Looking for a meaningful career that makes a positive difference in your community? Whether you are an experienced professional or an enthusiastic newcomer, you have come to the right place!



**Encore**


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

Jobs for people 50+ yrs of age



**Philanthropy News Digest**

Philanthropy News Digest: all levels of non-profit jobs. <http://philanthropynewsdigest.org/jobs>



**GIGS: Single or multiple day opportunities**

For an interesting temp option, you can check out the Craigslist in your area under 'Gigs'. You'll find opportunities that include moving furniture, doing yard work for a few hours, car dismantling, CDL temporary jobs, staff for weekend events, handyman, cleaning, carpentry, welding, electrical, plumbing, painting, brand ambassadors (reps) and much more. Many of these gigs have opportunities that can turn into jobs.

Keep the author's intent in mind when searching on Craig's list. Beware that some listings are quite sketchy...

<https://newyork.craigslist.org/>

#### Gary's Job Board: Truck Drivers wanted!

Gary can find you a better truck driving job, with or without a CDL.

Website: <http://www.garysjobboard.com/>

More information about trucking / driving jobs:

<https://www.fairshake.net/employment-trucking-driving-jobs/>

#### Prepare For Work!

[www.fairshake.net/prepare-for-work/](http://www.fairshake.net/prepare-for-work/)

- Resume Writing Ideas
- Letter of Explanation
- Prepare For Your Interview
- ... and much more!

#### Employer Support

Give employers tools and information to help them hire you.

Share this document with your potential employers to help them hire you.


#### Bonding, WOTC, and EEOC filers

- You are bondable
- Federal Bonding Filer
- Work Opportunity Tax Credit Filer
- Equal Employment Opportunity Commission: Background Checks
- More on Background Checks: What Applicants Need to Know
- Formerly Incarcerated Individuals' Job Restrictions (US and Wisconsin) Created by the WI-DDC

#### US Department of Labor CareerOneStop

Formerly Incarcerated Reemployment

<http://www.careeronestop.org/ExOffender/index.aspx>



Watch The Video!

1-877-348-0502 TTY: 1-877-348-0501

**Career OneStop Locations:**

Alabama Louisiana Ohio

#### Start Your Own Business

It's not easy, but for the creative, courageous and tenacious, it's often the right thing to do. Here are a few documents to help you get started.

- From the Small Business Administration
- Business Plan Template

## Prepare For Work

There are many ways to approach employment. Some people 'know somebody', sometimes we get lucky and meet our new boss or coworkers where we volunteer or through a recreational activity...but most of us will write resumes, find available jobs online or through an employment agency, fill out applications and then endure one or many job interviews.

Thanks to the generosity of several resume' writing professionals and job readiness coaches, we've assembled what we've found to support you as you build your resume', your interview skills, and your confidence!


While the information here addresses several of the concerns of job seekers, we want to encourage you to also consider topics from the "Free School" section of this book, the website or the software, to support you through the inevitable challenges that will occur as you create desirable outcomes.

Please remember: many employers want to hear more about how you built yourself up while you were incarcerated than they do about your past. Keep the conversation positive!

They want to know that you care. That you will be a good listener and team member, if you can embrace the company culture, learn, follow through and get things done. They want to know that you are interested and motivated.

### Prepare for Work

Everyone prepares for work in a different way. Fair Shake offers many tools for you to use in the way that you choose to prepare for temporary jobs or long-term careers.



**O\*Net**  
Occupation Search! <https://www.onetonline.org>

#### The Resume Writing Academy

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

**Resume Writing** This document generously shared with Fair Shake by The Resume Writing Academy thanks to: Wendy Enelow, MRW, CCM, CPRW, JCTC and Louise Kursmark, MRW, CCM, CPRW, JCTC

- Resume Examples
- Top Tips & Techniques for Writing Best-in-Class Resumes
- Free 78-minute resume writing audio webcast with printable handouts.
- Best Resumes and Letters for Ex-Offenders

A resume guide that addresses special employment issues facing ex-offenders.

**Raw Resume**

<http://www.rawresume.com/write-resume-definitive-guide>

**How to Write a Great Resume: The Definitive Guide** This guide will take you from start to finish through all the aspects of a great resume and help you transform your current one into an interview-winning resume. Written for beginner and intermediate job seekers. Print or read The Complete Guide to A Winning Resume - Cheat Sheet to get started. Here I am - Resume Writing That Gets Noticed. The Complete Guide to a Winning Resume Cheat-Sheet

Discussing Your History in the Interview

- Discussing Criminal History in the Interview

#### Other Employment Support

**Jails to Jobs**

[http://www.jailstojobs.org/html/help\\_with\\_new\\_entry.html](http://www.jailstojobs.org/html/help_with_new_entry.html)

Jails to Jobs is an organization that gives ex-offenders the tools they need to find employment. On this website you'll find a step-by-step plan to follow as you carry out your job search.

**Livecareer.com**

Livecareer.com offers great tools and resources for exploring careers, whether you're searching for a new job or considering a career change. - See more at:

<https://www.livecareer.com/quintessential/career-exploration>

**how2become.com**

How2become.com offers a resource guide that provides detailed insight into how to answer certain questions, body language and more.

<https://www.how2become.com/resources/interview-skills/>

#### Fair Shake Employment Documents

**Available Offline and Online**

- Employment Tips
- Resume Guide
- Interview Tips
- Interview Questions for You to Ask
- Sample Interview Questions
- Computer and Internet Tips
- Letter of Explanation
- Functional Resume Example
- Accomplishments and Skills Worksheet
- Employer Support
- Resume Examples
- Favorite Verbs for Your Resume
- Sample Employment Application
- Cover Letter | Thank You Letter
- Self Employment

**Employer Support!**

Share this document with your potential employers to help them hire you.

**Bonding, WOTC, and EEOC fliers**

- You are bondable | Federal Bonding Flier
- Work Opportunity Tax Credit Flier
- Equal Employment Opportunity Commission: Background Checks
- More on Background Checks: What Applicants Need to Know
- Formerly Incarcerated Individuals' Job Restrictions (US and Wisconsin) Created by the WI-DOJ

**Start Your Own Business**

It's not easy, but for the creative, courageous and tenacious, it's often the right thing to do. Here are a few documents to help you get started.

