



Resources and Templates

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Addiction Resources

Treatment Centers	Support Groups
Hazeldon Center for Youth 11505 36th Ave N, Minneapolis · (763) 509-3818	Alcoholics Anonymous 4938 Brooklyn Blvd, Minneapolis · (763) 535-7265
Drug Rehab Minneapolis 40 S 7th St Ste 212-167, Minneapolis · (612) 213-0204	Alcoholics Anonymous 2700 N Ferry St, Anoka · (763) 421-9923
Club Recovery LLC 6550 York Ave S Ste 610, Edina · (952) 926-2526	Narcotics Anonymous third Saturday of the month at 12:30 pm at Dayton Presbyterian Church (Downstairs) 217 Mackubin Street Saint Paul, MN 55102
Drug Rehab Hotline 2200 W 66th St Ste 124, Richfield · (952) 856-3087	
On Belay House 115 Forestview Ln N, Plymouth · (763) 546-8008	
Rehab Continuums 115 Forestview Ln N, Plymouth · (763) 546-8008	
The Retreat 1221 Wayzata Blvd E, Wayzata · (952) 476-0566	
Catalyst Mental Health Treatment Facility (612) 223-7284	
Headway Emotional Health Services Treatment Facility (612) 223-6701 Richfield, Minnesota 55423	
PRIDE Institute Treatment Facility (866) 948-6790 Eden Prairie, Minnesota 55344	
Kenwood Therapy Center (612) 294-7442 x1 Minneapolis, Minnesota 55405	
Hazelden Foundation (866) 697-0735 Plymouth, Minnesota 55441	
Solutions Counseling (763) 515-4563 Saint Louis Park, Minnesota 55416	
Sovereign Academy Young Adult Program Treatment Facility (866) 665-2567 Minneapolis, Minnesota 55418	
Williamsville Wellness- Gambling Treatment (804) 577-1164 Minneapolis, Minnesota 55403	
Sovereign Health Addiction & Dual Diagnosis Treatment Facility (866) 553-3730 Minneapolis, Minnesota 55418	
Sovereign Health Eating Disorders Program Treatment Facility	

(866) 891-4199 Minneapolis, Minnesota 55418	
White River Academy Treatment Facility (385) 290-3985 Minneapolis, Minnesota 55418	
Sovereign Health Mental Health Treatment Treatment Facility (866) 560-6964 Minneapolis, Minnesota 55418	
Sovereign Health Natural Assisted Detox Treatment Facility (866) 550-4769 Minneapolis, Minnesota 55418	
Eating Disorder Recovery - Timberline Knolls Treatment Facility (877) 637-4510 Minneapolis, Minnesota 55424	
Rogers Memorial Hosp - Child and Adolescent Ctrs Treatment Facility (888) 716-9807 Minneapolis, Minnesota 55416	
Rogers Memorial Hospital - Eating Disorder Svcs Treatment Facility (888) 754-5960 Minneapolis, Minnesota 55403	
Burkwood Treatment Center Treatment Facility (866) 880-0572 Minneapolis, Minnesota 55401	
Jeremiah House of Recovery Treatment Facility (651) 964-1051 Minneapolis, Minnesota 55401	
Ferguson Behavioral Health Consulting Treatment Facility (866) 957-3817 Edina, Minnesota 55424	
Star Guides Treatment Facility (866) 806-2656	

Career Inventory

Career Possibilities -Realistic

Are you:

practical
athletic
straightforward/frank
mechanically inclined
a nature lover
thrifty
curious about the physical world
stable
concrete
reserved
self-controlled
independent
ambitious
systematic
persistent

Can You:

fix electrical things
solve electrical problems
pitch a tent
play a sport
read a blueprint
plant a garden
operate tools and machinery
Like to
tinker with machines/vehicles
work outdoors
use your hands
be physically active
build things
tend/train animals
work on electronic equipment

Hobbies

Refinishing furniture
Growing plants/flowers
Playing sports

Hunting/fishing
Woodworking
Coaching team sports
Building models
Repairing cars, equipment
Target shooting
Landscaping
Taking exercise classes

Career Possibilities

Air-Conditioning Mechanics
Aircraft Mechanic
Appliance Mechanics
Architectural Drafter
Automotive Engineer
Automobile Mechanic
Baker/Chef
Bookbinder
Bricklayer
Carpenter
Cement Worker and Terrazzo
Worker
Compositor
Construction Worker
Corrections Officer
Dental Assistant
Dental Laboratory Technician
Dental Technician
Diesel Mechanic
Drafter
Electrical Engineer
Electrician
Electroplater
Exercise Careers
Farm Equipment Manager
Farmer Farm Manager
Firefighter
Fish Hatchery Manager

Floral Designer
Forester
Furnace Installer
Geodetic Surveyor
Glazier
Groundskeeper
Industrial Supervisor
Jeweler
Laboratory Technician
Line Installer
Logger
Machinist
Maintenance Repairer
Mechanical Engineer
Metallurgical Technician
Oceanographer
Optician
Painter
Petroleum Engineer
Plumber
Practical Nurse
Printing Press Operator
Property Manager
Quality Control Manager
Radio/T.V. Repair
Sailor
Sheet Metal Worker
Structural Steelworker
Tailor
Tool and Die Maker
Truck Driver
Upholsterer
Water Quality Specialist
Welder
Woodworking

Career Possibilities - Investigative

Are you:

inquisitive
 analytical
 scientific
 observant
 precise
 scholarly
 cautious
 intellectually self-confident
 introspective
 reserved
 broad-minded
 independent
 logical
 complex
 curious

Can You:

think abstractly
 solve math problems
 understand scientific theories
 do complex calculations
 use a microscope or computer
 interpret formulas

Like to

explore a variety of ideas
 use computers
 work independently
 perform lab experiments
 read scientific or technical journals

analyze data
 deal with abstractions
 do research
 be challenged

Hobbies

Book club
 Astronomy
 Crossword puzzles/board games
 Preservation of endangered species
 Computers
 Visiting museums
 Collecting rocks, stamps, coins, etc.
 Amateur Radio
 Recreational flying

Career Possibilities

Actuary
 Agronomist
 Anesthesiologist
 Anthropologist
 Archeologist
 Biochemist
 Biologist
 Cardiopulmonary Technician
 Cartographer
 Chemical Engineer
 Chemical Technician
 Chemist

