



Family Crisis &
Support Services

January-March 2017

PROGRAM GUIDE

Services, Classes, & Groups



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Tubman Programs, Services, Classes and Groups

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About Tubman

Our Vision

Thriving people, healthy relationships, peaceful communities.

Our Mission

To advance opportunities for change so that every person can experience safety, hope, and healing.

What We Do

Tubman is a multi-service agency with more than 40 years of experience helping people of all ages who are facing violence, exploitation, homelessness, addiction, mental health challenges, and other forms of trauma. Our culturally responsive services are rooted in decades of research, innovation, experience, and partnership. Incorporating feedback from the people we serve and the community, Tubman provides countless ways to help.

Tubman is the state's largest provider of family violence services, with more than 20 percent of all Minnesota shelter beds for individuals and families experiencing family violence. The agency offers a full complement of services, including:

- Shelter and transitional housing
- Legal services, including Orders for Protection
- Mental and chemical health assessment, treatment, and support
- Youth outreach programs and in-school violence prevention
- Parenting education and child care
- Resource counseling, financial literacy, and job readiness education
- Elder abuse prevention and intervention
- Community education and professional training

Accessible, safe, and welcoming

In 2013, Tubman completed work on a three-year project in partnership with the **Minnesota Brain Injury Alliance** to develop best practices for serving domestic violence survivors with seen and unseen disabilities. In addition to redesigning our shelter enrollment process and rewriting our program materials, Tubman also installed new devices and equipment throughout our shelters and administrative offices, making our organization more accessible, safe, and welcoming.

Each year, we serve more than 30,000 people of all ages, genders, sexual orientation and identity, ethnicity, and background. We value integrity, respect, innovation, partnership, and social justice.

HATE HAS NO BUSINESS HERE.
#HATEHASNOBIZHERE

We stand with our
LGBTQ COMMUNITY MEMBERS.
We stand with
MUSLIMS, REFUGEES AND IMMIGRANTS in our community.

All are
WELCOME HERE.

Peb tos txais txhua tus Tous sont les
欢迎各界人士 bienvenus ici

Waan soo dhaweyneynaa dadka oo dhan

모두 여기에 오신 것을 환영합니다

نحن نرحب بالجميع Todos son bienvenidos

Mọi người đều được chào đón ở đây. ਜੀ ਆਇਆਂ ਨੂੰ

the
MAIN STREET
alliance

@mainstreetmn mainstreetmn.org

Countless Ways to Help

Are you passionate about making a difference?

Tubman relies on volunteers and interns to make a difference in every facet of our work. From our childcare superstars who play with little ones while their parents attend support groups, to Resource Counseling Advocates who provide supportive counseling, safety planning, and community resources on the crisis line, to administrative volunteers who lend their office skills behind-the-scenes to keep us organized... the passion and energy of our amazing volunteers is essential to the daily work of our organization and to the support of our clients and community.

Volunteer and Intern Training

Tubman's Volunteer and Intern Services team provides an in-depth orientation and training series that all volunteers, interns, and staff attend. Topics include self-care, professionalism and boundaries, relationship violence, family law, crisis intervention and de-escalation techniques.

The five-part series—offered in January, May, and August—allows all volunteers and interns to gain an understanding of Tubman as an organization, understand Tubman's philosophy and guidelines for interacting with those we serve, meet other new volunteers and interns, and cultivate skills needed for their new positions.

Will you join us?

Contact us today about volunteering or interning at Tubman. You can give us a call directly at (612) 767-6680, email us at volunteer@tubman.org, or check out our current volunteer and internship opportunities at tubman.org.

Upcoming Training Dates — May 2017 series

- Saturday, May 13, at Harriet Tubman Center East in Maplewood
- Tuesday, May 16, at Harriet Tubman Center East in Maplewood
- Thursday, May 18, at Harriet Tubman Center East in Maplewood
- Tuesday, May 23, at Harriet Tubman Center West in Minneapolis
- Thursday, May 25, at Harriet Tubman Center West in Minneapolis

Family Violence Safety Planning

We can help you develop a safety plan that is unique to your family's situation. This planning includes safety procedures that may be adapted for home, work, social media, child care, and more. Safety plans can also be made specific for youth of all ages.

Call the 24-hour crisis and resource line at (612) 825-0000.

