¬Send Community Calendar information to us by email: info@insightnews.com , by fax: 612.588.2031, by phone: 612.588-1313 or by mail: 1815 Bryant Ave. N. Minneapolis, MN 55411. Free or low cost events preferred.

EVENTS

Volunteers of America Foster Parent Information Meetings Ongoing

Foster Parent Information Meetings for interested skilled parents desiring to provide care for troubled youth in the Volunteers of America foster care program. Kids of all ages are in need of a stable home with dedicated parents. Information meetings are held at Volunteers of America Corporate Office every Friday from 10am-11:30am. To RSVP or for additional information on becoming a foster parent, contact Jolene Swan at 952-945-4064, email ftpfostercare@voamn.org or online at voafostercare.org

Hmong American Day May 14

Saturday May 11th the first ever Hmong American Day will be held at Fort Snelling State Park. This event will commemorate the Hmong people's contribution and sacrifices during the Vietnam War. Here, Governor Mark Dayton will proclaim May 14th "Hmong American Day" in Minnesota. The event is free and open to the public. More news and updates concerning this event can be found on the Hmong American Day facebook page: https://www.facebook.com/HmongAmericanDayMN

U of M 5th Annual Plant Sale May 18

The University of Minnesota Extension Master Gardener Program in Hennepin County will hold their 5th Annual Plant Sale on Saturday, May 18, 9:00 a.m. to 2:00 p.m. at Hopkins Pavilion, 11000 Excelsior Blvd., Hopkins. Come celebrate spring and the beginning of a new gardening season. Buy beautiful plants for sun or shade at great prices. Plants are grown by Master Gardeners. Master Gardeners will answer your gardening questions and provide helpful information on the plants you purchase. Proceeds from this sale benefit University of Minnesota Extension Master Gardener Program in Hennepin County community programs. For more information on this sale and the Master Gardeners Program, visit our website at, www.hcmg.umn.edu , or call our office at 612-596-2130.

Pavia Winds Woodwind Quintet at Camden Music School June 1

The Pavia Winds Woodwind Quintet, one of the Midwest's most exciting young chamber music ensembles will perform 4 pm Saturday, June 1 at Camden Music School, 3751 Sheridan Avenue North (Luther Memorial Lutheran Church), 55412. The concert is free and open to the public. More information: 612-618-0219 or www.camdenmusicschool.com .

Spring and Summer Registration at Camden Music School Now thru June 15

Spring term at Camden Music School is on now through June 15. Students may enroll at any time. Tuition will be prorated. Lessons and classes are also offered this summer. Choose from one of two 4-week terms (June 24 – July 18, July 22 – August 15) or an 8-week term (June 24 – August 15). CMS offers vocal and instrumental lessons, Musikgarten early childhood music

classes (newborn to age 8), ensembles, music theory, songwriting and more. Family discounts are available. Summer scholarship applications are due by 5pm Friday, June 14. Application online at www.camdenmusicschool.com . All ages. Excellent instructors. Joyful spirit. CMS in Camden: Luther Memorial Lutheran Church, 3751 Sheridan Ave. N., 55412. CMS in Northeast Minneapolis: Grace Center for Community Life, 1500 6th St. NE, 55413. More information: 612-618-0219 or www.camdenmusicschool.com .

Fix-It Clinic offer help to the unhandy June 15
Hennepin County, as part of its waste reduction efforts, is asking residents to sort through basements, closets and garages for clothing and household items that need repair. At the Fix-It Clinic, skilled volunteers will help you learn to disassemble, troubleshoot and fix your broken household items and electronics, clothing in need of mending, and more. The Fix-It Clinic is Sat. June 15: Noon – 4pm Bloomington Center for the Arts, 1800 W. Old Shakopee Road, Bloomington. The clinic is first-come, first-served – no pre-registration. Items must be carry-in (no oversized items). Please bring any tools that might be helpful, a digital camera to document the disassembly, and small boxes or bags to organize and carry home parts. This event is family-friendly. For more information, visit www.hennepin.us/fixitclinic or call 612-348-3777.