Chiropractor
 Civil Engineer
 Computer Engineer
 Computer Programmer
 Computer Systems Analyst
 Dentist
 Ecologist
 Economist
 Electrical Engineer
 Geographer
 Geologist
 Hazardous Waste Technician
 Horticulturist
 Industrial Arts Teacher
 Management Consultant
 Marketing Research Analyst
 Mathematician
 Medical Lab Technologist
 Meteorologist
 Nurse Practitioner
 Pharmacist
 Physician, General Practice
 Physician Assistant
 Psychologist
 Research Analyst
 Software Engineer
 Statistician
 Technical Writer
 Veterinarian
 Web Site Developer

Career Possibilities – Artistic

Are you:

creative
 intuitive
 imaginative
 innovative
 unconventional
 emotional
 independent
 expressive
 original
 introspective
 impulsive
 sensitive
 courageous
 open
 complicated
 idealistic
 nonconforming

Can You:

sketch, draw, paint,
 play a musical instrument
 write stories, poetry, music
 sing, act, dance
 design fashions or interiors

Like to

attend concerts, theatres, art
 exhibits
 read fiction, plays, and poetry
 work on crafts
 take photographs express yourself
 creatively
 deal with ambiguous ideas

Writers/Editors

Hobbies

Photography
 Performing
 Writing stories, poems, etc....
 Desktop publishing
 Sewing
 Taking dance lessons
 Visiting art museums
 Designing sets for plays
 Travel
 Playing a musical
 instrument
 Homemade crafts
 Painting
 Speaking foreign languages

Career Possibilities

Actor/Actress
 Advertising Art Director
 Advertising Manager
 Architect
 Clothing/Fashion Designer
 Copywriter
 Dancer Choreographer
 Drama Teacher English Teacher
 Fashion Illustrator
 Graphic Designer
 Interior Designer
 Journalist/Reporter
 Landscape Architect
 Medical Illustrator
 Museum Curator
 Photographer

Career Possibilities – Social

Are you:

friendly
 helpful
 idealistic
 insightful
 outgoing
 understanding
 cooperative
 generous
 responsible
 forgiving
 patient
 empathic
 kind

Can You:

teach/train others
 express yourself clearly
 lead a group discussion
 mediate disputes
 plan and supervise an activity
 cooperate well with others

Like to

work in groups
 help people with
 problems
 participate in meetings
 do volunteer work
 work with young people
 play team sports
 serve others

Hobbies

Volunteering with social action
 groups

Writing letters
 Joining campus or community
 organizations
 Helping others with personal
 concerns
 Meeting new friends
 Attending sporting events
 Caring for children
 Religious activities
 Going to parties
 Playing team sports

Career Possibilities

Air Traffic Controller
 Athletic Trainer
 City Manager
 College Professor
 Community Planner
 Counseling Psychologist
 Counselor/Therapist
 Cosmetologist
 Cruise Director
 Dental Hygienist
 Detective
 Dietitian
 Elementary School Teacher
 Family and Consumer
 Scientist Teacher
 Hairstylist
 High School Teacher
 Historian
 Hospital Administrator
 Ind./Organizational Psychologist
 Insurance Claims Examiner

Librarian
 Medical Assistant
 Medical Record Administrator
 Nurse/Midwife
 Occupational Therapist
 Paralegal
 Park Naturalist
 Personnel Recruiter
 Personnel, Training, and Labor
 Relations Specialist
 Physical Therapist
 Physical Therapy Aide
 Police Officer
 Preschool Worker
 Professional Athlete
 Probation and Parole Officer
 Public Health Educator
 Radiological Technologist
 Real Estate Appraiser
 Recreation Director
 Recreational Therapist
 Registered Nurse
 Retirement Counselor
 School Counselor
 School Principal-Administrator
 Social Worker
 Sociologist
 Special Education Teacher
 Speech Pathologist
 Teacher's Aid
 Ticket Agent
 Vocational-Rehab. Counselor
 X-Ray Technician

Career Possibilities – Enterprising

Are you:

self-confident
 assertive
 sociable
 persuasive
 enthusiastic
 energetic
 adventurous
 popular
 impulsive
 ambitious
 inquisitive
 agreeable
 talkative
 extroverted
 spontaneous
 optimistic

Can You:

initiate projects
 convince people to do things your way
 sell things or promote ideas
 give talks or speeches
 organize activities
 lead a group
 persuade others

Like to

make decisions affecting others
 be elected to office
 win a leadership or sales award

start your own business
 campaign politically meet important people
 have power or status

Hobbies

Discussing Politics
 Reading Business Journals
 Watching the Stock Market
 Attending Meetings and Conferences
 Selling Products
 Leading Campus of Community Organizations
 Operating a Home Business

Career Possibilities

Advertising, marketing, and public relations managers
 Advertising Sales Representative
 Automobile Sales Worker
 Financial Planner
 Barber/Hairdresser
 Bartender
 Benefits Manager
 Financial Manager
 Buyer
 Cook/Chef
 Credit Analyst
 Credit Manager
 Dental Assistant
 Educational - Training Manager

Educational Administrator
 Emergency Medical Technician
 Flight Attendant
 Food Service Manager
 Foreign Service Officer
 Funeral Director
 Health Services Manager
 Hotel Manager
 Housekeeper
 Industrial Engineer
 Insurance Adjuster
 Insurance Agent
 Interpreter
 Journalism
 Lawyer/Attorney
 Lobbyist
 Manufacturer's Representative
 Office Manager
 Public Relations Representative
 Real Estate Agent
 Restaurant Manager
 Retail Sales Person
 Retail Store Manager
 Sales Manager
 Sales Representative
 Social Service Director
 Stockbroker
 Tax Accountant
 Travel Agent
 Urban Planner

Career Possibilities – Conventional

Are you:

well-organized
 accurate
 numerically inclined
 methodical
 conscientious
 efficient
 conforming
 orderly
 practical
 thrifty
 systematic
 structured
 polite
 ambitious
 obedient
 persistent

Can You:

work well within a system
 do a lot of paper work in a short
 time
 keep accurate records
 use a computer terminal

write effective business letters

Like to

follow clearly defined procedures
 work with computers
 work with numbers be responsible
 for details
 collect or organize things

