

# Community Resources and Tips for Living on A Budget



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This list is meant as a resource and represents only a sample of the varying budget and community resources available in the Twin Cities Metro area. For additional resources, check Google, or contact First Call for Help at 1-800-543-7709. All information is current as of December 2018, however, changes of postal or email addresses, telephone numbers, and service availability may occur at any time. Please note, Mitchell Hamline College of Law and the Office of Career & Professional Development does not endorse or guarantee any of the listed agencies or services.

<b>First Call for Help</b>
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**United Way, Minneapolis** – <http://www.uwmisp.org/>

651-291-0211 or “211”

24 hour Information and Referral Services for health, education and human services. Dial: 211 and get connected with trained information specialists and volunteers with resources, including: Childcare, counseling, crisis response, legal assistance, mental health and more.

<b>Health Insurance Coverage</b>
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**Blue Cross and Blue Shield Insta-Care**

1-800-262-0823

Agency Consultant: Eileen Burton

651-622-1351 x21351

Website: [www.bluecrossmn.com](http://www.bluecrossmn.com)

Email: [eileen\\_a\\_burton@bluecrossmn.com](mailto:eileen_a_burton@bluecrossmn.com)

Packets are available in Student Services, Room 119.

<b>Medical Resources</b>
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**Cedar Riverside People’s Center Medical Clinic**

612-332-4973

425 20<sup>th</sup> Avenue South, Minneapolis

Programs and services open to anyone; sliding fee scale. General health care, women’s health care, prenatal care, children’s health care, access to interpreters. Accepts medical assistance and private insurance.

**Family Medical Center – HCMC Clinic**

5 West Lake Street, Minneapolis

612-545-9000

Sliding fee scale, medical assistance, and health insurance. Health care services for adults and children. Part-pay program for Hennepin County residents who do not qualify for Medical Assistance, have inadequate or no medical insurance coverage and meet income guidelines. Adult and children’s health, infant and well-child care.

**Family Tree Inc.**

1619 Dayton Ave. Suite 205, St. Paul

651-645-0478

Closed Friday, Saturday, Sunday

Website: [www.familytreeclinic.org](http://www.familytreeclinic.org)

Sliding fee scale and health insurance. Subsidized birth control, family planning, anonymous STD Testing, women’s health care services. Family planning classes.

**Hennepin Family Care, East Lake Clinic**

2700 E. Lake Street

612-873-8100

Sliding fee scale, medical assistance, and health insurance. Health care services for adults and children. Part-pay program for Hennepin County residents who do not qualify for Medical

Assistance, have inadequate or no medical insurance coverage and meet income guidelines. Adult and children's health, infant and well-child care.

**Indian Health Board of Minneapolis** 612-728-3001  
1315 East 24<sup>th</sup> Street, Minneapolis

Medical, dental and counseling services. Primarily serves Native Americans, but people of all ethnic backgrounds welcome. Sliding fee scale, medical assistance and private insurance plans.

**Neighborhood Health Care Network** 651-489-2273

Member clinics provide comprehensive medical, dental, mental health and health education services for low income and uninsured people in the metropolitan area. Find clinic information online at [www.nhcn.org](http://www.nhcn.org)

**Neighborhood Involvement Program (N.I.P.) Community Clinic** 612-374-4089  
2431 Hennepin Avenue South, Minneapolis

Fees for medical and dental services based on family income with a sliding fee scale. Dental services include preventative, cleaning, and fillings. M-F 9-5.

**NorthPoint Health & Wellness Center** 612-302-4600  
1313 Penn Avenue North, Minneapolis, Minnesota 55411  
website: [www.northpointhealth.org](http://www.northpointhealth.org)

Medical, dental and mental health services. Sliding fee scale, medical assistance and private insurance plans. Must live on North Side of Minneapolis to qualify.

**Northwestern Health Sciences University, College of Acupuncture & Oriental Medicine**  
2501 W. 84<sup>th</sup> Street, Bloomington, MN 952-885-5444

Reduced cost services by student interns, supervised by clinic supervisors of the Minnesota College of Acupuncture and Oriental Medicine. \$35 per visit for acupuncture. M-F, and Saturday morning appointments.