- From the Small Business Administration
- Small Business Administration: Start A Business!
- From the Consumer Information Center: Planning and Goal Setting for A Small Business
- Minding Your Own Business
- How to Write a Business Plan
- From the Fair Shake Reentry Packet
- Self Employment

#### US Department of Labor Career Onestop

**Formerly Incarcerated Reemployment**

<http://www.careeronestop.org/ExOffender/index.aspx>

**careeronestop**

Watch The Video!

1-877-348-0502 TTY: 1-877-348-0501

**Career Onestop - Locations:**

Alabama	Louisiana	Ohio
Alaska	Maine	Oklahoma
Arizona	Maryland	Oregon
Arkansas	Massachusetts	Pennsylvania
California	Michigan	Rhode Island
Colorado	Minnesota	South Carolina
Connecticut	Mississippi	South Dakota
Delaware	Missouri	Tennessee
Florida	Montana	Texas
Hawaii	Nevada	Vermont
Idaho	New Hampshire	Virginia
Illinois	New Jersey	Washington
Indiana	New Mexico	West Virginia
Iowa	New York	Wisconsin
Kansas	North Carolina	Wyoming
Kentucky	North Dakota	

**Career Onestop**

Put together a successful job search with resources on resumes, interviewing, networking and finding job openings.

<https://www.careeronestop.org/JobSearch/job-search.aspx>

**Everything in this section available Online Only**

- America's Service Locator** connects individuals to employment and training opportunities available at local American Job Centers. [www.ServiceLocator.org](http://www.ServiceLocator.org)
- America's Career InfoNet** occupation and industry information, salary data and career exploration assistance. [www.CareerInfoNet.org](http://www.CareerInfoNet.org)
- mySkills myFuture** helps career changers find new occupations to explore. [www.mySkillsmyFuture.org](http://www.mySkillsmyFuture.org)
- Veterans ReEmployment** is a one-stop website for employment, training, and financial help after military service. [www.CareerOneStop.org/ReEmployment/Veterans](http://www.CareerOneStop.org/ReEmployment/Veterans)

**About The Fair Shake Personal Web Page**

**Personal Web Page Example**

- Members differentiate themselves from other applicants!
- Members share information easily. No need to carry documents; they are stored in their account.
- Shows dedication to reentry success and provides a place to demonstrate interest in taking a proactive approach by sharing skills, character traits, and intentions.
- Employers and property managers can get to know members comfortably, reducing likelihood of auto-dismissal based on felony history.
- Fair Shake Member Card provides member information, url and password to the member's page.
- Member Web Page password is changeable! Access only given to current password holders.
- Fair Shake can verify references, even for volunteer work. Check out our example Personal Web Page | Personal Web Page Flyer | Fair Shake Brochure

Also available to Fair Shake members is a free email account, data storage and tutorials to learn to use electronic tools.

**National Resources and Information**

Advice from a Senior U.S. Probation Officer Workforce Development Coordinator

<http://community.ncdo.gov/forums/p/46711/85165>

- Federal Bureau of Prisons Employment Information Handbook
- Background Checks - EEOC

**Veterans Employment Assistance: The Transition Assistance Program (TAP)** was established to meet the needs of veterans during their period of transition into civilian life by offering job-search assistance and related services. The guide books below were created specifically to support you by applying

### **Citizenship - Community Development**

We schedule events and activities on an ongoing basis. We have found that men who get connected and stay connected, stay out of prison.

Many of our events and activities include spouses or significant others and family members because we feel this is a very important element in each man's recovery. See the calendar for details. Go to our Events page to register for upcoming events. The Welcome Back Center

We provide ten housing units on the second floor (with an additional two units at a nearby duplex) and a place for fellowship, prayer, counseling and education on the first floor.

3559 Penn Ave N

Minneapolis, MN

612.522.9007

<http://myfreedomworks.com/>

### **Employment - Employment Services**

We are dedicated to helping you find your next career! The National Urban League is a historic civil rights organization dedicated to elevating the standard of living in historically underserved urban communities. Founded in 1910, the National Urban League spearheads the effort of its local affiliates through the development of programs, public policy research and advocacy.

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

### **Employment - Employment Services**

Goodwill-Easter Seals Minnesota's core programs provide employment services specifically designed for people with disabilities, disadvantages or other barriers to work.

651-379-5779

[http://www.goodwilleasterseals.org/site/PageServe?pagename=serv\\_emp](http://www.goodwilleasterseals.org/site/PageServe?pagename=serv_emp)

### **Employment - Employment Services**

Lifetrack Resources helps youth and adults overcome obstacles to successful employment, including people who are leaving welfare, immigrants and refugees, persons with disabilities, and ex-offenders. Minneapolis Office

Lifetrack / State of Minnesota

2218 Central Avenue NE

Minneapolis, MN 55418

Phone: 612-788-8855

Fax: 612-788-8577

<http://minnesotaunemployed.com/ex-offender-resources.html>

### **Employment - Employment Services**

We envision a future where men who want to build a better life for themselves, can. A future where men, predominantly African American, returning from prison have the supports they need to stay out of prison. A future where men who want to succeed are not locked out of opportunities, but they have access to the fundamentals everyone needs to build a healthy, happy life for themselves and their family.

Better Futures Enterprises

2620 Minnehaha Ave S

Minneapolis, MN 55406

### **Clothing - Interview and Career Clothing**

The mission of Dress for Success is to empower women to achieve economic independence by providing a network of support, professional attire, and the development tools to help women thrive in work and in life.

<https://dressforsuccess.org/affiliate-list/>

### **Employment - Employment Services**

I-SEEK is a career, education, and job resource for Minnesota

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

### **Employment - Employment Services**

At Hired, we support our participants in discovering their strengths. This means knowing what resources are available and how best to use them. Discovering the whole person. Connecting them with the right training. We support people building sustainable careers that support not only our participants, but their families, employers and communities as well.

217 Fifth Avenue North,

Third Floor

Minneapolis, MN 55401

612-808-9500

<https://www.hired.org/>

### **Employment - Employment Services**

Career Planning for People with a Criminal Conviction helps job seekers with felony convictions and other criminal charges know their work options, set goals, get training, and STEP AHEAD to a successful job search.

