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### Tutoring Services

- Upward Bound
- TRiO/Student Support Services
- College Possible
- Hennepin County Libraries - free after-school tutoring
- YMCA or YWCA after-school youth programs
- Peer tutoring or after-school tutoring in your school
- Beacon Centers (Olson, Lucy Laney, Patrick Henry)
- North Vista Area Learning Center (Robbinsdale)
- Club Z! Tutoring Services of the Western suburbs
- Sylvan Learning of Maple Grove
- Mathnasium of Maple Grove
- Boys and Girls Clubs
<table>
<thead>
<tr>
<th>Treatment Centers</th>
<th>Support Groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hazelden Center for Youth</td>
<td>Alcoholics Anonymous</td>
</tr>
<tr>
<td>11505 36th Ave N, Minneapolis · (763) 509-3818</td>
<td>4938 Brooklyn Blvd, Minneapolis · (763) 535-7265</td>
</tr>
<tr>
<td><strong>Drug Rehab Minneapolis</strong></td>
<td>Alcoholics Anonymous</td>
</tr>
<tr>
<td>40 S 7th St Ste 212-167, Minneapolis · (612) 213-0204</td>
<td>2700 N Ferry St, Anoka · (763) 421-9923</td>
</tr>
<tr>
<td><strong>Club Recovery LLC</strong></td>
<td>Narcotics Anonymous</td>
</tr>
<tr>
<td>6550 York Ave S Ste 610, Edina · (952) 926-2526</td>
<td>third Saturday of the month at 12:30 pm at</td>
</tr>
<tr>
<td></td>
<td>Dayton Presbyterian Church (Downstairs)</td>
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<tr>
<td></td>
<td>217 Mackubin Street</td>
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<tr>
<td></td>
<td>Saint Paul, MN 55102</td>
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<tr>
<td><strong>Drug Rehab Hotline</strong></td>
<td></td>
</tr>
<tr>
<td>2200 W 66th St Ste 124, Richfield · (952) 856-3087</td>
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</tr>
<tr>
<td><strong>On Delay House</strong></td>
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<tr>
<td>115 Forestview Ln N, Plymouth · (763) 546-8008</td>
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<tr>
<td><strong>Rehab Continuums</strong></td>
<td></td>
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<tr>
<td>115 Forestview Ln N, Plymouth · (763) 546-8008</td>
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<tr>
<td><strong>The Retreat</strong></td>
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</tr>
<tr>
<td>1221 Wayzata Blvd E, Wayzata · (952) 476-0566</td>
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<tr>
<td><strong>Catalyst Mental Health</strong></td>
<td></td>
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<tr>
<td>Treatment Facility</td>
<td></td>
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<tr>
<td>(612) 223-7284</td>
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<tr>
<td><strong>Headway Emotional Health Services</strong></td>
<td></td>
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<tr>
<td>Treatment Facility</td>
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<tr>
<td>(612) 223-6701</td>
<td></td>
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<tr>
<td>Richfield, Minnesota 55423</td>
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<tr>
<td><strong>PRIDE Institute</strong></td>
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<tr>
<td>Treatment Facility</td>
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<tr>
<td>(866) 948-6790</td>
<td></td>
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<tr>
<td>Eden Prairie, Minnesota 55344</td>
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<tr>
<td><strong>Kenwood Therapy Center</strong></td>
<td></td>
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<tr>
<td>(612) 294-7442 x1</td>
<td></td>
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<tr>
<td>Minneapolis, Minnesota 55405</td>
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<tr>
<td><strong>Hazelden Foundation</strong></td>
<td></td>
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<tr>
<td>(866) 697-0735</td>
<td></td>
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<tr>
<td>Plymouth, Minnesota 55441</td>
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<tr>
<td><strong>Solutions Counseling</strong></td>
<td></td>
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<tr>
<td>(763) 515-4563</td>
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<tr>
<td>Saint Louis Park, Minnesota 55416</td>
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<tr>
<td><strong>Sovereign Academy Young Adult Program</strong></td>
<td></td>
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<tr>
<td>Treatment Facility</td>
<td></td>
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<tr>
<td>(866) 665-2567</td>
<td></td>
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<tr>
<td>Minneapolis, Minnesota 55418</td>
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<tr>
<td><strong>Williamsville Wellness- Gambling Treatment</strong></td>
<td></td>
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<tr>
<td>(804) 577-1164</td>
<td></td>
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<tr>
<td>Minneapolis, Minnesota 55403</td>
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<tr>
<td><strong>Sovereign Health Addiction &amp; Dual Diagnosis</strong></td>
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<tr>
<td>Treatment Facility</td>
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<tr>
<td>(866) 553-3730</td>
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<tr>
<td>Minneapolis, Minnesota 55418</td>
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<tr>
<td><strong>Sovereign Health Eating Disorders Program</strong></td>
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<tr>
<td>Treatment Facility</td>
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</tr>
<tr>
<td>Name</td>
<td>Phone Number</td>
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<tr>
<td>White River Academy</td>
<td>(385) 290-3985</td>
</tr>
<tr>
<td>Sovereign Health Mental Health Treatment</td>
<td>(866) 560-6964</td>
</tr>
<tr>
<td>Sovereign Health Natural Assisted Detox</td>
<td>(866) 550-4769</td>
</tr>
<tr>
<td>Eating Disorder Recovery - Timberline Knolls</td>
<td>(877) 637-4510</td>
</tr>
<tr>
<td>Rogers Memorial Hosp - Child and Adolescent Ctrs</td>
<td>(888) 716-9807</td>
</tr>
<tr>
<td>Rogers Memorial Hospital - Eating Disorder Svcs</td>
<td>(888) 754-5960</td>
</tr>
<tr>
<td>Burkwood Treatment Center</td>
<td>(866) 880-0572</td>
</tr>
<tr>
<td>Jeremiah House of Recovery</td>
<td>(651) 964-1051</td>
</tr>
<tr>
<td>Ferguson Behavioral Health Consulting</td>
<td>(866) 957-3817</td>
</tr>
<tr>
<td>Star Guides</td>
<td>(866) 806-2656</td>
</tr>
</tbody>
</table>
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