Hobbies

Collecting memorabilia
 Arranging and organizing
 household or workshop, etc.
 Playing computer or card games
 Collecting any related objects
 Keeping club or family records and
 files
 Reading home magazines
 Studying tax laws
 Practicing Clutter's Last Stand
 Writing family history

Career Possibilities

Accountant

Accounting Clerk and Bookkeeper
 Administrative Assistant
 Bank Teller
 Budget Analyst
 Building Inspector
 Cashier
 Catalog Librarian
 Clerk
 Computer Operator
 Cost Accountant
 Court Reporter
 Customs Inspector
 File Clerk
 Financial Analyst
 Insurance Adjuster
 Insurance Underwriter
 Internal Auditor
 Kindergarten Teacher
 Legal Secretary
 Library Assistant
 Medical Records Technician
 Medical Secretary
 Safety Inspector
 Tax Consultant

Certification

Must be awarded by:

State educational or vocational and technical educational agency

Institution of higher education

Professional industry or employer organization

Registered apprenticeship program

Public regulatory agency

Program approved by the department of veterans affairs

Office of Job Corps

Tribal Colleges

Resources:

[Careeronestop.org/wiaprovidersearch](https://careeronestop.org/wiaprovidersearch)

African Assistance Program

<http://www.aapusa.org/>

6040 Earle Brown Drive, Suite 200,
Brooklyn Center , MN 55430
763-560-9643

Free and low-cost health
education and advocacy.

Alem Chiropractic

<http://www.accidentandinjuryspecialist.com/uptown-and-northeast-minneapolis-mn-chiropractic-relief.htm>

3552 Nicollet Ave., Minneapolis,
MN 55408
612-882-1135

Sliding fee scale chiropractic
services.

Allina's Partner Care Program

http://www.allina.com/ahs/customerservice.nsf/page/financial_assistance

Locations across Minnesota
612-262-9000 or 1-800-859-5077
Financial assistance for eligible
patients at Allina providers,
discounted health care for
uninsured, and assistance
applying for federal health care
programs. Call for a location near
you.

Apple Tree Dental

<http://www.appletreedental.org/ContactUs/TwinCities.aspx>

8960 Springbrook Drive #150,
Coon Rapids, MN 55433
763-784-7570

Low-cost dental care for seniors,
people with physical and mental
disabilities, and people with
lower incomes.

Assured Access

<http://hennepin.us/portal/site/HennepinUS/menuitem.b1ab75471750e40fa01dfb47ccf06498/?vgnextoid=9048e3f8dd114210VgnVCM10000049114689RCRD>

330 South 12th Street Century
Plaza Building , Suite 3700,
Minneapolis, MN 55404
612-348-6141 or 612-596-6639
(Spanish)

Connects families and individuals
with sliding fee scale health and
dental services.

Axis Medical Center

<http://www.axismedicalcenter.org/>

1801 Nicollet Avenue South, Suite
105, Minneapolis, MN 55403
612-823-2947

Sliding fee scale services open to
everyone, but specializing in
refugee and immigrant care.

Back to Health Chiropractic

<http://www.backdoc.org/>

6994 Nicollet Ave S., Richfield, MN
55423
612-861-8854

Sliding fee scale and physical
health services. They accept
Ucare, united healthcare,
medicaid and others.

Bass Lake Chiropractic Clinic

<http://www.basslakechiropractic.com/>

5640 W. Broadway Ave. , Crystal,
MN 55428
763-537-8070

Sliding fee scale and physical
health services. Offers
affordable, discounted rates for
those who wish to pay with cash.

Benjamin Chiropractic

<http://www.accidentandinjuryspecialist.com/uptown-and-northeast-minneapolis-mn-chiropractic-relief.htm>

2223 Central Ave. NE, suite 1,
Minneapolis, MN
312-782-0173

Sliding fee scale and physical
health services.

Bloomington Public Health

<http://www.ci.bloomington.mn.us/cityhall/dept/commserve/pubheal/pubheal.htm>

1900 W. Old Shakopee Road,
Bloomington, MN 55431
952-563-8700

Offers free flu shots and low-cost
immunizations on the first and
third Tuesdays of the month
from 3-5:30pm, no appointment
necessary. Serves patients who
live and work in Bloomington,
Edina, or Richfield.

Brite Dental

http://www.carecredit.com/doctorlocator/Brite_Dental_PC/Dental/Dental/55408

334 East Lake Street, Minneapolis,
MN
612.886.3238

Sliding fee scale dental services.

Brooklyn Center Clinic

<http://www.hcmc.org/brooklyncenter/brooklyncenterclinic.htm>

6601 Shingle Creek Parkway, Suite
400 , Brooklyn Center, MN 55430
(612) 873-8800

Sliding fee scale physical health
services.

Brooklyn Center Health Resource Center

<http://www.brookcntr.k12.mn.us>

[/](#)
6500 Humboldt Avenue N,
Brooklyn Center, MN 55430
763-561-2120 ext. 5100
Serves residents of the Brooklyn
Center School District only.

**Catholic Charities' Prenatal
Services**

http://www.cctwincities.org/prenatal_services.aspx

1276 University Avenue West,
Saint Paul, MN 55104
651-647-3100 or 651-603-0231
(espanol)

Offers free pregnancy tests and
pre-natal support services for
pregnant women, and low-cost
prenatal care, delivery and six
week post-partum check-ups.

Cedar Riverside People's Center

<http://www.peoples-center.org/>

425 20th Avenue South,
Minneapolis, MN 55454
612-332-4973

Low-cost, sliding fee scale
physical, behavioral and dental
health services.

Centro de Salud

<http://www.centromn.org/>

1915 Chicago Avenue South,
Minneapolis, MN 55404
612-874-1412

Low-cost health services for
children, teens, and parents.

**Chicanos Latinos Unidos En
Servicios - CLUES**

<http://www.clues.org/>

720 East Lake Street, Minneapolis,
MN 55106
612-746-3200

Culturally specific chemical and
mental health services including
individual and group therapy.

Children's Dental Services, Inc.

<http://www.childrensdentalservices.org/>

636 Broadway Street NE,
Minneapolis, MN 55413
612-746-1530
Low cost, free and sliding fee
scale dental services for children.
Accepts most private insurance
and Medical Assistance.

