



FOR HUMAN RIGHTS

330 Second Avenue South, Suite 800
Minneapolis, MN 55401
Phone: 612-341-3302
Immigrant Client Line: 612-341-9845
Fax: 612-341-2971

The
CENTER for
VICTIMS of
TORTURE



Minneapolis
City of Lakes

Updated: 05/30/2025

View Our Online
Resources Here



LGBTIQ+ Friendly Organization/Resource Referral List Lista de referencias de organizaciones y recursos

Advocacy & Resource Organizations

www.mnlegaladvice.org

For Minnesota residents age 14+ can email questions about a variety of topics to lawyers who then respond by email to provide legal advice and recommendations.

Unidos MN

A grassroots organization that builds power with Minnesota's working families to advance social, racial and economic justice. As an organization born from the DREAMER movement, the topics of immigration, education, and climate justice are at the core of our work.

info@unidos-mn.org
1515 E Lake St, #202
Minneapolis, MN 55407
(612) 231-9719

Neighborhood Justice Center Criminal Defense

500 Laurel Avenue
Saint Paul, MN 55102
(651) 222-4703

Department of Justice Immigrant and Employee Rights Section Citizenship discrimination, document abuse

1-800-255-7688

www.LawHelpMN.org

Online Resource

Find general information in Spanish, Hmoob, Somali:
legal forms, fact sheets, and referrals for a variety of legal issues, including, but not limited to: immigration law, criminal law, and family law

Park Avenue Walk-In Legal Clinic Free, one-time legal advice

Park Avenue Methodist Church
3400 Park Avenue South
Minneapolis, MN 55407
Clinic Hours: Thursdays 3:00pm-5:00pm
Best to arrive by 3pm

MN Lawyer Referrals & Information Services

Reduced-cost legal services - private attorneys

Stable income needed between

125-250% FPG

(612) 752-6699

M-Th 9:00-4:00

F 9:00-3:00

<https://www.mnlawyerreferral.org/>

State and County Bar Association Referrals:

MSBA

www.mnbar.org/public-resources

Dakota: (952) 431-3200

Offices:33 South Sixth Street #4540,

Minneapolis, MN 55402 332 Minnesota

Street, Suite 2550, St. Paul, MN, 55101

612-333-1183

Southern Minnesota Regional Legal Services (SMRLS)

Civil legal aid including family, government benefits, housing, education, senior, and immigration

<https://www.smrls.org/>

(877) 696-6529

Vietnamese Social Services of MN

English language classes and refugee support for Vietnamese, Karen, and Somali

277 University Ave West

Saint Paul, MN 55103

(651) 632-8927

SEWA Asian Indian Family Resources

South Asian refugees and immigrant family and mental health services, and Desi Pride events

6645 James Ave North

Brooklyn Center, MN 55430

(763)205-9873 | info@sewa-aifw.org

24/7 Crisis Line: (952) 912-9100

Mitchell Hamline Self Help Clinic

Family Law/Expungement: Must email for appointment

875 Summit Avenue

St. Paul, MN 55105

selfhelp.clinic@mitchellhamline.edu

Affirming & Accepting Places of Worship

Outfront Minnesota

Anti-Violence, Policy & Organizing, Legal, Educational Equity, & Training

[https://www.outfront.org/faith-](https://www.outfront.org/faith-organizations#places-of-worship-)

[organizations#places-of-worship-](https://www.outfront.org/faith-organizations#places-of-worship-)

Free or Low Cost Immigration Legal Services

The Advocates for Human Rights

330 Second Avenue South, Suite 800

Minneapolis, MN 55401

(612) 341-9845

Intake hours:

Tuesday 10am - 12pm

Thursday 12 - 2pm

hrights@advrights.org

www.theadvocatesforhumanrights.org

- We represent asylum seekers, children, detained immigrants, and survivors of trafficking in MN, ND, SD, and Western WI whose cases are in the Fort Snelling Immigration Court
- To complete intake
 - Complete intake by visiting our website > Legal Help/Ayuda > Become a Client OR
- Limited capacity
- Se habla español

Volunteer Lawyers Network

Monday through Thursday

10:00 AM – 1:00 PM

(612) 752-6677

www.vlnmn.org/help

- Provides legal advice, limited assistance, and or full representation on humanitarian-based immigration cases
- Se habla español

Immigrant Law Center of Minnesota (ILCM)

450 North Syndicate, Suite 200

St. Paul, MN 55104

(651) 641-1011

Fax: (651) 641-1131

oficinalegal@ilcm.org

www.ilcm.org

- Represent low-income immigrants of any nationality detained or residing in MN
- Limited capacity
- Se habla español
- Languages: Karen