<http://www.iseek.org/exoffenders/index.html>

### **Employment - Employment Services**

Our services – chemical and mental health, housing supports, career education, and employment – create the strongest paths for life transformation for the nearly 13,000 individuals we serve every year.

Avivo

1900 Chicago Avenue

Minneapolis, MN 55404

612.752.8000

<http://www.resource-mn.org/employment-services/>

### **Employment - Employment Services**

America Works includes work readiness training, vocational training, career placement, career advancement, and employment retention services. Our mission is to equip each individual who comes to our offices with the right tools so that they are able to provide for themselves and their loved ones. People find employment, and employers find talent! Due to the Coronavirus Pandemic, you must contact the office first before you can engage in in-person services. Click on the link above to find the location nearest to you.

<https://americaworks.com/virtual-contact-info/>

### **Employment - Job Training**

180 Degrees, Inc.



612-455-6133

<https://betterfuturesminnesota.com/>

### **Employment - Employment Services**

AccessAbility's Career and Educational Pathways (CEP) program is a supportive services program developed for incarcerated people in transition. CEP specifically aims to help participants by designing individual case plans that incorporate education and career assistance, as well as providing them with social service wrap around supports necessary to their personal success. They also offer educational assistance and industry-specific training.

AccessAbility, Inc.  
360 Hoover Street NE  
Minneapolis, MN 55413  
612-331-5958.  
<http://www.accessability.org>

### **Employment - Job Training**

Phone: 612-279-5802  
800 Washington Avenue North, Suite 203  
Minneapolis, Minnesota 55401  
[cyusten@twincitiesrise.org](mailto:cyusten@twincitiesrise.org)  
<http://twincitiesrise.org/>

### **Employment - Job Training**

The mission of the American Indian OIC is to empower American Indians to pursue career opportunities by providing individualized education, training, and employment services in a culturally rich environment.  
1845 E Franklin Ave., Minneapolis, MN 55404  
email: [info@aioic.org](mailto:info@aioic.org)  
phone: 612-341-3358  
<http://aioic.org/about/>

### **Employment - Licensing Information**

Information about a variety of licensing processes - recreational, employment licensing and more!  
<http://mn.gov/elicense/index.jsp>

### **Employment - Staffing Agency**

Manpower is dedicated to enriching people's lives with meaningful employment and development opportunities, as we have done for more than 60 years.  
<https://www.manpower.com/ManpowerUSA/home>

### **Employment - Temporary Staffing Agency**

Doherty Top Talent Headquarters  
7645 Metro Boulevard  
Edina, MN 55439  
P: 952.832.8363  
<http://www.dohertyemployment.com/top-talent/>

### **Employment - Temporary Staffing Agency**

2001 Killebrew Dr., Suite 320  
Bloomington, Minnesota 55425  
Phone: (952)853-9899  
Toll-Free: (800)927-6916  
Fax: (952)853-1497  
<http://www.aerotek.com>

### **Employment - Temporary Staffing Agency**

222 South Ninth Street

236 Clifton Avenue S.  
Minneapolis, MN 55403  
Phone: 612.813.5000  
Fax: 612.813.5039

<http://www.180degrees.org/#offenderemployment>

### **Employment - Job Training**

AccessAbility's Career and Educational Pathways (CEP) program is a supportive services program developed for incarcerated people in transition. CEP specifically aims to help participants by designing individual case plans that incorporate education and career assistance, as well as providing them with social service wrap around supports necessary to their personal success. They also offer educational assistance and industry-specific training.

AccessAbility, Inc.  
360 Hoover Street NE  
Minneapolis, MN 55413  
Phone: (612) 331-5958

<https://www.accessability.org/>

### **Employment - Staffing Agency**

PeopleReady has re-imagined and simplified the path that connects people and work. Whether you need workers or you're looking for new job opportunities, we're ready to deliver results for you today.

<https://www.peopleready.com/>

### **Employment - Temporary Staffing Agency**

Edina Jobs Office  
7645 Metro Blvd  
Edina MN 55439  
(952) 832-8885  
<http://www.dohertyemployment.com/top-talent/>

### **Employment - Temporary Staffing Agency**

7550 France Ave. S. Suite 130  
Edina, MN 55435  
Phone: (952) 546-1100  
Toll Free: (877) 414-JOBS [5627]  
<http://www.therightstaff.com>

### **Employment - Temporary Staffing Agency**

109 South Seventh Street, Suite 111  
Minneapolis, Minnesota 55402  
Phone: 612-217-5280  
Toll-Free:  
Fax: 612-332-0570  
<http://www.aerotek.com>

### **Employment - Temporary Staffing Agency**

Masterson Staffing Solutions is a Full Service Staffing Operation. For more information, please contact the Business Development Manager.  
Masterson Staffing  
8772 Lyndale Avenue South  
Bloomington, MN 55420  
Ph: 952-881-1071  
Fax: 952-881-6142  
Email: [BloomingtonLI@mastersonstaffing.com](mailto:BloomingtonLI@mastersonstaffing.com)  
<http://www.mastersonstaffing.com/>

### **Employment - Temporary Staffing Agency**

Masterson Staffing Solutions is a Full Service Staffing Operation. For more information, please

Suite 290  
Minneapolis, MN 55402  
612-375-9200  
<http://www.manpower.com>

#### **Employment - Temporary Staffing Agency**

Masterson Staffing Solutions is a Full Service Staffing Operation. For more information, please contact the Business Development Manager.  
Masterson Staffing  
5001 American Blvd West  
Suite 200  
Bloomington, MN 55437  
Ph: 952-835-4090  
Fax: 952-835-4113  
Email: [BloomingtonOS@mastersonstaffing.com](mailto:BloomingtonOS@mastersonstaffing.com)  
<http://www.mastersonstaffing.com/locations/BloomingtonOS.aspx>

#### **Employment - Temporary Staffing Agency**

Masterson Staffing Solutions is a Full Service Staffing Operation. For more information, please contact the Business Development Manager.  
Masterson Staffing  
505 Highway 169 N.  
Waterford Park, Suite 700  
Plymouth, MN 55441  
Ph: 763-233-5600  
Fax: 763-233-5635  
Email: [Plymouth@mastersonstaffing.com](mailto:Plymouth@mastersonstaffing.com)  
<http://www.mastersonstaffing.com/locations/plymouth.aspx>