**Sage Women's Program** (mammograms and women's health screenings) 952-922-2427

Southdale Medical Building, 6545 France Ave. South, Suite 340, Edina, MN  
For other locations, call the MN Department of Health: 1-888-643-2584

Free mammograms, if you are age 40 or over and have no health insurance, or if you have insurance, but have an unmet deductible or co-pay and you meet income guidelines. Screenings for women under age 40 based on medical concerns. Tuesday – Friday 8:30 AM – 4:00 PM. Occasional evening and weekend hours available.

**St. Mary's Health Clinic** 651-690-7029  
3500 East Lake Street, Minneapolis  
1704 Dupont Avenue North, Minneapolis  
(Reach all 11 clinic sites in the Twin Cities and suburbs)  
Website: [www.stmaryshealthclinics.org](http://www.stmaryshealthclinics.org)

Eligibility: Must meet income guidelines and be without health insurance, cannot be receiving assistance from any government subsidy programs such as Medical Assistance or MinnesotaCare. Basic primary and preventive health care services. Health care premium is FREE to eligible patients. *CALL FOR APPOINTMENTS – NO WALK-INS.* The Clinics are closed on weekends.

**Southside Community Health Clinic and Vision Care** 612-822-3186  
4730 Chicago Avenue South, Minneapolis  
8:00 AM– 5:30 PM, Monday – Friday.

Medical service fees are based on family income, with sliding fee scale.

<b>Dental Resources</b>
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**Normandale Community College Dental Hygiene Program** 952-487-7020  
9700 France Avenue South, Bloomington, MN 55431-4309

Complete preventative care including cleaning, x-rays, fluorides, oral hygiene and nutritional counseling. The clinic does not do fillings. New patient screening only on first visit. Costs for cleaning - \$30.00 adults; full-mouth x-rays \$34.00. Dental hygiene students do cleanings. The clinic is closed during the summer (See Normandale Community Dental Clinic).

**Normandale Community Dental Clinic** 952-487-7020, x4  
9700 France Avenue South, Room S-2425, Bloomington, MN

The clinic services clients in the Southwest Metro area. The dental services are offered on a sliding fee scale for people without insurance. Clinic hours: Thursdays 5:00 – 9:00 pm.

**Southside Health Services - Dental Clinic** 612-822-9030  
4243 Fourth Avenue South, Minneapolis

Fees for dental services are based on family income with a sliding fee scale. Financial payment plans available for major dental services.

**University of Minnesota Dental School Clinics**

Malcolm Moos Health Sciences Tower, 6<sup>th</sup> Floor  
515 Delaware Street SE, Minneapolis

Adult appointments – new patient line	612-624-8400
Children’s appointments	612-659-4900
Dental emergencies (7 <sup>th</sup> floor)	612-625-4908
**After hours Dental Emergency	612-273-3000

Dental care for adults, children, and persons with disabilities. Emphasis is on prevention and wellness. Dental care is done by students with supervision by faculty instructors. Fees vary with services - fees are generally 30% lower than private dentists.

<b>Counseling Resources</b>
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**Battered Women’s Hotline**

24 Hour Crisis Line  
Main Number

651-646-0994  
651-646-6177

**Chrysalis – Center for Women**

4432 Chicago Avenue South, Minneapolis  
Website: [www.chrysaliswomen.org](http://www.chrysaliswomen.org)

612-871-0118

Peer support and walk-in counseling for women, children, and adolescents. Chrysalis provides phone and in-person counseling, information and referrals for women who need assistance with relationships, abuse issues, and self-esteem. Therapy for women, children, and families. Insurance, medical assistance, and sliding fee scale. Counseling and referrals provided for women with alcohol and drug issues.

**Collaborative Divorce Minnesota**

Website: [www.collaborativedivorceminnesota.com/professionals.asp](http://www.collaborativedivorceminnesota.com/professionals.asp)

List of professionals who assist with collaborative divorce –attorneys, financial specialists, certified divorce planners, psychologists, social workers, and licensed marriage and family therapists.

**Crisis Connection**

24 hour Crisis Hotline  
Not Therapy; Referrals  
Website: [www.crisis.org](http://www.crisis.org)

612-379-6363

FREE 24-hour telephone counseling and referrals. Mental health/chemical dependency referrals; family abuse issues; suicide prevention. Referrals to free or low cost clinics, professional counseling, lawyers, or other mental health professionals.