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

**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

Writers/Editors
Career Possibilities – Social

**Are you:**
friendly  
helpful  
idealistic  
insightful  
outgoing  
understanding  
cooperative  
generous  
responsible  
forgiving  
patient  
empathic  
kind  
persuasive

**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

**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  
Hair stylist  
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
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

Career Possibilities – Enterprising

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

**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/wiapropvidersearch
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
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.b1ab75471750e40fa01dbf47dcd06498/?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.accumulatorchiropractic.com/
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/commserv/publheal/publheal.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
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
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
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.

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

**Green Central Medical Clinic**  
[http://www.southsidechs.org/](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**  
1010 Currie Avenue, Minneapolis, MN 55403  
612-767-3100  
Free health care services are available three days a week.

**Harbor Light Center - Beacon Program**  
1010 Currie Avenue, Minneapolis, MN 55403  
612-767-3100 Ext. 3110  
Substance abuse program is administered by a multidisciplinary team and includes inpatient services, halfway house facilities, and follow-up non-residential treatment to chemically dependent adult men. Accepts private insurance, Medical Assistance, and MinnesotaCare.

**HCMC Hospital**  
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**  
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**  
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.

**Indian Health Board of Minneapolis**  
1315 East 24th Street, Minneapolis, MN 55404  
612-866-0616

**Inka Dental**  
6209 42nd Avenue North, Crystal, MN 55422  
763-537-7057  
Sliding fee scale dental services.

**LifeCare Center**  
[http://www.minnetonkalifecare.org](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**  
33 South 5th Street, Fourth Floor, Minneapolis, MN 55402  
612-332-2311 or 800-998-6075  
Low-cost, sliding fee scale medical and reproductive services including contraception and abortion services.

**Minnesota Dental Care**  
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.fremonthealth.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
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/Welcomen.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
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
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.html
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/vis ion.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/communit yclinic.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/We b/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 Building91 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.uofmchildrenshospit al.org/Specialties/CleftPalate/in dex.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/healthplan s/healthandwellness_allplans/P ages/UCareToothCareSchedul e.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