#### **Employment - Temporary Staffing Agency**

Montu Staffing Solutions, serving Minneapolis, MN and surrounding areas, specializes in staffing for today's work force industry.  
4056 Central Ave NE  
Minneapolis, MN 55421  
(763) 220-2071  
<http://www.montustaffing.com/>

#### **Employment - Workforce Development**

332 Minnesota Street, Suite E200  
Saint Paul, MN 55101  
Lost your job and wondering what's next? Don't know how to begin a job search? Need help with your resume? Looking for job leads? At any stage in your job search, we've got the resources and expertise to help.  
<https://mn.gov/deed/job-seekers/>

#### **Food - Food Pantry**

Find a food bank near you! The Feeding America nationwide network of food banks secures and distributes more than 3 billion meals each year. Contact your local community food bank to find food.  
<http://www.feedingamerica.org/find-your-local-food-bank/>

#### **Food - Food Pantry**

Find local pantries, soup kitchens, food shelves, food banks and other food help.  
<https://www.foodpantries.org/st/minnesota>

#### **Free - Free Stuff**

T-Th - line forms at 9 a.m, doors open at 9:30 am - first come, first served.

contact the Business Development Manager.  
Masterson Staffing  
7924 University Avenue  
Fridley, MN 55432  
Ph: 763-571-6090  
Fax: 763-571-5989  
Email: [Fridley@mastersonstaffing.com](mailto:Fridley@mastersonstaffing.com)  
<http://www.mastersonstaffing.com/locations/fridley.aspx>

#### **Employment - Temporary Staffing Agency**

EAC empowers and prepares individuals and families to achieve their education and employment potential, while building diversity and actively opposing racism.

<http://www.eac-mn.org/EAC/EAC-Contact-Us>

#### **Employment - Workforce Development**

Free, Individualized Support for Your Next Career Move. No matter who you are or what your situation is, Workforce Development, Inc. (WDI) is ready to help you get where you want to go.  
<https://workforcedevelopmentinc.org/#>

#### **Food - Food Pantry**

WhyHunger Hotline: 866-348-6479  
Call, text or click on the link to their website to find food pantries, soup kitchens, summer meals sites, government nutrition programs and grassroots organizations.  
<http://www.whyhunger.org/find-food>

#### **Food - Food Pantry**

Ample Harvest works to reduce food waste by connecting gardeners to their local food pantries so that excess garden bounty can be shared with those in need. Use the search tool to look for a local food pantry near you.  
<https://ampleharvest.org/find-food/>

#### **Food - Food Pantry**

The people of Minnesota have a long-standing history of concern and generosity when it comes to helping those who are hungry and in need. NorthPoint Emergency Food Shelf embodies that concern in North Minneapolis. NorthPoint Emergency Food Shelf has steadily grown over the years as the need to feed the hungry has increased. The food distributed by our food shelf comes from donations of food and/or cash to purchase food. Our support comes from the State of Minnesota, various churches, businesses, organizations and individuals that share a common concern: Hunger.  
1315 Penn Avenue North  
Minneapolis, MN 55411  
<http://www.northpointhealth.org/FoodShelf/tabid/93/Default.aspx>

#### **Health - Crisis Hotline**

Domestic Violence Hotline 1-800-799-7233(SAFE)  
StrongHearts Native Helpline 1-844-7NATIVE (1-844-762-8483)  
Runaway Safeline 1-800-RUNAWAY / 1-800-786-2929  
Human Trafficking Hotline 1-888-373-7888  
Child Abuse Hotline - 1-800-4-A-CHILD (1-800-422-4453)

Bus card available for guests with a new job. Letter on letterhead from supervisor is required.  
Bus ticket available one way for an out of town funeral. Immediate family only (parent, child, spouse or sibling)  
Bus tokens available only with services/voucher.  
Gas card redeemable at any Holiday Station store. Available once every 12 months with picture ID, resident of Minneapolis (bring proof)  
Corner of Hennepin Ave and N. 17th st in Minneapolis, MN  
1600 Hennepin Ave  
Minneapolis, MN 55403  
<http://www.mary.org/>

#### **Health - Free/Sliding Scale Clinic**

1,400 Free and Charitable Clinics and Pharmacies provide access to healthcare for uninsured and underinsured people in communities across the U.S. Find one near you!  
<https://nafcclinics.org/>

#### **Health - Free/Sliding Scale Clinic**

NorthPoint accepts most major medical and dental insurance plans including Medica, Health Partners, BlueCross BlueShield, Preferred One, U Care, Medicare, State of Minnesota, Delta Dental and Metropolitan Health Plan. We will bill services directly to your insurance provider.

Patients without insurance will not be turned away. If you are a low-income patient, you may be eligible for one of our reduced fee programs. Please visit the website or call for more information!

Appointments  
(612) 543-2522

Transportation  
(612) 543-2588

8:30 a.m. - 5:00 p.m.

1315 Penn Avenue North

Minneapolis, MN 55411

<http://www.northpointhealth.org/MedicalClinic/tabid/300/Default.aspx>

#### **Health - Free/Sliding Scale Clinic with Dental**

Serves African American adult men living in Hennepin County. Walk-ins welcome, as are referrals from street outreach.

1315 Penn Ave N. Room 86

Minneapolis, MN 55411

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

#### **Health - Health Department**

All services can be found on the website.

<https://www.health.state.mn.us/people/index.html>

#### **Health - Mental Health**

Hennepin County Medical Center HCMC

Acute Psychiatric Services

701 Park Avenue

Minneapolis, MN 55415

24-hour walk-in crisis intervention and call lines.

Crisis Intervention:

612-873-3161

Suicide Prevention:

612-873-2222

[www.hcmc.org/depts/psych/cic.htm](http://www.hcmc.org/depts/psych/cic.htm)

Offers crisis counseling, assessment and referral.

