

# Resource Guide

Created by staff at:



Partners for Housing (P4H) is a 501(c)(3) non-profit organization that supports people experiencing housing instability in our region. Best known as the parent agency for its three homeless shelters that are open for operation 24/7, 365 days a year: Theresa House and Welcome Inn in Mankato, as well as Union Street Place in Saint Peter. P4H also owns and operates a number of rental properties that provide different housing options including transitional, permanent, affordable housing for homeless and/or at-risk individuals and families in the Mankato area. The organization also collaborates with community partners and landlords to provide rental assistance and housing stability resources throughout Blue Earth and Nicollet County.

**514 S. Riverfront Drive Mankato, MN, 56001**

**Hours of Operation: Monday-Friday 8:30am to 4:30pm**

**507-304-7130**

**[info@partnersforhousing.org](mailto:info@partnersforhousing.org)**

**[Partnersforhousing.org](https://Partnersforhousing.org)**

**Resource Guide Contents:**

**Food Resources, Housing Resources, Children/Family Resources, LGBTQ+ Resources, Culturally Specific Resources, Hotlines, and Transportation Resources**

# Food Resources

## Echo Food Shelf

1014 S. Front St. Mankato, MN, 56001

507-345-7508

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

Phones are answered 9:00 am through 4:30 pm Mon, Tues, Wed, Fri and 9:00 am-6:30 pm Thursday. Order online or call to schedule a pick-up time. Pick-up times are scheduled 11 am-4:30 pm Mon, Tues, Wed, Fri and 10:30 am-6:30 pm Thursday. Those without a phone can schedule their pickup in person.

## St. Peter Area Food Shelf

201B South Third St. St. Peter, MN, 56082

507-934-9641 / [info@stpeterfoodshelf.com](mailto:info@stpeterfoodshelf.com)

<https://www.stpeterfoodshelf.com>

The St. Peter Area Food Shelf contributes to the community's well-being by providing those in need with supplemental food, necessities, and connections to resources in a welcoming and inclusive manner. SPAF's primary service area consists of St. Peter School District #508 or in a rural Nicollet County area not served by other food shelves.

## Janesville Community Food Shelf

412 N. Main St. Janesville, MN, 56048

<https://www.trinityjanesville.com/other>

Janesville Community Food Shelf is a community service that operates out of the Trinity Lutheran building. Staffed by volunteer members of the Janesville community churches. JCFS is open every Thursday 1:00-3:00pm, Second Thursday 6:00-7:00pm, and the first and third Saturday 1:00-3:00pm. **Call 507-521-1107 for more information**

## Fare For All

763-450-3860

[info@thefoodgroupmn.org](mailto:info@thefoodgroupmn.org)

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

A pop-up “grocery store” with food bundles at discounted prices, no registration required.

### **Nutritional Assistance Program for Seniors (CSFP)**

A monthly supply of food, nutritionally designed for individuals 60 years of age and older, to enhance monthly groceries. Must reside in Minnesota not in an assisted living facility or somewhere else meals are provided.

<https://www.health.state.mn.us/people/csfp/index.html> - Register Online

### **Supplemental Nutritional Assistance Program (SNAP)**

A federally funded program for low-income families and individuals to help bridge the gap between food resources. Income restrictions apply.

<https://mn.gov/dhs/mnfoodhelper/> - Register Online

### **Feeding Our Community Partners (FCOP)**

<https://www.feedingourcommunitiespartners.org/index.html>

2120 Howard Drive West Suite J, North Mankato, MN 56003

(507) 385-3627 / [focp.admin@focpmn.org](mailto:focp.admin@focpmn.org)

Through various programs, staff work diligently to make sure children K-12 are being fed. The FOCF program has expanded to serving seven school districts in Southern Minnesota over the past fifteen years.

### **Hot Meals on Wheels**

<https://vinevolunteers.org/services/hot-meals-on-wheels/>

(507) 387-4076

A volunteer run program bringing fresh meals to your door for as little as five dollars per meal, weeknights only. Available to those 60+. Lutheran Social Service of Minnesota also provides a similar program! Email [mealsadmin@lssmn.org](mailto:mealsadmin@lssmn.org) for more information.