West Suburban Teen Clinic
http://www.westsuburbanteenclinic.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.
<table>
<thead>
<tr>
<th>College Name</th>
<th>Location/Type</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alexandria- Alexandria Technical &amp; Community College</td>
<td>Public; 2,944 students</td>
<td></td>
</tr>
<tr>
<td>Austin- Riverland Community College</td>
<td>Public; 3,245 students</td>
<td></td>
</tr>
<tr>
<td>Anoka- Anoka Technical College</td>
<td>Public; 2,166 students</td>
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</tr>
<tr>
<td>Bemidji Northwest Technical College</td>
<td>Public; 1,168 students</td>
<td></td>
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<tr>
<td>Blaine Minnesota School of Business-Blaine</td>
<td>Private for-profit; 546 students</td>
<td></td>
</tr>
<tr>
<td>Bloomington Normandale Community College</td>
<td>Public; 9,901 students</td>
<td></td>
</tr>
<tr>
<td>Brainerd Central Lakes College-Brainerd</td>
<td>Private for-profit; 280; students</td>
<td></td>
</tr>
<tr>
<td>Brooklyn Center Minnesota School of Business-Brooklyn Center</td>
<td>Public; 7,701 students</td>
<td></td>
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<tr>
<td>Coon Rapids Anoka-Ramsey Community College</td>
<td>Public; 9,485 students</td>
<td></td>
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<tr>
<td>Detroit Lakes Minnesota state community and technical college (Detroit lakes)</td>
<td>Public</td>
<td></td>
</tr>
<tr>
<td>Duluth Business University</td>
<td>Private for-profit; 279 students</td>
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<tr>
<td>Duluth Lake Superior College</td>
<td>Public; 4,835 students</td>
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<tr>
<td>Eagan Rasmussen College-Eagan</td>
<td>Public; 733 students</td>
<td></td>
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<tr>
<td>Argosy University-Twin Cities</td>
<td>Private for-profit; 1,887 students</td>
<td></td>
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<tr>
<td>Northwest Technical Institute</td>
<td>Private for-profit; 29 students</td>
<td></td>
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<tr>
<td>Eden Prairie Rasmussen College</td>
<td>Private, for-profit; 1,045 students</td>
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<tr>
<td>Elk River Minnesota School of Business</td>
<td>Private for-profit; 373 students</td>
<td></td>
</tr>
<tr>
<td>Ely Vermilion Community College</td>
<td>Public; 763 students</td>
<td></td>
</tr>
<tr>
<td>Eveleth Mesabi range community and technical college (Eveleth)</td>
<td>Public</td>
<td></td>
</tr>
<tr>
<td>Grand Rapids Itasca Community College</td>
<td>Public; 1,261 students</td>
<td></td>
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<tr>
<td>Granite Falls Minnesota West Community and Technical College</td>
<td>Public; 3,199 students</td>
<td></td>
</tr>
<tr>
<td>Hibbing Community College-A Technical And Community College</td>
<td>Public; 1,315 students</td>
<td></td>
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<tr>
<td>International Falls Rainy River Community College</td>
<td>Public; 375 students</td>
<td></td>
</tr>
<tr>
<td>Inver Hills Community College</td>
<td>Public; 6,013 students</td>
<td></td>
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<tr>
<td>Mankato Rasmussen College-Mankato</td>
<td>Private, for-profit; 690 students</td>
<td></td>
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<tr>
<td>Mendota Heights Le Cordon Bleu College of Culinary Arts-Minneapolis</td>
<td>Private for-profit; 868 students</td>
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<tr>
<td>Minneapolis Globe University-Minneapolis</td>
<td>Public; 253 students</td>
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<tr>
<td>Institute of Production and Recording</td>
<td>Private for-profit; 297 students</td>
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<tr>
<td>Dunwoody College of Technology</td>
<td>Private not-for-profit; 1,128 students</td>
<td></td>
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<tr>
<td>Herzing University-Minneapolis</td>
<td>Private for-profit; 346 students</td>
<td></td>
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<tr>
<td>The Art Institutes International-Minnesota</td>
<td>Private for-profit; 1,473 students</td>
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<tr>
<td>Hennepin Technical College</td>
<td>Public; 6,709 students</td>
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<tr>
<td>Academy College-Minneapolis</td>
<td>Private for-profit; 152 students</td>
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</tr>
<tr>
<td>Minneapolis Community and Technical College</td>
<td>Public; 10,090 students</td>
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</tr>
<tr>
<td>North Mankato South Central College</td>
<td>Public; 3,707 students</td>
<td></td>
</tr>
<tr>
<td>Pine City Pine Technical College</td>
<td>Public; 1,020 students</td>
<td></td>
</tr>
<tr>
<td>Minnesota School of Business-Plymouth</td>
<td>Private for-profit; 279 students</td>
<td></td>
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<tr>
<td>Institution Name</td>
<td>Type</td>
<td>Location</td>
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<td>-------------------------------------------------------------------------------</td>
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<tr>
<td>Eveleth Mesabi range community and technical college (Eveleth)</td>
<td>Public</td>
<td>Minnesota</td>
</tr>
<tr>
<td>Fergus Falls Minnesota State Community and Technical College</td>
<td>Public</td>
<td>Minnesota</td>
</tr>
<tr>
<td>University of Minnesota-Rochester</td>
<td>Public</td>
<td>Minnesota</td>
</tr>
<tr>
<td>Rochester Community and Technical College</td>
<td>Public</td>
<td>Minnesota</td>
</tr>
<tr>
<td>Rosemount Dakota County Technical College</td>
<td>Public</td>
<td>Minnesota</td>
</tr>
<tr>
<td>Roseville Minneapolis Business College</td>
<td>Private for-profit</td>
<td>Minneapolis</td>
</tr>
<tr>
<td>National American University-Roseville</td>
<td>Private for-profit</td>
<td>Minneapolis</td>
</tr>
<tr>
<td>St. Cloud Rasmussen College-Minnesota</td>
<td>Private for-profit</td>
<td>Minneapolis</td>
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<tr>
<td>Thief River Falls Northland Community and Technical College</td>
<td>Public</td>
<td>Minnesota</td>
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<tr>
<td>Willmar Ridgewater College</td>
<td>Public</td>
<td>Minnesota</td>
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<tr>
<td>Winona Minnesota State College-Southeast Technical</td>
<td>Public</td>
<td>Minnesota</td>
</tr>
<tr>
<td>Minnesota School of Business-Richfield</td>
<td>Private for-profit</td>
<td>Minnesota</td>
</tr>
<tr>
<td>Rochester Minnesota School of Business-Rochester</td>
<td>Private for-profit</td>
<td>Minnesota</td>
</tr>
<tr>
<td>Saint Cloud St. Cloud Technical and Community College</td>
<td>Public</td>
<td>Minnesota</td>
</tr>
<tr>
<td>Saint Louis Park Anthem College-Minnesota</td>
<td>Private for-profit</td>
<td>Minnesota</td>
</tr>
<tr>
<td>Saint Paul McNally Smith College of Music</td>
<td>Private for-profit</td>
<td>Minnesota</td>
</tr>
<tr>
<td>St. Paul- Saint Paul College-A Community And Technical College</td>
<td>Public</td>
<td>Minnesota</td>
</tr>
<tr>
<td>Shakopee Minnesota School of Business-Shakopee</td>
<td>Private for-profit</td>
<td>Minneapolis</td>
</tr>
<tr>
<td>Virginia Mesabi Range Community and Technical College</td>
<td>Public</td>
<td>Minnesota</td>
</tr>
<tr>
<td>Waite Park Minnesota School of Business-Waite Park</td>
<td>Private for-profit</td>
<td>Minnesota</td>
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<tr>
<td>White Bear Lake Century College</td>
<td>Public</td>
<td>Minnesota</td>
</tr>
<tr>
<td>Woodbury Globe University-Woodbury</td>
<td>Private for-profit</td>
<td>Minnesota</td>
</tr>
</tbody>
</table>
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

