



program

of Tubman Services, Classes, and Groups

guide

October - November - December
2025

www.tubman.org

get help: 612-825-0000

give help: 612-825-3333

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.”*

*For any questions about listed services or their availability,
please call our 24/7 resource and crisis line at (612) 825-0000.*

Stay in Touch with Tubman

Follow Tubman on social media to stay updated on news, events, job opportunities, donation drives, and more!

Facebook: @Tubman.org

LinkedIn: @Tubman

Instagram & YouTube: @TubmanMN

For youth-centered content, follow Tubman’s Movement for Violence Prevention program, **@tubmanyouth** on all channels.

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.

Our Values

INTEGRITY: We model authenticity, and hold ourselves accountable to be good stewards of the agency's reputation, relationships, resources, and future.

RESPECT: We affirm the strengths and innate worth of all people.

INNOVATION: We commit to excellence and creativity, evolving through reflective learning and improved practice.

PARTNERSHIP: We collaborate to build collective expertise, and welcome diverse perspectives.

SOCIAL JUSTICE: We challenge our own biases, and work with courage and tenacity to build inclusive and equitable communities.

What We Do

As a multiservice organization, each year Tubman helps about 18,000 people of all ages, gender identities, and cultural backgrounds who faced relationship violence, trafficking, homelessness, addiction, mental health challenges, and other forms of trauma.

More information can be found at www.tubman.org.

HATE HAS NO BUSINESS HERE.
#HATEHASNOBIZHERE

We respect **WOMEN**. We value **BLACK LIVES**.

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

We stand with **IMMIGRANTS** and **REFUGEES**
and **PEOPLE OF ALL FAITHS**.

We stand with **OUR COMMUNITY**.



All are
WELCOME HERE.

Peb tos txais txhua tus אין פה מקום לשנאה
欢迎各界人士 |Tous sont les 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 ਆਇਆ ਨੂੰ



All are welcome here

Tubman partners with **many culturally specific organizations** in our community and can make referrals as needed. We work with **ThinkSelf** to strengthen our advocacy services for survivors who are deaf or hard of hearing. 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, and has continually focused on making our organization more accessible, safe, and welcoming.

Countless Ways to Help

Want to make a positive impact in your community?

Tubman relies on interns and volunteers to make a difference in every facet of our work. From our Child Specialist Interns in the shelter to our Resource Advocates who provide support and resources to callers, to the administrative volunteers who lend their skills behind-the-scenes... the passion, energy, and commitment of our amazing interns and volunteers is essential to Tubman's daily work in supporting the people we serve and our community.

Volunteer and Intern Training

Tubman's Intern and Volunteer Services team provides an in-depth orientation and training series that new volunteers, interns, and staff attend. Topics include Tubman's comprehensive services and approaches, privilege and intersectionality, ethics and boundaries, self-care, relationship violence, legal systems, trauma, and crisis and de-escalation skills.

The five-part series—offered in January, May, and August—allows all interns and volunteers to gain an understanding of Tubman as an organization, the philosophies and guidelines for interacting with those we serve, to meet other new interns and volunteers, and to cultivate knowledge and 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/give-help/volunteer-intern.

Safety Planning & Resources

Family Violence Safety Planning

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

For more information: Call the 24/7 resource and crisis line, (612) 825-0000.

Resource Advocacy

Resource Advocates are available to help people find the resources and support they need, either at Tubman or by making referrals to other community options.

Resource Advocates answer the 24/7 resource and crisis line from 8 a.m. to 8 p.m. Monday-Thursday and 8 a.m. to 5 p.m. Fridays. Calls made outside of these hours will be answered by Tubman staff.

Call the 24/7 resource and crisis line at (612) 825-0000 or email resources@tubman.org.

Safe at Home address confidentiality

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: Call (612) 825-0000

Safe Shelter and Transitional Housing

Family Violence Emergency Shelter

Tubman is one of Minnesota's largest provider of domestic violence shelter services. **Shelter is available for people of all ages and all genders who are victims of domestic violence.** Clients have the opportunity to participate in domestic violence support groups, safety and goal planning, individual therapy, and will be connected to other community resources to best support their goals. Staff include Shelter Advocates, Shelter Case Managers, and Youth and Family Workers. Other Tubman programs, including legal services or help with mental and/or chemical health issues, are also available to residents. Pet fostering is also available to residents in shelter through the MN Pet Coalition.

For more information: Call the 24/7 resource and crisis line, (612) 825-0000.

Community-Based Supportive Housing

Tubman provides up to two years of housing for families and single adults who identify as victims of relationship violence in Hennepin County. Tubman helps people find a safe place to live in the community as part of the Rapid Re-Housing and Transitional housing programs, and also provides comprehensive support services, including additional resources and referrals, if needed.

