Stability and Hope for Youth

"Homeless feels hopeless," Kim said.

Imagine the fear of not knowing if you will be safe at night, or if you’ll be able to find food the next morning. This is reality for more than 4,000 youth experiencing homelessness every night in Minnesota.

"I was constantly physically and emotionally abused," she said. “I’d rather sleep in a park.” At age 17, Kim slept on park benches, playground slides and friends’ couches. “I was always afraid. I was always in the dark by myself,” she said.

Kim found hope and support in Lutheran Social Service of Minnesota’s Rezek House, a two-year transitional housing program for youth experiencing homelessness “Rezek House gave me what I needed — a foundation and a village surrounding me.”

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Items Needed Most by Youth:

- New Socks & Underwear
- Mittens & Gloves
- Full Size Shampoo / Conditioner (especially brands containing Shea Moisture)
- Razors & Shaving Cream
- Tooth Brushes / Toothpaste
- Shelf-Stable Foods (Mac & Cheese/ Ramen)
- Granola Bars or Snacks
- Hand Warmers
- Diapers—Size 3 & Larger
- Baby Wipes
- Educational Toys
- $10 Gift Cards
  - McDonalds, Perkins & Denny's (open all night places)
LSS provides shelter, counseling support and resources to youth experiencing homelessness in seven communities statewide:

**Twin Cities**
- Street Outreach, Safe House Emergency Shelter, Rezek Transitional Housing, LifeHaven for Youth with Infants, Scattered-Site Housing, Independent Living Skills Education

**Brainerd**
- Street Outreach, Journey Transitional Housing, Runaway and Homeless Youth Program, Central Minnesota Regional Navigator, Saving Grace Foster Care, Independent Living Skills Education

**Duluth**
- Street Outreach, Another Door Emergency Shelter, Bethany Youth Shelter, Renaissance Transitional Housing, Runaway and Homeless Youth Program, LSS Teen Wellness Center, Independent Living Skills Education, Safe Place, Together For Youth

**Mankato**
- The Reach Drop-In Center, B.O.O.S.T. Young Parents Group, Sheltered Ground Transitional Housing, Independent Living Skills Education

**Rochester**
- Street Outreach, The Link – Case Management and Support, Peer Support Group, Runaway and Homeless Youth Program, Independent Living Skills Education

**Virginia**
- Range Youth Shelter, Runaway and Homeless Youth Program, Independent Living Skills Education

**Willmar**
- Street Outreach, Transitional Housing, Independent Living Skills Education, Peer Support Group

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**If I gave up:**

**Youth would have:**

- $20 a month: A latte a week
- $40 a month: One lunch out per week
- $50 a month: One movie with refreshments for 2
- $100 a month: Tickets for 2 to a sporting event or concert each month
- $20 a month: A medical prescription filled
- $250 a month: Books for a semester of college
- $500 a month: Furnishing a youth’s first apartment

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You can send your gifts online to [www.lssmn.org/donate](http://www.lssmn.org/donate) or send your gift through the mail to:

**Lutheran Social Service of MN**
2485 Como Avenue
Saint Paul, MN 55108

Thank you for loving your neighbor!

[www.lssmn.org](http://www.lssmn.org)