**Resources from Virtual Session for Indigenous Parents & Caregivers**

**Change to Chill**

* [Mindfulness](https://www.changetochill.org/mindfulness-for-teens/)
* [Living with Grief and Loss](https://www.changetochill.org/how-can-i/living-with-grief-loss/)
* [Suicide Prevention, Awareness and Support](https://www.changetochill.org/about/suicide-prevention/)
* [Reducing Stigma](https://www.changetochill.org/about/reducing-stigma-about-stress/)

**Minneapolis**

* [**Minneapolis American Indian Center**](https://www.maicnet.org/)
  + [Indigenous Womens Life Net, Domestic Violence and Sexual Assault Services,](https://www.maicnet.org/project/indigenous-womens-life-net/) contact [Cheryl Secola](mailto:csecola@maicnet.org)
  + [Native Culture Language Arts Network Youth Services](https://www.maicnet.org/project/culture-language-and-arts-network/), contact [Rachel LaRose](mailto:rlarose@maicnet.org)
* [**Division of Indian Works**](https://www.diw-mn.org/)
  + Youth Worker and Reading Coach, contact [Madelynn Ducheneaux](mailto:mducheneaux@diw-mn.org), [Youth Intervention Program (YIP)](https://www.diw-mn.org/youth)

**St. Paul**

* [**American Indian Family Center**](https://aifcmn.org/)
  + [**Recovery**](https://aifcmn.org/services/recovery/)
  + [**Mental Health**](https://aifcmn.org/services/mental-health/)
  + [**Housing**](https://aifcmn.org/services/housing/)
    - Housing Outreach Specialist, contact [Nate Bordeaux](mailto:Nate_Bordeaux@aifc.net)
  + [**Youth**](https://aifcmn.org/services/youth/)
    - Youth Empowerment Specialist, contact [Wakinyan LaPointe](mailto:Wakinyan_Lapointe@aifc.net)
    - Healing Generations Youth Case Manager, contact [Amy Nelson](mailto:Amy_Nelson@aifc.net)
  + [**Family**](https://aifcmn.org/services/family/)
    - Mother and Women's Outreach Specialist, contact [Heather Benjamin](mailto:Heather_Benjamin@aifc.net)
    - Family Empowerment Coach, contact [Maria McCoy](mailto:Maria_McCoy@aifc.net)
    - Father and Men's Outreach Specialist, contact [Rich Antell](mailto:Rich_Antell@aifc.net)
    - Healing Generations Case Manager, contact [Shauna McBride](mailto:Shauna_McBride@aifc.net)
  + [**Employment**](https://aifcmn.org/services/employment/)
    - Employment Service Manager, contact [Gerard Sordelet](mailto:Gerard_Sordelet@aifc.net)

**Twin Cities**

**Health**

* [Native American Community Clinic](nacc-healthcare.org)
* [Annex Teen Clinic](Annexteenclinic.org)
* [Northpoint Health & Wellness Center](northpointhealth.org)
* [Recover Health](https://www.recoverhealth.org/)
* [People Incorporated Mental Health Services](https://www.peopleincorporated.org/)
  + Includes Children’s and Family day treatment
* [Intuitive Therapy Clinics](Intuitivetherapyclinics.com)

**Multiple Services**

* [Minnesota Indian Women's Resource Center](https://www.miwrc.org/)
* [We Push For Peace](wepushforpeace.com)
* [YMCA](https://new.ymcamn.org/how_we_help/help_kids_thrive/youth_and_family_services)/[YWCA](https://www.ywcampls.org/fitness-membership/youth-and-family-fitness/)
* [Brain Injury Alliance](https://braininjurymn.org/)
* [Lutheran Social Services](lssmn.org)
* [St. David’s Center Child and Family Development](https://www.stdavidscenter.org/)
* [Pillsburg United Communities](https://pillsburyunited.org/), including youth program and scholarship funds for college

**For Students**

* [Achieve Minneapolis](AchieveMPLS.org), job and internship opportunities for youth

**Case Management**

* [Avivo](https://avivomn.org/)
* [Vail Place](https://www.vailplace.org/join/case-management/)
* [Thomas Allen](https://www.thomasalleninc.com/)
* [Touchstone Mental Health](https://www.touchstonemh.org/programs/case-management/)
* [Headway Emotional Health](https://www.headway.org/for-children-families/case-management/)

**Food**

* [Community Emergency Assistance Programs (CEAP)](https://ceap.org/)
* [Division of Indian Work](https://www.diw-mn.org/all-programs), Horizon’s Unlimited Food Shelf and Traditional Foods Program
* [Volunteers Enlisted to Assist People (VEAP)](https://veap.org/)
* [Prism](Prismmpls.org)

**Housing**

* [Project for Pride in Living](ppl-inc.org)

**Domestic and Dating Violence**

* [Strong Hearts Native Helpline](https://www.strongheartshelpline.org/)
* [Domestic Abuse Project](http://www.domesticabuseproject.com/)

**Hennepin County Service Navigation**

* [Hennepin County](hennepin.us)
  + [Human Services](https://www.hennepin.us/residents#human-services)
* [Medical](https://www.hennepin.us/residents/health-medical/health-care-assistance), [Food](https://www.hennepin.us/residents/human-services/food-assistance), [WIC](https://www.health.state.mn.us/wic), [CASH](https://www.hennepin.us/residents/human-services/cash-assistance), [Child Care Assistance](https://www.hennepin.us/residents/human-services/child-care-assistance), [Child Support](https://www.hennepin.us/residents/human-services/child-support), [Emergency](https://www.hennepin.us/residents/human-services/emergency-assistance), [Employment](https://www.hennepin.us/residents/human-services/employment-services)
* Crisis text line, text: 741741
* United Way, call: 211