Resource Counseling

Community Advocates are available by phone, appointment or walk-in at each of our three locations to help people find the resources and support they need. Advocates are available to help anyone with a variety of different resource needs.

Call the 24-hour crisis and resource line at (612) 825-0000.

Service Locations & Fees

Services are offered at both Harriet Tubman Center East (Tubman East) in Maplewood and Harriet Tubman Center West (Tubman West) in Minneapolis. Most mental and chemical health programs, as well as most support groups, are held at Tubman Chrysalis Center in Minneapolis unless otherwise noted.

Classes and workshops may also be offered at other locations, such as clinics, centers, and locations in the metro area.

Some support groups are offered at no charge to the community. Fees for community education workshops are \$10 unless otherwise noted. Fees for professional chemical and mental health programs are generally billed to health insurance, or are covered by Rule 25 funding. Fee adjustments are made on a case-by-case basis.

Child Care

Childcare may be available for clients attending some programs. There is a \$5 per hour per child charge, which may be reduced based on ability to pay.

Call (612) 870-2426 to check availability.

Safe Shelter and Transitional Housing

Family Violence Emergency Shelter

Tubman is Minnesota's largest provider of domestic violence shelter services. Clients have the opportunity to participate in domestic violence support groups, safety and goal planning, and will be connected to other community resources to best support their goals. Immediate medical assistance is available, and clients are directed to programs if they need help with mental or chemical dependency issues.

Shelter is available for people of all ages and all genders who are victims of domestic violence. **If you are in need of shelter, please call the 24-hour crisis and resource line at (612) 825-0000.**

Transitional Apartments

In addition to emergency shelter, Tubman provides access to 11 transitional housing units at Harriet Tubman Center West in Minneapolis for up to two years. For more information, please call (612) 767-6671.

Safe Journeys Housing

Tubman provides a limited number of shelter beds at Harriet Tubman Center East in Maplewood for youth and young adult victims of violence and exploitation, including sex trafficking. A full range of safety planning and support is provided. **If you are in need of shelter, please call the 24-hour crisis and resource line at (612) 825-0000.**

Tubman's Legal Services

Criminal Court Advocacy

Victims of domestic assault and related crimes in **suburban Ramsey County** (misdemeanor and gross misdemeanor) and **Washington County** (misdemeanor, gross misdemeanor, and felonies) can receive help from a legal advocate. Advocates provide information on the court process and meet with victims at court.

Elder victims (age 55+) of general crimes in suburban Ramsey County and Washington County (misdemeanor and gross misdemeanor) can receive help from a legal advocate.

For more information: Call (612) 825-3333.

For criminal court advocacy in Hennepin County: Please contact The Domestic Abuse Project at (612) 673-3526 or 1-866-223-1111.

Orders for Protection (OFP)

Tubman legal advocates can write and file Orders for Protection in Washington and Hennepin counties, and can assist at Order for Protection hearings in Washington, Hennepin, and suburban Ramsey counties.

The OFP Process: An advocate will help the client write an affidavit (a statement describing the history of all of the abuse, starting with the most recent abuse and then going back in time). The affidavit will go to a judge. If the judge signs it, there is an emergency OFP in place immediately. This order is then served to the respondent, who has a right to request a hearing. The client *may* need to go to court, so keeping documentation (such as police reports, photos, texts, e-mails, etc.) is helpful.

In Washington, Hennepin, and suburban Ramsey County: Call (612) 825-3333.

In St. Paul: Please contact Bridges to Safety at (651) 266-9901 or the Domestic Abuse Office at (651) 266-5130.

Law Clinics

Volunteer attorneys meet one-on-one with clients for 30-minute sessions concerning family law, child protection law, and unmarried couples' legal issues. Sessions are held at Tubman sites, as well as other community-based locations.

For more information: Call (612) 870-2426.

The Safety Project

This service provides quality pro bono (free) legal representation to low-income victims of domestic violence, sexual assault, and stalking who are seeking Orders for Protection and Harassment Restraining Orders in Hennepin and Ramsey counties. Advocates at victim services agencies refer clients. Tubman partners with volunteer attorneys in representing clients.

For more information: Call (612) 870-2424 or email safetyproject@tubman.org.

Family Law Pro Bono Representation

Tubman staff attorneys and volunteer attorneys provide pro bono (free) legal representation to low-income people with family law cases in Hennepin, Washington, and Ramsey counties. Tubman screens clients, gathers case information, and refers cases to volunteer attorneys who can then represent clients at their hearings.