**Neighborhood House**

Website: <http://neighb.org/programs/>

Neighborhood House offers services in the areas of basic needs and lifelong learning. We have six Family Centers to help people with food support and housing. Our lifelong learning programming takes place at our West Side location in the Paul & Sheila Wellstone Center for Community Building. All of our programs and services are offered free of charge to our participants.

**Fairview Accent Modification**

Fairview Foreign Accent Modification

To improve on your spoken English, Fairview Accent Modification courses can set you on a long-term course for change. Choose from one of four basic course structures and benefit from a learning plan tailored to your specific speech patterns. In a very short time, you’ll notice improvement. When you finish class, you’ll have self-study materials to continue learning on your own.

A licensed speech-language pathologist, certified by the American Speech-Language Hearing Association and the Institute of Language and Phonology, teaches this Compton P-ESL program. The Compton P-ESL course is based on more than 20 years of linguistic research and teaching.

Prices run from \$700-\$1,600.  
Call 612-273-6784 for more information.

### **Family and Children's Service**

414 South Eighth Street, Minneapolis 612-339-9101  
4123 East Lake Street, Minneapolis 612-729-0340  
9201 E. Bloomington Freeway, Suite Q, Bloomington, MN 55420 952-884-7353  
6900 78<sup>th</sup> Avenue N., Brooklyn Park, MN 55445 763-560-4412

Website: [www.everyfamilymatters.org](http://www.everyfamilymatters.org)

- ◆ Counseling at sliding fee scale based on household income or insurance.
- ◆ Family, parent, child, couples counseling.
- ◆ Family violence program – individual, family, and group counseling.
- ◆ Children in Change program (divorce, separation, moving).
- ◆ Parenting classes. Self-esteem, child/adolescent issues.

### **Hamm Clinic**

408 St. Peter Street, Suite 429, St. Paul, MN 55102 651-224-0614

Nonprofit, independent outpatient mental health clinic. The clinic provides quality and culturally competent mental health care to individuals and families, particularly those who cannot afford the full cost of care. The clinic accepts health plans and insurance, Medical Assistance and a sliding fee scale based upon family income.

### **Lawyers Concerned for Lawyers (LCL) – Lawyers Assistance Program**

24-hour crisis line: 651-646-5590  
Toll Free: 866-LCL-MINN (866-525-6466)  
Website: [www.mnlcl.org](http://www.mnlcl.org)  
Email: [help@mnlcl.org](mailto:help@mnlcl.org)

FREE Confidential Help is available to any law students, lawyers, judges who may be having problems with alcohol/drugs, depression, anxiety or any other major life problem. Professional and peer assistance can help bring about a positive change.

### **LSS Counseling and Family Services – Lutheran Social Services**

Minneapolis/St. Paul locations 612- 879-5320

LSS offers a full range of mental health services, including individual and family therapy, child and adolescent therapy, and group therapy sessions. It provides non-denominational services and offers a sliding fee, based on family income.

### **Mediation Center for Dispute Resolution**

Hamline University, 1536 Hewitt Avenue, St. Paul 651-523-2880

Cost is based on a sliding fee for divorce and family disputes. All involved parties must agree to participate in the mediation process or be under court order to participate. Conflict management and group conflict management and training.

**Neighborhood Involvement Program (N.I.P.), Counseling Center** 612-374-4601  
2431 Hennepin Avenue South, Minneapolis

Fees are negotiated on a sliding scale which considers a client's income and ability to pay. Some insurance plans are accepted. Services include individual psychotherapy, therapy and support groups for adults and couple's therapy.

**Prevent Child Abuse- Circle of Parents, Minnesota** 651-523-0099 or  
1821 University Avenue, Suite 202-S, St. Paul, MN 55104 1-800-CHILDREN  
Website: [www.PCAMN.org](http://www.PCAMN.org) (Click on *Circle of Parents*)

FREE support groups and referrals for parents or caregivers. Educational materials for child abuse prevention.