## South Central MN Food Recovery (SCMNFR)

<https://scmnfr.org/>

info@scmnfr.org

SCMNFR partners with Wooden Spoon to recover edible food that is planned to be thrown away for a number of different reasons. Employees and volunteers will work to recover the fresh food and then begin to make ready-to-heat frozen meals (Meals are fully cooked, so you can simply thaw and eat them as well). **These frozen meals can be found at multiple locations, including Partners for Housing's Main Office which is open Monday through Friday and does not limit the number of times per week one can grab food from their freezer.**

### Free Meals

- Monday-Saturday from 9am-11pm free breakfast is served at 501 S. 2<sup>nd</sup> Street Mankato, MN, 56601 (Holy Grounds). They also serve dinner at 5:30pm almost every Wednesday. You can use the free wi-fi and enjoy a hot shower while you are there as well.

<https://www.mankatocentenary.org/calendar>

- The Salvation Army serves lunch Monday-Friday from 12-1pm to anyone in need of a nutritious meal. They also provide community meals on holidays like Easter and Christmas.

<https://centralusa.salvationarmy.org/northern/Mankato/cure-hunger/>

- "The Kitchen" serves free dinner every Monday at Trinity Lutheran Church in St. Peter from 5:30pm to 6:30pm. (511 S. 5<sup>th</sup> Street St. Peter, MN, 56082)

<https://www.trinitystpeter.org/church-calendar.html>

- Food Not Bombs has a monthly meal share on the 3<sup>rd</sup> Sunday of each month, 12 to 2pm in Jackson Park (151 E. Jackson Street Mankato, MN, 56001). You don't need to bring anything to be served. Updates are posted on Facebook.
- Christ The King Lutheran Church serves dinner every Wednesday night at 5pm prior to service and other community activities, all are welcome. (222 Pfau St. Mankato, MN, 56001)

<https://ctkmankato.org/worship/wednesday-nights>

# Housing Resources

Blue Earth County has four different public housing complexes; Application for public housing is open: <https://www.blueearthcountymn.gov/654/Affordable-Rental-Housing-Program>

Blue Earth County's Housing Choice Voucher Program (Section 8) is also accepting applications at this time: <https://www.blueearthcountymn.gov/1009/Housing-Choice-Voucher-Program>

<https://www.blueearthcountymn.gov/89/Services>

**(507) 387-8600 / 311@mankatomn.gov - BEC Human Services**

South Central Minnesota's Multi-County HRA also has a waiting list for Section 8: <https://www.scommchra.org/HCVSection8FAQ.html>

## **Affordable Housing Hub**

<https://affordablehousinghub.org>

This website provides up to date housing stability resources, including which states/counties have Section 8 waiting lists open. There is also financial education available, and helpful information for utility assistance.

## **Minnesota Valley Action Council (MVAC)**

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

**(507) 345-6822**

MVAC is another organization that offers a number of various resources. They have a head start program; they also offer utility assistance and one-time security deposit assistance. MVAC also owns and operates a thrift store with very low prices and high-quality items (AGAIN Thrift). Call or visit their website to see all available resources.

## **River Valleys CoC**

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

River Valleys Continuum of Care (CoC) is a community planning group that coordinates services and maximizes resources across communities and agencies to reach the goal of preventing and ending homelessness for all persons in Southern Minnesota. Which is done

with the help of filling out a coordinated entry assessment (CEA) with a qualified staff member. The CEA can be done over the phone or in-person by several agencies in the area including Partners for Housing, and The Salvation Army. For more information and assessment agencies, please visit the website listed above.



# Ways to Pay Rent – Blue Earth County



These resources might be able to help pay rent in situations where someone is struggling financially. Each resource tells you who can apply and how to apply.

**Emergency Assistance** **Who can apply:** Low-income renters who are experiencing a household financial crisis **How to apply:** Call your local county office or go online and apply at [mnbenefits.mn.gov](https://mnbenefits.mn.gov)

## **Salvation Army**

**Who can apply:** Low-income renters who have been served with an eviction notice & need help with rent

**How to apply:** Call (507) 344-9265 to request help

## **Family Homeless Prevention and Assistance Program ● MVAC**

**Who can apply:** Low-income individuals or families who are struggling to pay rent

**How to apply:** Call (507) 345-6822x4 to request help

## **Homework Starts with Home ● MVAC**

**Who can apply:** Low-income families with children in Mankato Public Schools & who are struggling to pay rent

**How to apply:** Call (507) 345-6822x4 to request help

## **30 Days Foundation**

**Who can apply:** Anyone who needs help paying a bill or back-rent that is less than \$250

**How to apply:** Email [mick@the30-daysfoundation.org](mailto:mick@the30-daysfoundation.org) with an explanation of your need