For more information: Call (612) 870-2400.

Self-Representation Legal Clinics

Volunteer attorneys meet one-on-one with clients for a two-hour session designed to help people represent themselves in family law cases. Tubman screens clients and gathers case information. Volunteer attorneys will write court documents, provide legal advice, and help clients prepare for mediation, court conferences, and court hearings. **Volunteer attorneys do not make court appearances or provide ongoing representation.**

For more information: Call (612) 870-2400.

Attorney Referrals

Tubman provides clients with the names and phone numbers of multiple private attorneys who have legal experience and knowledge that matches the client's legal issues. Clients are encouraged to contact the attorneys and choose the one who best fits their needs.

For more information: Call (612) 870-2400.

Clinical Services

Tubman Chrysalis Center provides chemical and mental health services for clients in the community. Mental health services are also available to shelter residents at our Minneapolis shelter and to shelter residents and the community at our Maplewood shelter. Tubman employs professional, experienced, and qualified staff with diverse interests, specialties, and degrees, including:

- Licensed psychologists
- Licensed independent clinical social workers
- Licensed marriage and family therapists
- Licensed clinical nurse specialist
- Youth and adolescent therapists
- Masters and doctoral level interns

Payment options

Most mental health and therapy services are billed directly to health insurance.

- Insurance/HMO
- Medicare
- Medical Assistance
- Rule 25 funding for chemical health assessments and treatment
- Self-pay/private pay (Call for rates)
- Limited sliding fee scale, based on income guidelines

Chemical health (Rule 25) assessments

Chemical health (Rule 25) assessments are completed for people with insurance and for people in need of public funding to help pay for chemical health treatment. Assessments can be completed during walk-in hours or by appointment.

Location: Tubman Chrysalis Center

Fee: Can be billed to health insurance or ask about our rates

For more information: Call (612) 870-2426

Individual, couples, or family mental health therapy

Individual mental health therapy is offered at two Tubman locations. We provide individual therapy for people of all gender identities and ages, as well as couples and families.

Location: Tubman Chrysalis Center and Harriet Tubman Center East

Fee: Can be billed to health insurance or ask about our rates

For more information: Call (612) 870-2426

Mental health assessments

A mental health assessment provides an overall picture of how well clients feel emotionally and how well they are able to think, reason, and remember (in other words, assessing their cognitive functioning). The assessment includes social and biographical information as well. Clients will be asked questions both in writing and in person with a mental health therapist. During the assessment, a mental health therapist will ask questions about how clients get along with other people, including their family and friends. Currently, Tubman Chrysalis Center does not offer psychological testing services. A mental health assessment is done to:

- Find out about and check on mental health concerns, such as anxiety, depression, schizophrenia, and other common mental health concerns.
- Help tell the difference between mental and physical health problems.
- Evaluate a person who has been referred for mental health treatment because of problems at school, work, home, etc.
- Check the mental health of a person who has been placed in an institution or arrested for a crime, such as drunken driving, physical abuse, etc.

Location: Tubman Chrysalis Center

Fee: See Payment Options, page 11

For more information: Call (612) 870-2426

Co-Occurring Disorders (COD) Outpatient Program

Tubman's COD outpatient program is a licensed treatment program for adult women who have both chemical dependency (drugs or alcohol) and mental health concerns. The COD outpatient program includes two treatment options: a Day program and an Evening program. Participants are placed in either the Day or the Evening program based on their needs and schedule. Components of the program are:

- Both individual chemical health and mental health counseling and therapy
- Treatment group
- Skills training group
- Parenting group, as it applies
- Case management
- Psychiatric medication evaluation and follow-up medication management

A chemical health (Rule 25) assessment is required to enter the COD program. These can be done on-site at the Tubman Chrysalis Center. Referrals made by assessors from other agencies are accepted.

Location: Tubman Chrysalis Center

Fee: Can be billed to health insurance or covered by Rule 25 funding

For more information: Call (612) 870-2426

Psychiatric Medication Services (Medication Evaluation and Management)

A Licensed Clinical Nurse Specialist completes a psychiatric assessment with a client to determine medication needs, and then the client receives ongoing management of psychiatric medications.

Please note: This service is for people who are involved in one of Tubman Chrysalis Center's mental health or chemical health programs, and clients must be referred by their therapist or counselor.