**Resource Center for Fathers and Families** 763-783-4938  
Human Services Building, Suite 305, 1201 89<sup>th</sup> Avenue NE, Blaine  
Additional Centers in St. Paul, Minneapolis, Crystal, Burnsville, and Hopkins  
Website: [www.resourcesforfathers.org](http://www.resourcesforfathers.org)  
Email: [info@resourcesforfathers.org](mailto:info@resourcesforfathers.org)

Programs designed to create and enhance the role of fathers in parenthood and partnership in parenting their children. The resource center offers anger groups, parent education classes, family law seminars, support groups, relationship classes, information and referrals. Fees based on ability to pay.

**Tubman** (612) 825-0000  
3111 First Avenue South Minneapolis, Minnesota 55408  
Website: <https://tubman.org/get-help/>  
Email: [info@resourcesforfathers.org](mailto:info@resourcesforfathers.org)

Programs designed to create and enhance the role of fathers in parenthood and partnership in parenting their children. The resource center offers anger groups, parent education classes, family law seminars, support groups, relationship classes, information and referrals. Fees based on ability to pay.

**Walk-In Counseling Center** 612-870-0565  
2421 Chicago Avenue South, Minneapolis  
Monday, Wednesday, Friday 1:00 PM – 3:00 PM; Monday – Thursday evening 6:30 – 8:30 PM

Short term counseling (up to 10 sessions) for individuals, couples, and families; referrals for long-term counseling. No fees, contributions appreciated. Sliding fee payment schedule available. No appointment necessary.

### Self – Help & 12 Step Organizations

**24 Hour Telephone Counseling (Crisis Connection)** 612-379-6363



**ACA (Adult Children Intergroup)** 763-574-0903

**Al-Anon**

Al-Anon / Alateen Information Services Office, M-F 9-4 952-920-3961

St. Paul Al-Anon Intergroup

1821 University Avenue West, Suite S203, Saint Paul 651-771-2208

Website: [www.al-anon-alateen-msp.org](http://www.al-anon-alateen-msp.org) (listing of meetings)

**Alcoholics Anonymous Intergroup** Greater Minneapolis 952-922-0880  
Greater St. Paul 651-227-5502

**Chrysalis Center for Women (Crisis & Counseling Line)** 612-871-0118

**Debtors Anonymous** - Resolve issues of money and debt. 952-953-8438

**Grief, Loss & Transition, Center for** 651-641-0177

1133 Grand Avenue, St. Paul

Website: [griefloss.org](http://griefloss.org)

Center provides grief individual, couples, and group grief counseling. Accepts insurance and also offer a sliding fee scale.

**Men's Center** - (Support and Anger Management Groups) 612-822-5892

3249 Hennepin Avenue S., Suite 55, Minneapolis

**Spenders Anonymous** – Compulsive spending / Credit Card Abuse 651-649-4573

Check the website for a list of local meetings: <http://www.spenders.org/list.html>

<b>Financial Counseling</b>
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**Financial Counseling / Consumer Credit Counseling Service of Minnesota** 651-439-4840

1875 Northwestern Avenue, Stillwater

Financial counseling available at various Twin cities locations. All appointments are scheduled through the Stillwater office.

**LLS Financial Counseling, A Consumer Credit Counseling Service Program** 1-888-577-2227

*Call for locations*

Website: [www.lssmn.org/debt](http://www.lssmn.org/debt)

Certified professionals help people restructure debt and payment plans as well as offer hands-on suggestions related to budgeting and establishing sound money-management practices. Office locations statewide.

**Living on a Dime**

Money Management and other tips: <http://www.livingonadime.com/money-saving-articles.htm>

<b>Food Resources</b>
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**FARE For All**

8501 54th Ave. N., New Hope, Minnesota 55428

Website: <http://www.emergencyfoodshelf.org/OurFamilyOfPrograms>

Monday – Friday 8:00AM – 2:00PM

1-800-582-4291

763-450-3860

Participants register and prepay for food packages, including fruits and veggies, meats and non-perishable items at a discount of 40- 50% monthly food bill. Packages are distributed once per month at distribution centers. No eligibility requirements or limit on the number of food packages a family or individual can order. Participants are asked to pursue 2 hours of volunteer work independently each month they participate in the program (MJF volunteer work would qualify).

<b>Education &amp; Computer Classes</b>
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**Science Museum of Minnesota**

120 W. Kellogg Boulevard, St. Paul

General Information Number: 651-221-9444

Website: <http://comped.smm.org/>

Classes are not free, but are valuable training resources. Registration and course list on website.