**Children's Hospitals and Clinics of
Minnesota St. Paul**

[http://www.childrensmn.org/patientfamily/financial-](http://www.childrensmn.org/patientfamily/financial-matters/financial-counseling)

[matters/financial-counseling](http://www.childrensmn.org/patientfamily/financial-matters/financial-counseling)
345 North Smith Avenue, St. Paul,
MN 55102
651-220-6000

Financial assistance for eligible
patients, discounted health care
for uninsured, sliding fee scale
payment option, and assistance
applying for federal health care
programs.

**Children's Hospitals and Clinics of
Minnesota Maple Grove**

[http://www.childrensmn.org/patientfamily/financial-](http://www.childrensmn.org/patientfamily/financial-matters/financial-counseling)

[matters/financial-counseling](http://www.childrensmn.org/patientfamily/financial-matters/financial-counseling)
7767 Elm Creek Boulevard, Maple
Grove, MN 55369
612-813-6000

Financial assistance for eligible
patients, discounted health care
for uninsured, sliding fee scale
payment option, and assistance
applying for federal health care
programs.

**Children's Hospitals and Clinics of
Minnesota Minneapolis**

[http://www.childrensmn.org/patientfamily/financial-](http://www.childrensmn.org/patientfamily/financial-matters/financial-counseling)

[matters/financial-counseling](http://www.childrensmn.org/patientfamily/financial-matters/financial-counseling)
2525 Chicago Avenue South,
Minneapolis, MN 55404
612-813-6000

Financial assistance for eligible
patients, discounted health care
for uninsured, sliding fee scale
payment option, and assistance
applying for federal health care

programs.

**Children's Hospitals and Clinics of
Minnesota Minnetonka**

[http://www.childrensmn.org/patientfamily/financial-](http://www.childrensmn.org/patientfamily/financial-matters/financial-counseling)

[matters/financial-counseling](http://www.childrensmn.org/patientfamily/financial-matters/financial-counseling)
6050 Clearwater Drive,
Minnetonka, MN 55343
952-930-8600

Financial assistance for eligible
patients, discounted health care
for uninsured, sliding fee scale
payment option, and assistance
applying for federal health care
programs.

**Community University Health
Care Center**

<http://www.cuhcc.umn.edu/>

2001 Bloomington Avenue South,
Minneapolis, MN 55404
612-638-0700

Offers sliding fee scale health
services.

Doorstep Healthcare Services

<http://www.doorstephealthcare.org/>

5861 Cedar Lake Road South, St.
Louis Park, MN 55416
763-541-6000

Provides low-cost oral healthcare
especially to vulnerable
populations such as seniors,
people with disabilities, and
people with lower incomes

East Lake Clinic

<http://www.hcmc.org/EastLake/eastlakeclinic.htm>

2700 E. Lake St., Minneapolis, MN
55406
(612)873-8100

Sliding fee scale physical health
services

Fremont Clinic

<http://www.neighborhoodhealthsource.org/fremont.html>

3300 Fremont Avenue North,
Minneapolis, MN 55412

612-588-9411

Sliding fee scale physical health services to those who are don't have health insurance or are underinsured.

Green Central Medical Clinic

<http://www.southsidechs.org/>

324 East 35th Street, Minneapolis, MN 55408

612-827-7181

Accepts private insurance, Medical Assistance, MinnesotaCare, and sliding fee payments.

Harbor Light Center

http://www.usc.salvationarmy.org/usc/www_usc_minneapolisHL.nsf/vw-dynamic-index/6EFC015D25B8BDB88025700C00311D0A?openDocument

1010 Currie Avenue , Minneapolis, MN 55403

612-767-3100

Free health care services are available three days a week.

Harbor Light Center - Beacon Program

http://www.usc.salvationarmy.org/usc/www_usc_minneapolisHL.nsf/vw-text-index/ed2414e32677fe3c8025703b0075eb4b?opendocument

1010 Currie Avenue , Minneapolis, MN 55403

612-767-3100 Ext. 3110

Substance abuse program is administered by a multi-disciplinary team and includes in-patient services, halfway house facilities, and follow-up non-residential treatment to chemically dependent adult men. Accepts private insurance, Medical Assistance, and MinnesotaCare.

HCMC Hospital

<http://www.hcmc.org/index.asp>

701 Park Ave S. , Minneapolis, MN 55415

(612)873-3000

Sliding fee scale physical health services

HealthCare for the Homeless Hennepin County Community Health

525 Portland Avenue South, Level 3, Minneapolis, MN 55415

612-348-5553

Free services for homeless patients.

Hennepin Care

<http://www.hcmc.org/patients/billing/noinsurance/hennepincare/index.htm>

612-873-2767

Offers free or low-cost coverage at HCMC clinics to eligible residents of Hennepin County who aren't eligible for Medical Assistance or MinnesotaCare. Eligibility for free or low-cost coverage depends on household size and income. To find out if you're eligible call a Financial Counselor at 612-873-2767.

Indian Health Board Bright Smiles Program

http://www.indianhealthboard.com/index_files/Page2093.htm

1315 East 24th Street, Minneapolis, MN 55404

612-721-9844

Provides low-cost and free oral health education and dental care for pregnant women and children 5 years and younger. Accepts Medical Assistance and MinnesotaCare.

Indian Health Board of Minneapolis

<http://www.indianhealthboard.com/>

1315 East 24th Street,

Minneapolis, MN 55404

612-721-9800

Sliding fee mental, dental and physical health care, including family planning, pre-natal care, WIC and discounted prescription drugs. Assistance with applying and enrolling in Medical Assistance and MinnesotaCare. Accepts Medical Assistance and MinnesotaCare.

Inka Dental

http://bng.lwcc.org/index.php?option=com_content&view=article&id=86:dental-&catid=16:health-and-medical-services&Itemid=7

6209 42nd Avenue North , Crystal, MN 55422

763-537-7057

Sliding fee scale dental services.

LifeCare Center

<http://www.minnetonkalifecare.org>

1615 Main Street, Hopkins, MN 55343

952-938-4496

Low cost and sliding fee scale reproductive and prenatal services.

Midwest Health Center for Women

<http://www.midwesthealthcenter.org/>

33 South 5th Street, Fourth Floor, Minneapolis, MN 55402

612-332-2311 or 800-998-6075

Low-cost , sliding fee medical and reproductive services including contraception and abortion services.

Minnesota Dental Care

<http://www.metro-dentalcare.com/>

718 West 66th Street, Richfield, MN 55423

612-866-0616

Dental services for patients enrolled in Medical Assistance or MinnesotaCare ONLY under Medica, Blue Plus or Metropolitan (MHP). Does not offer lower costs or sliding fee services.