Substance Abuse Treatment - 1-800-662-HELP (4357)

Center for Missing and Exploited Children (NCMEC)  
Hotline - 800-8435678

Sexual Assault Telephone Hotline - 800-656-HOPE (4673)

Suicide Prevention Lifeline Hotline - 800-273-8255  
<https://www.acf.hhs.gov/acf-hotlines-helplines>

#### **Health - Free/Sliding Scale Clinic**

Clinics listed on our website offer services for free or at a reduced rate. Many clinics are operate under a sliding scale schedule. This means that costs to patients are calculated based on income.  
<https://www.freeclinics.com/>

#### **Health - Free/Sliding Scale Clinic with Dental**

Listings that can help low-income and uninsured people connect with a clinic or community health center in their area. These clinics offer free and discounted rates for medical and dental care. Our county listings include contact information, a listing of services and any further remarks that may be pertinent to our users, such as free services provided, discounted services provided and clinic operating hours.

[https://freeclinicdirectory.org/minnesota\\_care.html](https://freeclinicdirectory.org/minnesota_care.html)

#### **Health - Free/Sliding Scale Dental Clinic**

We continuously update our website with new information on dental clinics. Many of the resources for dental care are free, but many are based on income and/or discounted in other manners. Please review the listings and contact the dental clinics through the websites provided (and/or phone numbers listed), to obtain full details. We do not offer guidance. If you find any of our information improper, or if you have any question, please email us at [support@thedentistsnearme.com](mailto:support@thedentistsnearme.com). We will immediately reply to your email.

[https://www.usdentalservice.com/?gclid=EAlaIQobChMIyaH1p9\\_k9gIVWZcAAB0Irg1FEAEYASAAEgK7c\\_vD\\_BwE](https://www.usdentalservice.com/?gclid=EAlaIQobChMIyaH1p9_k9gIVWZcAAB0Irg1FEAEYASAAEgK7c_vD_BwE)

#### **Health - Mental Health**

The Banks Building

615 First Avenue NE, Suite 145

Minneapolis, MN 55413

(612) 436 - 0295

We are proud to support a group of therapists and prescribers with a wide variety of skills and specialties. During your initial phone call, we will ask you a set of questions designed to determine the best therapist to meet your needs.

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

#### **Health - Mental Health**

Women Planting Seeds

Mary Whitney

PO Box 6834

Minneapolis, MN 55406

612-558-5721

[sunny@presenter.com](mailto:sunny@presenter.com)

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

Provides classes on self-esteem and healthy relationships. Works with victims of domestic violence; also, women and youth exiting

Corrections. Offers the only program in the Twin



<http://www.hcmc.org/index.htm>

**Health - Reduced Cost Medication**

(888) 311-6224 x115

Save an average of 15-55% on your prescriptions!  
Print a free card or download the app to your phone.

<https://www.americasdrugcard.org/index.aspx>

**Reentry Resource - Multiple Resources Available**

2211 Clinton Ave South  
Minneapolis, MN  
55401

612-874-9292

Contact Richard Amos

Will help find an apartment and employment. he specializes in finding housing for ex-offenders.

**Reentry Resource - Multiple Resources Available**

If you are experiencing homelessness or are at risk of homelessness, please contact Hennepin County Human Services 612-348-4111.

1800 Chicago Avenue N323

Minneapolis, Minnesota 55404

<http://www.hennepin.us/headingshomehennepin>

**Reentry Resource - Multiple Resources Available**

Search for benefits in Education, Grants, Loans, Social Security, Housing and Utilities, Employment and Career Development, Financial Assistance and more.

<https://www.benefits.gov/categories>

**Reentry Resource - Multiple Resources Available**

211 connects you with thousands of nonprofit and government services in your area. If you want personal assistance call the three-digit number 211 or 877-947-2211. A friendly voice to talk with you 24/7/365. This is the general link. Minnesota does not offer one for the state.

<https://www.211unitedway.org/>

**Reentry Resource - Multiple Resources Available**

180 Degrees, Inc.

236 Clifton Avenue S.

Minneapolis, MN 55403

Phone: 612.813.5000

The 180 Degrees residential program provides transitional housing to adult male offenders released from prison.

<http://www.180degrees.org/>

**Reentry Resource - Multiple Resources Available**

Amicus RECONNECT

3041 Fourth Avenue South 2nd Floor

Minneapolis, MN 55408

612-877-4265

RECONNECT matches ex-offenders with resources to meet their basic needs, including referrals for employment, housing, transportation, and voicemail. Amicus is a program and drop-in center providing information, referrals, and specialized one-on-one planning tailored to the specific

Cities that specifically targets women coming out of incarceration.

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

**Health - Reduced Cost Medication**

HELPLINE (800) 503-6897 in English or Spanish.

Find help with the cost of medicine! We offer a free drug discount card that may help you obtain a substantially lower price on your medications.

<https://www.needymeds.org/drug-discount-card>

**Reentry Resource - Multiple Resources Available**

180 Degrees, Inc.

236 Clifton Ave. S

Minneapolis, Minnesota 55403

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

**Reentry Resource - Multiple Resources Available**

Post-prison outreach

3559 Penn Avenue North

Minneapolis, MN 55412

(612) 522-9007

<http://myfreedomworks.com/>

**Reentry Resource - Multiple Resources Available**

Our findhelp technology powers Americas leading social care network. Our network features more than 300,000 free and reduced-cost programs in all 50 U.S. states, territories, and Puerto Rico, powering social care systems for hundreds of customers nationwide.

<https://www.findhelp.org/find-social-services/minnesota>

**Reentry Resource - Multiple Resources Available**

Scroll down the page to find your state. Titles in the left column will lead you to resources available nationwide.

If you scroll down the page to find your state name, you can click on that for statewide resources.

<https://www.needhelppayingbills.com/index.html>

**Reentry Resource - Multiple Resources Available**

Find free or extremely affordable furniture for your home.

201 W 87th St

Bloomington, MN 55420

952-888-1105

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

**Reentry Resource - Multiple Resources Available**

Emerge Re-entry Services

1101 W. Broadway #200

Minneapolis, MN 55411

612-529-9267

[bransone@emerge-mn.org](mailto:bransone@emerge-mn.org)

[www.emerge-mn.org](http://www.emerge-mn.org)

Assists clients with employment, housing placement, retention support, and career-specific training opportunities. Open to any person who

challenges that come with having a criminal background. The award-winning staff, some who are former offenders themselves, have expertise in the community and resources available to this population.