For more information: Call (612) 870-2426

Mixed Issues Therapy Group

A long-term, ongoing, psychotherapy process group for adult women experiencing a variety of concerns. The group focuses on interpersonal and relationship concerns, trauma-history, recognition of maladaptive habits, and self-care. People can use this group to increase their life satisfaction through improving coping skills and professional and personal relationship skills.

Location: Tubman Chrysalis Center

Fee: Can be billed to health insurance or ask about our rates

For more information: Call (612) 870-2426

Dialectical Behavior Therapy (DBT) Program

This program offers group and individual DBT services to adults who want to learn how to "take control" of emotional aspects of their life. We have gender specific groups for women, as well as co-ed groups. Participants become more aware of their emotions and learn about and develop skills to manage their emotional reactions and responses to difficult situations. They develop skills such as mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness. This is a Minnesota Department of Human Services-certified program. Individual therapy with a DHS-certified therapist is required while in this program.

Location: Tubman Chrysalis Center

Fee: Can be billed to health insurance or ask about our rates

For more information: Call (612) 870-2426

DBT Stage II

This DGT group is for women who have completed a DBT program, have shown they understand the skills, and they use the skills often. Participants will become more comfortable with and increase their ability to use the skills in everyday life.

Location: Tubman Chrysalis Center

Fee: Can be billed to health insurance or ask about our rates

For more information: Call (612) 870-2426

Parenting Group

Parenting Group provides guidance, training, and support to women raising children. This group is a required part of COD treatment. Day and evening options are available.

Location: Tubman Chrysalis Center

Fee: Can be billed to health insurance or ask about our rates

For more information: Call (612) 870-2426

Holistic Abuse Prevention Program

This is a 21-week treatment program for people who struggle with anger or have been abusive. Participants learn to understand their reactions, and learn skills to manage difficult situations without responding abusively. Individuals can refer themselves or be referred by court, probation, child protection, or other agencies. Groups are divided by gender. Day and evening options are available for the men's groups.

Location: Tubman Chrysalis Center and a St. Paul location option

Fee: Can be billed to health insurance or ask about our rates

For more information: Call (612) 870-2426

Trauma Skills Group

This psycho-educational therapy group is a closed 12-week group for people who want to learn and practice skills to manage and reduce the disturbances to daily life caused by traumatic experiences. This is one group for women and one for men. Individuals can use this group to address trauma from their past or present. This group focuses on symptom management rather than processing trauma. Individual therapy is required before starting this group. A Trauma Process Group is also available as a next level of care.

Location: Tubman Chrysalis Center

Fee: Can be billed to health insurance or ask about our rates

For more information: Call (612) 870-2426

Trauma Process Group

This therapy group is an ongoing process group for women who have completed the Trauma Skills Group. Women interested in this group must be referred by the facilitators and be seeing a therapist for individual therapy before starting this group.

Location: Tubman Chrysalis Center

Fee: Can be billed to health insurance or ask about our rates

For more information: Call (612) 870-2426

Women's Depression Therapy Group

This therapy group focuses on understanding and living with major depression. Participants learn how major depression affects women physiologically and psychologically, identify their own specific symptoms, and learn a variety of skills to manage those symptoms.

Location: Tubman Chrysalis Center

Fee: Can be billed to health insurance or ask about our rates

For more information: Call (612) 870-2426

Relapse Prevention Therapy Group

This therapy group is for women who are committed to strengthening their recovery from addictive habits and co-occurring chemical health and mental health issues. This group provides a combination of peer support and process, psychoeducation, skill development, and experiential and mindfulness practice. Emphasis is on holistic and individualized recovery, self-empowerment, validation, and celebration of strengths and victories. Individuals must be seeing an individual therapist while participating in this group.

Location: Tubman Chrysalis Center

Fee: Can be billed to health insurance or ask about our rates

Hours: 5:00—7:00 p.m. Mondays

Pre-registration is required. Free childcare is available. Call (612) 870-2426 to pre-register and reserve childcare.

Melissa's Connections Group

Melissa's Connections group is a free drop-in support group for women experiencing chemical health and mental health issues or concerns. No registration or fee is required. This group is for women who:

- Are waiting to begin individual or group counseling
- Need extra support during a difficult period
- Are seeking counseling that does not require insurance
- Are looking for access to additional community resources

Location: Tubman Chrysalis Center

Fee: None

Hours: 5:00—6:30 p.m. Mondays and 1:30—3:00 p.m. Thursday
Free childcare is available during the Monday evening session; call in advance to reserve childcare. To register for childcare, call (612) 870-2426.

