

SERVICES - CLASSES - GROUPS

PROGRAM GUIDE

JULY - AUGUST - SEPTEMBER

2019

GET HELP: 612.825.0000

GIVE HELP: 612.825.3333

TUBMAN.ORG

Tubman Programs, Services, Classes and Groups

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*This Program Guide is updated quarterly: January, April, July, and October.
To find the most recent version or to download an electronic copy, please visit
www.tubman.org, then click “Get Help.”*

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

Each year Tubman helps around 30,000 people of all ages, genders, and cultural backgrounds who are facing relationship violence, sexual assault, exploitation, homelessness, addiction, mental health challenges, or other forms of trauma.

Services include safety planning; a 24/7 crisis and resource help line; shelter; transitional housing; legal services including Orders for Protection and attorney representation; mental and chemical health assessment, treatment, and aftercare; parenting education and childcare; youth outreach, mobile case management, and in-school violence prevention education; support groups; job readiness and financial education; community education; and professional training for service providers. More information can be found at www.tubman.org.

Accessible, safe, and welcoming

Each year Tubman helps about 30,000 people of all ages, genders, and cultural backgrounds who are facing relationship violence, sexual assault, exploitation, homelessness, addiction, mental health challenges, or other forms of trauma.

We value integrity, respect, innovation, partnership, and social justice.

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 un-seen disabilities, and has continually focused on making our organization more accessible, safe, and welcoming.

Tubman partners with **Think Self** to strengthen our advocacy services for survivors who are deaf or hard of hearing. We also partner with many culturally specific organizations and can make referrals as needed.



We stand with our **LGBTQ COMMUNITY MEMBERS.**

We stand with **MUSLIMS, REFUGEES AND IMMIGRANTS** in our community.



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



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 champions who play with little ones while their parents receive services, 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 and interns 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 professionalism and boundaries, self-care, 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 and complete an application at www.tubman.org.

Upcoming Training Dates — August/September 2019 Series

- Saturday, August 24, 9am–3pm, Tubman East in Maplewood
- Tuesday, August 27, 6-9 pm, Tubman East in Maplewood
- Thursday, August 29, 6-9 pm, Tubman East in Maplewood
- Tuesday, September 3, 6-9 pm, Tubman West in Minneapolis
- Thursday, September 5, 6-9 pm, Tubman 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, childcare, 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

Resource Counseling 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

Addresses, phone numbers and administrative office hours for each of Tubman's three sites are on the back cover of this booklet. Some of our programs operate 24 hours a day, seven days a week, including the 24-hour crisis and resource line at (612) 825-0000.

If a particular service is offered only at a specific location, that is noted in the service description. 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 and centers in the metro area.

Most of Tubman's services are offered free of charge. 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. Additionally, if there is a small fee for a clinic or support group, that is noted in the service description.

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. In addition, clients with infants through preschool-age children can attend Early Childhood Family Education classes. 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 one year. **For more information, please call (612) 767-6671.**

Safe Journeys

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

Safe at Home

Tubman staff can assist with applying for the Safe at Home program, Minnesota's address confidentiality program administered by the Office of the Minnesota Secretary of State. It is open to people who are survivors of domestic violence, stalking, sexual assault, or to those otherwise who fear for their safety. Safe at Home assigns an alternate address that they can legally use for all their interactions in Minnesota. **For more information, please call (651) 201-1399 or (612) 870-2426.**

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. **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, and you will be directed to the advocate for your county.

