



Neighborhood House™

PROGRAMS AND SERVICES

September 2008



Service	Description	Months/Days/Time	Location	Eligible Participants
Basic Needs Program	<i>Basic Needs program helps low income residents, immigrant and refugee families secure access to food and connect with community services and resources that help them gain economic, social and functional stability.</i>			
Food Shelf	Culturally competent food shelf provides food for new arrivals in the East metro and low income families in 55107 zip code area and beyond. Appointments with staff that speak the language of the participant family. Intake process serves to recognize other factors that are barriers to full participation in mainstream culture and provide resources and referrals as appropriate. Languages: Spanish, Hmong, Somali and English; others per request.	Mon-Thurs 9:00 a.m. - 8:00 p.m. Friday 9:00 a.m. - 4:30 p.m.	Wellstone Center	Live in 55107 zip code; have refugee status; be a former or current participant in other NH program
Resources and Referrals	During scheduled intake process prior to visiting the food shelf, family and individual issues are identified. Through referrals, participants gain increased awareness of community resources and receive information and referrals to agencies that can help them address their immediate and long term needs such as Fare for All, housing information, community meals, furniture, WIC, etc. Neighborhood House West participants (residents of Sibley Manor and Rockwood Apartments) refer families in need of food shelf to Franciscan Baskets.	Mon-Thurs 9:00 a.m. - 8:00 p.m. Friday 9:00 a.m. - 4:30 p.m.	Wellstone Center Neighborhood House West	
Asian Meals on Wheels (AMOW)	Hot, midday meals served to Hmong elders in Ramsey County. Meals feature traditional Hmong diet and are delivered by Hmong speaking drivers. Meals make it possible for seniors to maintain a level of independence, healthful living and social contact. Language: Hmong.	Mon-Fri Meal delivery between 11:00 a.m. - 1:00 p.m.	Ramsey County	
Moms and Children Nutrition Package (MAC)	Provides a 35 pound box of healthy, nutritious food each month to income eligible pregnant women or women of any age with children up to the age of six. Participants are given one of seven highly nutritious food packages depending on age and nutritional needs. Eligible clients may register for the supplemental Food Program through Second Harvest Heartland; package pick up at Neighborhood House. Language: English; other translation per request.	1 st Thurs of each month 10:30 a.m. - noon	Wellstone Center	Women with children up to age 6 Income eligible
Nutritional Assistance Program for Seniors (NAPS)	Provides a 35 pound box of healthy, nutritious food each month to low income seniors 60 years and older. Participants are given one of seven highly nutritious food packages, depending on age and nutritional needs. Eligible clients may register for the supplemental Food Program through Second Harvest Heartland; package pick up at Neighborhood House. Limited delivery based on need. Language: English	1 st Thurs of each month 10:30 a.m. - noon	Wellstone Center	Adults 60+ Income eligible
Fare for All	Purchase food package containing a variety of healthy, fresh, quality food items. Packages can be purchased on distribution day only. Payments can be made with cash, check, EBT cards, credit and debit cards. Language: English; translation services available upon request. Costs: Regular pack: \$17; Meat only: \$12; Vegetarian \$10.	2 nd or 3 rd Thurs of each month 4:00 - 6:00 p.m.	Wellstone Center	
Employment Counseling	Employment counselor assists individuals to prepare for job search through skills assessment, developing plan to address barriers to employment; training in job seeking skills such as application completion, resume writing, cover letters, and interviewing skills. Must be eligible to work in U.S. Language: English	Call for schedule	Wellstone Center	Adults 18+