## **Building Blocks**

**Who can apply:** Anyone who is in need of financial help related to housing, car repair, and/or utilities

**How to apply:** Call (612) 615-9034 and leave a message with your request

## **ZACAH**

**Who can apply:** Anyone who is in need of financial help related to housing, utilities, or other basic needs

**How to apply:** Apply online; their application is only open when they have funding: [zakah.org/contact-us](https://zakah.org/contact-us)

## **PEO Fund**

**Who can apply:** Minnesota residents facing challenges related to ageing, illness, or disability and need rent assistance.

**How to apply:** Find their application online: <https://www.mnpeo.org/peohomefund.html>

## **MAC-V**

**Who can apply:** Veterans and their families who are experiencing or at risk of homelessness

**How to apply:** Call 507-345-8258

## **Parent Support Outreach Program**

**Who can apply:** Low-income families with at least one child under 10, are expecting a child, and are not involved with child protection

**How to apply:** Call 507-304-4356

## **Other Housing Resources**

### **The Arc**

**Who can apply:** Individuals who have a disability waiver **or** individuals who have a disability & have medical assistance

**How can it help:** This resource can help pay a security deposit, application fees, and moving costs.

**How to apply:** Call 507-513-7553

### **Partners for Housing**

**How can it help:** This organization can connect you to housing resources and rental assistance & offers shelter

**How to apply:** Call 507-304-7131

### **Connections Ministry**

**How can it help:** This organization can connect you to housing resources to prevent homelessness & offers shelter

**How to apply:** Call 507-720-6907

### **CADA**

**How can it help:** This organization offers emergency shelter & help to people who are experiencing domestic and/or sexual violence.

**How to apply:** Call 507-625-6866

# Resources for Children & Families

## Families First of Minnesota

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

Works to “ensure positive beginnings for all young children and their families” through head start programs, a crisis nursery, and other various resources. Typically serves Olmsted and Freeborn County.

## Feeding Every Baby

feedingeverybaby@gmail.com / (507) 519-0772

A nonprofit, volunteer run organization in the Mankato area, providing free baby supplies to families in need. Updates are posted on Facebook.

## Birthright of Mankato

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

(507) 387-7818

330 Stadium Road Ste 201B Mankato, MN, 56001

Nonprofit and volunteer run since 1975. All services provided by Birthright are free, confidential and are available as long as you may need them. Provides free baby supplies, education for new parents, and more.

## Women, Infant, and Children Program (WIC)

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

A nutrition and breastfeeding program that helps eligible pregnant women, new mothers, babies and young children. WIC provides nutrition education and counseling, nutritious foods, and referrals to health and other social services.

## Options For Women

<https://www.optionsmankato.org>

Call: (507) 625-2229 or Text: (507) 508-0817

11 Civic Center Plaza Suite 011, Mankato, MN, 56001



Options provides “evidence-based education about pregnancy, fetal development, abortion procedures, adoption, STIs, and contraceptives.” All services provided are free of charge and confidential. Options also offers parenting classes and has a “retail store” for those who attend to shop in for free.

## **Lutheran Social Services of Minnesota**

<https://www.lssmn.org/services/families>

A reputable organization serving residents of Minnesota since 1865. LSS has countless resources available including a crisis nursery for infants to children up to the age of 12. They also have services available for refugees, people with disabilities, veterans, and more.

## **Connecting Kids Mankato**

<https://connectingkidsmankato.weebly.com>

Lincoln Community Center: 110 Fulton St. Mankato, MN, 56001

(507) 387-5501 / aroehm@isd77.k12.mn.us

Connecting Kids believes cost should never be a deterrent for out-of-school activities and enrichment for children. CKM provides financial assistance for eligible children grades K-12 to participate in a variety of clubs and organizations. Connecting Kids Mankato bridges the financial gap for families so children can participate in sports and other extracurricular programs.