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 and other community locations. There is a \$15 fee when you pre-register, or \$20 at the door. It is free for people with qualifying low incomes. **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-Represented 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. There is a \$15 fee when you pre-register, or \$20 at the door. It is free for people with qualifying low incomes. ***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.**

Sexual Assault Legal Clinics at the Aurora Center

Tubman partners with the Aurora Center at the University of Minnesota to provide on-campus legal advice and representation to University of Minnesota and Augsburg College students who have experienced dating violence and/or sexual assault. The U of M's Aurora Center provides advocacy and education services. **For more information: Call Tubman at (612) 870-2424 or the Aurora Center at (612) 626-9111.**

Legal Services for Immigrant Families

Tubman has a multi-year partnership with Immigrant Law Center of Minnesota and Casa de Esperanza to provide comprehensive legal advice, brief services and legal representation to immigrant families fleeing relationship violence. Tubman provides these services through the Safety Project, Family Law Pro Bono Representation, and Self-Represented Legal Clinics described above. **For more information: Call (612) 870-2400.**

Hennepin County Court Project

Tubman partners with Central Minnesota Legal Services (CMLS) to provide legal representation and advice to domestic violence victims with Order for Protection (OFP) cases at the Hennepin County Family Justice Center on the date of their hearing. Tubman provides services one day per week. Cases involving children or with an opposing attorney receive priority. **For more information: Call (612) 870-2449.**

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
- Licensed alcohol and drug counselors
- 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

Who: 15 years and older, all genders

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

Who: All genders

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

Who: All genders

For more information: Call (612) 870-2426

Psychiatric Medication Services (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***

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

Who: Individuals who identify as female only

Hours: 4:00—6:00 p.m. Mondays

Pre-registration is required. Call (612) 870-2426 to pre-register.

Relationship Violence Intervention 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, with day and evening options.

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

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

Who: All genders with separate groups by gender

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

Who: Individuals who identify as female only

For more information: Call (612) 870-2426

Parenting Group

Our parenting group is a trauma-informed group that provides women with a safe space to process the complexities of parenting through various traumatic life challenges, including substance abuse recovery, recovery from trauma caused by domestic violence, involvement with Child Protective Services, and child-parent separation and reconciliation. Each group member is offered support and feedback from other group members during weekly check ins. Learning happens largely through group conversation which is facilitated by therapists who weave evidence based parenting knowledge into the group dialogue.

Location: Tubman Chrysalis Center

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

Who: Individuals who identify as female only

For more information: Call (612) 870-2426

Family and Concerned Others Support Group

For Tubman Co-Occurring Disorders (COD) program members and their support people. This is a free drop-in support group offering education and support around recovery for current Co-Occurring Disorders (COD) program clients to attend with their family and friends. You must be 18 years or older to attend.

Location: Tubman Chrysalis Center

Who: All genders with co-ed groups

Hours: 4:00—5:00 p.m. Wednesdays

Trauma Skills Groups for Women & Men

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. 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. This group is offered every 12 weeks. 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

Who: All genders, with separate groups by gender

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

Who: Individuals who identify as female only

For more information: Call (612) 870-2426

Dialectical Behavior Therapy (DBT) Program

DBT for Women

Co-Ed DBT

LGBTQ+ (Queer) DBT

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 clients who identify as women and co-ed groups, including an open and affirming LGBTQ+ Queer group. 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

Who: All genders, with co-ed groups

For more information: Call (612) 870-2426

DBT Grad Group

This DBT group is for all individuals who have successfully graduated from a DBT Program at Tubman Chrysalis Center or in the community and who wish to continue practicing skills and receiving support. Weekly attendance is required.

Location: Tubman Chrysalis Center

Times: Monday, 10 a.m.—12 p.m.

Who: All genders with separate groups by gender

For more information: Call (612) 870-2426

Free childcare is available if reserved one-week in advance. Call (612) 870-2426 to 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

Hours: 1:30—3:00 p.m. Thursdays

Who: Individuals who identify as female only

Teen Group

This therapy group is for young people in high school who would like more support in managing the stressors and pressures of high school life—social pressures, relationships, gender identity and sexuality, parent/family conflicts, homework, future after high school, etc.