<http://www.amicususa.org/programs/reconnect/>

### **Reentry Resource - Multiple Resources Available**

Hennepin County Library  
Freedom Ticket Program  
612-543-8852

Offers links to library resources, programs and re-entry tools to help people released from correctional facilities rejoin their community.  
<http://www.hclib.org/about/outreach>

### **Reentry Resource - Programs**

100 N 6th St Ste 529B  
Minneapolis, MN 55403  
612-348-8570

Amicus partners with inmates, ex-offenders, juvenile offenders, at risk youth and communities to build successful lives and stronger communities.  
<http://www.amicususa.org/>

### **Reentry Resource - Programs**

NorthPoint Health and Wellness Center  
African American Men Project  
1315 Penn Ave. N. Room 86  
Minneapolis, MN 55411

For an appointment: 612-767-9500  
Serves African American adult men living in Hennepin County.  
Walk-ins welcome, as are referrals from street outreach. If you don't meet the age requirement (18 and over), call a number above for other resources. Re-entry group meets Monday and Wednesday. AAMP provides classes addressing the personal development needs of ex-offenders re-entering society.  
<http://www.northpointhealth.org/CommunityServices/AfricanAmericanMenProject/tabid/85/Default.aspx>

### **Reentry Resource - Programs**

The Twin Cities Mens Center  
Transitions  
3249 Hennepin Ave. # 55  
Minneapolis, MN 55408  
612-822-5892  
[www.tcmc.org](http://www.tcmc.org)

Wednesdays 7:30-9:30 PM.  
Drop-in support group focusing on issues involved in reentering the community after incarceration. Open to men and women.  
<http://www.tcmc.org/>

### **Reentry Resource - Programs**

AccessAbility's Career and Educational Pathways (CEP) program is a supportive services program developed for incarcerated people in transition. CEP specifically aims to help participants by designing individual case plans that incorporate education and career assistance, as well as providing them with social service wrap around supports necessary to their personal success.

has been released from a MN Correctional Facility within the past 2 years.  
<http://www.emerge-mn.org/>

### **Reentry Resource - Multiple Resources Available**

Damascus Way  
5730 Olson Memorial Highway  
Minneapolis, MN 55422  
Phone: (763) 545-6558  
Fax: (763) 545-7672  
Email: [weshard@covad.net](mailto:weshard@covad.net)

Damascus Way was established to assist men being released from prison to find jobs and housing in a structured and caring environment. With two locations, the programming is the same. The Minneapolis facility has 18 beds; the Rochester program has 24 beds. Damascus Way seeks to provide a structured, caring, Christian-oriented program that will enable adult males involved in the correctional system to remain crime and chemical free, while assisting them in addressing their personal issues and meeting their individual goals, in order to assure their successful integration as productive citizens serving God and their communities.  
<http://damascusway.com/>

### **Reentry Resource - Programs**

180 Degrees, Inc.  
236 Clifton Avenue S.  
Minneapolis, MN 55403  
Phone 612.813.5000

The SONIC program provides services to individuals re-entering the community from correctional facilities and other residents from the community facing barriers to employment and housing as a result of a criminal conviction.  
<http://www.180degrees.org/>

### **Reentry Resource - Programs**

Transitional Conferencing, Inc  
P.O. Box 3152  
Minneapolis, MN 55403  
651-774-8709  
[www.transitionalconferencing.org](http://www.transitionalconferencing.org)  
Transitional Conferencing assists in the process of reintegration from prison into community and family life. Our goal is to help re-establish and strengthen relationships between offenders, family members, and the faith community so that the offenders transition home will be a positive and permanent one.  
Email: [mamaas4@hotmail.com](mailto:mamaas4@hotmail.com)  
<http://www.transitionalconferencing.org/>

### **Reentry Resource - Programs**

Assists in clients who are recently released with employment and housing needs. This program has its own housing units and own job placement work crew. Clients are selected while still in prison for this program.  
1017 Olson Memorial Highway  
Minneapolis, MN 55405  
612-455-6133 X107  
contact Jeff Williams  
<http://networkforbetterfutures.com/>

They also offer educational assistance and industry-specific training.  
AccessAbility, Inc.  
360 Hoover Street NE  
Minneapolis, MN 55413  
<http://www.accessability.org/ProgramsServices/CEP/index.html>

### **Shelter - Energy Assistance**

Hope Street Shelter, located in south Minneapolis, provides emergency shelter and intensive case management services for youth and young adults experiencing homelessness ages 16 - 20 escaping abusive living situations or street life.  
Hope Street Emergency Shelter?  
1121 46th Street E  
Minneapolis, MN 55407  
612.204.8211  
612.827.9343 fax?  
<http://cctwincities.org/page.aspx?pid=478>

### **Shelter - Homeless Assistance**

Catholic Charities' Evergreen Residence offers 88 units of single room occupancy permanent housing for independent, single adults experiencing homelessness.  
Evergreen Residence  
173 Glenwood Avenue N.  
Minneapolis, MN 55405  
612-204-8406  
<http://cctwincities.org/Evergreen>

### **Shelter - Homeless Assistance**

Hope Street collaborates with Minneapolis Public Schools and northwest suburban schools to provide homelessness prevention services which identify youth at risk of homelessness and provides support services to those individuals. Case managers work with youth and their families.  
Hope Street for Homeless Youth  
1121 46th Street E.  
Minneapolis, MN 55407  
612-204-8211  
<http://cctwincities.org/page.aspx?pid=583>

### **Shelter - Homeless Shelter**

The Homeless Shelter Directory provides listings for Homeless Shelters and Homeless Service Organizations around the country. This includes supportive resources.  
<http://www.homelessshelterdirectory.org>

### **Shelter - Homeless Shelter**

Open 365 days a year, the emergency homeless shelter near downtown Minneapolis offers a warm place to rest and spend nighttime hours. A light dinner and breakfast are served and shower facilities are available  
The Pay-for-Stay facility offers 80 beds, lockers, linens, showers and access to employment resources to men trying to escape the streets. The money guests pay for shelter is held in trust to be used as rental deposits when they move into permanent housing. Pay-for-Stay is located on the second floor of Secure Waiting.  
80 spaces  
\$7 per night  
Fees held in trust for down payments for permanent housing