## **Planned Parenthood of Mankato**

<https://www.plannedparenthood.org>

340 Stadium Road Suite 400 Mankato, MN, 56001

(507) 387-5581

Offers STD testing, emergency contraceptives, pregnancy education, and more. They do take most insurances.

## **CADA**

<https://www.cadamn.org>

(507) 625-8688

Provides free and confidential services to women and children who are victims of domestic violence. They have an emergency shelter location where childcare is provided. They can

also help you navigate obtaining necessary resources in your time of need.

## **Open Door Health Center**

<https://odhc.org/>

(507) 388-2120

309 Holly Lane Mankato, MN, 56001

A nonprofit community health center that provides affordable care to those in need. ODHC offers medical care, dental, care, mental health care, and chiropractic care. The Open Door Health Center works to increase access of quality care by accepting most insurances and offering payment plans.

## **Mankato Youth Place (MY Place)**

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

1315 Stadium Road Mankato, MN, 56001

erin@myplacemankato.org / (507) 720-6898

Offers free after school care as well as summer school care to low-income families. Transportation and meals are provided.

## **Big Brothers Big Sisters of Southern Minnesota**

<https://www.bbbssmn.org>

As the nation's largest donor- and volunteer-supported mentoring network, Big Brothers Big Sisters makes meaningful, monitored matches between adult volunteers ("Bigs") and children ("Littles") in communities across the country. Developing positive relationships that have a direct and lasting effect on the lives of young people.

## **Catholic Charities of Southern Minnesota**

<https://www.ccsomn.org>

201 North Broad St. Suite 100, Mankato, MN, 56001

(507) 387-5586 / info@ccsomn.org

Catholic Charities is the social service arm of the Catholic Diocese of Winona-Rochester serving the twenty southernmost counties of Minnesota. For over 75 years, Catholic Charities of Southern Minnesota has served low-income individuals and families regardless of age,

gender, ethnic background, or faith tradition. Catholic Charities provides resources for every step of the way.

# Resources for LGBTQ+

## National Alliance on Mental Illness

<https://namimn.org/education-and-public-awareness/nami-resources-lgbtq-community/>

Provides educational resources as well as where local support groups can be found.

## Transforming Families Minnesota

<https://tffmn.org/>

A very helpful resource for LGBTQ+ individuals and families, focusing on the youth population. From legal resources to summer camps, you can find every necessary resources all in one site.

## Twin Cities Pride

<https://tcpride.org/community-resources/>

This is not just an event that takes place each summer; Twin Cities Pride works to provide services in the gaps of gender affirming care. You can find resources for therapists that align with your goals and sexuality, as well as some free healthcare services like HIV/STD support and testing.

## Youth Pride Association

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

A national nonprofit organization “working to promote and foster the acceptance of Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) people in educational institutions.” This nonprofit focuses on providing education and advocacy for LGBTQ+ youth.

# Culturally Specific Resources

## Greater Mankato Diversity Council (GMDC)

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

(507) 385-6653 / [info@mankatodiversity.org](mailto:info@mankatodiversity.org)

127 South 2nd St. #110 Mankato, MN, 56001

The Greater Mankato Diversity Council (GMDC) is a nonpartisan, 501(c)(3) nonprofit organization dedicated to building a stronger, more connected community through education and engagement. GMDC provides diversity education in K-12 schools, corporate and organizational training, and community events that foster understanding and respect. GMDC connects individuals and organizations with the tools they need to navigate an increasingly diverse world.

## Cultural Wellness Center

<https://www.culturalwellnesscenter.org>

(612) 721-5745 / [info@culturalwellnesscenter.org](mailto:info@culturalwellnesscenter.org)

2025 Portland Avenue S. Minneapolis, MN, 55404

The Cultural Wellness Center (CWC) is a community-initiated multidimensional organization focused on promoting health, healing, and Cultural Wellness within diverse communities, especially among people of African descent. Founded in 1996, the CWC empowers and engages communities, by assisting them in reversing the problems created by individualism, loss of culture, and loss of community.

## Minnesota Teen Mental Health Directory

<https://www.mnteenmentalhealth.org/resources-for-poc>

Provides a number of resources for people of color in Minnesota, including but not limited to, hotlines, therapists, and support groups.