All referrals to this program are managed through the Hennepin County Coordinated Entry System, which can be reached at (612) 348-4111.

In the Twin Cities metro area, Tubman also provides Transitional and Rapid Rehousing for youth heads of household who have experienced violence and exploitation, and their children.

All referrals to this program are managed through the SMAC Coordinated Entry System, which can be reached at www.smacmn.org/whatissmac.

For more information: Call the 24/7 resource and crisis line, (612) 825-0000

Safe Journeys Youth Transitional Housing

Tubman provides transitional housing for youth and young adults, ages 16-24 and their children, who are victims of violence and exploitation, including sex trafficking, through the Safe Journeys program. The program offers on-site housing at Harriet Tubman Center East in Maplewood or supportive community-based transitional housing. A full range of safety planning and support is provided.

All referrals to this program are managed through the SMAC Coordinated Entry System, which can be reached at www.smacmn.org/whatissmac.

For more information: Call the 24-hour line at (612) 825-0000

Legal Services

Criminal Court Advocacy

Victims of domestic assault and related crimes can receive help from a legal advocate. Tubman criminal advocacy services are available in the following counties:

- Suburban Ramsey County cities (excluding St. Paul and White Bear Lake) — misdemeanor and gross misdemeanor cases involving intimate partner relationships.
- Washington County — misdemeanor, gross misdemeanor, and felony cases involving intimate partner relationships.
- City of Crystal in Hennepin County — misdemeanor and gross misdemeanor cases involving family or household members.

Legal Advocates can provide support and information on both the criminal court process and your rights as the victim of a crime. They also act as a liaison between the victim and the system, develop safety plans, and provide referrals to other community resources.

Legal Advocates are not attorneys and cannot provide legal advice.

For more information: Call (612) 825-0000

Orders for Protection (OFP)

An Order for Protection is a court order signed by a judicial officer (judge or referee) that may help protect you from domestic abuse. An OFP can order the abusive party not to contact you, harm or threaten to harm you, as well as provide other relief depending on your situation.

The OFP Process: A legal advocate can help the client (petitioner) draft the OFP paperwork either in person or remotely and assist in getting it filed with the court. The paperwork will then be reviewed by a judicial officer, who may issue an emergency (ex parte) Order for Protection. This order is then served on the abusive party (respondent), and a hearing may be held if the respondent requests one or if the petitioner is requesting additional provisions that require a hearing be scheduled.

Tubman legal advocates can write and file Orders for Protection, and can assist at Order for Protection hearings in **Hennepin, Washington, and suburban Ramsey counties**. Resources are available to assist with remote court hearings.

For more information: Call (612) 825-0000

The following legal services are offered for income eligible clients, dependent on staff and volunteer attorney capacity. In the initial screening process, staff will determine what, if any, services we are able to offer based on your situation. An additional screening may be required for direct representation.

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 in Hennepin, Ramsey, and Washington Counties. Tubman partners with volunteer attorneys in representing clients in these cases.

NOTE: All referrals for this program must come from an advocate with a participating community advocacy agency and services are dependent on staff and volunteer capacity.

For more information: Call (612) 825-0000

Family Law Program

Tubman provides legal services to low income families and individuals with family law cases, primarily in Hennepin, Ramsey, and Washington Counties. Clients go through an in depth screening and assessment process, and Tubman offers services according to legal needs, eligibility, and capacity of the programs. All services are subject to conflict checks, income, and jurisdiction requirements. Services are provided by staff, contract, and volunteer attorneys, and may include advice, Brief Services Clinics, and/or representation. The majority of services are being offered remotely, though exceptions may be made.

For more information: Call (612) 825-0000

Family Law Clinics

Clients meet with volunteer attorney for 20-30 minutes via phone for one-time legal advice on family law matters. Clients with a current or impending family law case in Minnesota may be eligible.

Volunteer attorneys do not make court appearances or provide ongoing representation.

For more information: Call (612) 825-0000

Clinical Services

Tubman Chrysalis Center provides chemical and mental health services for clients in the community. Tubman employs professional, experienced, and qualified staff with diverse interests, specialties, and degrees, including:

- Licensed psychologists
- Licensed Professional Clinical Counselors (LPCC)
- Licensed Independent Clinical Social Workers (LICSW)
- Licensed Advanced Practice Registered Nurse (APRN for medication management)
- Licensed alcohol and drug counselors
- Youth and adolescent therapists
- Clinical trainees including MA-level staff working toward LPCC and LGSW (working on LICSW)
- Masters and doctoral level interns

More about our clinical team can be found online at www.tubman.org.