Service	Description	Months/Days/Time	Location	Eligible Participants
English Language Learner (ELL) Program	<i>Non-native English speakers develop practical working knowledge of English while learning basics about banking, shopping, health care, housing, employment and US government. Classes build bridges between students of many cultures and expand awareness of available community and government resources. Periodic field trips. Limited child care available for children 18 months to 6 years old. For non-native English speakers. All classes taught in English.</i>			
Beginning English	Students develop basic English literacy skills centered on daily survival skills. Classes focus on increasing familiarity with English grammar, phonics, spelling, sight words and basic communication. Class serves both students who have no previous literacy experience and students who are literate in their primary language. Introduction to cultural norms and expectations. Language: English	Mon-Thurs 9:00 -11:00 a.m. and 6:30 - 8:30 p.m.	Wellstone Center	Ages 17+
		Mon, Tues, Thurs 5:45 - 7:15 p.m.	Neighborhood House West	
High Beginning English	Students continue to develop English literacy skills, grammar skills and reading comprehension while developing the oral and listening skills essential for navigating their community. Language: English	Mon-Thurs 9:00 -11:00 a.m. and 6:30 - 8:30 p.m.	Wellstone Center	Ages 17+
		Mon, Tues, Thurs 5:45 - 7:15 p.m.	Neighborhood House West	
Intermediate English	Students learn to write focused paragraphs, read and comprehend articles and short stories, study grammatical and structural aspects of the language and practice conversation for social and work related interaction. Language: English	Mon-Thurs 9:00 -11:00 a.m. and 6:30 - 8:30 p.m.	Wellstone Center	Ages 17+
		Mon-Thurs 6:30 - 8:30 p.m.	Wellstone Center	
		Mon, Tues, Thurs 5:45 - 7:15 p.m.	Neighborhood House West	
Advanced English	Students continue with an in-depth exploration of the English language. Students write essays and reports, read and comprehend fiction and non-fiction, study advanced grammar and practice formal and informal conversation for social and work related interactions. Language: English	Mon-Thurs 6:30 - 8:30 p.m.	Wellstone Center	Ages 17+
Beginning English for Life in the U.S.	Students gain exposure to and learn how to understand and navigate the complex systems that make up day to day living including healthcare, education, government, environment and employment areas. Students are introduced to specific vocabulary and improve oral and writing communication skills as well as listening and reading. Language: English	Mon and Thurs 11:30 - 1:30 p.m.	Wellstone Center	Ages 17+
		12 week sessions		
English Language/ Civics 1	Course designed to improve the reading, writing, listening and speaking skills of students who are already able to use English in the present tense. Students develop these skills and increase self confidence while learning the past, present progressive and future tense. Students will develop organization, time management, test taking, writing and reading strategies. Units on government, cultures in a multicultural society, job search, housing and community resources encourages community involvement. Language: English	Mon and Thurs 11:30 - 1:30 p.m.	Wellstone Center	Ages 17+
		12 week sessions		

Service	Description	Months/Days/Time	Location	Eligible Participants
English Language/ Civics 2	Explore how to take an active role in local, state and national government. Participate in community service projects. Increase awareness of resident rights and responsibilities in the areas of health care, school systems, emergency services (police, fire, etc). Promotes and enables participants to become independent and self sufficient. Language: English	Mon-Thurs 11:30 a.m. - 1:30 p.m.	Wellstone Center 1 class	Ages 17+
		12 week sessions		
Advanced Reading and Writing	For English language learner students who are looking to challenge themselves outside of the standard academic programming. Read excerpts from classic novels, critically evaluate readings, write reviews and comparative essays and discuss relativity to current events. Language: English	Mon-Thurs 11:30 a.m. - 1:30 p.m.	Wellstone Center	
General Educational Development Transitions	General Educational Development students are introduced to the academics of language, writing, math, science, and social studies. Students learn how to study, participate in American classroom setting and take tests. Aimed at English Language Learners. For non-native English speakers. Language: English	Mon- Fri 11:30 a.m. - 1:30 p.m.	Wellstone Center	Ages 17 + Non-native English speakers w/o high school diploma
		12 week sessions		
Pre-Graduate Equivalency Diploma (GED Exam Preparation)	Graduate Equivalency Diploma (GED) students prepare to pass the battery of GED exams including language, writing, math, science and social studies. Expand your literacy while studying with people from around the world. Students will have the opportunity to take practice exams. Language: English	Mon-Thurs 9:00 - 11:00 a.m.	Wellstone Center	Ages 17+ Non-native English speakers w/o high school diploma
		Mon-Thurs 6:30 - 8:30 p.m.		
Basic Computer Literacy	English language students learn computer programs essential to navigate and succeed for business such as Microsoft Word, Microsoft PowerPoint and Internet Navigator. Any student enrolled in ELL or GED classes and has a scaled CASAS score above 200. Language: English	Mon and Wed 1:45 - 2:45 p.m.	Wellstone Center	Ages 17+ CASAS above 200
English Language Learner Conversation Group/Partnership	Students build confidence and gain comfort in their English language ability. Participate in conversations geared to English student's particular needs. Cross cultural exchange improves knowledge of American culture and increases understanding of immigrant/refugee experience. For non-native English speakers without high school diploma. Language: English	Mon and Wed 5:30-6:30 p.m.	Wellstone Center	Ages 17+
		Tues and Thurs 1:30 - 2:30 p.m.		
		Drop in		
United States Citizenship Class	Prepare for the citizenship test and practice citizenship test interview skills. Study the 100 questions, practice listening, speaking and verbal skills necessary to pass the test. Fun and engaging activities to reinforce the skills and knowledge necessary to pass the citizenship test. Language: English	Tues and Thurs 1:45 - 2:45 p.m.	Wellstone Center	Ages 17+
		Mon and Wed 10:00 - 11:30 a.m.	Neighborhood House West	
One-on-One English Language Tutoring	Program designed for those who seek one-on-one attention in learning English. Expand your ability to communicate through individualized English practice. All levels of English. Topics determined by learner need and interest. Language: English	As scheduled	Wellstone Center Neighborhood House West	Ages 17+