South Dakota Voices for Peace

P.O. Box 600

Sioux Falls, SD 57101

(605) 782-9560

Fax: (612) 341-2971

info@southdakotavoicesforpeace.org

www.sdvfpeace.org

- Will represent unaccompanied minors "UAC" and also assist survivors of domestic violence in obtaining immigration relief
- Intake hours are Monday-Friday, 9AM-5PM
- Primary residence must be located in South Dakota
- Se habla español

Individuals must contact the providers on this list directly to request legal services. Although the providers on this list offer pro bono (free) legal, representation, they may not have the capacity at this time to accept new cases.

Disclaimer: As required by 8 C.F.R. § 1003.61, the Executive Office for Immigration Review (EOIR), Office of the Director, maintains a list of organizations and attorneys qualified under the regulations who provide pro bono or free legal services. The information posted on the list is provided to EOIR by the Providers. EOIR does not endorse any of these organizations or attorneys. Additionally, EOIR does not participate in, nor is it responsible for the representation decisions or performance of the organizations or attorneys.

Mid-Minnesota Legal Aid

111 North 5th Street, Suite 100
Minneapolis, MN 55403
(612) 332-1441
Fax: (612) 446-5800
mplimmigrationintake@mylegalaid.org
www.mylegalaid.org

- Represent immigrants with low incomes detained or living in Minnesota
- Limited capacity
- Intake hours: Monday – Thursday, 8:30 AM – 4:30 PM
Friday, 8:30 AM – noon
- Se habla español

International Institute of Minnesota Low-cost citizenship and immigration services; free job training; English classes and community orientation workshops.

1694 Como Avenue
Saint Paul, MN 55108
(651) 647-0191

American Bar Association Detention and LOP Information line

(202) 442-3363 or individuals in detention can dial 2150#
immcenter@americanbar.org

- Pro se assistance for detained individuals only, does not provide direct representation
- Not available to provide free legal services for noncitizens scheduled for Credible Fear Interviews and/or Asylum Merits Interviews

Minnesota Council of Churches Refugee Services

Green card, refugee resettlement, employment

122 West Franklin Avenue, Room 100
Minneapolis, MN 55404
(612) 874-8605
mcc@mnchurches.org

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Housing Resources

Adults (18+)

Hennepin County Streets to Housing (if sleeping outside, in vehicle, or in tent)

email:
streets.to.housing@hennepin.us

Single adults (over age 18)

can complete a coordinated entry assessment, need to be staying in a shelter or outside (something uninhabitable) – through adult shelter connect

Adult Shelter Connect

has options for families and adults

- The ASC office is located in the lower level of the St. Olaf Catholic Church in downtown Minneapolis at: 215 South 8th Street Minneapolis, MN 55402
- Open 7:00am-5:00pm Monday-Friday in person
- (612) 248-2350 | Phone operations hours: 10:00 AM–5:00 PM Monday through Friday, 1:00 PM– 5:30 PM Saturday and Sunday, and after 7:30 PM, seven days a week

Coordinated Entry housing assessment for people not in shelter

Single adults who are 25 years or older, currently experiencing homelessness and not staying in shelter, will need to complete a housing assessment to determine long-term housing options.

- Single adults not staying in shelter can email Caroline Holler or call 651-793-2219
- Walk-in hours and locations:
 - Tuesdays from 7AM-3PM, Healthcare for the Homeless.
 - Thursdays from 1- 4 PM, George Latimer Library, 2nd floor.
 - Fridays from 9 AM- noon, Union Gospel Mission Clinic

Oasis

Support for youth at risk of homelessness.

- <https://www.oasisforyouth.org/>
- (952) 512-2061

Hennepin County Front Door Program

- (612) 348-4111

Families

Emergency shelter – Hennepin Shelter

- (612) 204-8200
- Calls are answered Mon- Fri 8AM – 10PM and weekends/holidays 1PM – 9PM.

Mary's Place

offers free emergency shelter and transitional housing for unhoused families with children.

- <https://sharingandcaringhands.org/marys-place>

Hennepin County Front Door Program

- (612) 348-4111
- All ages, all disabilities

Neighborhood House - Wellstone Center

Food support, Education and Housing

179 East Robie Street
Saint Paul, MN 55107
(651) 789-2500

Youth in Hennepin County (aged 16-24)

can complete a Coordinated Entry housing assessment

- open from 8AM-8PM
- (763) 493-3052

YouthLink

YouthLink serves young people ages 16-24 experiencing or at risk of homelessness in the Twin Cities, MN. We help youth at all stages of their journey.

