

ABCD Study: University of Minnesota

Additional Resources

Thank you for participating in the ABCD Study! Here are some resources we give to all of our participants.

CHILDCARE & K-12 EDUCATIONAL RESOURCES

MN Department of Human Services

Families with low incomes may get help paying for child care through various programs

- Child care assistance programs, services, and resources can be found here:
<https://mn.gov/dhs/people-we-serve/children-and-families/economic-assistance/child-care/>

Child Mind Institute

Resources for children and families struggling with mental health and learning disorders

- Visit <https://childmind.org/> for resources on mental health care, education services, and science research
- Call **212-308-3118**

HelpNow at Hennepin County Library

Free online tutoring and writing help for K-12 students and adult learners

- Available online every day from 1pm to 11pm
- Available in English or Spanish
- For additional online resources from Hennepin County Library, visit <https://www.hclib.org/browse/online-resources>
- Not in Hennepin County? Check out your own local library!
 - <https://publiclibraries.com/state/minnesota/>

Mensa for Kids

Links to at-home learning resources for kids, including cross-curricular online platforms, math and science, history, reading and writing, music and arts, educational games, and more!

- Visit <https://www.mensaforkids.org/read/blog/at-home-learning-resources-for-kids/>
- Call **817-607-0060**

Scholastic Parents

Educational activities and resources for K-12 students

- Visit <https://www.scholastic.com/parents/school-success/learn-at-home.html>
- More books and resources available at <https://www.scholastic.com/home/>

Additional Resources

FINANCIAL ASSISTANCE

HOME Line

HOME Line provides free and low-cost legal, organizing, education, and advocacy services so that tenants throughout Minnesota can solve their own rental housing problems

- Visit <https://homelinemn.org/>
 - HOME Line ofrece servicios en Español : <https://www.homelinemn.org/en-espanol/>
 - HOME Line waxay bixisaa adeeg ku baxa Afka-Soomaaliga: <https://www.homelinemn.org/af-soomaali/>
- Call **612-728-5767** for **free legal help**
 - Or call **866-866-3546** toll-free from Greater Minnesota
 - Para Español, llame al **612-255-8870**
 - Af- Soomaali wac **612-255-8860**
 - Hais lus Hmoob, Hu **612-255-7104**
- Email an attorney here: <https://homelinemn.org/hotline/e-mail-an-attorney/>

HousingLink

The mission of HousingLink is "Connecting people to affordable rental homes, increasing choice and access for all

- Visit <https://www.housinglink.org/>
- Call **612-522-2500**
- Email info@housinglink.org

PRISM

PRISM works to provide healthy food, proper clothing, and housing stability to those experiencing food, income, and housing insecurity

- Visit <https://www.prismmpls.org/>
- Call **763-529-1350**
- Email klytle@prismmpls.org
- Stop by in-person at **1220 Zane Ave N, Golden Valley, MN 55422**

WeCAN

WeCAN serves individuals and families in need in Western Hennepin County by providing emergency assistance, family programs, food support, and employment programs

- Visit <https://www.wecanmn.org/>
 - View COVID resources [here](#)
- Call **952-472-0742**
- Email officemanager@wecan-help.org
- Stop by in-person at 5213 Shoreline Drive, Mound, MN 55364

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Additional Resources

Minnesota Unemployment Insurance

Find assistance for food, housing, childcare, mental health, and more

- Visit the main webpage here: <https://www.uimn.org/>
 - View additional resources here: <https://www.uimn.org/applicants/help-support/comm-organizations/index.jsp>
- To call:
 - Twin Cities area: **651-296-3644**
 - Greater Minnesota: **1-877-898-9090**
 - Teletypewriter (TTY) users: **1-866-814-1252**

MN Benefits

Apply for food assistance (SNAP), cash assistance for basic needs (EPT, DWP, GA, and more), emergency assistance, housing support (GRH), and child care assistance

- Apply here: <https://mnbenefits.mn.gov/>
 - Para Español: <https://mnbenefits.mn.gov/?lang=es>

CareerForce

Helps those who are unemployed find jobs and careers, as well as education and job training

- Visit <https://www.careerforcemn.com/>
- Call **651-259-7500**
- Email CareerForce@state.mn.us

TAX HELP

IRS Free File

IRS Free File lets you prepare and file your federal income tax for free online using guided tax preparation at an IRS partner site or Free File Fillable Forms

- Visit <https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>

Minnesota Free Electronic Filing

You may qualify for free electronic filing for your Minnesota tax return!