Service	Description	Months/Days/Time	Location	Eligible Participants
Youth Leadership Program	<i>The goal of the Youth Leadership Program is to increase the capacity of youth to develop the life skills, positive self-esteem and resilience needed to become engaged students, creative leaders, productive citizens, and ultimately, health adults. This mission is achieved through the provision of out-of-school time activities and post high school preparation for youth. The West Side Circulator, a collaborative neighborhood transportation program, provides safe, free transportation for youth and families participating in a variety of neighborhood-based activities. Open year round. School year hours: Mon-Fri from 2:30-9:00 p.m. Summer and school break hours: Mon-Fri 11:00-7:00 p.m.</i>			
Homework Help	Students gain confidence and increase knowledge through one on one or small group tutoring and homework help. Students receive help to complete homework, improve reading skills and improve their grades. After school snack provided for all participating students. Language: English	Sept-June Mon-Fri 3:00 - 6:00 p.m. Drop in	Wellstone Center	Grades K-12
Healthy Snacks	Free, healthy after school snack helps youth remain productive and energized and able to participate in out of school time activities including Homework Help, recreational and arts and crafts activities.	Sept-June School days 4:00 - 5:00 p.m. Drop in	Wellstone Center	Grades K-12
Youth Dance	Youth develop creative expression, gain confidence, and improve fitness by learning a wide variety of dance skills and moves. Youth participants work as a team to select music and have input into choreography. Occasional participation in public performances. Registration required. Language: English	Sept-June Monday 4:30 - 5:30 p.m.	Wellstone Center	Ages 8-18
Young Women's Group	Meet each week to share issues of concern and interest. Members participate in discussions, develop new skills and support one another through adolescence. Topics include relationships, dating, interpersonal and communication skills. Participants gain life skills and positive self esteem. Registration required. Language: English	Sept-June Monday 6:00 - 7:00 p.m.	Wellstone Center	Girls ages 12-17
Beatology 101 (Digital Music – Electronic Keyboard)	Youth develop creative expression and learn how to compose and record music with an electronic keyboard onto a computer. Technology skills are improved as youth learn special software to create original works. Students burn their compositions to CD to share with others. Registration required. Language: English	Sept-June Mon and Wed 3:00 - 4:00 p.m.	Wellstone Center	Ages 13-18
Arts and Crafts	Participate in a variety of art/crafts projects throughout the year. Youth learn life skills such as how to sew on buttons and mend. Develop interests and learn hobbies for life long activity. Weekly focus on crafts such as knitting, sewing, quilt making. Variety of independent creative activities as well as team activities. Language: English	Sept-June Mon-Fri 4:00 - 7:00 p.m. Drop-in	Wellstone Center	Ages 8-18
Girl Scouts	Multi-cultural troop meets each week to learn new skills, develop strong sense of self, gain practical and healthy life skills, strengthen values and form caring relationships. Neighborhood House led program. Registration required. www.girlscoutsrv.org Language: English	Sept-May Tuesday 5:30 - 7:00 p.m.	Wellstone Center	Ages girls 5-9

