

General Service and Assistance

- **Bridge to Benefits**
Links individuals and families to public work support programs and tax credits; go to the website to see if you are eligible.
www.bridgetobenefits.org
- **United Way 211**
Provides easy access to community health and human resources.
From Your Area: 211
Metro: (651) 291-0211
Outstate: 1(800) 543-7709
www.211.org
- **MinnesotaHelp.Info**
Online access to statewide community resources.
www.minnesotahelp.info
- **Lutheran Social Service of Minnesota**
Offers budget counseling, debt and credit help, housing counseling, financial education, and bankruptcy services.
Metro: (651) 642-5990
Outstate: 1(800) 582-5260
www.lssmn.org/debt/
- **Disability Linkage Line**
Free information, referral, and service assistance for people with disabilities.
1(866) 333-2466
- **Senior LinkAge Line**
Free information and service assistance for older adults and their families; operated by the Metropolitan Area Agency on Aging.
1(800) 333-2433
www.tcaging.org/findinghelp
- **Minnesota Community Action Programs Partnership**
A program dedicated to ending poverty; find a local office near you to get connected to services and trainings.
<http://www.mncaa.org/ourmembers.html>
- **American Institute of Stress**
Answers frequently asked questions about stress to help transform stress so you are more productive and less self-destructive.
<http://www.stress.org>

Food

- The Minnesota Food Helpline
Find a food shelf near you online. A program of Hunger Solutions Minnesota that helps put food within reach of those in need. Food Stamp and Food Assistance Programs
<http://www.hungersolutions.org/find>
- Information on how to apply for food assistance and get food now through the Minnesota Department of Human Services.
http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=id_002555
- Hunger Solutions Minnesota
Find a food shelf near you.
<http://www.hungersolutions.org/find>
- Women, Infant, and Children (WIC) Program
Find out more about this supplemental food program for pregnant women, infants, and children; part of the Minnesota Department of Health.
<http://www.health.state.mn.us/divs/fh/wic/>
- Spend Smart. Eat Smart
Information for families on saving money while shopping and preparing balanced meals on a budget; sponsored by Iowa State University Extension.
<http://www.extension.iastate.edu/foodsavings>

Housing

- Foreclosure Resource Centers
Information to help address the ongoing challenges in the mortgage market; brought to you by the Federal Reserve Bank.
<http://www.federalreserve.gov/consumerinfo/foreclosure.htm>
- HousingLink
Affordable rental housing information for the Twin Cities and selected regions of Minnesota.
<http://www.housinglink.org/>
- Housing Resource Center
Assists with emergency housing in the metro area.
2414 Park Avenue South
Minneapolis, MN 55404
Metro: (612) 879-5266
Outstate: 1(888) 234-1329
Email: housing@lssmn.org
www.lssmn.org
- Metro Shelter Hotline
Assists with emergency and transitional housing in the metro area.
1(888) 234-1329
- Minnesota Housing Finance Agency
Finances and advances affordable housing opportunities for low and moderate income Minnesotans with information aimed at home buyers, home owners, and renters.
<http://www.mnhousing.gov/>

For Americans with Disabilities Act accommodations, please call (800) 876-8636.
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- The Federal Reserve Board
5 tips for avoiding foreclosure scams.
<http://www.federalreserve.gov/pubs/foreclosurescamtips/foreclosurescamtips.pdf>
- Minnesota Home Ownership Center
Provides resources for current and future Minnesota homeowners.
<http://www.hocmn.org/>

Employment Training and Worker Assistance

- Minnesota Workforce Centers
Provides tools, resources, and services for employment and employment training.
1(888) 438-5627
www.mnworkforcecenters.org
- Working Family Resource Center
This organization helps business enhance their work-life and wellness programs. Offers seminars, parent education programs, and other resources to working families.
<http://www.workingfamilyresourcecenter.org/wfrc/en/index.asp>
- Managing Your Job Transition: Making Smart Financial Choices after a Job Loss
A downloadable brochure from the Financial Industry Regulatory Authority (FINRA) about managing your finances after a job loss and asking the right questions before you leave your job.
http://www.newyork.bbb.org/Storage/24/Documents/Job%20Loss%20Brochure/08_0062%208_JobLoss_BB_LR.pdf
- Health and Retirement Benefits After Job Loss
Online resources from the United States Department of Labor for employees who have had a job loss and employers who need to downsize.
<http://www.dol.gov/ebsa/publications/joblosstoolkit.html>

Money Management

- Managing Your Money in Challenging Times
Resources provided by the U.S. Financial Literacy and Education Commission that aims to provide financial education resources for all Americans.
<http://www.mymoney.gov/budget.shtml#yourmoney>
- Seminar for Parents: College Finance
Free online seminar for parents of University of Minnesota college students that provides information and tools to make a successful transition into college, take on increasing responsibilities, and gain the most from their years at the University.
<http://cehd.umn.edu/fsos/Finance/>
- Smart About Money
Practical articles, worksheets, tips, and valuable resources from the National Endowment for Financial Education.
<http://www.smartaboutmoney.org/>
- Additional Money Management Resources

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<http://www.extension.umn.edu/ResourceManagement/links.html>

Professional Development and Research

- **The Strengths of Poor Families**
A Child Trends Research Brief (Valladares and Anderson Moore) that examines the strengths that many poor families have and the characteristics that they may share with more affluent families.
http://www.childtrends.org/Files/Child_Trends-2009_5_14_RB_poorfamstrengths.pdf
- **The Impacts of Foreclosure on Families and Communities: A Primer**
A research paper from the Urban Institute (Kingsley, Smith, & Price) that summarizes the effects the foreclosure crisis is having in America.
<http://www.urban.org/publications/411910.html>