

FINANCIAL ASSISTANCE WITH BILLS, RENT, AND FOOD // ASISTENCIA FINANCIERA CON FACTURAS, ALQUILER Y COMIDA

	English	Español
<p>United Way 1-866-211-9966 www.211unitedway.org</p>	<p>COVID-19 Community Economic Relief Fund- call to be with local agencies thconnected at can help with bills, rent, or food needs.</p>	<p>COVID-19 Fondo de ayuda económica comunitaria: llame para conectarse con agencias locales que pueden ayudarles con las facturas, el alquiler o las necesidades de alimentos.</p>

FREE INTERNET/ INTERNET GRATIS

	English	Español
<p>Spectrum 844-488-8395</p>	<p>Free broadband and Wi-Fi internet access for 60 days to households with students impacted by the coronavirus shutdown. When you call enter your zip code to see if they offer service in your area. (Not available in 55417, or 55408. YES available in 55407)</p>	<p>Acceso gratuito a Internet de banda ancha y Wi-Fi durante 60 días a hogares con estudiantes afectados por el cierre del coronavirus. Cuando llame, de su código postal para saber si el servicio esté disponible en su área. (No disponible en 55417, ni 55408. Si disponible en 55407)</p>
<p>Comcast 1-855-846-8376 (English) 1-855-765-6995 (Spanish)</p>	<p>Families that identify as low-income can receive 60 days of free Internet service. <i>*Be prepared for long wait times when you call.</i> www.internetessentials.com/covid19</p>	<p>Familias de bajos ingresos pueden recibir 60 días de servicio de Internet gratis. <i>*Esté preparado para largos tiempos de espera cuando llame.</i> www.internetessentials.com/covid19</p>
<p>City of Minneapolis WiFi</p>	<p>USI opened their WiFi network in Minneapolis</p> <p>Look for the "City of Minneapolis Public WiFi" or "USI Wireless" networks on your mobile device and you will be connected. The process is similar to using Wi-Fi at a coffee shop or the airport.</p> <p>No password or credit card is required to sign in.</p>	<p>USI abrió su red WiFi en Minneapolis</p> <p>Busque las redes "City of Minneapolis Public WiFi" o "USI Wireless" en su dispositivo móvil y estará conectado. El proceso es similar al uso de Wi-Fi en una cafetería o en el aeropuerto. No se requiere contraseña ni tarjeta de crédito para iniciar sesión.</p>

RENT & UTILITIES ISSUES //ASUNTOS de ALQUILER Y UTILIDADES

	English	Español
<p>Xcel Energy 1-800-895-4999</p>	<p>Xcel will not disconnect service from any customers until further notice. If you have difficulty paying your bill, contact them to set up a payment plan.</p>	<p>Xcel no desconectará el servicio de ningún cliente hasta nuevo aviso. Si tiene dificultades para pagar su factura, comuníquese con ellos para establecer un plan de pago.</p>
<p>Mpls Water/ Servicio de agua</p>	<p>Mayor Jacob Frey announced that Minneapolis will suspend water shutoffs until at least April 13th.</p>	<p>El alcalde Jacob Frey anunció que Minneapolis suspenderá los cortes de agua hasta por lo menos el 13 de abril.</p>
<p>Suspension of Evictions & Flexible rent payment plans/ Suspensión de desalojos y Planes flexibles para el pago del alquiler</p>	<p>Governor Tim Walz issued a ban on evictions during the coronavirus crisis. And the Minnesota Multi-Housing Association called on landlords to waive late fees and establish flexible payment plans (until at least May 31.)</p>	<p>El gobernador Tim Walz emitió una prohibición de los desalojos durante la crisis del coronavirus. Y la Asociación de Viviendas Múltiples de Minnesota pidió a los propietarios que renuncien cargos por pago tardío y establezcan planes de pago flexibles (hasta al menos el 31 de mayo).</p>
<p>Help for Renters/ Ayuda para inquilinos</p>	<p>HOME Line: Free legal assistance for renters For English, call 612-728-5767 https://homelinemn.org/</p>	<p><u>HOME Line</u>: Asistencia legal para inquilinos Para español, llame al 612-255-8870 <u>HOME Line Af- Soomaali</u> wac 612-255-8860</p>
<p>CenterPoint Energy 1-800-245-2377</p>	<p>CenterPoint Energy, the gas provider in Minneapolis will not suspend services. Customers can call for payment assistance or extensions.</p>	<p>CenterPoint Energy, el proveedor de gas en Minneapolis no suspenderá los servicios. Los clientes pueden llamar para asistencia de pago o extensiones.</p>

