



SHELTER RESOURCES

Twin Cities + Suburbs

If you are in need of shelter in the Twin Cities, start by contacting the **Hennepin Shelter Hotline** at **612-204-8200**. This hotline serves as the initial step for most adult shelter placements.

SHELTER INTAKE + ACCESS

Hennepin Shelter Hotline - 612-204-8200

- **Hours:** Mon–Fri 8 AM–10 PM; Sat & Sun 1 PM–9 PM
- **Note:** This is the first call for adults 18+ seeking emergency shelter, connecting individuals to safe temporary housing and navigation support.

Adult Shelter Connect – 160 Glenwood Ave N, Minneapolis

- **Phone:** 612-204-8200 (Option 1 for new placements; Option 2 for rebooking)
- **Hours:** Mon–Fri 10 AM–4 PM; Sat & Sun 1 PM–4 PM; in-person drop-in Mon 11 AM–2 PM; Evening phone support 7:30–10 PM daily.
- **Note:** Central hub for adults seeking emergency shelter.

WOMEN ONLY

Salvation Army Harbor Light – Sally's Place

- 1010 Currie Ave, Minneapolis | **612-767-3100**
- **Note:** Secure women's shelter with overnight and 24/7 beds based on availability. Amenities include showers, laundry, meals, and case management.

Salvation Army Harbor Light Women's-Only Shelter

- 2400 Stevens Ave S, Minneapolis | **612-737-3100**
- **Note:** 24/7 shelter for individual women; stays reserved in 30-day blocks. Offers three meals daily, showers, laundry, and housing-focused case management.

MEN ONLY

Catholic Charities Higher Ground Minneapolis

- 165 Glenwood Ave N, Minneapolis | **612-204-8552**
- **Note:** Overnight shelter for single adult men, including dinner, showers, and restrooms. "Pay-for-Stay" beds are available with lockers and a computer lab.

Salvation Army Harbor Light – Men's Emergency Housing – 1010 Currie Ave, Minneapolis | 612-767-3100

- **Note:** Secure shelter for men, available for overnight or 24/7 depending on the program. Amenities include showers, laundry, meals, and case management.

FAMILIES WITH CHILDREN

People Serving People

- 614 S 3rd St, Minneapolis | **612-332-4500**
- **Note:** Focuses on families with children and pregnant women, offering private rooms, three meals daily, laundry, preschool, medical clinic, and case management.

Mary's Place (Sharing & Caring Hands)

- 401 N 7th St, Minneapolis | **612-338-4855**
- **Note:** Shelter for families with two or more children. Applications must be made in person at Sharing & Caring Hands (525 N 7th St).
- **St. Anne's Place (People Serving People)** – 2634 Russell Ave N, Minneapolis | 612-521-2128
- **Note:** Shelter for mothers (18+) with children; up to 16 rooms available. Referrals are processed through the Hennepin County shelter team (612-348-9410).

ALL GENDERS

Avivo Village – North Loop, Minneapolis

- **Note:** Offers 100 individual tiny-home style rooms, open 24/7. A low-barrier shelter utilizing a harm reduction model, providing three meals daily, showers, laundry, and wraparound services.
- **First Covenant Church Shelter (Agate Housing & Services)** – 810 S 7th St, Minneapolis
- **Note:** 48 beds for all genders, including couples. Provides three meals daily, showers, weekly laundry, job search support, and a savings program. Guests must check in by 7 PM.
- **Simpson Shelter (Interim: Zion Lutheran Church)** – 128 W 33rd St, Minneapolis | 612-874-0306
- **Note:** 66 beds for men, women, and non-binary individuals. Offers meals, showers, laundry, health clinic, advocacy, and housing support. Sobriety is not required; companion animals may be allowed.
- **Our Saviour's Shelter** – 2219 Chicago Ave S, Minneapolis | 612-872-4193
- **Note:** Provides beds for both men and women, including meals, showers, laundry, case management, computer lab access, and mail service. Stays typically last 30–90 days

YOUTH

Brooklyn Avenues (Avenues for Youth) – 7210 76th Ave N, Brooklyn Park | 612-522-1690

- **Note:** Supports youth ages 16–21 with one emergency bed and 11 transitional beds available for up to 18 months. Open 24/7.
- **Avenues for Youth – Minneapolis** – 1708 Oak Park Ave N, Minneapolis | 612-522-1690
- **Note:** Provides emergency and transitional shelter for youth ages 16–21, including case management and housing support.
- **The Bridge for Youth – Resilience House** – 1111 W 22nd St, Minneapolis | 612-377-8800 (24/7)
- **Note:** Shelters youth ages 10–17, offering meals, case management, and healthcare access. All youth are welcome, including LGBTQ+ and BIPOC.
- **The Bridge for Youth – Gloria's Place** – 1111 W 22nd St, Minneapolis | gloriasplace@bridgeforyouth.org
- **Note:** For pregnant or parenting youth ages 15–17 with children aged 0–3, providing safe housing, meals, clothing, and support for young families.
- **Hope Street Shelter** – 4140 Cheatham Ave, Minneapolis | 612-204-8211
- **Note:** Shelter for youth ages 18–24, offering case management and mental health support. Intake is through the Hennepin Shelter Hotline.

SAFE SHELTER (DOMESTIC + SEXUAL VIOLENCE)

Cornerstone – 24-Hour Crisis Line: 1-866-223-1111 | Text 612-399-9995 | cornerstonemn.org

- **Note:** Provides emergency housing for individuals and families fleeing domestic or sexual violence, along with a full range of support services.
- **Missions Inc. – Home Free Shelter** – 24-Hour Crisis: 763-559-4945
- **Note:** Emergency shelter for women and children experiencing domestic violence, including safety planning, advocacy, legal assistance, and a children's program.
- **Harriet Tubman Center East** – 1725 Monastery Way, Maplewood | 612-825-0000 (24/7 Crisis) | tubman.org
- **Note:** Shelter available for women, men, and children in crisis, with space for 100 individuals. Referrals to safe shelters are made if at capacity.