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.
**First Call for Help**


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.

**Health Insurance Coverage**

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

Packets are available in Student Services, Room 119.

**Medical Resources**

Cedar Riverside People’s Center Medical Clinic 612-332-4973
425 20th 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 612-545-9000
5 West Lake Street, Minneapolis

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. 651-645-0478
1619 Dayton Ave. Suite 205, St. Paul
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 612-873-8100
2700 E. Lake Street

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 24th 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**
952-885-5444
2501 W. 84th Street, Bloomington, MN

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**

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.

### Dental Resources

**Normandale Community College Dental Hygiene Program**

9700 France Avenue South, Bloomington, MN 55431-4309

952-487-7020

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**

9700 France Avenue South, Room S-2425, Bloomington, MN

952-487-7020, x4

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**

4243 Fourth Avenue South, Minneapolis

612-822-9030

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, 6th Floor
515 Delaware Street SE, Minneapolis

Adult appointments – new patient line 612-624-8400
Children’s appointments 612-659-4900
Dental emergencies (7th 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.
## Counseling Resources

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
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<tbody>
<tr>
<td><strong>Battered Women’s Hotline</strong></td>
<td>24 Hour Crisis Line 651-646-0994 Main Number 651-646-6177</td>
</tr>
<tr>
<td><strong>Chrysalis – Center for Women</strong></td>
<td>4432 Chicago Avenue South, Minneapolis 612-871-0118</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="http://www.chrysaliswomen.org">www.chrysaliswomen.org</a></td>
</tr>
</tbody>
</table>

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 612-379-6363
Not Therapy; Referrals
Website: [www.crisis.org](http://www.crisis.org)

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/](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**

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

<table>
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<tr>
<th>Address</th>
<th>Phone</th>
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<tr>
<td>408 St. Peter Street, Suite 429, St. Paul, MN 55102</td>
<td>651-224-0614</td>
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</table>

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**

<table>
<thead>
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<th>Address</th>
<th>Phone</th>
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<tr>
<td>24-hour crisis line: 651-646-5590</td>
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<tr>
<td>Toll Free: 866-LCL-MINN (866-525-6466)</td>
<td></td>
</tr>
<tr>
<td>Website: <a href="http://www.mnlcl.org">www.mnlcl.org</a></td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:help@mnlcl.org">help@mnlcl.org</a></td>
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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**

<table>
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<tr>
<th>Address</th>
<th>Phone</th>
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<tr>
<td>Minneapolis/St. Paul locations</td>
<td>612- 879-5320</td>
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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**

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<tr>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Hamline University, 1536 Hewitt Avenue, St. Paul</td>
<td>651-523-2880</td>
</tr>
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</table>
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**  
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 1-800-CHILDREN
1821 University Avenue, Suite 202-S, St. Paul, MN 55104
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 89th 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

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/](https://tubman.org/get-help/)
Email: 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.

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### 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 (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
   1133 Grand Avenue, St. Paul  651-641-0177
   Website: 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)
   3249 Hennepin Avenue S., Suite 55, Minneapolis  612-822-5892

Spenders Anonymous
   - Compulsive spending / Credit Card Abuse
   Check the website for a list of local meetings: http://www.spenders.org/list.html  651-649-4573

Financial Counseling

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

   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

Food Resources
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).

Education & Computer Classes

Science Museum of Minnesota
651-221-4722
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.

Discount Haircuts / Cosmetology / Massage

Aveda Institute Minneapolis
612-331-1400
400 Central Avenue SE, Minneapolis, MN 55414
Tuesday – Saturday. Appointment required.

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
612-617-9090
1313 Fifth Street SE, Suite 336, Minneapolis, MN 55414
(In the U Technology Center in Dinkeytown by the University of MN)

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 Altabelli Advanced Education Academy 651-690-5491
665 Snelling Avenue South, St. Paul

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

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

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

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 651-846-1329
235 Marshall Avenue, St. Paul

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

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

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 37th Avenue NE, Columbia Heights  763-788-5250  
1657 Rice Street, St. Paul  651-489-5083  
4471 Winnetka Avenue North, New Hope  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  651-699-2315  
Designer consignment for women and men.

### Encore Consignment Boutique
8264 Commonwealth Drive (beside Green Mill), Eden Prairie  952-944-9290  
Designer women’s and teen’s clothing and accessories.

### 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  651-222-2819  
Women’s quality consignment clothing & accessories. Both current & vintage.

### Nu Look Consignment Apparel
50th & Penn Avenue South, Minneapolis  612-925-0806  
Women’s, children’s, and men’s clothing.

### Opitz Outlet
4320 Excelsior Boulevard, St. Louis Park (½ mile east of Highway 100)  952-922-2435  
New clothing and accessories, up to 70% of retail prices, no refunds, returns or exchanges.
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 94th Street (94th & 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.

Craigslist Online Community
Website: 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](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**

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

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

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<tr>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>800 Nicollet Mall, Suite 180, US Bancorp Center, Minneapolis</td>
<td>612-371-0672</td>
</tr>
<tr>
<td>2401 Fairview Avenue N., (Rosedale Marketplace), Roseville</td>
<td>651-633-2553</td>
</tr>
<tr>
<td>8390 Tamarack Village, Woodbury</td>
<td>651-730-8863</td>
</tr>
</tbody>
</table>

**Office Max**

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>3001 Nicollet Avenue South, Minneapolis</td>
<td>612-824-8383</td>
</tr>
<tr>
<td>1490 West University Avenue (Midway Center), St. Paul</td>
<td>651-659-9020</td>
</tr>
</tbody>
</table>

*Additional locations listed on Google.*

**TJ Maxx**

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>1410 University Ave W, St Paul, MN 55104</td>
<td>651-523-0153</td>
</tr>
<tr>
<td>2089 Old Hudson Road (Sunray Mall), Maplewood</td>
<td>651-738-7746</td>
</tr>
<tr>
<td>7800 Penn Avenue, Bloomington</td>
<td>952-881-2111</td>
</tr>
<tr>
<td>8382 Hwy 7, St. Louis Park</td>
<td>952-238-1039</td>
</tr>
</tbody>
</table>

*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

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone 1</th>
<th>Phone 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northwest of Lexington Parkway &amp; Horton Avenue (Como Park), St. Paul</td>
<td>651-487-8200</td>
<td>651-487-8201</td>
</tr>
</tbody>
</table>

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](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](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

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone 1</th>
<th>Phone 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Historical Museum</td>
<td>651-259-3000</td>
<td>651-259-3000</td>
</tr>
</tbody>
</table>

Website: [www.mnh.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

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone 1</th>
<th>Phone 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1118 Main Street, Hopkins, MN 55343</td>
<td>952-931-7992</td>
<td>952-931-7992</td>
</tr>
</tbody>
</table>

All Seats anytime - $2.50; Tuesdays All Seats - $1.50

### Maple Grove Cinema 10

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone 1</th>
<th>Phone 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>13644 80th Circle, Maple Grove</td>
<td>763-420-4747</td>
<td>763-420-4747</td>
</tr>
</tbody>
</table>

All Seats $2.00 before 6:00 pm; After 6:00 pm $3.00; Children & Seniors - $2.00.

### Riverview Theater

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<thead>
<tr>
<th>Address</th>
<th>Phone 1</th>
<th>Phone 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>3800 42nd Avenue South, Minneapolis, MN 55406</td>
<td>612-729-7369</td>
<td>612-729-7369</td>
</tr>
</tbody>
</table>
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 Northrop 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 Northrop 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.

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 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](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](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).