41 North 12th Street, Minneapolis, MN 55403
612-252-1200
<https://www.youthlinkmn.org/>

Hotlines for mental health support, crisis, or suicidal thoughts

Call 911 or go to the nearest emergency room if you are experiencing a mental health emergency

The Suicide Prevention Hotline (open all hours)

- Call 9-8-8

The Trevor Project (open all hours)

- 1-866-488-7386
- Text "START" to 678678

Trans Lifeline (open 24/7)

- (877) 565-8860

Domestic Violence Hotline (open all hours)

- (800) 799-7233

Minnesota Day One: Domestic Abuse, Sexual Assault, and Human Trafficking Crisis Line (open all hours)

- Call 1-866-223-1111
- Text 612-399-9977

Advocacy & Resource Organizations

Center for Victims of Torture
Physical and Emotional healing services for torture survivors.
Offering LGBTQ+ specific therapy.

St. Paul Healing Center
649 Dayton Avenue
Saint Paul, MN 55104
New client intake: (612) 436-4855 or 651-231-0955
Clinic general: (612) 436-4840
St. Paul Center Fax: 612-436-2604

Minnesota Transgender Health Coalition

The Minnesota Transgender Health Coalition is committed to improving health care access and the quality of health care received by trans and gender non-conforming people through education, resources, and advocacy.

<https://www.mntransgenderhealth.org/>

National Alliance on Mental Health - Minnesota

NAMI Minnesota champions justice, dignity, and respect for all people affected by mental illnesses. NAMI Minnesota works with individuals with mental illness, their families, professionals and the community at large by providing education, support and advocacy.

<https://namimn.org/>

Outfront Minnesota

Anti-Violence, Policy & Organizing, Legal, Educational Equity, & Training
<https://www.outfront.org/>

United Way 2-1-1

Call 2-1-1 for referrals to any resources in Minnesota

Mental Health & Healthcare Organizations

The Aliveness Project

A community center for and driven by people living with HIV, offers free testing and nutrition & wellness services.

3808 Nicollet Ave. Minneapolis
MN 55409

<https://aliveness.org/>

LGBTQ Therapists Network

The MN LGBTQ+ Therapists' Network (The Network) has 150+ paid members who are working or studying in the fields of mental health, social services, behavioral health, professional coaching, wellness and healing practices, and related fields. We offer a public online resource directory of our members and their services, which states what insurance they accept or if they accept sliding scale payment options.

<https://lgbttherapists.wildapricot.org/>

Pride Institute

Pride Institute specializes in helping LGBTQ+ individuals aged 18 and older recover from substance use disorder, sexual health issues, and mental health conditions.

14400 Martin Drive, Eden Prairie
MN 55344

<http://www.pride-institute.com/>

Family Tree Clinic

Family tree is a community clinic that offers: Low-cost reproductive healthcare, sexual health and treatment, transgender healthcare, and limited primary care with referral to LGBTQ accepting medical providers.

1919 Nicollet Ave., Minneapolis MN 55403
<https://www.familytreeclinic.org/>

Red Door Clinic

Free or low-cost reproductive healthcare, sexual health and treatment, STI prevention education, free sexual health resources, and MNSure Assistance (medical insurance applications and renewals)

<https://www.reddoorclinic.org/>

Lavender Magazine

Lavender is a biweekly print and online magazine published in Minneapolis, Minnesota, for the LGBTQ+ community.

<https://lavendermagazine.com/>

Stonewall Sports

Stonewall Sports - Twin Cities is a LGBTQ+ community-based sports league that values each player for who they are and what they bring to our community. We strive to develop a well-connected and diverse community through organized competition, social events, and fundraisers to help serve those in need.

<https://leagues.teamlinkt.com/stonewallsportstwincities>

Quatrefoil Library

Quatrefoil Library is a community center that cultivates the free exchange of ideas and makes accessible LGBTQ+ materials for education and inspiration. A LGBTQ Library, can check out print, audio, and digital materials for free.

1220 East Lake Street

Minneapolis, MN 55407

<https://qlibrary.org>

Twin Cities Gay Scene!

The #1 resource of the Twin Cities Gay, Queer, & Trans Scene in Minneapolis and Saint Paul, MN. Most complete listing of social events happening in the Twin Cities specially geared towards increasing access and knowledge of social events and activities for the Minnesota LGBTQ community.

<https://www.twincitiesgayscene.com/>