Most Community Education programs offer computer classes at a reasonable cost. Check for brochures at the public library in your community.

<b>Discount Haircuts / Cosmetology / Massage</b>
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**Aveda Institute Minneapolis**

400 Central Avenue SE, Minneapolis, MN 55414

Tuesday – Saturday. Appointment required.

612-331-1400

The Institute offers discount haircuts, facials, manicures, and massage. Costs are inexpensive because students are in training, supervision by instructors. More time is required because work is done by students.

**CenterPoint Massage & Shiatsu Therapy School & Clinic**

1313 Fifth Street SE, Suite 336, Minneapolis, MN 55414

(In the U Technology Center in Dinkeytown by the University of MN)

612-617-9090

Student Clinic fee: One hour sessions in CenterPoint's Student Clinic are \$35. Parking is available in the west lot adjacent to the building for a small fee.

**Minnesota School of Business Globe College – Massage Therapy**

Locations in Brooklyn Center, Plymouth, Shakopee, St. Cloud, Rochester, and Woodbury.

Call the Massage Clinic Request and Cancellation line (612-436-7550) at the beginning of October / January / or April to schedule a FREE one hour massage at any of the above Minnesota School of Business Globe College locations. Appointments are on a first come first serve basis and scheduled with students during supervised class time. First time clients arrive early to complete a health history. After checking in, client will have a 1-hour massage. At the end of the massage, clients are asked to complete a feedback form on the student.

**Minneapolis Community & Technical College – Barber School**

612-659-6776

1501 Hennepin Avenue South, Minneapolis 612-659-6000

**Northwestern Health Sciences University Massage Teaching Clinic** 952-894-5444  
Burnsville Natural Care Center – School of Massage  
12445 River Ridge Boulevard, Burnsville, MN 55337

Massage by student interns, supervised by nationally certified massage therapist from the faculty of the School of Massage Therapy. \$40.00/hour.

**Rocco Altobelli Advanced Education Academy**  
665 Snelling Avenue South, St. Paul 651-690-5491

Services including haircuts (\$18.00), color and foils at reduced rate by students, supervised by instructors.

**Empire Beauty School of Cosmetology, Regis Corporation**  
9749 Lyndale Avenue South, Bloomington, MN 55420 952-881-8662  
8205 University Ave, Spring Lake Park, MN 55432 763-717-1903

**St. Croix Center for the Healing Arts**  
411 County Hwy. UU, Suite 101, Hudson, WI 715-381-1402

Massage by students in training. \$39.00/hour; \$25.00 /30 minutes. M-TH 9am – 8 pm; Saturdays by appointment.

**St. Paul College - Community & Technical College – Cosmetology, Esthetics and Massage**  
235 Marshall Avenue, St. Paul 651-846-1329

Website: <http://www.saintpaul.edu> Click on Cosmetology Careers, and then Menu of Services.  
Additional Natural Health related resources are listed at [www.naturalhealers.com](http://www.naturalhealers.com)

### Bargain Stores – Clothing / Miscellaneous

**ARC's Value Village Thrift Stores**  
6528 Penn Avenue South, Richfield 612-866-8820  
2751 Winnetka Avenue North, New Hope 763-544-0006  
6330 Brooklyn Boulevard, Brooklyn Center 763-503-3534  
1650 White Bear Ave N, St. Paul 651-788-8300

**Goodwill Industries**  
553 Fairview Avenue North, St. Paul 651-379-5808  
*Additional locations listed [www.goodwill.org/locator](http://www.goodwill.org/locator)*

**Savers**  
245 Maryland Avenue East, St. Paul 651-488-6293  
8401 Tamarack Road Woodbury 651-294-0880

Savers has a large selection of used and new women's, men's and children's clothing, dishes, household items and books.

**Unique Thrift Store**

2201 37<sup>th</sup> Avenue NE, Columbia Heights  
 1657 Rice Street, St. Paul  
 4471 Winnetka Avenue North, New Hope

763-788-5250  
 651-489-5083  
 763-535-0200

Unique Thrift Store (similar to Savers) has a large selection of used and new women's, men's and children's clothing, dishes, household items and books. Excellent value on used bicycles – many under \$10.00.