## **MCC Mankato Area Refugee Services (MARS)**

501 South Second St. Mankato, MN, 56001

(507) 345-1554 / [rsmankato@mnchurches.org](mailto:rsmankato@mnchurches.org)

MCC Mankato Area Refugee Services is a regional service hub for the community's newest neighbors. MARS provides holistic and family-centered services to provide abundant support to refugees and their families, to help them progress on the path to self-sufficiency and achieving their dreams. MARS works closely with community partners to ensure that community resources are available to those are being served. MARS serves Refugees, Asylees, Special Immigrant Visa (SIV) Holders, Cuban/Haitian Entrants, Victims of Trafficking, and others who have immigrated to the Mankato area.

## **Minnesota Council of Churches (MCC)**

<https://www.mnchurches.org>

122 Franklin Avenue West Suite 100, Minneapolis, MN 55404

(612) 870-3600 / [mcc@mnchurches.org](mailto:mcc@mnchurches.org)

According to MCC's missions they "Connect with: Christians, churches, religious leaders, and denominations. People of other faiths, refugees, and those in need. The public life of Minnesota: legislators, businesses, foundations, and government." And they "Engage in: Prayer and worship together. Public witness and advocacy. Shared meals, conversation, and learning together."

# Hotline Numbers

- In October 2023 NAMI launched a Teen & Young Adult HelpLine, for nationwide peer support and resource referrals. **Text "Friend" to 62640; chat at [nami.org/talktous](https://nami.org/talktous); call 800-950-6264.** Available Mondays through Fridays, 10 a.m. to 10 p.m.
- National Domestic Violence Hotline: **1-800-799-7233**
- National Suicide Prevention Lifeline: **1-800-273-TALK (8255); [www.suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org). Or just dial 988**
- Suicide Prevention, Awareness, and Support: **[www.suicide.org](https://www.suicide.org)**
- Crisis Text Line: **Text REASON to 741741** (free, confidential and 24/7). In English and Spanish
- Self-Harm Hotline: **1-800-366-8288**
- Family Violence Helpline: **1-800-996-6228**
- Planned Parenthood Hotline: **1-800-230-PLAN (7526)**
- American Association of Poison Control Centers: **1-800-222-1222**
- National Council on Alcoholism & Drug Dependency: **1-800-622-2255**
- LGBTQ Hotline: **1-888-843-4564**
- National Maternal Mental Health Hotline: **1-833-TLC-MAMA (1-833-852-6262)**
- The Trevor Project: **1-866-488-7386 or text "START" to 678678.** Standard text messaging rates apply. Available 24/7/365. (Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning—LGBTQ—young people under 25.)
- The SAGE LGBT Elder Hotline connects LGBT older people and caretakers with friendly responders. **1-877-360-LGBT (5428)**
- The Trans Lifeline is staffed by transgender people for transgender people: **1-877-565-8860**
- Rape Abuse and Incest National Network (RAINN) is the nation's largest organization fighting sexual violence: **(800) 656-HOPE / (800) 810-7440 (TTY)**
- Veterans Crisis Line: **<https://www.veteranscrisisline.net>**
- International Suicide Prevention Directory: **[findahelpline.com](https://findahelpline.com)**
- The StrongHearts Native Helpline is a confidential and anonymous culturally appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. to 10 p.m. Call: **1-844-762-8483.**

Pulled from: <https://www.healthcentral.com/mental-health/get-help-mental-health>

# Transportation

## Kato Independent Shuttle Service (K.I.S.S.)

<https://www.katoshuttle.com>

507-388-5477

Affordable shuttle service with a quick response time.

## City of Mankato Transit System

<https://www.mankatomn.gov/residents/mankato-transit-system/fares-and-passes>

There are passes available for those who ride the bus often. Veterans with a VA Health Card, MNSU Students, and youth with a valid school ID ride for free.

## True Transit

<https://truetransit.org/fares/>

Passenger fares are just \$3 each way for in-town rides and \$5 for out-of-town rides, no matter the distance. You can pay in advance or on the bus.

## Vine- Door2Door Transportation

<https://vinevolunteers.org/services/transportation/>

(507) 387-1666

Typically for adults 60+, offering free rides to those who don't drive or have access to public transportation. On a limited basis, Vine will provide rides for people under age 60 with disabilities and/or people who are encountering difficult life circumstances. Limited weekend transportation is available for medical needs. The program is not intended to be a person's only source of transportation, but to help bridge the gap between other available transportation services.