**Minnesota State University
Dental Clinic**

<http://ahn.mnsu.edu/dental/clinic/>

3 Morris Hall, Mankato, MN 56001
507-389-2147

Low-cost dental services.

**Native American Community
Clinic**

<http://www.nacc-healthcare.org/>

1213 East Franklin Avenue,
Minneapolis, MN 55404
612-872-8086

Sliding fee scale medical, dental and mental health services for all.

Neighborhood HealthSource

<http://www.neighborhoodhealthsource.org>

3300 Fremont Avenue North,
Minneapolis, MN 55412
612-588-9411

Low-cost, sliding fee scale health services.

**Neighborhood HealthSource
Central Avenue Clinic**

<http://www.fremonthhealth.org/>

2610 Central Ave NE, Minneapolis,
MN 55418
612-781-6816

Free, low-cost, and sliding fee scale health services.

**Neighborhood Involvement
Program (NIP) Community Clinic**

http://www.neighborhoodinvolve.org/index.asp?Type=B_BASIC&SEC={5919A65E-7883-4636-A39A-9A5F1C8466D3}

2431 Hennepin Avenue South,

Minneapolis, MN 55405
612-374-4089

Sliding fee scale physical, mental, and dental health services for uninsured and underinsured patients who are income eligible.

**Neighborhood Involvement
Program (NIP) Community Dental
Clinic**

http://www.neighborhoodinvolve.org/index.asp?Type=B_BASIC&SEC={5919A65E-7883-4636-A39A-9A5F1C8466D3}

2431 Hennepin Avenue South,
Minneapolis, MN 55405
612-374-4089

Provides sliding fee dental services to anyone without insurance.

Neurology Specialist

<http://www.nervedocs.org/>

7250 France Ave suite 215, Edina,
MN 55435
651.291.2551

Sliding fee scale diagnosis and treatments for patients with a range of neurohealth issues.

Neurology Specialist

<http://www.nervedocs.org/>

514 St. Peter Street Suite 280, St.
Paul, MN 55102
651.291.2551

Sliding fee scale diagnosis and treatments for patients with a range of neurohealth issues.

**Northeast Community
Acupuncture**

http://www.necommunityacupuncture.com/Northeast_Community_Acupuncture_Minneapolis_MN/Welcome.html

1224 2nd Street N.E. Suite 200,
Minneapolis, MN 55413
612-708-8917

Sliding fee scale alternative health services such as acupuncture, acupressure, and

health coaching.

**NorthPoint Health and Wellness
Center**

<http://www.northpointhealth.org/>

1313 Penn Avenue North,
Minneapolis, MN 55411
612-543-2500

Sliding fee scale health services.

Northside LifeCare Center

<http://www.northsidelifecare.org>

4367 Thomas Avenue N.,
Minneapolis, MN 55412
612-522-6589

Low cost and sliding fee scale reproductive and prenatal services.

Phillips Neighborhood Clinic

<http://www.phillips.neighborhoodclinic.com/>

647 Bloomington Avenue South,
Minneapolis, MN 55407
612-724-1690

Free physical, reproductive and mental health services offered by University of Minnesota health professional students. Help available for application for Minnesota Health Care Programs. No insurance or appointments necessary.

**Pillsbury House Integrated Health
Clinic**

<http://www.puc-mn.org/NeighborhoodCenters/PillsburyHouse/IntegratedHealthClinic/tabid/518/Default.aspx>

3501 Chicago Avenue South,
Minneapolis, MN 55407
612-824-0708

Free integrated health services by students in chiropractic, acupuncture and Oriental medicine, massage therapy, psychology, medicine, nursing, and other therapies.

PLAN Express Care

<http://www.plannedparenthood.org/>

582 Prairie Center Drive, Suite 215, Eden Prairie, MN 55344
952-653-4499

Free and low-cost reproductive and women's health services.

Planned Parenthood Minneapolis Clinic

<http://www.plannedparenthood.org/>

1200 Lagoon Avenue, Minneapolis, MN 55408
612-823-6300

Free and low-cost reproductive and women's health services.

Portico Healthnet

<http://www.porticohealthnet.org/>

2610 University Avenue West, Suite 550, St. Paul, MN 55114
651-603-5100

Provides access to affordable health care for people who are uninsured in Ramsey, Dakota and Washington Counties. Assistance with process of finding, applying and enrolling in an affordable health care programs. Assists with applying for Medical Assistance and MinnesotaCare. Offers low-cost health insurance plan for those who don't qualify for Minnesota Health Care Programs.

Prescription Drug Resources

<http://www.health.state.mn.us/cearinghouse/prescr2008.pdf>

This list compiled by the Minnesota Department of Health includes several programs that offer free or low-cost prescription drugs for eligible low-to-moderate income individuals.

Red Door Clinic

<http://www.reddoorclinic.org/>

525 Portland Avenue South, 4th Floor, Minneapolis, MN 55415
612-543-5555

Free and low-cost STD and HIV testing, pregnancy prevention materials, and vaccinations for Hepatitis and HPV.

Richfield Clinic

<http://www.hcmc.org/Richfield/richfieldclinic.htm>

44 West 66th Street, Richfield, MN 55423

(612) 873-8200

Sliding fee scale physical health services.

SAGE Screening Program

<http://www.mnsage.com/>

1-888-643-2584

Free breast and cervical cancer screenings for uninsured or underinsured women in Minnesota.

Sharing and Caring Hands Center

<http://www.sharingandcaringhands.org/index.htm>

525 North 7th Street, Minneapolis, MN 55405

612-338-4640

Free and low-cost medical services, dental exams, and eye exams and eye glasses.

Sheridan Women & Children's Clinic

<http://www.neighborhoodhealthsource.org/sheridan.htm>

342 13th Avenue Northeast, Minneapolis, MN

612-362-4111

Sliding fee medical care for women and children.

Smiley's Clinic

http://www.umphysicians.umn.edu/Clinics/clinic_372.htm

2020 E. 28th Street, Minneapolis, MN 55407

612-333-0770

Reduced cost health services.

Financial counselor will discuss payment options, and discounted services if paid at the time of visit.