### **Shelter - Energy Assistance**

The Energy Assistance Program pays up to \$2,000 towards heat, power and water costs, and is free for all eligible households.  
<https://mn.gov/commerce/consumers/consumer-assistance/energy-assistance/>

### **Shelter - Financial Counseling**

HUD sponsors housing counseling agencies throughout the country that can provide advice on buying a home, renting, defaults, foreclosures, and credit issues. This link sends you to a page that allows you to select a list of agencies for each state. You may search more specifically for a reverse mortgage counselor or if you are facing foreclosure, search for a foreclosure avoidance counselor.  
<http://hud.gov/offices/hsg/sfh/hcc/hcs.cfm?weblistaction=summary>

### **Shelter - Homeless Assistance**

Catholic Charities' Glenwood Residence offers 80 units of permanent housing to late-stage, chronic alcoholics. Many low-income, homeless, chronic alcoholics have struggled to attain sobriety. Glenwood Residence serves chronic alcoholics in Hennepin County who have had repeated admissions to detoxification centers and a history of failure in traditional chemical dependency treatment programs. Glenwood Residence  
173 Glenwood Avenue N.  
Minneapolis, MN 55405  
612-204-8405  
<http://cctwincities.org/Glenwood>

### **Shelter - Homeless Assistance**

Open Access Connections  
Twin Cities Emergency Shelter: Transitional Housing  
Metro Shelter Hotline Info  
1-888-234-1329  
[Info@openaccessconnections.org](mailto:Info@openaccessconnections.org)  
Free Communication Tools for People in Need  
1821 University Ave, Suite N-184  
St. Paul, MN 55104  
651-643-0883  
<http://openaccessconnections.org/>

### **Shelter - Homeless Shelter**

Exodus Residence provides low-cost supportive housing units for men and women experiencing homelessness. Clients in the Exodus Health Supported Housing program receive intensive RN care coordination and work toward health care stabilization.  
Exodus Residence  
819 Second Avenue South, Minneapolis, MN 55402  
612-204-8330  
<http://cctwincities.org/Exodus>

### **Shelter - Homeless Shelter**

Hope Street Outreach targets youth 16-24-years-old who are experiencing homelessness.  
Services  
Crisis intervention  
Access to basic needs including food, clothing, hygiene supplies and transportation assistance

Light dinner and breakfast  
Beds, linens, lockers and showers available  
Higher Ground Shelter?  
165 Glenwood Avenue?  
Minneapolis, MN 55405  
612.204.8550  
<http://cctwincities.org/highergroundshelter>

#### **Shelter - Homeless Shelter**

Hennepin County After-hours Shelter Team  
1000 Currie Ave.  
612-673-9138  
For those with an emergency shelter need after the county offices close.  
Hours are 3p.m.-11p.m. Everyday

#### **Shelter - Low Income Housing**

53 Glenwood  
Minneapolis, MN  
55403  
Phone 612-659-0705  
Single room efficiencies. Thirty percent of income.  
Application and waiting list. Men and women.

#### **Shelter - Low Income Housing**

U.S. Department of Housing and Urban Development  
451 7th Street S.W.  
Washington, DC 20410  
Telephone: (202) 708-1112 TTY: (202) 708-1455  
Find the HUD office near you!  
<http://portal.hud.gov/hudportal/HUD>

#### **Shelter - Low Income Housing**

Housing Works fights for funding and legislation to ensure that all people living with HIV/AIDS have access to quality housing, healthcare, HIV prevention, and treatment, among other lifesaving services.  
<http://www.housingworks.org/>

#### **Shelter - Low Income Housing**

Housing and job opportunities for high risk men.  
1017 Olsen Highway  
Minneapolis, MN 55405  
612-455-5100  
<http://betterfuturesenterprises.com/>

#### **Shelter - Low Income Housing**

Housing Resource Center  
2414 Park Ave., Minneapolis  
Mon. - Thurs. 1:30 p.m. - 3:30 p.m.  
612-879-5266  
<http://cctwincities.org/OpportunityCenter>

#### **Shelter - Low Income Housing**

Find low income apartments in Minnesota along with non profit organizations that help with low income housing along with HUD apartments, public housing apartments, public housing authorities, and housing assistance agencies.  
<https://www.lowincomehousing.us/MN.html>

#### **Shelter - Shelters**

The Hope Street Transitional Living Program provides housing for 12 homeless males 16 to 21-years-old. Youth counselors and a case manager provide services, including basic needs, goal setting, emotional and therapeutic assistance,

Referrals to medical services, emergency shelters and other support services  
Case management  
Hope Street for Homeless Youth  
1121 46th Street E.  
Minneapolis, MN 55407  
612-204-8211  
<http://cctwincities.org/page.aspx?pid=608>

#### **Shelter - Housing Authority**

Find a HUD location near you.  
<https://www.hud.gov/states>

#### **Shelter - Low Income Housing**

651-247-8818  
Contact Michael Davis  
Call to set up a meeting.  
For ex-offenders re-integrating into society and are in need of permanent housing. Own and rent out several properties in the Minneapolis and St. Paul area.  
Most are \$475 - \$840 a month depending on property and location. One bedroom houses, condominium and duplexes are available.  
Available to everyone regardless of criminal background Please do not apply from within prison.