MN UNEMPLOYMENT/ PAGOS DEL DESEMPLEO

	English	Español
<p>Unemployment Benefits</p> <p>651-296-3644</p> <p>Mon-Fri 8am - 4:30pm</p>	<p>The Unemployment Insurance program is ready to assist workers who can't work, workers who have had their hours reduced, and workers who have lost their jobs as a result of the COVID-19 pandemic. <i>*Families who are unable to work because they must care for children who would've otherwise been in school are eligible for unemployment benefits.</i></p> <p>www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp</p>	<p>El programa de seguro de desempleo está listo para ayudar a los trabajadores que no pueden trabajar, a los que se les ha reducido el horario de trabajo y a los trabajadores que han perdido sus empleos como resultado de la pandemia de COVID-19. <i>*Las familias que no pueden trabajar porque deben cuidar a los niños que de otro modo hubieran estado en la escuela son elegibles para los pagos del desempleo.</i></p> <p>www.uimn.org/applicants/language/spanish.jsp</p>

FOOD/ COMIDA

	English	Español
<p>Minneapolis Public Schools</p> <p>Free lunches for all children/ Almuerzos gratis para TODOS los niños</p> <p>10AM-2PM Monday-Friday</p>	<p>cws.mpls.k12.mn.us/covid19</p> <p>Minneapolis Public Schools will be providing ALL CHILDREN, INCLUDING ALL CHARTER SCHOOL STUDENTS, with meals while schools are closed due to COVID-19. Your child MUST be present in order to receive a meal. Meals will be distributed in the parking lots. Click the link above for the full list of locations. The following locations are closest to Hiawatha Academies campuses: If your child attends HLA-Morris Park: Lake Nokomis – Keewaydin 5209 30th Ave. S.</p> <p>If your child attends HLA or HCP Northrop:</p>	<p>cws.mpls.k12.mn.us/covid19</p> <p>Las Escuelas Públicas de Minneapolis proporcionarán a TODOS LOS NIÑOS, INCLUIDOS TODOS LOS ESTUDIANTES DE LA ESCUELA CHARTER mientras que las escuelas están cerradas debido a COVID-19. Su hijo DEBE estar presente para recibir una comida. Las comidas se distribuirán en los estacionamientos. Haga clic en el enlace de arriba para ver la lista completa de sitios de distribución. Los siguientes lugares son los más cercanos a las escuelas de Hiawatha Academies: Si su hijo asiste HLA-Morris Park: Lake Nokomis – Keewaydin 5209 30th Ave. S.</p>

	<p>Hale Elementary, 1220 E 54th St.</p> <p>If your child attends HCP - Kingfield: Lyndale, 312 W. 34th St.</p> <p>If your child attends HCHS: Seward, 2309 28th Ave. S.</p>	<p>Si su hijo asiste HLA or HCP Northrop: Hale Elementary, 1220 E 54th St.</p> <p>Si su hijo asiste HCP - Kingfield: Lyndale, 312 W. 34th St.</p> <p>Si su hijo asiste HCHS: Seward, 2309 28th Ave. S.</p>
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Food banks/ Bancos de comida...
Please call each site before visiting to ensure they are still operating giving the changing circumstances.
Por favor llame a cada sitio antes de visitarlo para asegurarse de que todavía estén operando en las circunstancias cambiantes.