**Consignment / Used Clothing**

See “**Consignment Shops & Services**” on Google for consignment stores and locations.

Consignment stores offer two advantages:

- (1) Purchase new or almost new high quality or designer clothing at prices significantly discounted from retail stores. This includes professional and casual designer clothing.
- (2) Schedule an appointment to bring good condition used clothing to consignment stores. Stores select items that they can resell, and you will receive 50% of the price when items are sold.

**Elite Repeat**

1336 Randolph Avenue, St. Paul  
 Designer consignment for women and men.

651-699-2315

**Encore Consignment Boutique**

8264 Commonwealth Drive (beside Green Mill), Eden Prairie  
 Designer women's and teen's clothing and accessories.

952-944-9290

**Encore Boutique**

242 Hamline Avenue South (at St. Clair Avenue), St. Paul

651-699-7522

**Everyday People Clothing Exchange**

1599 Selby Ave, St. Paul

651-644-4410

**My Sister's Closet**

1136 Grand Avenue, St. Paul  
 Women's quality consignment clothing & accessories. Both current & vintage.

651-222-2819

**Nu Look Consignment Apparel**

50<sup>th</sup> & Penn Avenue South, Minneapolis  
 Women's, children's, and men's clothing.

612-925-0806

**Opitz Outlet**

4320 Excelsior Boulevard, St. Louis Park (½ mile east of Highway 100)  
 New clothing and accessories, up to 70% of retail prices, no refunds, returns or exchanges.

952-922-2435

**Rewind**

2852B Johnson Street NE, Minneapolis 612-788-9870  
 Northeast store packed with hand-selected vintage and contemporary clothing and accessories.

**Rodeo Drive Consignment Boutique**

411 Minnetonka Boulevard, St. Louis Park 952-920-0188  
 Designer consignment clothing for women.

**Turn Style Consignment Shops (Women's and Men's Clothing)**

2044 Ford Parkway (Highland Shopping Center), St. Paul 651-690-3438  
 2393 Fairview Avenue N., Roseville 651-633-5499  
 2111 Hudson Road (Sunray Shopping Center), Maplewood 651-578-6684  
*Additional locations listed on Google.*

**Children's Consignment****Once Upon a Child**

5021 Excelsior Boulevard, St. Louis Park 952-922-6535  
 1653 West County Road C, Roseville 651-628-0120  
*Additional stores listed in telephone directory*  
 Consignment clothing and toys for children

**Retail / Discount Stores/ Services**

**Albertville Outlet Mall**, Albertville, MN 763-497-1911  
 (On Interstate 94, west of Maple Grove)

Designer Fashions and Sportswear, including Calvin Klein, Gap Outlet, Geoffrey Beene, Jones New York, Kenneth Cole, Liz Claiborne/Liz Shoes, Petite Sophisticate Outlet and others.  
 Website: Google "Albertville Outlet Mall"

**All Season Tire Company**

721 West 94<sup>th</sup> Street (94<sup>th</sup> & Lyndale), Bloomington 952-884-9343  
 Used tires at discount prices – over 5,000 in stock.

**Burlington Coat Factory Warehouse**

2035 Robert Street South, West St. Paul 651-451-8708  
 3700 Highway 100, St. Louis Park 952-929-6850  
*Additional locations listed in telephone directory*

**Cheapo Records**

80 Snelling Avenue North, St. Paul 651-644-7499  
 1300 West Lake Street, Minneapolis 612-827-0646

Compact discs, records and tapes; new and used.

**Criagslist Online Community**

Website: [www.craigslist.org](http://www.craigslist.org)

Criagslist offers listings of job postings, housing listings, services, and classified ads. Search by city/state.

**Facebook Market** – <https://www.facebook.com/marketplace>

Facebook marketplace is a great way to get gently used clothing, home goods and pretty much anything you can think of.

**FREE Market** – [www.twincitiesfreemarket.org](http://www.twincitiesfreemarket.org)

The Free Market is a listing service for people who want to give or get free reusable goods, including appliances (dishwashers, televisions, air conditioners), electronics, children’s furniture, toys and accessories, musical instruments, recreation and exercise equipment and miscellaneous items. First time users must Sign-In.