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

Individual, Couples, or Family Therapy (Virtual and in-person)

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

Location: Tubman Chrysalis Center (Zoom)

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

Who: All genders

For more information: Call (612) 825-0000

Mental Health Assessments (Virtual and in-person)

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) 825-0000

Chemical health (formerly Rule 25) assessments including Direct Access and Comprehensive assessments (Virtual)

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 by appointment only.

Location: Tubman Chrysalis Center (Zoom)

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

Who: 16 years and older, all genders

For more information: Call (612) 825-0000

Relationship Violence Intervention Program (Virtual)

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 with alternatives to the use of violence or abusive behaviors. 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.

When: Men's — 5 p.m. to 7 p.m. Tuesdays

Women's — 5-7 p.m. Wednesdays

Location: Tubman Chrysalis Center (Zoom)

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) 825-0000

Expressions of Healing Group (Virtual)

This is a 12-week online group where we explore the unconscious corners of our mind using art, group process, and mindful attending to our bodies and brains. Each week, we begin with a mindfulness exercise. We then share an art prompt and participants have time to creatively express themselves. We come back together and engage in group process - tending especially to any personal noticings. Group members mirror one another's process and worthiness. We end each group with a resourcing activity.

This group is perfect for folks with a solid foundation of skills and emotion regulation as the unconscious mind sometimes surprises us! Participants need to be in individual therapy somewhere. Participants can participate in one 12-week session or multiple.

When: 10 a.m. to 12-noon Wednesdays

Location: Tubman Chrysalis Center (Zoom)

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

Who: All genders

For more information: Call (612) 825-0000

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. Individuals can use this group to learn about skills 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 6 weeks.

When: 4 p.m. to 6 p.m. Thursdays

Location: In-person at Tubman Chrysalis Center

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

Who: All genders

For more information: Call (612) 825-0000

Dialectical Behavior Therapy Program (Virtual)

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 welcome all genders, and offer all gender groups and 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.

When: All identities — 5-7 p.m. Tuesdays; Queer DBT — 1-3 p.m. Tuesdays

Location: Tubman Chrysalis Center (Zoom)

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

Who: All genders, with co-ed groups and an LGBTQ+ group available

For more information: Call (612) 825-0000

Relapse Prevention Support Hour (Virtual)

This is an opportunity for currently enrolled clients to "drop in" virtually for support from our LPCC/LADC staff and possibly peers who are also joining the visit, for preventing relapse in addictive behaviors, to give and receive support to peers who may attend, and to receive more concentrated focus on prevention planning. Clients who are not currently enrolled in programming with the Clinical team will need to complete an Intake (mental health assessment) prior to joining. This will be an insurance-billed service. If you are unable to pay please reach out to the Intake team for options that may be available to you.

When: 2 p.m. to 4 p.m. Mondays, 12 week program

Location: Tubman Chrysalis Center (Zoom)

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

Who: Individuals who identify as women only

For more information: Call (612) 825-0000

Healthy Relationships Group: Including Parenting, Partnerships, and Family Relationships (Virtual)

An open therapeutic group for individuals who identify as female and are self-motivated with improving their relationships. We offer a flexible, validating, and safe space that incorporates a blend of supportive discussion and psychoeducation. Our weekly group topics are tailored to what group members identify would be helpful based on their current challenges and successes. Topics often include- maintaining and setting boundaries; relationship safety; child development; relationship violence cycle; self-care; emotion regulation skills; and effective co-parenting. Facilitators pull from a few therapeutic modalities including DBT, strength-based, and person-centered approaches. We also ask group members to commit to a minimum of 6 weeks of group and to follow attendance guidelines.

When: 10 a.m. to 12-noon Tuesdays

Location: Tubman Chrysalis Center (Zoom)

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

Who: Individuals who identify as female only

For more information: Call (612) 825-0000

Chronic Health Conditions & Disability Group (Virtual)

The Chronic Health Conditions & Disability group is a 12-week, closed psychotherapy group intended for individuals of all identities experiencing chronic illness, pain, or disability with one or more health conditions that impact their mental health. This group offers a safe, judgement-free space to learn empirically supported self-care and coping skills; share and process the unique experience of disability in an ableist world; and find community and resources to improve individual and collective quality of life.

When: 1 p.m. to 3 p.m. Mondays

Location: Tubman Chrysalis Center (Zoom)

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

Who: Adults age 18+ who identify as having a disability

For more information: Call (612) 825-0000

Psychiatric Medication Services (Evaluation and Management)

An Advanced Practice Registered Nurse (APRN), with a specialty in Psychiatric Care, 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) 825-0000

Melissa's Connections Group (Virtual)

Melissa's Connections Group is a free drop-in support group for people of all genders experiencing chemical health and/or mental health issues or concerns. This is a peer support group, facilitated by staff and/or interns, to offer a place to "land" and get some extra support. This is NOT a psychotherapy group, and if you need these services, please reach out to our Intake team at 612-825-0000, to see what other options may be available to meet your needs. Melissa's Connections has no fee or attendance commitment.