- Visit <https://www.revenue.state.mn.us/free-electronic-filing>
- Call **651-556-4818**
- Don't forget about the Minnesota Renter's Property Tax Refund!
 - More information here: <https://www.revenue.state.mn.us/renters-property-tax-refund>
- For information on the Homeowner's Homestead Credit Refund, go to <https://www.revenue.state.mn.us/homeowners-homestead-credit-refund>

Minnesota Free Tax Preparation

You may qualify for free tax return preparation through Volunteer Income Tax Assistance (VITA) or AARP Tax-Aide

- Visit <https://www.revenue.state.mn.us/free-tax-preparation-sites>
- Call **651-296-3781** or **800-652-9094**

Additional Resources

United Community Action Partnership (UCAP)

UCAP provides **free** tax preparation services, and volunteers are trained and certified by the IRS

- Visit <https://www.unitedcapmn.org/services/community-family-services/tax-clinic/>
- Schedule an appointment: <https://ucaptax.as.me/>
- Call **507-476-9283**
- Email taxstaff@unitedcapmn.org
- Locations in Hutchinson, Jackson, Marshall, Redwood Falls, Willmar, and Windom in Minnesota

Prepare and Prosper

Prepare and Prosper provides **free** tax and financial services, financial coaching, and access to financial products to low- and moderate-income individuals, families, and those who are self-employed

- Visit <https://prepareandprosper.org/>
- Call **651-287-0187**
- Email contact@prepareandprosper.org
- Address: 2610 University Ave W, Suite 450, St. Paul, MN 55114

Coronavirus Tax Relief

This includes the Advance Child Tax Credit, as well as information on the Economic Impact Payments, American Rescue Plan Act, employer tax credits, and more

- Visit <https://www.irs.gov/coronavirus-tax-relief-and-economic-impact-payments>

FOOD SHELVES

Volunteers Enlisted to Assist People (VEAP)

VEAP is a basic needs and social services organization whose programs promote access to healthy foods, stable housing, and other supportive services

- For food and other basic needs, visit <https://veap.org/get-help/veap-programs/food/>
- Call **952-888-9616** to make an appointment at the Food Pantry
- Visit VEAP's Mobile Food Pantry:
 - **Dar Al-Farooq Islamic Center**
 - **8201 Park Ave S, Bloomington, MN 55420**
 - Every Friday from 12pm – 2pm or until food runs out
 - **Saint Nick's Episcopal Church**
 - **7227 Penn Ave South, Richfield MN 55423**
 - Every Saturday from 2pm – 4pm or until food runs out
- VEAP also offers:
 - Financial assistance: <https://veap.org/financial-assistance/>
 - Community resources: <https://veap.org/get-help/community/>
 - Social services: <https://veap.org/social-services/>

Additional Resources

[Intercongregation Communities Association \(ICA\) Food Shelf](#)

ICA Food Shelf serves residents of Hopkins, Minnetonka, Excelsior, Shorewood, Deephaven, Greenwood, and Woodland

- Visit <https://www.icafoodshelf.org/food-services>
 - [Additional services](#) provided include [employment assistance](#), [emergency assistance](#), and connection to [other local resources](#)
- Call **952-938-0729**
- Email ica@icafoodshelf.org
- Stop by in-person at **11588 K-Tel Drive, Minnetonka, MN 55343**

[Hunger Solutions](#)

Hunger Solutions works to assure food security for all Minnesotans by supporting programs and agencies that provide food to those in need

- For information on food shelf capacity, market buck, and the Minnesota Food Helpline, visit <https://www.hungersolutions.org/programs/>
- For additional resources and food shelves in your area, visit <https://www.hungersolutions.org/find-help/>
- Call **651-486-9860**

[Community Emergency Service \(CES\) Minnesota](#)

CES meets hunger where it is a critical need, on client's food shelves with Home Delivery to the homebound and Meals on Wheels to seniors

- For information about CES Food Programs, visit <https://cesmn.org/food-programs/>
- Visit the CES Food Shelf in-person at **1900 11th Ave, Minneapolis, MN 55404**
 - For curbside pick-up, if you're a first-time visitor, or if you have any questions:
 - Call **612-870-1125**
 - Email ces@cesmn.org
- To view other resources provided by CES, visit <https://cesmn.org/resources/>

[Isuroon](#)

Isuroon is a grassroots nonprofit organization working to promote the well-being and empowerment of Somali women in Minnesota and beyond

- For information about Isuroon's halal food shelf, visit <https://www.isuroon.org/food-shelf>
 - Call **612-886-2731**
- For more information about other services provided by Isuroon, visit <https://www.isuroon.org/programs-services-2>
 - Isuroon provides mental health services, legal services, women's health and wellness, home ownership and rental assistance, refugee programs, and youth programs