**Half Price Books & Records**

7600 150 <sup>th</sup> St. W., Saint Paul	952-431-0749
8601 Springbrook Drive NW (Northtown), Coon Rapids	763-784-1500
1731 Beam Avenue, Maplewood	651-773-0631
5011 Excelsior Boulevard (Miracle Mile), St. Louis Park	952-922-2414
2041 Ford Parkway (Highland Park), St. Paul	651-699-1391

**Marshalls**

Har Mar Mall, 2100 Snelling Avenue N., Roseville	651-636-6688
40 South 7 <sup>th</sup> Street, Minneapolis (City Center)	612-673-9174
Hub Shopping Center, Richfield	612-866-4200
Southdale Mall, Edina	952-929-2668
Mall of America, Bloomington	952-851-0750
Valley West Shopping Center, Bloomington	952-881-2433
Woodbury Village, Woodbury	651-578-9515

*Additional locations listed in telephone directory.*

New clothing: last season’s designer, slightly irregular, and returns, at substantial discounts. Good selection of dress and business clothing. Marshalls has a wide selection of women’s, men’s, children’s, teen, accessories, and household accessories.

**Men’s Warehouse**

800 Nicollet Mall, Suite 180, US Bancorp Center, Minneapolis	612-371-0672
2401 Fairview Avenue N., (Rosedale Marketplace), Roseville	651-633-2553
8390 Tamarack Village, Woodbury	651-730-8863

**Office Max**

3001 Nicollet Avenue South, Minneapolis	612-824-8383
1490 West University Avenue (Midway Center), St. Paul	651-659-9020

*Additional locations listed on Google.*

**TJ Maxx**

1410 University Ave W, St Paul, MN 55104	651-523-0153
2089 Old Hudson Road (Sunray Mall), Maplewood	651-738-7746
7800 Penn Avenue, Bloomington	952-881-2111
8382 Hwy 7, St. Louis Park	952-238-1039

Other locations listed on Google.

New clothing: last season's designer, slightly irregular, and returns, at substantial discounts. Good selection of dress and business clothing, including women's, men's, children's, teen, accessories, and household accessories.

## Recreation

There are many forms of free or low-cost entertainment in the Twin Cities.

**Como Park Zoo and Conservatory** 651-487-8200  
Northwest of Lexington Parkway & Horton Avenue (Como Park), St. Paul 651-487-8201

Admittance to the zoo is free; admittance to the Conservatory is also free, though a suggested donation of \$2.00 for adults and \$1.00 for children. Call for directions, hours, and special events, or visit <http://www.comozooconservatory.org>.

### Concerts and Theater in the Park

During the summer there are many local performances in area parks. Most of these performances are free or very affordable. Listings of these events can be found in the Pioneer Press, Star Tribune, City Pages, or in neighborhood papers.

### Entertainment Coupon Books/App

Entertainment (<http://www.entertainment.com>) and similar discount coupon books have 50% coupons for restaurants, theaters and other entertainment. Buy the Twin Cities Happenings book online (Discount price, after June 1 is \$9.99 and coupons are valid through 12/31).

**Minnesota Historical Society Museums and Sites** 651-259-3000  
Website: [www.mnhs.org](http://www.mnhs.org)

Historical Museum is located at the edge of downtown St. Paul and at several historical sites throughout the state. Entrance fee schedule: \$10.00 for adults; \$8.00 for college students and senior citizens age 65 and older; \$5.00 for children 6-17.

### Movie Theaters

Movie theaters with discount seats are listed in the newspaper. Most movie theaters have lower priced matinee rates for shows before 5PM.

**Hopkins Cinema 6** 952-931-7992  
1118 Main Street, Hopkins, MN 55343  
All Seats anytime - \$2.50; Tuesdays All Seats - \$1.50

**Maple Grove Cinema 10** 763-420-4747  
13644 80<sup>th</sup> Circle, Maple Grove  
All Seats \$2.00 before 6:00 pm; After 6:00 pm \$3.00; Children & Seniors - \$2.00.