<p>Waite House</p> <p>612-721-1681</p>	<p>2323 11th Ave S, Minneapolis, MN 55404</p> <p><u>Food Shelf Grab-N-Go Bags/ Bolsas de comida para llevar</u> Mondays/ lunes: 1-5pm Tuesdays & Thursdays / martes y jueves: 10-12pm, 2-5pm</p> <p><u>Lunches to-go/ Almuerzos para llevar</u> Monday – Thursday // de lunes a jueves: 11am -12:30pm</p>
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<p>Brian Coyle Center</p> <p>612-338-5282</p>	<p>420 15th Ave. S, Minneapolis 55454</p> <p><u>Food Shelf Grab-N-Go Bags/ Bolsas de comida para llevar</u> Mondays/ lunes: 12-6pm Wednesdays/ miercoles: 12-4pm Fridays/ viernes: 12-4pm</p>
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<p>Community Emergency Service (CES) Food Shelf</p> <p>612-870-1125 www.cesmn.org</p>	<p>1900 11th Ave Mpls, MN 55404</p> <p>Monday – Thursday // de lunes a jueves Doors open at 10:30am // puertas abren a las 10:30am Registration begins at 12:30pm// registracion a las 12:30pm Food shelf operates from 1:00pm – 4:00pm// Recoger comida 1-4pm</p>
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NorthPoint Food Shelf 612-543-2500	1835 Penn Ave N, Mpls, MN 55411 - (new location during the 1313 Penn clinic remodel) www.northpointhealth.org/community-food-shelf Monday - Thursday// <i>de lunes a jueves</i> 10:00 AM - 4:00 PM Intake closes at 3:30 pm// <i>ultima hora de registrarse</i> 3:30pm
Joyce Uptown Food Shelf 612-825-4431	3041 Fremont Avenue S. Minneapolis, MN 55408 www.joyceuptownfoodshelf.org Schedule for 3/16 - 3/27// <i>Horario para el 16-27 de marzo</i> Tuesdays & Thursdays / <i>martes y jueves</i> : 1:00 PM - 3:45 PM
Groveland Food Shelf 612-871-0277	1900 Nicollet Avenue, Minneapolis, MN 55403 http://www.grovelandfoodshelf.org/ Mon-Fri // <i>de lunes a viernes</i> 9:30am-12:30pm

1. Helpful apps to use: CALM, HEADSPACE, Simple Habit and Buddhify (fee required) are all relaxation/mindfulness apps that recommended by myself as well as those who work with teens. CALM has a section specifically designed for teens. **The CBT Thought Diary** app guides people through the process of identifying and challenging unhelpful thoughts which can be especially helpful with teens who are typically more impulsive and more inclined to act on their feelings without identifying and challenging the thoughts associated with those feelings (such as I feel lonely therefore no one will ever love me). One of my colleagues also recommended **exercise apps such as NIKE** as behavioral activation can help those experiencing depression.

2. Community resources: The best one stop shop for various community resources is Handbook of the Streets (see link below). You might want to see if you can order some copies and have them on hand. They have everything listed from shelters to food shelves. Second Harvest (see link below) is a great food resource and they offer a number of services. MESF's website lists some National and Local Crisis Resources (see link below). Regarding providers of color, the MESF website has a directory of Black/African American psychotherapists (see link see link below) in Minnesota and Psychology Today (see below) is a directory which offers photos and profiles to help with the selection process.

Handbook of the Streets: <https://ststephensmpls.org/handbooks>

Second Harvest: <https://www.2harvest.org/>

MESF Crisis Resources: <https://maryellenstrongfoundation.org/crisis-resources/>

MESF Directory of Black Psychotherapists: <https://maryellenstrongfoundation.org/directory-black-therapists/>

Psychology Today: <https://www.psychologytoday.com/us/therapists?search=minnesota>

Suicide Prevention:

<https://www.cdc.gov/violenceprevention/suicide/fastfact.html>

<https://www.cdc.gov/violenceprevention/suicide/prevention.html>