

# CEAP Programs

## Winter 2023



### Need to Know Numbers

#### SNAP

- 1-800-657-3698
- [mnbenefits.mn.gov](https://mnbenefits.mn.gov)

#### WIC

- 1-800-657-3942
- <https://www.health.state.mn.us/people/wic/>

#### Energy Assistance

- Community Action Partnership of Hennepin County
  - 952-930-3541
- <https://caphennepin.org/>



### Safe @ Home Brooklyn's

Need housing advice? Meet with a Housing Resource Navigator at CEAP!

Available by walk-in and appointment.

Hours: 8:00am-4:00pm Monday - Friday

Call 763-566-9600 or email [housing2@ceap.com](mailto:housing2@ceap.com)

7051 Brooklyn Boulevard Brooklyn Center, MN 55429

### Stay Connected



Visit CEAP's calendar on our website to find most up-to-date event listings!

Follow CEAP's social media accounts for reminders and other updates!



@ceap.mn



@ceap\_mn



## Winter Health Programs

### January

#### Cervical Health Month

- Facts and prevention tips included in curbside pick-ups
- Information will also be on our social media accounts throughout the month.

### February

#### Children's Dental Health Month

- Children's dental kits available at curbside pick-ups

#### American Heart Month

- Heart Healthy tips and tricks throughout the month on social media and curbside.
- Raffle to win a wrist blood pressure monitor! Scan this QR code to enter!



### March

#### Nutrition Month

- Upcoming sign-ups in March for the next round of Cooking Matters Courses, a FREE 6-week cooking course taught at CEAP with the UMN Extension!
- Stay connected to our social media accounts to learn about nutrition throughout the month of March.
- Submit your household's favorite healthy recipe to be included in CEAP's Community Cook Book! Email submissions to [kelly.leddy@ceap.com](mailto:kelly.leddy@ceap.com).

## Community Program Spotlight

### VITA Tax Assistance Program



VOLUNTEER INCOME TAX ASSISTANCE

FREE tax advising clinics held at Community Action Partnership of Hennepin County now until April 14th, 2023.

Hours:

Tuesdays 3:00pm-8:00pm, Thursdays 1:00pm-7:00pm, and Saturdays 8:00am-3:00pm

Email [taxassistance@caphennepin.org](mailto:taxassistance@caphennepin.org) or call 952-697-1414 to receive application forms.



### Tree Trust's Pre-Apprenticeship Program Feb 26th- May 5th.

Branches is a 10-week, PAID job training program for individuals interested in tree care and landscaping construction careers.

Eligibility requirements:

- Must have a high school diploma or GED
- Must live in Hennepin County
- Must be between the ages of 18 and 28 years old.

How to enroll?

- Contact Tree Trust's Employment Success Coach, Joan Frentz, by February 20th to enroll. Phone: (612)297-1911