Southside Community Clinic

<http://www.southsidechs.org/>

4730 Chicago Avenue South, Minneapolis, MN 55330
612-822-3186

Accepts private insurance, Medical Assistance, MinnesotaCare, private insurance, and sliding fee payments.

Southside Dental Clinic

<http://www.southsidechs.org/ssdental.html>

4243 4th Ave South , Minneapolis, MN 55409

612-822-9030

Sliding fee scale dental services. Accepts Medical Assistance.

Southside Medical Clinic

<http://www.southsidechs.org/ssmed.html>

324 East 35th Street, Minneapolis, MN 55408

612-827-7181

Sliding fee scale medical services, including routine services and treatment for more serious illnesses. Accepts private insurance and MinnesotaCare and Medical Assistance. Assists with applying and enrolling in Medical Assistance and MinnesotaCare.

Southside Mobile Dental Vans

<http://www.southsidechs.org/community-outreach-events/>

Mobile van travels metropolitan area providing dental services.

612-822-9030

Mobile dental services have scheduled visits to nursing

homes where they provide dental services to residents of the nursing home and community members. Call to find out when the mobile van will be in your area and schedule an appointment.

Southside Vision Clinic

<http://www.southsidechs.org/vision.html>

4243 4th Avenue South,
Minneapolis, MN 55407
612-821-2003

Sliding fee scale optometry services based on family size and income. Accepts private insurance and Medical Assistance.

St. Joseph's Community Health Clinic

<http://www.ccspm.org/communityclinic.aspx>

1121 46th Street East,
Minneapolis, MN 55407
612-204-8250

Medical services and mental health screens for children newborn to age 20. Accepts private health insurance and MinnesotaCare and Medical Assistance, along with charitable care on an as available basis.

St. Mary's Health Clinics

<http://www.stmaryshealthclinics.org/>

1884 Randolph Avenue, St. Paul,
MN 55105
651-287-7777

Free primary health care for the uninsured. No walk-ins, call to make an appointment.

Tapestry Pregnancy and Family Resource Center

<http://tapestryfamilies.org>

4105 Chicago Avenue S,
Minneapolis, MN 55414
612-823-0301

Offers free pregnancy testing and resources and prenatal clinic and mentoring.

Teen Age Medical Services

<http://www.childrensmn.org/Website/Services/037983.asp>

2425 Chicago Avenue South,
Minneapolis, MN 55404
612-813-6125

Sliding fee scale and other payment options for physical, mental and sexual health services and education for patients ages 10-22 .

The Annex Teen Clinic

<http://www.annexteenclinic.org/>

4915 42nd Avenue North,
Robbinsdale, MN 55422
763-533-1316

Low-cost, sliding fee reproductive health services for youth up to age 23.

The Dental Emergency Room

<http://www.dentalermn.com/>

707 E. Lake Street, Minneapolis,
MN 55407
612-208-0751

Discounted dental services if paid in full at time of service.

The Emily Program Outpatient Eating Disorders Program

<http://www.emilyprogram.com/>

Fire Station 14 Professional Building
91 North Snelling Avenue
Suite 210, St. Paul, MN 55104
651-645-5323

Offers residential and outpatient treatment for eating disorders. Helps uninsured and underinsured find resources for payment options.

The Minnesota Visiting Nurse Agency

<http://www.mvna.org/>

3433 Broadway Street NE,
Minneapolis, MN 55413

612-617-4600

Low-cost or charity care services in home health care, immunizations, health screenings, family health care, and hospice care.

U of M Craniofacial Clinic

<http://www.uofmchildrenshospital.org/Specialties/CleftPalate/index.htm>

515 Delaware St. S.E.,
Minneapolis, MN 55455
612.625.5945

Sliding fee scale treatment and evaluation of cleft lip and palate.

UCare Tooth Care

http://www.ucare.org/healthplans/healthandwellness_allplans/Pages/UCareToothCareSchedule.aspx

500 Stinson Boulevard NE,
Minneapolis, MN 55413
651-455-1555 or 1-866-451-1555
Provides free or low-cost dental cleanings, check-ups and simple restorative care to UCare's Minnesota Health Care Program members.

Union Gospel Mission Dental Clinic

<http://www.ugmtc.org/services-dental.html>

435 University Avenue East, St. Paul, MN 55130
651-789-7605

Provides free dental services to all who don't have insurance. Appointments are required. Please call for an appointment. Day and evening appointments available.

University Life Care Center

<http://www.ulifecare.org>

1315 - 4th Street S.E.,
Minneapolis, MN 55407
612-623-3211

Low cost and sliding fee scale

reproductive and prenatal services.

University of Minnesota Youth and AIDS Projects (YAP)

<http://www.yapmn.com/index.php>

428 Oak Grove Street,
Minneapolis, MN 55401
612-627-6820

Free HIV/AIDS prevention for Gay and bisexual men or young men ages 13-19 who have sex with men. Free testing and HIV/AIDS case management and antibody counseling for anyone ages 13-24.

West Suburban Teen Clinic

<http://www.westsuburbanteenclic.org/>

478 2nd Street, Excelsior, MN
55331
952-474-3251

Medical, mental health, and reproductive health services for young people ages 12-23 offered on sliding fee scale.

Whittier Clinic

<http://www.hcmc.org/whittier/>

2810 Nicollet Ave., Minneapolis,
MN 55408
(612)545-9000

Sliding fee scale physical health services

WomenSource

<http://www.WomenSource.org>

106 Central Avenue, Osseo, MN
55369

763-425-4637

Low cost and sliding fee scale

reproductive and prenatal services.

Youth Link - Mental Health Services

<http://www.youthlinkmn.org/programs/health-wellness/>

41 North 12th Street, Minneapolis,
MN 55403
612-252-1200

Free short-term or ongoing appointments with counselors who will help with referrals for psychiatric appointments and medication information.

YouthLink - Medical Clinic

<http://www.youthlinkmn.org/programs/health-wellness/>

41 North 12th Street, Minneapolis,
MN 55403
612-252-1200

Clinic offers free services to homeless youth including pregnancy tests, birth control, immunizations, STD testing and treatment, and injury and illness checkups. Open Tuesdays from 3:30-7 p.m.