**Riverview Theater** 612-729-7369  
3800 42<sup>nd</sup> Avenue South, Minneapolis, MN 55406

All Tuesday Shows are \$2.00  
 Before 6:00pm: \$2, After 6:00pm : \$3, Children under 11 and Senior over 62: \$2

**St. Anthony Main Theatre**

115 Main Street SE, Minneapolis, MN 55414 612-331-4724  
 Tuesday are discounted movies all-day Adult Admission \$5.00

**The Plaza Theater**

115 Main Street SE, Minneapolis, MN 55414 612-331-4724  
 All Seats \$3.00 everyday

**smART Passes – St. Paul Public Libraries**

Use your public library card to check out a smART Pass presented by MELSA and get FREE admission for up to four people at participating Twin cities theaters and museums, including the Minnesota Children’s Museum, Minneapolis Institute of Art, The American Swedish Institute and many more.

**Northrup Auditorium, University of Minnesota – Volunteer Usher 612-625-9585**

Northrup Auditorium events – <http://www1.umn.edu/umato>  
 Volunteer Opportunities at Northrup – <http://www1.umn.edu/umato/volunteering.html>

Be involved in the arts! Volunteer to usher at Northrup performances. Ushers take tickets, escort patrons to their seats and provide other customer services. Each September, a training session is held for all interested volunteers. The training is required to become a Northrup volunteer. The time commitment is ushering at four events per semester (you select the events). If you would like to learn more, please contact Sally Dischinger at 612-625-0796 or email her at [disch002@umn.edu](mailto:disch002@umn.edu).

**Theatre / Performing Arts Venues**

Many performing arts venues offer discounted tickets, often half-price, starting 10-30 minutes before the performance begins. Rush tickets can only be purchased at the ticket counter or special rush counter. Rush lines usually begin forming about an hour before a performance. Student discounts are often available with a student ID. Call venues beforehand to inquire about their student and rush ticket policies.

**Comedy Clubs and Open Mics**

**Acme Comedy Club**

612-338-6393

708 North 1st Street, Minneapolis  
 Tuesday, Wednesday, Thursday, and Friday 8 pm shows are \$5.00 with student ID; Acme Insiders get monthly discounts, as well as a meal deal for \$10.

**Comedy Corner Underground**

612-729-7369

1501 Washington Ave, Minneapolis, MN 55454  
 Open Mics Shows are FREE Fridays at 10 pm.  
 50% off with Student ID

**Transportation**



**Metro Transit** – [www.metrotransit.org/buyPass](http://www.metrotransit.org/buyPass) 612-373-3333

Metro Transit offers several money-saving passes, including the 31-day SuperSaver and Stored Value passes that are prepaid fares.

**Guaranteed Ride Home** 612-373-3333

Website: <http://www.metrotransit.org> (Click on Rider Programs / Guaranteed Ride Home)

You may sign up for the Guaranteed Ride Home Program through Metro Commuter Services. Participants receive 2 coupons redeemable for bus, train, or cab fare up to \$25.00. They can be used in the event of an emergency or schedule conflict, like having to work late or missing a bus. The participant pays the fare and receives a signed and dated receipt from the driver. Registered commuters receive two coupons every six months. The program is FREE to the participant.

### **Dial-a-Ride**

Make a Google search for “Dial-a-Ride” for your city or location.

This is a shared ride service offered by cities and communities within the Twin Cities Metro. Rides generally cost around \$2.00 each way. Reservations must be made in advance and may not be available if you call the same day. Some services offer 10-ride punch cards. The hours vary in different cities and may be offered only weekdays M-F.

**Metro Mobility** – serving Minneapolis, St. Paul and many surrounding suburbs. 651-602-1111

Metro Mobility, 390 N. Robert Street, St. Paul, MN 55101

Anoka County Traveler – serving Anoka County

DARTS – serving Dakota County

Scotty County Mobility – serving Scott County

H.S.I. – serving Washington County

Website: <http://www.metrocouncil.org/transportation/paratransit/intro.htm>

Metro Mobility provides service for people who are unable or have extreme difficulty using regular transit service because of a disability or health condition. Trips can be scheduled for any purpose, including doctor’s appointments, shopping, or meeting a friend for dinner. It is a shared-ride public transportation system so routes and schedules are designed to transport multiple passengers to different destinations. The Metro Mobility off-peak fare is \$2.50 per one-way trip M-F. The peak-hour fare is \$3.50 per one-way trip M-F (except holidays).