This group is for people who:

- Are waiting to begin individual or group counseling
- Need extra support during a difficult period
- Are in need of support but do not have insurance
- Want to build supportive connections and community
- Are looking for access to additional community resources

When: 11:00 a.m. to 12:30 p.m. Mondays

Location: Tubman Chrysalis Center (Zoom)

Who: All genders, experiencing chemical health and/or mental health issues or concerns

For more information: To register, visit

www.tubman.org/melissasconnections.html or call (612) 825-0000.

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 and young adults. This service is available to Tubman residents, as well as the community through phone support, residential services, and drop-ins locations.

To speak with a Resource Advocate, please call or text the Youth and Young Adult Line at (612) 685-4188. Please note, this is not a 24/7 resource.

For immediate assistance, please call the 24/7 resource and crisis line at (612) 825-0000.

Safe Journeys Youth Transitional Housing

Tubman provides transitional housing for youth and young adults, ages 16-24 and their children, who are victims of violence and exploitation, including sex trafficking, through the Safe Journeys program. The program offers on-site housing at Harriet Tubman Center East in Maplewood or supportive community-based transitional housing. A full range of safety planning and support is provided.

All referrals to this program are managed through the SMAC Coordinated Entry System, which can be reached at www.smacmn.org/whatissmac.

For more information: Call the 24/7 resource and crisis line at (612) 825-0000.

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 will have access to tools and resources for their own projects, including PowerPoint presentations, worksheets, and activities, and will receive a certificate of completion for participating in Tubman's MVP Youth Leadership training. Participation in this free course also serves as a great resume and college application builder that showcases leadership skills and a commitment to making a difference.

Location: Options for virtual or in-person programming

Times: Times vary. Please call (612) 825-3333 for more information.

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

For more information: Email youth@tubman.org, or find us on Instagram, TikTok, Twitter, and Facebook.

Voices in Prevention (VIP)

These violence prevention lessons provide youth with tools for maintaining healthy relationships and serves schools, community programs, and faith groups. Other services offered by VIP include support groups, one-on-one sessions, peer mediation, and service learning.

Location: Schools and community locations upon request, *with virtual options also available*

For more information: Call (612) 825-3333, or email youth@tubman.org.

Youth and Young Adult Phone Line

This program assists young people of all genders who have experienced relationship violence, sexual assault or exploitation, stalking, or homelessness, develop personalized safety plans and find the resources and support they need.

For immediate assistance, call the 24/7 resource and crisis line at: (612) 825-0000.

For more information: Email resources@tubman.org

Inspiring Youth

Tubman's youth workers provide comprehensive and culturally responsive one-on-one mentorship and support, access to resources, and connections to positive activities and leadership opportunities for youth ages 10-24 in Hennepin and Ramsey Counties, and 10-17 in the City of Minneapolis. Additional support is provided as needed.

For more information: Email inspiringyouth@tubman.org, register online at www.tubman.org/get-help/youth-programs/inspiring-youth

mydefinition.org

mydefinition.org is a website that provides 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

Hours and availability may vary. Please call to connect with available resources and support.

The NorthStar Youth Outreach Center provides services to youth and young adults of all genders, ages 10-24, 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 a computer lab, laundry, and clothing closet.

Location: Maplewood Mall, 3001 White Bear Ave, Space #2006

Hours: 12-noon to 6 p.m. Tuesdays, 12-noon to 8 p.m. Wednesday-Friday, 10 a.m. to 8 p.m. Saturdays

For more information and current availability:

Visit www.tubman.org/northstar, or call (651) 748-4010.

Community Support Services

Pieces of Peace Support Group (Virtual at this time)

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: Virtual

Hours: 6:30 p.m. to 8 p.m. Tuesdays

Who: All genders, co-ed groups

For more information: Call (612) 825-0000, or register at www.tubman.org

Our Locations



Tubman Chrysalis Center

4432 Chicago Avenue South
Minneapolis, MN 55407

M-TH 9 a.m. to 5 p.m.
F 9 a.m. to 2 p.m.



Harriet Tubman Center East

1725 Monastery Way
Maplewood, MN 55109

M-TH 8 a.m. to 5 p.m.
F 8 a.m. to 2 p.m.



NorthStar Youth Outreach Center at Maplewood Mall

3001 White Bear Avenue, Suite 2006
Maplewood, MN 55109

T 12 p.m. to 6 p.m.; W-F 12 p.m. to 8 p.m.; SA 10 a.m. to 8 p.m.
Hours may vary, call (651) 748-4010 for availability.