Community Colleges: MN

Alexandria- Alexandria Technical & Community College Public; 2,944 students	Grand Rapids Itasca Community College Public; 1,261 students
Austin- Riverland Community College Public; 3,245 students	Granite Falls Minnesota West Community and Technical College Public; 3,199 students
Anoka- Anoka Technical College Public; 2,166 students	Hibbing Community College-A Technical And Community College Public; 1,315 students
Bemidji Northwest Technical College Public; 1,168 students	International Falls Rainy River Community College Public; 375 students
Blaine Minnesota School of Business-Blaine Private for-profit ; 546 students	Inver Hills Community College Public; 6,013 students
Bloomington Normandale Community College Public; 9,901 students	Mankato Rasmussen College-Mankato Private, for-profit; 690 students
Brainerd Central Lakes College-Brainerd Public; 4,324 students	Bethany Lutheran College Private not-for-profit; 605 students
Brooklyn Center Minnesota School of Business-Brooklyn Center Private for-profit 280; students	Mendota Heights Le Cordon Bleu College of Culinary Arts-Minneapolis Private for-profit; 868 students
Brooklyn Park North Hennepin Community College Public; 7,701 students	Brown College-Mendota Heights Private for-profit; 303 students
Coon Rapids Anoka-Ramsey Community College Public ; 9,485 students	Minneapolis Globe University-Minneapolis Public; 253 students
Detroit Lakes Minnesota state community and technical college (Detroit lakes) Public	Institute of Production and Recording Private for-profit; 297 students
Duluth Business University Private for-profit; 279 students	Dunwoody College of Technology Private not-for-profit; 1,128 students
Duluth Lake Superior College Public; 4,835 students	Herzing University-Minneapolis Private for-profit; 346 students
Eagan Rasmussen College-Eagan Public; 733 students	The Art Institutes International-Minnesota Private for-profit; 1,473 students
Argosy University-Twin Cities Private for-profit; 1,887 students	Hennepin Technical College Public; 6,709 students
Northwest Technical Institute Private for-profit; 29 students	Academy College-Minneapolis Private for-profit; 152 students
Eden Prairie Rasmussen College Private, for-profit; 1,045 students	Minneapolis Community and Technical College Public; 10,090 students
Elk River Minnesota School of Business Private for-profit; 373 students	North Mankato South Central College Public; 3,707 students
Ely Vermilion Community College Public; 763 students	Pine City Pine Technical College Public; 1,020 students
Eveleth Mesabi range community and technical college (Eveleth) Public	Minnesota School of Business-Plymouth Private for-profit; 279 students

Eveleth Mesabi range community and technical college (Eveleth) Public	Minnesota School of Business-Richfield Private for-profit; 1,273 students
Fergus Falls Minnesota State Community and Technical College Public; 6,781 students	Rochester Minnesota School of Business-Rochester Private for-profit; 342 students
University of Minnesota-Rochester Public; 414 students	Saint Cloud St. Cloud Technical and Community College Public; 4,721 students
Rochester Community and Technical College Public; 6,295 students	Saint Louis Park Anthem College-Minnesota Private for-profit; 229 students
Rosemount Dakota County Technical College Public; 3,244 students	Saint Paul McNally Smith College of Music Private for-profit; 634 students
Roseville Minneapolis Business College Private for-profit; 220 students	St. Paul- Saint Paul College-A Community And Technical College Public; 6,747 students
National American University-Roseville Private for-profit; 535 students	Shakopee Minnesota School of Business-Shakopee Private for-profit; 216 students
St. Cloud Rasmussen College-Minnesota Private for-profit; 5,304 students	Virginia Mesabi Range Community and Technical College Public; 1,451 students
Thief River Falls Northland Community and Technical College Public; 4,002 students	Waite Park Minnesota School of Business-Waite Park Private for-profit; 467 students
Willmar Ridgewater College Public; 3,717 students	White Bear Lake Century College Public; 10,480 students
Winona Minnesota State College-Southeast Technical Public; 2,273 students	Woodbury Globe University-Woodbury Private for-profit; 1,157 students

Driver's Ed

Driver's Schools

1. **Alamo**
2109 Nicollet Ave Minneapolis, MN
612-874-0697
2. **Ace**
310 E38th St. Minneapolis, MN
612-724-4800

Steps to getting your license

1. Applicants must be 15 years or older.
2. Any individual under 18 should provide parental consent and must fulfill the requirements of the graduated license program. For additional details, see Beginner Drivers and/or Learner's Permits for Beginner Drivers.
3. Everyone must pass the vision check, knowledge and skills tests, and submit the white and yellow copies of test results. See Practice Tests and Driver's Handbook for more information on the written examination. Driver education programs can help individuals prepare for their road test.
4. Applicants must provide a state photo ID card, valid or expired for less than five years or a non-photo ID, valid or expired for less than a year. If you are unable to produce the same, you must provide one primary and one secondary proof of identification.
5. Applicants need to get a photo taken and submit the applicable fee.

Online Driver's manual

https://dps.mn.gov/divisions/dvs/forms-documents/Documents/Minnesota_Drivers_Manual.pdf

GED Resources

GED Information online

<http://www.gedtestingservice.com/ged-testing-service>

Steps to obtaining a GED

1. Register for the GED. You can visit any Minnesota GED Testing Center to register. Bring your photo identification, Social Security card and proof of residency to register and take the test. Pay the registration fee when you register.
2. Enroll in a GED preparation class or program. The Minnesota school districts offer adult education programs to help GED students prepare for the test. Check with community organizations and local colleges for preparation classes. The Minnesota Literacy Council can help you find GED programs in your area. Study for all GED test sections, which include writing, reading, mathematics, science and social studies.
3. Take the test. All sections of the test are scored from 200 to 800. A minimum score of 410 on all sections and an overall minimum score of 2050 are required to earn your GED certificate. You must retake any test sections in which you fail to meet the minimum score. There is no waiting period before retaking the test; however, you may have to show proof of additional studying and preparation before rescheduling the GED test.

Find a GED Testing facility

http://www.passged.com/test_state.php

Interviewing Basics

Learn and Practice

Knowing as much as possible about the company can make your interview more interactive and could be just what you need to get ahead in a competitive job market. Next, practice answering typical interview questions so you'll be prepared and comfortable during the actual interview. Plan on what you are going to wear ahead of time. Also, make sure you know where you're going and give yourself plenty of time so you can arrive ahead of schedule. Gathering background information on employers is crucial element for successful interview preparation. Review prospective employers web sites, especially the About This Company section and don't be afraid to request details on the position you are interviewing.