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
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.

<table>
<thead>
<tr>
<th>To Do</th>
<th>Not To Do</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Arrive 15 minutes early. Late attendance is never excusable.</td>
<td>• Don’t answer vague questions. Rather than answering questions you think you hear, get the employer to be more specific and then respond.</td>
</tr>
<tr>
<td>• 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.</td>
<td>• Never interrupt the employer. If you don’t have time to listen, neither does the employer.</td>
</tr>
<tr>
<td>• Give your qualifications. Stress the accomplishments that are most pertinent to the job.</td>
<td>• 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.</td>
</tr>
<tr>
<td>• Conduct yourself professionally. Be aware of what your body language is saying. Smile, make eye contact, don’t slouch and maintain composure.</td>
<td>• Don’t ramble. Long answers often make the speaker sound apologetic or indecisive. On the other hand, don’t answer questions with a simple &quot;yes&quot; or &quot;no.&quot; Explain whenever possible.</td>
</tr>
<tr>
<td>• Anticipate tough questions. Prepare in advance so you can turn apparent weaknesses into strengths.</td>
<td>• Do not lie. Answer questions as truthfully as possible. Do not make derogatory remarks about your present or former employers or companies.</td>
</tr>
<tr>
<td>• Dress appropriately. Make your first impression a professional one.</td>
<td>• Ask questions throughout the interview. An interview should be a mutual exchange of information, not a one-sided conversation.</td>
</tr>
<tr>
<td>• Ask questions throughout the interview. An interview should be a mutual exchange of information, not a one-sided conversation.</td>
<td>• Listen. This is probably the most important &quot;do&quot; 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.</td>
</tr>
</tbody>
</table>
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; 2Minneapolis - 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
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@examplemail.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
  o Handle and process customer’s payments in forms of credit cards, cash, gift certificates, and coupons
  o Use cash registers, computers, or scanners to enter items and total sales
  o Respond to patron’s questions about location of products in store
  o 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
  o Organize and participate in recreational activities such as games
  o Prepare food, serve meals, and clean up
  o Monitor children’s play and interaction to maintain their safety
  o Clean food equipment, bedding, and children's area

School Activities

• Basketball Team Member, Citytown High School 09/2008 – Current
  o Exercise and practice to prepare and train for competitive events
  o Work with other team members to create a unified team of athletes

• Student Affairs Board, Citytown High School 09/2009 – 06/2010
  o Worked with a group of other class leaders to make decisions about school policies and activities
  o Planned and organized events in collaboration with school staff

Volunteer Experience

• Food Shelter, Citytown MN 06/2009 – 09/2010
  o Arranged food on serving dishes or in take-out containers
  o Helped cooks and other kitchen staff with various tasks
  o 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)