Location: Tubman Chrysalis Center

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

Hours: Weekly 2 hour group in evenings

Who: Teens of all gender identities in 9th-12th grades. Queer and trans inclusive

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

Youth and Young Adult Programs

Tubman's youth and family services programs provide violence prevention, intervention, support, outreach services, and leadership opportunities for youth 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. **For more information: Call (612) 825-0000**

Safe Journeys

Tubman provides a limited number of housing 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.**

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: Free of cost

Upcoming Dates: Call (612) 870-2426

Movement for Violence Prevention (MVP)

Tubman's Movement for Violence Prevention (MVP) series helps youth organize around violence prevention and healthy relationships. This class helps teens expand their knowledge about violence prevention strategies and gives 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 as a great resume and college application builder that showcases leadership skills and 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: Times vary. Please call (612) 825-3333 for more information.

Cost: Free to attend. Snacks and refreshments provided.

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 or find us on Facebook

Upcoming Dates:

- August 27-28, from 2:00-5:00 p.m. at Tubman West, Minneapolis

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) 825-3333 or teens@tubman.org

Youth and Young Adult Outreach and Advocacy

This program assists young people of all genders between the ages of 10 and 24 who have experienced relationship violence, sexual assault or exploitation, stalking, or homelessness.

Location: Community and in-home as requested

For more information: Call or text (612) 656-YAYA (9292), or email yayaprogram@gmail.com. **For immediate assistance, call 612-825-0000.**

Inspiring Youth

Tubman's youth workers provide comprehensive and culturally responsive one-to-one mentorship and support, access to resources, and connections to positive activities and leadership opportunities for youth ages 10-17. Additional support is provided as needed. ***This program is by closed referral only. If you are not a referral source, call (612) 825-0000 for other options for youth.***

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.

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 at Tubman Center East in Maplewood.

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.

Location: Maplewood Mall, 3001 White Bear Ave

Hours: 11 a.m.—7 p.m. Monday, Wednesday, Friday;
1 p.m.—4 p.m. Saturdays

For more information: Visit tubman.org/NorthStar or call (651) 770-0777.
(At this location, there is no access to showers, laundry nor clothing closets.)

Community Support Services

Harriet's Closet

Harriet's Closet is a clothing boutique that offers new and gently used clothing for youth and adults at no cost. The closet is open and affirming to all genders, and is possible to shop based on your gender/gender identify. Volunteers work directly with individuals to select up to three complete outfits every 30 days.

For all days and locations, clients must arrive 30 minutes prior to close.

Location: Harriet Tubman Center West in Minneapolis

Hours: Shopping times are reserved as the following:

Monday, 10 a.m.—12 p.m. is all gender and 12 p.m.—2 p.m. is male-identified.

Tuesday and Thursday, 10 a.m.—2 p.m. is female-identified.

Wednesday, 12 a.m.—2 p.m. is all gender.

For more information: (612) 825-3333

Location: Harriet Tubman Center East in Maplewood

Hours: Tuesday and Thursday, 11 a.m.—3 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

Hours: 8:00 a.m.—5:00 p.m. Monday—Thursday, 8 a.m.—12:00 p.m. Fridays.

For more information: (651) 789-6770

Location: North Star Outreach Center in Maplewood Mall

Hours: 8 a.m.—12 p.m. & 3—7 p.m. Mondays, Wednesdays, Fridays, 10 a.m.—5 p.m. Saturdays.

For more information: (651) 770-0777

Housing Resources and Referral Options

For more information on this topic: Call (612) 825-3333

Financial Planning Services

Meet with a CFP (Certified Financial Planner) or CDFA (Certified Divorce Financial Analyst) for support to meet your financial goals. 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 of every other month

For more information and to register: (612) 870-2426

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.

Who: All genders, co-ed groups

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.

Who: All genders, co-ed groups

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



Harriet Tubman Center East

1725 Monastery Way
Maplewood, MN 55109

M-TH 8 a.m. to 5 p.m.
F: 8 a.m. to noon



Harriet Tubman Center West

3111 First Avenue South
Minneapolis, MN 55408

M-TH 8 a.m. to 5 p.m.
F: 8 a.m. to noon



Tubman Chrysalis Center

4432 Chicago Avenue South
Minneapolis, MN 55407

M-TH 7:30 a.m. to 8 p.m.
F: 8:30 a.m. to 3 p.m.