To Do	Not To Do
<ul style="list-style-type: none"> • Arrive 15 minutes early. Late attendance is never excusable. • Clarify questions. Be sure you answered the questions the employer really asked. Get the interviewer to describe the position and responsibilities early in the conversation so you can relate your skills and background to the position throughout the interview. • Give your qualifications. Stress the accomplishments that are most pertinent to the job. • Conduct yourself professionally. Be aware of what your body language is saying. Smile, make eye contact, don't slouch and maintain composure. • Anticipate tough questions. Prepare in advance so you can turn apparent weaknesses into strengths. • Dress appropriately. Make your first impression a professional one. • Ask questions throughout the interview. An interview should be a mutual exchange of information, not a one-sided conversation. • Listen. This is probably the most important "do" of all. By concentrating not only on the employer's words, but also on the tone of voice and body language, you will be able to pick up on the employer's style. Once you understand how a hiring authority thinks, pattern your answers accordingly and you will be able to better relate to him or her. 	<ul style="list-style-type: none"> • Don't answer vague questions. Rather than answering questions you think you hear, get the employer to be more specific and then respond. • Never interrupt the employer. If you don't have time to listen, neither does the employer. • Don't smoke, chew gum or place anything on the employer's desk. Don't be overly familiar, even if the employer is doing all of these things. Don't wear heavy perfume or cologne. • Don't ramble. Long answers often make the speaker sound apologetic or indecisive. On the other hand, don't answer questions with a simple "yes" or "no." Explain whenever possible. • Do not lie. Answer questions as truthfully as possible. Do not make derogatory remarks about your present or former employers or companies.

Job Searching Sites

1. MN Works (great for credentialed participants)
2. Indeed.com
3. Snagajob.com
4. Iseek.com
5. minnesotanonprofits.org/jobs

Mental Health: Free and sliding fee

Hennepin County Mental Health Center; 612-596-9438; Minneapolis - 1801 Nicollet Avenue South

NorthPoint Health & Wellness Center; 612-543-2566; Minneapolis - 1313 Penn Avenue North
CLUES (Spanish speaking); 763-746-3500;
Minneapolis - 720 East Lake Street and 651-379-4200 St. Paul - 797 East Seventh Street

Community University Health Care Center (CUHCC); 612-638-0700; Minneapolis - 2001 Bloomington Avenue South

The Family Partnership; 612-728-2061;
Minneapolis (downtown) - 414 Eighth Street South and Minneapolis- 4123 East Lake Street

and Brooklyn Park - 6900 78th Avenue North and Bloomington - 1101 East 78th Street, Suite 318 (Loffler Building)

Fraser Child & Family Center; 612-767-722;
2 Minneapolis - 3333 University Avenue Southeast

Headway Emotional Health Services; 612-861-1675; Richfield - 6425 Nicollet Avenue South and 763-746-2400 Golden Valley - 701 Decatur Avenue North, Suite 109

St. David's Center for Child & Family Development; 952-548-8682 Minnetonka - 3395 Plymouth Road

Volunteers of America; 763-225-4052 Golden Valley - 5905 Golden Valley Road, Suite 110 and 763-753-7510 Anoka - 22426 St. Francis Boulevard Northwest

Washburn Center for Children; 612-871-1454 Minneapolis - 2430 Nicollet Avenue South Minnetonka - 5720 Smetana Drive, Suite 310 and Brooklyn Park - 9100 85th Avenue North, Suite 100

Related Service Providers

1. AccessAbility
2. African Community
3. Anoka County Job Training Center
4. Asian Media Access
5. BlueGreen Alliance Foundation
6. CAPI Career Management Services
7. Central MN Jobs and Training Services
8. College Possible
9. Hennepin North (Brooklyn Park) Workforce Center
10. Job Corps (WIA-funded program)
11. Services American Indian OIC
12. TRiO/Student Support Services

Resumes

Jonathon Doe

12345 Main Street
Citytown, MN 54321
651-555-5252

Jonathondoe@exampleemail.com

Objective

- Seeking a part time position where I can use my excellent customer service skills in a professional environment.

Employment History

- Sales Floor/Cashier, Supermarket, Citytown MN 10/2010 – Current
 - Handle and process customer's payments in forms of credit cards, cash, gift certificates, and coupons
 - Use cash registers, computers, or scanners to enter items and total sales
 - Respond to patron's questions about location of products in store
 - Work with other team members to ensure products are in stock and properly displayed
- Babysitting/Childcare, Family Friends and Neighbors, Citytown MN 06/2009 – 09/2010
 - Organize and participate in recreational activities such as games
 - Prepare food, serve meals, and clean up
 - Monitor children's play and interaction to maintain their safety
 - Clean food equipment, bedding, and children's area

School Activities

- Basketball Team Member, Citytown High School 09/2008 – Current
 - Exercise and practice to prepare and train for competitive events
 - Work with other team members to create a unified team of athletes
- Student Affairs Board, Citytown High School 09/2009 – 06/2010
 - Worked with a group of other class leaders to make decisions about school policies and activities
 - Planned and organized events in collaboration with school staff

Volunteer Experience

- Food Shelter, Citytown MN 06/2009 – 09/2010
 - Arranged food on serving dishes or in take-out containers
 - Helped cooks and other kitchen staff with various tasks
 - Cleaned work areas and maintained equipment
- Cleaned, cut, or peeled various foods in preparation for cooking or serving

Education

- Currently in 11th grade at Citytown High School, expected graduation May 2013

Volunteering Resources

Hands On Twin Cities

<http://www.handsontwincities.org/>

VolunteerMatch

Volunteermatch.org/

Americorps

www.americorps.gov

Youth Leadership Opportunities

AmeriCorps

Annex Teen Clinic

Annex Advisory Council

Minneapolis Youth Coordinating Board

Youth Congress

Youth Bus

Minnesota Alliance with Youth

Minnesota Youth Council (MYC)

Minnesota YMCA

Youth in Government

National Network for Youth

National Youth Advisory Council (NYAC)

Toastmasters Clubs

Youth Leadership Program

Public speaking skills

Wilder Foundation

Youth Leadership Initiative (YLI)

Wild River Academy

High School Mentorship Program

YouthCARE MN

leadership and employment training

Camp Sunrise

Young Women's Mentoring Program

Youthprise

Youth Innovators (ages 18-23)