#### **Shelter - Low Income Housing**

Mercy Housing Gives a Home to Low-Income Families, Seniors, Individuals, and People with Special Needs Nationwide. Our mission is to create stable, vibrant and healthy communities by providing affordable, service-enriched housing.  
<https://www.mercyhousing.org/regional-offices/>

#### **Shelter - Low Income Housing**

Alliance Housing Incorporated  
2309 Nicollet Avenue  
Minneapolis, MN 55404  
Phone: 612-872-2310  
Fax: 612-870-7446  
[info@alliancehousinginc.org](mailto:info@alliancehousinginc.org)  
The mission to Alliance Housing is to create, own, and operate housing for low and very low income people in Minneapolis and the wider Twin Cities metropolitan area.  
<http://www.alliancehousinginc.org/>

#### **Shelter - Low Income Housing**

The Hope Street Permanent Supportive Housing Program assists youth 18 to 24-years-old who are experiencing homelessness in securing permanent housing in the community and becoming self-sufficient. A case manager provides intensive case management, rental assistance, home visits, independent living skills training and educational counseling and referrals.  
Hope Street for Homeless Youth  
1121 46th Street E.  
Minneapolis, MN 55407  
612-204-8211  
<http://cctwincities.org/pages/get-help/hope-street-permanent-supportive-housing-program>

#### **Shelter - Low Income Housing**

Amicus RECONNECT  
3041 Fourth Avenue South 2nd Floor  
Minneapolis, MN 55408

independent living skills training and recreational activities. Other services include access to the community health clinic at St. Joseph's Home for Children, education and employment assistance, family counseling and after-care case management services. Youth must apply to the program prior to their twentieth birthday. Hope Street for Homeless Youth  
1121 46th Street E.  
Minneapolis, MN 55407  
612-204-8211  
Referrals to the program, call 612-204-8226  
<http://cctwincities.org/page.aspx?pid=479>

**Shelter - Transitional Housing**

952-926-2600  
3381 Gorham Ave,  
St. Louis Park 55426

**Shelter - Transitional Housing**

Better Futures Enterprises  
1017 Olson Memorial Highway  
Minneapolis, MN 55405  
Contact: Jeff Williams  
612-455-6133 X107  
[info@betterfutures.net](mailto:info@betterfutures.net)  
[www.networkforbetterfutures.com](http://www.networkforbetterfutures.com)  
Assists clients who are recently released with employment and housing needs; this program has its own housing units and own job placement work crew. (Clients are selected while still in prison for this program.)  
<http://networkforbetterfutures.com/>

**Shelter - Transitional Housing**

Transitional housing is supportive housing that helps fight homelessness. Find transitional housing in your state by clicking on the link! We have over 6,864 transitional housing locations in our database. We also provide as much information on each housing location along with pictures.  
<https://www.transitionalhousing.org/>

**Transportation - Public Transportation**

Participants in EMERGE Staffing's job program can receive free rides to and from work. Provides free transportation for temporary employees to the worksite.  
1101 W. Broadway  
Minneapolis, MN 55411  
612-529-9267  
<http://www.emerge-mn.org/>

**Transportation - Public Transportation**

Will provide transportation assistance if enrolled in a jobs programs  
2211 Clinton Ave. South  
Minneapolis, MN 55404  
612-874-0311

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

612-877-4265

RECONNECT matches ex-offenders with resources to meet their basic needs, including referrals for employment, housing, transportation, and voicemail. Amicus is a program and drop-in center providing information, referrals, and specialized one-on-one planning tailored to the specific challenges that come with having a criminal background. The award-winning staff, some who are former offenders themselves, have expertise in the community and resources available to this population.  
<http://www.amicususa.org/programs/reconnect/>

**Shelter - Shelters**

We provide an online directory of shelters in Minnesota.  
<https://www.shelterlist.com/state/minnesota>

**Shelter - Transitional Housing**

719 East 16th Street  
Minneapolis, MN  
55404  
(612) 630-3600  
Contact Bridgette Watson  
Transitional housing and limited long term rental. 6 months to a year waiting list. No arson and/or sexual assault offenders.

**Shelter - Transitional Housing**

1-855-860-3119  
Transitional, sober housing provides supportive housing along with drug and alcohol treatment for selective locations  
<https://www.transitionalhousing.org/state/missouri>

**Shelter - Transitional Housing**

Twin Cities emergency shelter, transitional housing  
Metro Shelter Hotline  
1-888-234-1329  
[info@openaccessconnections.org](mailto:info@openaccessconnections.org)

**Transportation - Public Transportation**

EMERGE Staffing Transportation Services  
1101 W. Broadway  
Minneapolis, MN 55411  
612-529-9267  
[www.emerge-mn.org](http://www.emerge-mn.org)  
Participants in EMERGE Staffing's jobs program can receive free rides to and from work. Provides free transportation for temporary employees to the worksite.  
<http://www.emerge-mn.org/>

**Transportation - Public Transportation**

Will provide bus tokens to individuals who are working to overcome their barriers. Must be a resident of Minneapolis  
511 Groveland (enter off Lyndale Ave)  
Minneapolis, MN 55403  
612-435-1315  
Drop in hours : M, W, F 9:00 - 11:30 a.m.  
<http://hennepinchurch.org/>





## **Interview Tips**

Before you head to your interview, ask yourself these questions:

- Do you really want this job?
- Are you qualified for the job?
- Do you believe you can get the job?
- What attitude and information must you deliver to the employer to get the job?
- Are you ready for your interview?

If you decide you really want to get this job, consider these tips:

1. Keep your answers short yet full of information, unless you are asked to clarify. Try to put yourself in the interviewer's shoes; asking the same questions of many applicants! Fine tune your answers to the Sample Interview Questions and bring your authenticity and vitality to the interview.
2. Determine what your key strengths and assets are. Be sure to state them confidently a couple of times throughout the interview.
3. Prepare for a variety of interview questions. Consider the challenges you have overcome, the difficult interpersonal situations that you resolved with others, and several success stories.
4. Describe specific situations and accomplishments. Generalities fail to show the interviewer your strengths and assets and how they can benefit the company and the position that is available.
5. Put yourself on their team. Show how you fit in with the existing work environment and company culture. During the interview, align your language with the language of the team.
6. Observe your non-verbal communication. Are you saying what you mean to say? Practice answering some of the Sample Interview Questions in front of a mirror to see if your eyes and your gestures agree with your words.
7. Ask questions. Is this where you want to work? Find out what you need to know to accept the job. Also, the interviewer will see that you are taking interest in the company and work environment. That is an important quality in a team player.
8. Be sure to talk WITH the interviewer and not AT the interviewer. Interviews are stressful enough for both parties. Keep it human.
9. Research the company. Is it a right fit for you? Can you get behind the mission of the company? How much can you know about the work and the work environment before the interview?
10. Apply for jobs that you are skilled for and that you can appreciate...even if only as a stepping stone to your next job. If you truly want the job, you must be able to compete successfully with your competition. Authenticity shines through your words and your non-verbal communication.