



overwhelmed? **WORRIED?**

Asking for help can be the bravest thing to do.

Life can be tough. We're here to listen and help.
Call MoveFwd and we will call you back the next business day.

We can meet you at school, your home or our office.

Visit our Drop-in Center.

Free, confidential counseling and housing help without judgment.
We value all young people — we'll respect you, your situation and your feelings.

We know how challenging things can get and we can help you.

MoveFwd serves teens and young adults ages 12-24.
Get more details and Drop-in Center hours at movefwdmn.org.



MoveFwd (FORMERLY TEENS ALONE)
Eisenhower Community Center
1001 Highway 7, Room 237
Hopkins, 55305

(952) 988-TEEN (8336)