

# 2022/2023 Holiday Resources for Families & Children



**Please Note: If you are not eligible for any of the resources listed here, contact the United Way 2-1-1 First Call for Help at 651-291-0211 or 1-800-543-7709 and ask for agencies helping with holiday assistance!**

*We hope you have safe & happy holidays!*

## **Meals/Groceries/Clothing/Furniture/Energy Resources**

### **Meals/Groceries**

- **Free Community Meals at Easter Lutheran Church:** [Local Partnerships — Easter Lutheran Church](#)
  - What: free hot chef-cooked meals
  - When Monday through Thursday from 5:30pm-6:30pm
  - Where: 4545 Pilot Knob Road, Eagan
- **Fare for All Express:** [Fare For All - The Food Group \(thefoodgroupmn.org\)](#)
  - What: \$10-\$30 Food Packs, Available through December, first come first serve
  - Where: Various Locations
  - Contact: Visit Website or Call 763-450-3880 to find a sale in your area
- **iHELP Market Square:** [iHELP MarketSquare](#)
  - What: Grocery Assistance
  - When Tuesday and Thursdays 2-4pm, first come first serve
  - Where City of Reconciliation Church 900 Date St N. St Paul, MN 55103
  - Bring picture ID, proof of reach person shopping for more than three, proof of ID for all children under 18 years old
  - Contact: 651-488-4463 to schedule an appointment
- **Loaves and Fishes:** [Loaves and Fishes – Meals. Comfort. Kindness. \(loavesandfishesmn.org\)](#)
  - What: Serving Hot Meals on various days every month
  - Where: Multiple locations throughout Saint Paul, Minneapolis, & surrounding suburbs
  - Contact: 612-377-9810 for more info.
- **Agate Housing and Services** [I need a meal - Agate Housing + Services \(agatemn.org\)](#)
  - What: Free daily meals
  - Where 740 E 17th St. Minneapolis

- Public Meal Times Monday - Friday: Breakfast 8am-9am, Breakfast/Brunch: 9:30am-10am, Lunch 11:30am-12:30pm -Contact: 612-204-8300

### **Clothing/Furniture**

- Clothing Closet [Thrift Clothing South Saint Paul MN | Neighbors Clothes Closet](#)
- Valley Outreach – Winter Outerwear [Clothing - Valley Outreach \(valleyoutreachmn.org\)](#) and [Food Shelf - Valley Outreach \(valleyoutreachmn.org\)](#)
- Bridging Furniture Bank [Get Help - Bridging | Get Help Furnishing Your Home](#)
  - What: Provides Furniture and household goods
  - Where: 1633 Terrace Drive, Roseville MN 55113 (651-631-3255) and 201 W 87th Street, Bloomington MN 55420 (952-888-1105)
  - Contact: Call 952.888.1105

### **Energy Resources**

- Salvation Army HeatShare: [HeatShare Program - Northern Division \(salvationarmynorth.org\)](#)
  - What: Emergency utility bill assistance (natural gas, oil, propane, and electricity)
  - Contact: 1-800-842-7279

## **Resources for Crisis and Mental Health Support**

### **Free Counseling:**

- Safe Zone: [Home - Face to Face \(face2face.org\)](#)
- Walk In Counseling Center (Free Counseling Appointments-Phone and Log In) [Locations & Hours - Walk-In \(walkin.org\)](#)
- Ramsey County Community Resources for Youth: [Youth Resources | Ramsey County](#)

### **Crisis Numbers:**

- Ramsey County Crisis: 651-266-7900
- Children's Mental Health: 651-266-7878
- Veteran's Crisis Line: 1-800-273-8255
- [United Way's 211](#) program
- Ramsey County Mental Health and Crisis (Adult and Child): [Mental Health & Crisis Services | Ramsey County](#)
- [Suicide Prevention Hotline: 1-800-273-8255 National Suicide Prevention Hotline](#) The National Suicide Prevention Hotline fields calls 24/7 for anyone with suicidal thoughts or

who are in crisis. It offers help for Spanish-speakers and anyone who is deaf or hard of hearing.

- **Crisis Text Line: Text Hello to 741741** Crisis Text Line fields messages about suicidal thoughts, abuse, sexual assault, depression, anxiety, bullying and more. What makes it unique is that it's entirely text-based, which makes it easy for anyone who doesn't feel comfortable or safe talking on the phone to use it.
- **YouthLine: Text teen2teen to 839863, or call 1-877-968-8491** YouthLine provides a safe space for children and adults ages 11 to 21, to talk through any issues they may be facing, including eating disorders, relationship or family concerns, bullying, sexual identity, depression, self-harm, anxiety and thoughts of suicide.
- **National Domestic Violence Hotline: Text "START" to 88788 or call 1-800-799-7233.** Anyone who is experiencing domestic violence and/or abuse, plus anyone concerned about a friend, family member or loved one can call the National Domestic Violence Hotline 24 hours a day, seven days a week. They offer support in more than 200 languages, and offer a confidential, secure online chat
- **Hotlines for the LGBTQIA+ community:** Whether you're struggling with your gender identity or sexuality or are experiencing a crisis and want to talk to someone who is part of the LGBTQIA+ community, you can lean on these hotlines:
  - **The Trevor Project: 1-866-488-7386 or text START to 678678**  
LGBTQIA+ kids and teens can reach out to The Trevor Project for support during a crisis, if they are feeling suicidal or need a safe space to talk about any issue. You can also chat via their website or by texting START to 678678
  - **Trans Lifeline: 1-877-565-8860** The Trans Lifeline provides support specifically for transgender and questioning callers, run trans people. They provide support during a crisis and can also offer guidance to anyone who is questioning their gender and needs support. The hotline is available between 7 a.m. and 1 a.m. PST (9 a.m. to 3 a.m. CST or 10 a.m. to 4 a.m. EST). But operators are often available during off-hours, so no matter when you need to call, you should.
  - **A few other LGBTQIA helplines that offer support, but not necessarily crisis intervention:**
    - · [LGBT National Hotline: 1-888-843-4564](tel:1-888-843-4564)
    - · [LGBT National Youth Talkline: 1-800-246-7743](tel:1-800-246-7743)
    - · [LGBT Senior Hotline: 1-888-234-7243](tel:1-888-234-7243)

## **Resources/Ideas for Winter Break Activities with Kids**

### **1. LIGHT DISPLAYS**

- Driving around and seeing how others get their house all decked out for the season always gets me in the Christmas spirit.
- Free Light Show from Car Nov 24 - Dec 31 5pm-10pm [Valley Lights 2022 | Rockpoint Church](#)

### **2. LIBRARY EVENTS**

- Local libraries offer FREE programming for everyone, including kids through teens.
  - ❖ Ramsey County Calendar Library: [Events | Ramsey County Library | BiblioCommons](#)
  - ❖ Hennepin County Library Calendar: [Events | Hennepin County Library | BiblioCommons](#)

### **3. INDOOR PLAY PLACES**

**Malls that offer great FREE indoor play areas:**

- Ridgedale Mall
- Maplewood Mall
- Rosedale Mall

### **4. SEE A MOVIE - Low cost**

- Riverview Theater Minneapolis: [Riverview Theater](#)
- Value Tuesday at Marcus Theaters: [Value Tuesdays at Marcus Theatres | Value Pricing](#)

### **5. VISIT COMO ZOO- Free all year long: [Como Zoo Conservatory - 1225](#)**

### **6. GET OUT IN NATURE**

- Free Candle Light Events in Minnesota State Parks: [Candlelight events | Minnesota DNR \(state.mn.us\)](#)