Service	Description	Months/Days/Time	Location	Eligible Participants
Hmong Youth Group	American born Hmong youth serve as mentors and provide tutoring to younger Hmong youth and new arrivals. Mutually beneficial relationships are formed and nurtured as American-born Hmong develop increased sense of identity within the Hmong culture. For new arrivals, the group facilitates successful transition into mainstream culture through English language, academic, recreational activities and other cultural survival skills. Youth help plan, prepare and host community events such as parent-youth potluck dinners and cultural celebrations. Mentor participant ratio 1:2. Registration required. Language: Hmong and English	Wednesday 5:00 - 8:00 p.m.	Wellstone Center	Junior and senior high school Hmong youth ages 12-20
Pre-Teen Spoken Word	Expand and improve language skills and creativity through poetry, rap and prose. Youth gain self confidence and express thoughts and feelings in positive and creative way. Activities strengthen social relationships and increase cultural understanding. Occasionally participate in public performances. Registration required. Language: English	Sept-May Fridays 4:30 - 6:00 p.m.	Wellstone Center	Ages 8-12
Teen Spoken Word	Expand and improve language skills and creativity through poetry, rap and prose. Youth gain self confidence and express thoughts and feelings in positive and creative way. Activities strengthen social relationships and increase cultural understanding. Occasionally participate in public performances. Registration required. Language: English	Sept-May Thursday 4:30 - 6:00 p.m.	Wellstone Center	Ages 12-18
Youth Cooking Class	Youth expand basic life skills and gain ability to contribute to family well being, while learning the fundamentals of healthy nutrition and cooking. Youth are instructed in how to set a table, table etiquette and meal time social skills. Participants learn how to follow a recipe, cook and then enjoy the final product. Language: English	Sept-June Thursday 4:00 - 6:00 p.m. Drop-in	Wellstone Center Teaching Kitchen	Ages 8-18
Friday Night at the Movies	Incentive based program for regular Homework Help and other youth activity attendance and positive behavior. Youth earn tickets to recent release movies that are shown in the Youth Center. Teen youth develop flyers and/or posters to promote movies. All youth are encouraged to participate in weekly critic's club by writing their review of the movie. Critiques will be published in youth newsletter. Language: English	Friday 5:30 - 8:00 p.m. Drop in	Wellstone Center	Ages 8-18
Youth Planning Committee for Black History Month	Participants expand knowledge, appreciation and respect of African American leaders and work together to identify theme and create art work to be displayed during Black History Month. Language: English	Dec and Jan Mon-Fri 4:00 - 5:30 p.m. Various days Drop in	Wellstone Center	Ages 8-18
Black History Month Celebration	Attend a series of movies, speakers, art exhibits and other activities that examine racism, civil rights and the black experience. Discussion groups follow where youth express their thoughts, concerns and dreams based on what they have learned. Participants complete a survey on each of the movies. Language: English	February Tues and Thurs 6:00 - 8:00 p.m. Drop in	Wellstone Center	All ages

Service	Description	Months/Days/Time	Location	Eligible Participants
Youth Theater	Youth ages 8 to 18 participate in arts education and theater performance opportunities. Through a variety of workshops and performances youth develop performance skills and build social relationships with others throughout the east metro. Culminates in public production at Wellstone Center performance space. Provided in collaboration with SteppingStone Theater. Registration required. Language: English	Jan-March Tues and Thurs 4:30 - 6:30 p.m. June-August Mon-Thurs noon - 4:00 p.m.	Wellstone Center	Ages 13-18
School and Summer Break Activities	Spend school breaks at "The Neighb". Youth participate in a variety of structured activities addressing recreational, social, cultural and academic interests in a safe, supportive and supervised environment. Occasional field trips and college campus visits. Afternoon snack provided. Language: English. Multi-lingual staff present.	Dates determined by the school calendar. 11:00 a.m. - 7:00 p.m. Drop in	Wellstone Center	Grades K-12
Summer in the City	Safe, supervised, enriching environment with events and activities that promote learning, fitness and relationship building while having fun. Followed by six Family Fun Days in August. Structured outdoor activities and arts and crafts. Special activities include outings to local library, professional storyteller events, science presentations, daily story time, group projects, and educational field trip. Includes snack. Registration required. Meet at Neighborhood House West, activities held at Jewish Community Center. Language: English.	June 16- Aug 15, 2008 Mon-Fri 1:00 - 5:00 p.m.	Neighborhood House West	Grades K-5
Boys Life Skills/ Pro-Social Youth	Basic life skills for teen boys at risk of gang or corrections involvement, or through referral by court, school or other community entity. Topics include family and health issues, career exploration and financial responsibility. Social, community and team building activities organized. Registration required. Language: English	Thursday 6:00 - 8:00 p.m.	Wellstone Center	Boys ages 13-18
Jovenes (Boys Life Skill Group)	Basic life skills especially targeted to Latino youth at risk of gang or corrections involvement, or through referral by court, school or other community entity. Small group sessions focus on developing trusting and supportive relationships between participants and leader. Sessions taught from male Latino perspective. Registration required. Language: English and Spanish.	Wednesday	Wellstone Center	Ages 13-18
Community Gang Awareness	Share best practices to working with gang involved youth. How to conduct a community wide gang assessment approaches to program development for gang involved youth. For adults who work with youth in community center and youth center setting, school, police, faith community staff. Registration required. Language: English	As scheduled	Wellstone Center	Adults
Preventing Gangs in Schools	Work with Saint Paul schools to determine plan that helps youth stay out of gangs. Junior and Senior high aged youth. Registration required. Language: English	Sept-June as scheduled	Wellstone Center Humboldt Junior High School	Junior and senior high students
Restorative Justice	Victim and offender circles. Youth offenders and victims come together in safe circle to apologize and forgive. Offender takes first steps to re-entering community and set plan to give back to the community. Registration required. Language: English	As scheduled	Wellstone Center, varies	3-6 (youth, victims, parents and offenders)

