

Resource List

Tubman Program

Mission Statement

Tubman helps women, men, youth and families who have experienced relationship violence, elder abuse, addiction, sexual exploitation or other forms of trauma. Throughout the Twin Cities, Tubman provides safe shelter, legal services, mental and chemical health counseling, elder abuse resources, youth programming and community education, including public information campaigns to provide community members the information and support they need to get help or give help.

Resource Services

- Shelter and Housing: safe and friendly environment with support groups, resources, medical services, legal help
- Mental and chemical health: mental health assessments, chemical health, co-occurring disorders, medication services, dialectical behavior therapy, parenting group, relationship violence intervention program, trauma skills and processing group.
- Legal services: Legal clinics, family law pro bono representation, order for protection, safety project
- Youth Programs: inspiring youth, safe journeys, voices in prevention, movement for violence prevention, kids in transition, northstar youth center
- Workshops & Support groups: Harriets closet, jobs, education and finance services, Melissa's Connections Group, Pieces of Peace support group, tech center

Access

Eligibility Guidelines:

Appointment Necessary: varies

Fee: varies

Insurance: professional chemical and mental health programs are billed to insurances or are covered by rule 25 funding

Notes:

Contact Information

Phone Number: 24-hour crisis line at 612.825.0000

Address: [Tubman Chrysalis Center](#) 4432 Chicago Avenue South Minneapolis, MN 55407

Intake Department: 612.870.2426

Administrative number: 612.871.0118

[Harriet Tubman Center East](#) 1725 Monastery Way Maplewood, MN 55109

Administrative number: 612.825.3333

NorthStar Youth Outreach Center hours: 3-7 p.m. Monday through Friday,
with 24-hour access available by calling 651.770.0777

Website Address: <https://www.tubman.org/>

Email Address: <https://www.tubman.org/who-we-are/contact.html>