Location: Harriet Tubman Center East (*for shelter residents only*)

Hours: 6:30—8:00 p.m. Wednesdays

Family and Concerned Others Support Group

This group is a free drop-in group for current Co-Occurring Disorders (COD) program clients to attend with their family and friends. This group is for people to give and receive support while learning to engage in sobriety. It offers support and education on recovery, mental health, stress and self-care, problem-solving, effective communication, relapse, and crisis management. You must be 18 or older. Clients attending with family or friends may count this as one sober group.

Location: Tubman Chrysalis Center

Hours: 4:00—5:00 p.m. Wednesday

Youth and Youth Adult Programs

Tubman's youth and family services programs provide violence prevention, intervention, support, outreach services, and leadership opportunities for you in Tubman residential and community settings.

Youth Safety Plans

Tubman staff can help develop specialized safety plans for youth ages 4-18. This service is available to Tubman residents, as well as the community through phone support, residential services, and walk-ins at shelter sites.

Location: Harriet Tubman Center West in Minneapolis and Harriet Tubman Center East in Maplewood

For more information: Call (612) 825-0000

Kids in Transition (KIT)

KIT is a six-week closed support group for youth who have experienced violence, relationship transitions, and/or grief and loss. Groups are offered to youth in two age groups: 5-12 and 13+.

Location: Harriet Tubman Center West in Minneapolis and Harriet Tubman Center East in Maplewood

Register: Online at tubman.org or call (612) 870-2426

Fee: \$30 for the six-week session

Upcoming Dates:

- Jan. 12-Feb. 16, 2017 Thursdays, 6:30—8:00 p.m. Tubman West
- April 6-May 11, 2017 Thursdays, 6:30—8:00 p.m. Tubman East

Early Childhood Family Education

Residents can attend classes with infants through preschool-age children.

Location: Harriet Tubman Center West in Minneapolis and Harriet Tubman Center East in Maplewood

For more information: Call (612) 825-0000

mydefinition.org

mydefinition.org is a website that provides relevant resources, information, and youth-led media messages focused on preventing violence and engaging youth in the important work of creating safer communities.

Voices in Prevention (VIP)

This six-week violence prevention curriculum serves middle and high schools. Other services offered by VIP include support groups, one-on-one sessions, peer mediation, and service learning.

Location: Middle and high schools

For more information: Call (612) 825-0000 or email teens@tubman.org

Youth and Young Adult Outreach and Advocacy

This program assists young people between the ages of 13 and 24 who have experienced partner violence, sexual assault, or stalking.

Location: Community and in-home as requested

For more information: Visit tubman.org, call or text (612) 656-YAYA (9292), or email yayaprogram@gmail.com

Youth Outreach Coordinator & Regional Navigator

The East Metro Regional Navigator helps streamline youth's access to comprehensive services, build community capacity to effectively meet youth's needs, and ensure that community members understand sexual exploitation and their role in ending it. The East Metro includes Anoka, Chisago, Dakota, Isanti, Ramsey, and Washington counties.

If you are a teen in need of assistance and want to know more about these resources and services, call our 24-hour crisis and resource line at (651) 770-0777.

If you are a service provider: Contact our Regional Navigator for information on how your organization can help by calling (612) 825-3333.

Movement for Violence Prevention (MVP)

Tubman's Movement for Violence Prevention (MVP) series helps youth organize around violence prevention. This class will help teens expand their knowledge about violence prevention strategies and will also give them the tools to provide presentations to other youth so that they can create safer communities. Participants receive a flash drive with a pre-loaded PowerPoint presentation and a certificate recognizing graduates of Tubman's MVP action team after they have completed the two-day course. Participation in this course also serves a great resume-builder that showcases a commitment to making a difference.

Location: Harriet Tubman Center West in Minneapolis and Harriet Tubman Center East in Maplewood. *Other locations as requested*

Times: All sessions are 3:30—6:30 p.m. both days.

Register: Online at tubman.org or call (612) 825-3333. You can also set up a training for your group.