Service	Description	Months/Days/Time	Location	Eligible Participants
Health Access Program	<i>The goal of Health Access is to increase protective factors and decrease risk factors for HIV/AIDS/STIs and teen pregnancy among high-risk populations, primarily low-income communities of color including immigrants and refugees. This is done by increasing knowledge on sexually transmitted infection and disease and reproductive health in a safe environment within culturally specific groups.</i>			
Comadres y Compadres (Latino version) (HIV/AIDS/STD prevention)	Participants learn how to protect themselves from HIV/AIDS and other sexually transmitted diseases in a non-threatening and culturally sensitive way. Programming includes basic human anatomy, reproductive health and risk factors. Participants are encouraged to develop individualized behavioral assessment plans to examine their own behavior and make healthy adjustments. Languages: Spanish and English	Weekly classes Mon-Wed session 4:30 - 6:30 p.m. Session repeats each week	Wellstone Center	Ages 25+
Baby Talks (Teen Parent Program)	Parenting skills of expecting and/or parenting Latino and Hmong teens are improved and expanded in culturally appropriate and sensitive way. Sessions geared to mothers ages 13 to 21, however, fathers are encouraged to participate as well. Topics include healthy pregnancy and lifestyle, nutrition, and child development. Languages: Spanish, Hmong and English	13 week sessions Spanish on Thurs 5:30 - 7:30 p.m. Hmong on Mon 4:30 - 6:30 p.m.	Wellstone Center	Ages 13-21
Walking the Walk-Talking the Talk Hablando Claro (Plain Talk HIV/AIDS/STI prevention)	Community-based initiative designed to assist neighborhood groups and residents in creating and implementing acceptable and effective strategies for preventing teen pregnancy and HIV/AIDS/STIs. Program focuses on Latino and Hmong communities and aimed at breaking cultural taboos and helping and training "askable" adults to develop skills to better communicate with teens about reproductive health. Format of group and activities determined on length of time program has been active in particular community. Language: Spanish, Hmong and English	Latino bi-weekly on Thursday 4:30 - 6:30 p.m. Hmong weekly on Monday 4:30 - 6:30 p.m.	Wellstone Center, community locations, participant homes	Ages 13+
Mujeres en Accion	Social support group for Latino women providing educational opportunities around parenting skills, family stability, healthy relationships, nutrition, health and fitness. The group provides mutual support and friendship to members who are all integrating into a new community. Language: Spanish	Bi-weekly Wednesday 5:00 - 6:30 p.m.	Wellstone Center	Women ages 21+

Service	Description	Months/Days/Time	Location	Eligible Participants
Arts Access	<i>Arts Access programming provides a safe and supportive environment for cultural expression, broadening cultural understanding, and building bridges to other communities. Arts programming provides opportunity for multi-generational and multi-cultural interaction and exchange.</i>			
Multi-Cultural Film Series	Multi-cultural Film Series brings individuals together to view films and participate in arts based civic dialogue. Post-film audience members participate in a facilitated discussion about the film and are encouraged to share their personal stories. Cross cultural exchange creates bridges between groups and support social interaction. Language: English; translation services in Somali, Hmong and Spanish provided upon request.	March, June, Oct and Dec Tues, Wed or Thurs two hour session between 5:00 - 9:00 p.m.	Wellstone Center	Ages 16+
Arts-in-Residence	Multi-cultural, multi-disciplinary series that brings teaching artists from around the Twin Cities to intersect with Neighborhood House programs. The series increases understanding and cooperation across cultures and disciplines. Language: English; translation services provided upon request.	Feb-Dec Tues, Wed or Thurs two hour session, afternoons and evenings	Wellstone Center	Youth ages 5-18; Adults 18+
Spoken Word Open Mike	Youth and adults share original poems and songs in “open mike” session. Participants expand critical thinking, creativity and social skills including confidence, self-esteem, tolerance and persistence. Individuals also expand and increase their understanding and use of language in a cross generational, safe and supportive environment. Language: English	May, June, Oct, Nov, and Dec 90 minute programs as scheduled	Wellstone Center	Ages 10+
MN Community Campaign	Enjoy film or artistic performance based on immigrant and/or refugee experiences. Performances provide information on the value of various ethnic groups and increase awareness and understanding of challenges facing new arrivals. Followed by dialogue facilitating social networks, increased understanding and relationships. Provided in collaboration with MN Community Campaign. Language: English; multi-lingual performance.	Feb, April, July, Oct Tues, Wed or Thurs 7:00 - 9:00 p.m.	Wellstone Center	Ages 10+
Arts for Older Adults	Weekly activities and art appreciation events and outings. Relationships and social networks are strengthened through periodic dance, arts and theater outings, storytelling and arts activities. Language: English and Spanish.	Wednesday noon - 3:00 p.m.	Dunedin Family Center	Ages 60+
Dance	Summer dance series engages Westside Youth, ages 13 – 18 years. Exposure to hip hop, modern, and folkloric dance promises to engage a range of youth. Series will be led by professional and experienced dancers. Enhanced and positive body image, flexibility and overall physical wellbeing are gained through dance. Language: English	June-Dec performance Dec 18	Wellstone Center	Youth ages 13-18

