



## 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)

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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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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

If I gave up: Youth would have:

A latte a week      A medical prescription filled

\$20 a month

One lunch out per week      Groceries

\$40 a month

One movie with refreshments for 2      A pair of new shoes

\$50 a month

Tickets for 2 to a sporting event or concert each month      New clothes for school or work

\$100 a month

Family tickets to a pro sporting event      Books for a semester of college

\$250 a month

A weekend getaway      Furnishing a youth's first apartment

\$500 a month

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!  
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