For more information: Email teens@tubman.org

Upcoming Dates:

- January 17-18 Tubman East, Maplewood
- Feb. 21-22 Tubman West, Minneapolis
- April 18-19 Tubman East, Maplewood
- May 16-17 Tubman West, Minneapolis
- July 18-19 Tubman East, Maplewood
- August 15-16 Tubman West, Minneapolis
- October 17-18 Tubman East, Maplewood
- November 14-15 Tubman West, Minneapolis

NorthStar Youth Outreach Center

The NorthStar Youth Outreach Center provides services to youth and young adults of all genders, ages 13-24, and their children. Resources include advocacy, safety planning, and connections to a range of additional community resources provided by Tubman and partnering agencies. Other resources that are provided include counseling; housing, career, and educational assistance; food; as well as access to computer labs, showers, laundry, and clothing closets.

Location: Harriet Tubman Center East in Maplewood

Hours: 3—7 p.m. Monday-Friday, with 24-hour on-site, drop-in support for people of all ages, provided by Tubman shelter staff.

For more information: Visit tubman.org or call (612) 825-3333.

Community Education and Support Groups

Harriet's Closet

Harriet's Closet is a clothing boutique that offers new and gently used clothing for youth and adults at no cost. Volunteers work directly with individuals to select up to three complete outfits every 30 days.

Location: Harriet Tubman Center West in Minneapolis

Hours: Monday-Wednesday, 10 a.m.—2 p.m. Clients must arrive by 1:30 p.m.

For more information: (612) 825-3333

Location: Harriet Tubman Center East in Maplewood

Hours: Monday-Thursday, 11 a.m.—3 p.m. Clients must arrive by 2:30 p.m.

For more information: (612) 825-3333

Tech Center

A free Tech Center provides access to reliable computers in a safe environment. Clients and members of the community can check emails, look for a job, or just keep up to date on news and events.

Location: Harriet Tubman Center East in Maplewood

For more information: (651) 789-6770

Financial Planning Services

This service is free, with some income eligibility requirements. Registration is required.

Location: Tubman Chrysalis Center in Minneapolis

Hours: 6:00—8:00 p.m. Second Tuesday or Wednesday of the month

For more information and to register: Call Julia at (612) 767-6544

Housing Resources and Referral Options

For more information on this topic: Call (612) 870-2426



Family Crisis &
Support Services

Jobs, Education, and Finance (JEF) Services

JEF services support people with employment, educational, or financial goals. Various career, finance, and education related workshops are offered on a rotating basis, as well as one-on-one appointments with JEF volunteers and staff.

For more information: (612) 825-3333

Pieces of Peace Support Group

This is an ongoing drop-in support group for people who are experiencing or have experienced relationship abuse, including emotional, verbal, physical, sexual, or financial abuse. Participants at all stages of healing are welcome. There is no fee for this group.

Location: Harriet Tubman Center West in Minneapolis

Hours: 6:30—8:00 p.m. Tuesdays. No registration required.

For more information: (612) 825-0000; please call ahead for childcare.

Location: Harriet Tubman Center East in Maplewood

Hours: 6:30—8:00 p.m. Tuesdays. No registration required.

For more information: (651) 789-6770; please call ahead for childcare.

Location: North Point Health and Wellness, 1315 Penn Ave N, Suite 300, Minneapolis, MN 55401

Hours: 4:30—5:30 p.m. Mondays. Registration is required.

For more information: (612) 767-6671; please call ahead for childcare.

Family and Concerned Others Support Group

This group is a free drop-in group for current Co-Occurring Disorders (COD) program clients to attend with their family and friends. This group is for people to give and receive support while learning to engage in sobriety. It offers support and education on recovery, mental health, stress and self-care, problem-solving, effective communication, relapse, and crisis management. You must be 18 or older. Clients attending with family or friends may count this as one sober group.

Location: Tubman Chrysalis Center

Hours: 4:00—5:00 p.m. Wednesday

612-825-0000



Harriet Tubman Center East

1725 Monastery Way

Maplewood, MN 55109

M-TH: 8:00 a.m.—4:30 p.m.

F: 8:00 a.m.—Noon



Harriet Tubman Center West

3111 First Avenue South

Minneapolis, MN 55408

M-TH: 8:00 a.m.—5:00 p.m.

F: 8:00 a.m.—Noon



Tubman Chrysalis Center

4432 Chicago Avenue South

Minneapolis, MN 55407

M-TH: 7:30 a.m.—8:00 p.m.

F: 7:30 a.m.—3:00 p.m.



www.tubman.org