Service	Description	Months/Days/Time	Location	Eligible Participants
School Readiness Program	<i>School Readiness programming provides a vehicle for parents with children birth to age six, to improve language skills and understand cultural norms and expectations for school success.</i>			
Together Time	Promotes school readiness by teaching age appropriate English language, educational and social skills. Parents/ caregivers and child(ren) participate in programming together to learn about school behavior and academic expectations through story, circle, singing time and other activities. Drop in. Language: English	Neighborhood House West Wednesday 9:30 - 11:30 a.m. Skyline Towers Monday 10:00 a.m. - noon	Neighborhood House West Skyline (CommonBond Communities)	Children up to age 5 and parents
Skills for School	Structured environment for children to learn social and behavior skills that will help them get ready for and promote their success in Kindergarten. Licensed Early Childhood Educator and assistants involve each child in activities such as art and learning numbers, letters and colors. Family Workers schedule home visits to educate parents on cultural expectations, child development and promote family involvement in their children’s education. Bi-lingual staff scheduled as needed. Registration required. Language: English; translation services upon request.	Wed and Fri 12:30 - 2:30p.m.; home visits by appointment Tues and Thurs 9:30 - 11:30 a.m.; home visits by appointment	Neighborhood House West; home visits Wellstone Center	Ages 3-5 Ages 3-5 13-15 children
Saint Paul Scholarship Program; Minnesota Early Learning Foundation (MELF)	Connects families with high-quality childcare in order to best support children’s language and literacy development. Parenting assessment conducted and individualized plan developed to help parents improve parenting skills and knowledge through education about child care, child development, and school-readiness. This is a voluntary program that will pay for the costs of child care for eligible families. Frogtown neighborhood families with 3 year old in the home. Language: English, Spanish and Hmong	Mon-Fri as scheduled	Home Visits	Frogtown families with 3 year old in home
Children’s Literacy Activities	Children learn English, and provide an enriching educational experience through songs, stories, rhymes and conversations. Activities promote the development of cognitive, motor, and social skills necessary for educational success. Children gain exposure and learn about the routines of a preschool classroom. For 18 months to six years; maximum two hours care provided while parent participates in a Neighborhood House program. For non-native English speakers. Language: English	Mon-Thurs 9:00 a.m. - 3:00 p.m. 5:00 - 8:30 p.m.	Wellstone Center Discovery Room	18 months to 6 years

