

HYGIENE RESOURCES



SHOWERS

Agate Housing & Services (House of Charity site)

- **Address:** 510 South 8th Street, Minneapolis MN 55404
- **Phone:** 612-874-9292
- **Hours:** Monday–Friday, 9 am–1 pm (last shower at 12:40 pm)
- **Provides:** Free public showers with towel and soap.

Catholic Charities –

Mary F. Frey Minneapolis Opportunity Center

- **Address:** 740 East 17th Street, Minneapolis MN 55404
- **Phone:** 612-204-8300
- **Hours:** Monday–Friday, 8–10:30 am (tickets given 7–8 am)
- **Provides:** Showers, towels, toiletries, laundry, lockers, meals, mail services, and case management.

Sharing & Caring Hands

- **Address:** 525 North 7th Street, Minneapolis MN 55405
- **Phone:** 612-338-4640
- **Hours:** Monday–Thursday, 10–11:30 am
- **Provides:** Showers, clothing closet, hygiene kits, meals, and various day services.

YouthLink Drop-In Center (ages 16–24)

- **Address:** 41 North 12th Street, Minneapolis MN 55403
- **Phone:** 612-252-1200
- **Hours:** Mon, Tue, Thu, Fri 9 am–4:30 pm; Wed 10 am–8 pm
- **Provides:** Hot showers, hygiene supplies, free laundry, clothing closet, meals, and youth support.

Salvation Army Harbor Light Center

- **Address:** 1010 Currie Avenue, Minneapolis MN 55403
- **Phone:** 612-767-3100
- **Hours:** Daily, long daytime hours
- **Provides:** Showers and hygiene facilities for shelter residents, along with meals and housing resources.

Listening House (Day Services)

- **Address:** 421 East 7th Street, St. Paul MN 55101
- **Phone:** 651-227-5911
- **Hours:** Daily, daytime
- **Provides:** Showers, fresh clothing, hygiene kits, and first aid.

Union Gospel Mission Twin Cities

- **Address:** 435 University Avenue East, St. Paul MN 55130
- **Phone:** 651-228-1800
- **Hours:** Daily, varies by program
- **Provides:** Showers, clothing, laundry, and hygiene supplies.

Public Showers Directory

- **Website:** publicshower.directory/state/minnesota
- **Provides:** A crowd-sourced list of public showers, including service centers and truck stops across Minnesota.

LAUNDRY (FREE / LOW COST)

The People's Laundry MPLS

Location: Minneapolis, MN

Service: A volunteer-run mutual aid program that offers laundry assistance through scheduled drop-off and pick-up.

PRIDE Drop-In Center (The Family Partnership)

Location: Minneapolis, MN

Phone: 612-729-0340

Provides: Up to two loads of free laundry, along with showers and access to a clothing closet.

Laundry Love (Twin Cities Locations)

Location: Various laundromats across the metro

Provides: Free laundry services during designated “Laundry Love” events at participating laundromats.

Check online for current locations and hours.

North End Laundry + LaundryCares Events

Address: 1675 Rice St, St. Paul, MN 55117

Provides: Free laundry and literacy events offering complimentary washing and drying of clothes and linens. Event-based, with no limit on loads during these occasions.

HYGIENE SUPPLIES & PERSONAL CARE

Sharing & Caring Hands

Address: 525 N 7th Street, Minneapolis, MN 55405

Phone: 612-338-4640

Services Provided: Hygiene kits (toothpaste, deodorant, soap, etc.), clothing, and other basic necessities, along with meals and day services.

Salvation Army Harbor Light Center

Address: 1010 Currie Ave, Minneapolis, MN 55403

Phone: 612-767-3100

Services Provided: Toiletry kits, showers, and clothing for shelter residents and walk-ins through day services.

YouthLink Drop-In Center (Ages 16–24)

Address: 41 N 12th St, Minneapolis, MN 55403

Phone: 612-252-1200

Services Provided: Hygiene supplies, showers, laundry services, clothing closet, and access to case support.

The Bond Between Pet Food Shelf (Bonus)

Address: 2501 Minnehaha Ave, Minneapolis, MN 55404

While primarily focused on pet food, they frequently offer supplies for pet owners as well, including toiletries and small personal care kits.

Mobile Outreach Teams / Pop-Ups

Organizations like St. Stephen's/Agate outreach and various church partners occasionally distribute hygiene kits, socks, underwear, and period supplies at encampments or day centers.

Free Period Product Access (MN Law 2024)

Libraries, schools, and many community centers now provide free period products in restrooms, serving as an essential hygiene resource for women and girls.