Additional Resources

INTERNET, TECHNOLOGY, & ENERGY

Minnesota Cold Weather Rule

- Minnesota's Cold Weather Rule (CWR) is a state law that protects residential utility customers from having electric or natural gas service shut off between October 1 and April 30
- To protect your service from disconnection you must make and keep a payment plan that you and your utility provider agree on

Minnesota's Energy Assistance Program

- The [Energy Assistance Program](#) pays up to \$2,000 towards heat, power and water costs, and is free for eligible households
- Request a mail-in application [here](#)
 - Applications must be submitted through your local [Energy Assistance Partner](#)
 - For help, call **1-800-657-3710**

Minnesota's Phone and Internet Discounts

- Minnesota's Commerce Department offers phone and internet discounts to eligible individuals and families, including:
 - **Telephone Assistance Plan (TAP):** Monthly discount of \$10.00 on landline voice service
 - **Lifeline:** Discount of \$9.25 on monthly charges for either internet-only service or a bundle that includes Internet service
 - **Lifeline Enhanced Tribal Benefit:** Low-income consumers on Tribal lands can receive a Lifeline discount of up to \$34.25 per month, as well as other discounts
 - **Affordable Connectivity Program (ACP):** Provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands, as well as other discounts
- Visit <https://mn.gov/commerce/consumers/your-phone/phone-discounts/> for more information

Xcel Energy

- If you're having trouble paying your bill, Xcel Energy offers:
 - COVID-19 Resources
 - Visit <https://mn.my.xcelenergy.com/s/covid-19/covid-19-resources>
 - Energy Assistance, including payment arrangements, income-qualified assistance, and other affordability programs
 - Visit <https://mn.my.xcelenergy.com/s/billing-payment/energy-assistance>

CenterPoint Energy

- If you are having trouble paying your natural gas bill, please contact CenterPoint right away for assistance
- Information about payment plans and assistance programs can be found [here](#)
- Call **800-245-2377**

Additional Resources

Xfinity

- Free and low-cost internet services are available for families experiencing economic insecurity through the [Affordable Connectivity Program](#)
- Call **855-846-8376**

CenturyLink

- Free and low-cost internet services are available for families experiencing economic insecurity through their [Consumer Assistance Programs](#)
- Call **888-833-9522**

PCs for People

Through electronic reuse, PCs for People provides the opportunity for all low-income individuals to benefit from the life changing impact of computers and mobile internet

- Visit <https://www.pcsforpeople.org/>
 - Tech, internet services, and digital skills are available

LEGAL HELP

LawHelpMN

Your guide to finding information and a lawyer

- Visit <https://www.lawhelpmn.org/>
- If you need a lawyer or legal advice, use the [LawHelpMN Guide](#) or the [Providers and Clinics Directory](#) to find a referral
- To get help finding self-help resources or legal referrals, try [LiveChat](#) (available 9 - 4, Monday - Friday) or [LawHelpMN Guide](#)

Minnesota Judicial Branch

Free and low-cost legal services are available

- Visit <https://www.mncourts.gov/Help-Topics/Find-a-Lawyer.aspx>
- Find information and resources for free legal advice clinics, free and low-cost legal services for civil and criminal cases, and more

COVID-19 INFORMATION

- About Minnesota's COVID-19 Response
 - Visit <https://mn.gov/covid19/>
- From the Center for Disease Control (CDC), your COVID-19 questions answered!
 - Visit <https://www.cdc.gov/vaccines/covid-19/>
 - For information about the COVID vaccine for children and adolescents, check out the “Specific Populations” section
 - Call **1-800-CDC-INFO** (1-800-232-4636)

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Additional Resources

- How to check COVID cases in Minnesota:
 - Mayo Clinic: <https://www.mayoclinic.org/coronavirus-covid-19/map/minnesota>
 - *The New York Times*: <https://www.nytimes.com/interactive/2021/us/minnesota-covid-cases.html>
- COVIDaware MN is an app that can be downloaded on your phone to notify you if you have been near someone who tested positive for COVID-19
 - Visit <https://covidawaremn.com/>
 - Bluetooth connection required
- Find a **free** COVID-19 community testing site
 - Visit <https://mn.gov/covid19/get-tested/testing-locations/community-testing.jsp>
 - Or use the “Find Testing Locations” map: <https://mn.gov/covid19/get-tested/testing-locations/index.jsp>
- Order a **free** at-home test!
 - <https://www.covid.gov/tests>
- Find COVID-19 vaccines and boosters near you:
 - Go to <https://www.vaccines.gov/>
 - Call **1-800-232-0233**
 - Text your **zip code** to **438829**