Service	Description	Months/Days/Time	Location	Eligible Participants
College Access Program	<i>College Access focuses on addressing the achievement gap between students of color and white non-Hispanic students. The program works with youth and parents to increase graduation rates and provide counseling, information and access to encourage post high school education.</i>			
College and Career Advising	On-site counselors provide college and career advice, scholarship and loan information to low income and/or students of color. Personal attention in the language of the potential student, provides support and encouragement for pursuing post secondary education leading to increased opportunity for employment and social connections. Language: English with other languages as required.	Mon-Fri 1:00 - 7:00 p.m. Drop-in	Wellstone Center	Ages 14+
High School Success!	One on one or small group English, math, and writing tutoring available. Intensive remedial services, test taking skills and ACT preparation provided. Encourages and supports students to complete high school and consider post secondary vocational and college opportunities. Registration required. Language: English.	Mon-Fri 3:00 - 7:00 p.m.	Wellstone Center	Grade 7-12
College Fairs	Junior and senior high school students attend local college fairs to learn about post high school vocational, technical and college opportunities. Fairs include Power of You sites. Students sign up at Neighborhood House. Transportation provided. Parents and/or caregivers welcome but not required to attend. Registration required. Language: English.	Jan-May and Aug-Oct Mon-Fri 10:00 a.m. - 8:00 p.m.	Twin Cities metro area	Grades 7-12
Vocational and College Campus Visits	Junior and senior high school students participate in campus tours, meet with admissions staff and faculty at a variety of colleges throughout the state. Registration required. Language: English	As scheduled	Vocational and college campuses throughout Minnesota	Grades 7-12
Vocational and College Readiness	Adult GED student or graduate candidates have access to vocational and college enrollment, advising and career exploration. Support and information on application and admission processes. Language: English	Mon-Thurs 1:00 - 7:00 p.m. Drop-in	Wellstone Center	Adult GED (non-native English speakers)
Parent Education Guide to post secondary education for your child January 2009	Offer parent meetings in a variety of languages to provide information on post secondary education in the US for their children. Review financial and academic assistance resources for student tuition. Personal assistance provided for parents and students to complete the financial aid forms for their child's financial aid. Language: English, Somali, Hmong and Spanish.	Mon-Thurs by appointment 1:00 - 7:00 p.m.	Wellstone Center	Parents of junior and senior high school aged youth
Currie Scholarship	Increase student access to post secondary vocational and college options through financial support. College and vocational scholarship program dedicated to support of local West Side affiliated community members. Award based on residency, employment, volunteer participation. Language: English	May 1 application deadline June 30 award notification	Wellstone Center	10-15 awards/year

Service	Description	Months/Days/Time	Location	Eligible Participants
Family Support Program	<i>Multi-cultural, multi-lingual family workers identify barriers and issues that hinder successful parenting and early childhood readiness. Family workers provide assessment, referrals and resources to support families toward healthy family relationships.</i>			
Early Childhood Case Management	Multi-cultural, multi-lingual family workers provide resources and information to help parents improve parenting skills and gain control of the direction of their lives. Intake, assessment, goal development, advocacy, education, and connection with community supports and resources are provided through community-based services. Families referred through Ramsey County; 16 hours case management services provided over 3-6 month time period. Language: English, Spanish, Hmong and Somali	Mon-Fri as scheduled	Home visits	
School First – Truancy Prevention	Early intervention program for families with elementary aged school children who school staff has recognized as at-risk for truancy or academic struggle. Parents are supported to improve attendance and increase literacy skills. Services are provided on a voluntary basis. Riverview and Cherokee Elementary schools students. Language: English and Spanish	Sept-June Mon-Fri as scheduled	Home Visits	Grades 1-3
Caregiver Network	Trainings and workshops to help parents and caregivers learn about community resources to improve parenting skills and receive information on positive discipline, healthy nutrition, building strong families, housing and financial information and legal and immigration issues.	Dates vary Call for schedule	Wellstone Center Skyline Towers	Parents and caregivers
Social Work Internship Program	Staff MSW provides supervision, support, and guidance to bachelor and master's level social work students. MSW Staff serves as a contact person with each of the schools to ensure the interns comply with their individual school's requirements and achieve specific learning objectives. Language: English		Wellstone Center, Neighborhood House West	
Refugee Case Management Services	Facilitate refugee family stability, health, adjustment and integration into mainstream culture. Case management, immigration, cultural empowerment and integration programs and youth group services. Case management services include intake, assessment, goal development, advocacy, education, and connection with community resources. For refugees in the US less than five years. Language: Somali and Hmong	Home visits	Wellstone Center	
Immigration Services	Participants receive information regarding access to services, status adjustment and citizenship. Immigration legal services are provided in partnership with the Immigrant Law Center of Minnesota (ILCM). For refugees with less than five years US residence. Language: Somali, Hmong and Spanish	Wellstone Center Mon-Fri 9:00 a.m. - 5:00 p.m. by appointment		
Parent Education Class	Participating parents improve parenting skills and knowledge through education about child care, child development, school-readiness and non-violent discipline. Parents also learn about cultural expectations regarding school attendance, their role as parents of school-aged children and child protection system. Registration required. Language: English. Translation provided upon request.	Neighborhood House West Call for schedule.		
Hmong American Unity (HAKS)	Social empowerment group that helps build bridges between new Hmong arrivals and Hmong families that have been in the US for a longer period of time. Established community members help new arrivals transition and function in their new environment. Group members educate one another on local and global policy issues and encourage civic engagement. Language: Hmong	Last Friday of each month 4:30 - 6:30 p.m. Drop in	Wellstone Center	Hmong families

