

Serving You

Our parish can be a wonderful resource when you find yourself in need. Barb Uschold Anderson, our Director of Pastoral Care is available to provide assistance in accessing mental health care, food and housing assistance, and spiritual care. Here is a list of community resources you may want to be aware of and share with family and friends. Barb can be contacted at 651-784-3015 x112.

Contact/support Numbers for Mental Health/Cope with Stress & Grief -Some support numbers to connect with include:

- Mental Health Helpline: 1-800-862-1799 | helpline@mentalhealthmn.org
- COVID Cares Support Services-9am to 9pm www.mnpsychchsoc.org/covid-care-schedule.html
- Disaster Distress Hotline, call 1-800-985-5990 or text “TalkWithUs” to 66746
- National Suicide Prevention Lifeline-800-273-8255.
- Domestic/Elder/Sexual Violence 24hr Helpline: Alexandra House 763-780-2330 www.alexandrahouse.org
- Minnesota Adult Abuse Reporting Center (MAARC) provides a toll-free number, 1-844-880-1574
- Minnesota Senior LinkAge Line—resource for elders, caregivers, etc.. 1-800-333-2433

Food Resources:

- Fare for All <https://fareforall.org>(OPEN to ALL!! no ID/proof of need required)
Upcoming dates, check website for additional times/locations:
 - February 18 3-5pm at Christ Lutheran- 641 89th Ave NE Blaine, MN 55434
 - February 23 3-5 at Real Life Church, 2353 Chatsworth St N Roseville, MN 55113
 - March 25th 4-6pm at Zion Lutheran- 1601 4th Ave Anoka, MN 55303
- Ruby's Pantry <https://www.rubyspantry.org/about-us> (for ANYONE who eats!)
 - Arden Hills- 2nd Saturday of the month 1700 Hwy 96 W, Arden Hills, MN 55112
Registration begins at 8:30 AM Hosted by North Heights Lutheran Church
 - Forest Lake-3rd Saturday of Month 1790 11th St SE, Forest Lake, MN 55025
Registration begins at 7:30 AM Hosted by Forest Hills Church
- Manna Market 8299 Central Ave NE Spring Lake Park, MN 55432
 - Food Pick up Times: Mondays | 4pm - 6pm, Thursdays | 4pm - 6pm, Fridays | 4pm - 6pm, Saturdays | 10am - 11:30am Hosted by Substance Church
 - Centennial Food Shelf Circle Pines City Hall Building Lower Level, Back Entrance 200 Civic Heights Circle Pines, MN 55014 Monday and Thursday 4:00 pm - 6:00 pm

Housing Assistance

COVID-19 Housing Assistance Program Information on eligibility for assistance with housing payments due to COVID-19. Information available by calling 2-1-1 or 1-800-543-7709 | www.211unitedway.org | Text MNRENT or MNHOME to 898211