



**MoveFwd provides  
mental health and  
housing support to  
teens and young  
adults so they can  
focus on building  
a bright future.**

**All services are  
free & confidential.**

# our services

**COUNSELING** Barrier-free therapy to youth and families

**CASE MANAGEMENT** Housing assistance to young people who are experiencing or at risk for homelessness

**TRANSITIONAL HOUSING** Housing program for young adults who are learning to live on their own

**DROP-IN** Drop-in center at Eisenhower Community Center for young people 15-25

**OUTREACH** Outreach in the community to connect young people to housing and basic needs resources

## drop-in center

### **NO APPOINTMENT NEEDED**

Monday–Thursday, 2:30–5:00pm at the Eisenhower Community Center

### **STOP BY FOR SUPPORT REGARDING:**

- > Housing
- > Food and hygiene products
- > Employment search
- > Advice for how to get a social security card, state ID, birth certificate, etc
- > Finding the resources you need

## Looking for a way to be a part of a young person's journey?

### donate

Consider making a financial gift or donating to our wish lists. Donations can be made via our website, [movefwdmn.org](http://movefwdmn.org)

### volunteer

Drop in to volunteer, join a committee, or provide a meal for our monthly support group. Please contact our Program Manager at 952.988.5337 for more details.



**MoveFwd**  
**Eisenhower Community Center**  
1001 Highway 7, Room 235, Hopkins, MN 55305  
952/988-TEEN (8336)

[info@movefwdmn.org](mailto:info@movefwdmn.org)  
[movefwdmn.org](http://movefwdmn.org)