Service	Description	Months/Days/Time	Location	Eligible Participants
Cultural Enterprise Program	<i>Provides education and training to help organizations, governments and communities to understand new arrivals in their community and increase their ability to effectively reach out and work together.</i>			
Consulting and Training Services	Align organizational strategies, processes, and systems to vision for diversity. Effectively reach out and engage immigrant and refugee populations. Asset based approach will enhance cultural responsiveness and help make your organization stronger.	Upon request	Off site	Business, city and county government, Health care industry, non-profit and service providers.
Cultural Competency Workshop Series	Increase your ability to understand, work with and engage immigrant and refugee populations. Five part series includes understanding your ancestry and how it relates to challenges of new immigrants and refugees; introduction to Somali culture and family systems; Latinos in Minnesota; introduction to Hmong culture and family systems; the refugee journey. <i>Language: English</i>	Call for schedule or check www.neighb.org	Wellstone Center	Early childhood and K-12 educators, community organizers, health care service providers.

Service	Description	Months/Days/Time	Location
Building Rental	<i>Provide a safe and welcoming space for all people, including renters, community members, visitors and participants. Hosts a wide variety of groups, organizations, and community meetings including multi-day conferences, political events, wedding receptions, and other parties.</i>	Mon-Fri 7:00a.m. - 10:00 p.m. Saturday 10:00 a.m. - 6:00 p.m. Sunday noon - 5:00 p.m.	Wellstone Center Class rooms, meeting rooms, dining room, gymnasiums, Performance Space

Service	Description	Months/Days/Time	Location	Eligible Participants
Events and other services				
Embrace the Dream	Embrace the Dream is the single largest fundraising event that NH holds on an annual basis. The goal is to inspire and motivate individuals to financially support NH programs through a compelling and informative one hour free event.	Annual, One hour breakfast event. Sept 19, 2008	RiverCentre	
March Food Drive	Food shelves across the state participate in a state wide effort to raise funds, food and awareness of the hunger issue. Local businesses, congregations, schools and individuals coordinate special drives and events to benefit the NH food shelf. Drives held in collaboration with Minnesota FoodShare, a coalition determined to end hunger in Minnesota.	Annual, Month-long event in March	Neighborhood House West, across the metro	
Awards Event	An annual event to celebrate and recognize: a volunteer for their outstanding service and commitment to NH; an alumna who was once a recipient of Neighborhood House programs and who has gone on to make outstanding contributions to society; and name honorary board member(s) who has served NH with distinction for a minimum of six years.	Early June	Wellstone Center	
Volunteer Program	NH offers a wide variety of volunteer opportunities that allow individuals to use their skills to help others, learn new things, make new friends, and feel good about giving back to the community. Volunteers serve as board and committee members, food shelf assistants, English teachers, home work tutors, event volunteers and in many other ways. Volunteers enhance NH programs, increase agency efficiency, and provide a venue for community enrichment through service.		Wellstone Center, Neighborhood House West and locations throughout metro	
Internship Program (non-social worker)	A program for non-social work interns to gain experience in non-profit setting. Program focuses on recruitment upper classmen from area colleges majoring in communications, marketing, journalism, web design, nutrition, non-profit management and finance. Interns will be engaged in projects that will provide valuable experience and support Neighborhood House in a myriad of ways.		Wellstone Center, Neighborhood House West	
Tax Filing Assistance	Free onsite tax preparation services for individuals with a family income of no more than \$40,000. Participants provide their W2 information along with all tax forms from bank accounts, mortgages, rent credit, rebates and other expenses. Trained tax preparers complete and file tax forms. Language: English, Spanish, Oromo, Amharic, Tigrigna, Russian. Other translation services upon request.	Feb-April 15 Saturday 10:00 a.m.-3:00 p.m.	Neighborhood House West	
School Supply Drive	Annual drive to provide NH participant children basic school supplies. Local business, faith community and individuals are solicited to contribute to the drive. Registration required through Basic Needs.	Late August	Wellstone Center Neighborhood House West	
Holiday Dinner	Annual event in partnership with the Optimist Club to provide turkey dinner and toys to Neighborhood House participant families. Optimist Club cooks and serves the meal and Neighborhood House staff and volunteers facilitate the event and the toy shop.	Dec. 18, 2008 tentative	Wellstone Center	Youth Center participants and their families

