



Christianson & Company

COMMERCIAL REAL ESTATE SERVICES

www.SpaceAvailableMN.com

Here are some ways you can give back during the Covid-19 crisis:

Give-Back Opportunities, Ideas and **Links**

VolunteerMatch:

<https://info.volunteermatch.org/covid-19-resource-hub>

VolunteerMatch is dedicated to supporting the entire impact ecosystem—volunteers, nonprofits, corporate responsibility, government, and the public at large—in response to the unprecedented health emergency.

As the leader in volunteer mobilization and engagement, our responsibility to connect individuals across the nation with the causes and organizations that are most in need is an effort that, in these times, requires a renewed sense of focus and action.

With the full strength of our resources behind us, we are oriented—for the duration of this public health crisis and beyond—toward providing a platform for our many communities to receive the support, resources, and direction needed to weather these turbulent times.

HandsOn Twin Cities:

<https://www.handsontwincities.org/need>

HandsOn Twin Cities is the Twin Cities only full-service volunteer center that both promotes and facilitates volunteerism while improving the community's ability to create more impact with the time generously given by volunteers. We work with all types of volunteers, companies and nonprofit affiliates to ensure that every hour spent in the community is valuable.

For **people** who want to volunteer we promote local, organized and relevant volunteer opportunities at nonprofits that know how to work with volunteers.

For **nonprofits** we work as an extension of your staff, increasing your ability to provide meaningful volunteer experiences that are good for the volunteers and add to your impact. We provide training, tools and resources to help you serve your clients better and fulfill your mission. We promote your volunteer opportunities that support your mission.

For **companies** we ease the burden of busy foundation and corporate relations staff, empowering you and your volunteers to serve the community better. We expertly

manage individual and group projects from start to finish and help you pick projects and partners that align with your employee interests and corporate goals. In short, we make it easy for you.

Building on 100 years of experience as the Nation's first Volunteer Center, HandsOn Twin Cities, and our 400 nonprofit partners, give communities the opportunities to “Be The Change”.

United Way:

<https://www.211unitedway.org/2020/05/06/coronavirus-information-2020/>

United Way 2-1-1 is an easy-to-remember, three-digit number that families and individuals in Minnesota can call to obtain free and confidential information on health and human services. 2-1-1 call centers are staffed 24/7 by trained Community Resource Specialists who quickly assess needs and refer callers to the help that they seek.

2-1-1 OFFERS INFORMATION ON A BROAD RANGE OF SERVICES, INCLUDING:

- Food and housing support
- Mental health and substance abuse resources
- Legal assistance
- Youth programs
- Medical and dental clinics
- Job training opportunities
- Household items
- And much more!

More than 90 percent of the United States has access to 2-1-1, along with several areas of Canada. For more information on the national 2-1-1, visit <http://211.org/>.

How to Lend A Helping Hand:

<https://www.startribune.com/how-to-lend-a-helping-hand-during-the-covid-19-crisis/568876122/>

How to lend a helping hand to charities during the COVID-19 crisis

In particular food shelves and pantries are struggling to keep up with an increased demand for services and fewer volunteers.

Charity organizations, particularly food shelves and pantries, are struggling to keep up with an increased demand for services and fewer volunteers. Here are places you can donate to across Minnesota.

Appetite for Change (AFC):

<https://appetiteforchangemn.org/>

Each week, Appetite For Change is collaborating with community partners such as **Pillsbury United Communities, St. Stephen's Human Services**, and others to distribute nourishing meals to neighbors in need. To date, they've given away more than

2,000 meals! With your support, they can continue to provide freshly made meals for families in North Minneapolis.

- \$8 provides 1 donated meal
- \$15 provides 2 donated meals
- \$25 provides 4 donated meals
- \$50 provides 9 donated meals
- \$100 provides 20 donated meals

*A donated meal serves one person and includes a nutritious entree and two sides.

AFC has extended its partnership with the **Hennepin Heroes Fund**, providing 600 meals each week to emergency healthcare workers and psychiatric services providers. **Hennepin Healthcare** is the regional emergency response team, having trained dozens of communities and thousands of providers to answer the call to serve. They are 7,000 employees working overtime to keep you safe.

Real food delivered. AFC is also partnering with **The MN Table**. When you order a wholesome, chef-prepared meal delivered straight to your door, you can also donate meals that Appetite For Change will distribute to those in need.

Breakthrough Ministries:

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

Preparing and serving as much as 800 meals a day to the homeless in our communities. Regular service is currently suspended but their work continues.

Connections to Independence:

<https://www.c2iyouth.org/>

C2i helps youth ages 14-24 successfully emancipate from the foster care system. You can sign on to mentor a young adult – support is especially welcome during this stressful time. Donations to C2i now can make a huge difference to those in need during Covid-19.

To add to this list or to share a specific need, please send an email to info@SpaceAvailableMN.com