PROGRAMS & SERVICES

HELPING SENIORS IN MINNEAPOLIS
Seniors Program of Neighborhood Involvement Program assists elders aged 60 and over in North and Southwest Minneapolis with a variety of services so that they can remain safely in their home or apartment. Our services are specialized for each resident and we strive to provide as much as possible via the assistance of volunteers. To be eligible for seniors' services, people must live within the following boundaries: south of 44th Avenue in North Minneapolis, north of West 36th Street in Southwest Minneapolis, 35W on the east, and France Avenue on the west. For information about NIP Senior Services email seniors@neighborhoodinvolve.org or call 612-374-3322. Our website is www.neighborhoodinvolve.org

RAKE IT Spring Yard Clean-Up
Improve your health while helping a senior citizen in Minneapolis remain independent in their home! You choose the date and time to rake and clean up the yard. Perfect for individuals, groups, and families. Seasonal: April – November (depending upon the weather). This is a one-time fun, flexible activity on weekdays or weekends. Feel free to sign up multiple times! Supplies needed: rakes, gloves, brooms, and compostable bags. Exact location TBD in North or Southwest Minneapolis, depends upon where the senior citizen resides. Ongoing volunteer opportunities are also available. Please contact Jeanne the NIP Seniors Program, Volunteer Coordinator at srvolunteer@neighborhoodinvolve.org or call 612-746-8549 for more information. Our website is www.neighborhoodinvolve.org

West African Dance & Drum Classes
African Dance w/ Whitney $12 - All classes Drop-In. Every Saturday 1:00pm - 2:30pm; Every Tuesday 7:00pm - 8:30pm. at Patrick's Cabaret, 3010 Minnehaha Ave., Minneapolis, MN

55406.

Foster Parent Information Meetings
Find out about becoming a foster parent and changing a child's life! Open information meetings are held every Friday from 10AM-11:30AM at 7625 Metro Boulevard Edina, MN 55439. Volunteers of America-Minnesota is looking for skilled parents to provide 6-9 months care for troubled youth in our new Multidimensional Treatment Foster Care Program (MTFC). We have kids, ages 12-17, who are in need of a stable home with dedicated parents who appreciate the difficulties of childhood! Volunteers of America provides quality foster parents with lots of friendly training, 24 hour support and a monthly stipend. If you would like more information contact Jolene Swan at 952-945-4064 or ftpfostercare@voamn.org , or visit us online at voafostercare.org!

GED, ELL, College Prep and skills development courses offered
Minneapolis Public Schools-Adult Education is offering free GED, ELL, College Prep and skills development courses. Prepare for GED exams; Increase Math, Reading, and Writing skills; Develop Computer skills; Job training and specific certifications; Comfortable learning environment; and Day and evening classes available! For more information, please contact staff at: Minneapolis Public School Adult Education, 1250 W. Broadway Ave., Minneapolis, MN, 55411 or Abe.mpls.k12.mn.us or (612) 668-1863.

SUPER DUPER HANDYPERSON WANTED
Help an elderly Minneapolis resident stay in their home. Assist with MINOR REPAIRS to make certain that their home is safe. Snowbirds, retirees, and trainees welcome (over the age of 18). You must have some experience to ensure that the work is done correctly (license not required). Choose your own schedule. Adult individuals, two-person teams, and small groups welcome.Exact location TBD in North or SW Minneapolis, depends upon where the senior citizen resides. One time opportunities are also available. Please contact Jeanne the NIP Seniors Program, Volunteer Coordinator at srvolunteer@neighborhoodinvolve.org or call 612-746-8549 for more information. Our website is www.neighborhoodinvolve.org

The Council on Crime and Justice is moving temporarily!
While the current location at 822 S. 3rd Street is under construction, The Council on Crime and Justice will be working at a new location in Golden Valley and expect to return in approximately 6 months. Effective October 26th, the mailing address is: Council on Crime and Justice, 1109 Zane Avenue North, Golden Valley, MN 55422. The phone numbers and email address will remain the same. If you have questions, please contact us at 612-353-3000 or info@crimeandjustice.org

Volunteer at Skyline Tower Conversation Group
Reach out to your neighbors for an hour of coffee and conversation, Thursdays 5-6 pm! Share your stories and learn about other cultures while helping English language learners gain confidence in their language abilities. Our participants are mainly Vietnamese, Somali and Ethiopian residents of Skyline Tower at 1247 St Anthony Ave. For more information, contact lisa.vogl@commonbond.org

or (651)999-7528.

Volunteer as an English Teacher with the Minnesota Literacy Council.
Help adult refugees and immigrants learn the reading, writing and speaking skills needed to thrive in the U.S. Morning, afternoon or evening classes are available throughout the Twin Cities. The literacy council provides training and support. Interested? Contact volunteer@mnliteracy.org or call Allison at 651-251-9110. Or visit www.mnliteracy.org/volunteers/opportunities/adults

The Mu Rho Chapter of Alpha Kappa Alpha Sorority, Inc at the U of MN is searching for former members
Currently, the sorority is collecting historical information to add to it's archives. This includes information pertaining to former Eta Chapter members (1922-1964) and Mu Rho Chapter members (1979-Present).For more information please contact the Graduate Advisor, Peggye Mezile by email: ga@akadpo.org

Hazelden Offers Free Educational Opportunity
Concerned about someone's alcohol or drug use? Addressing Concerns Together (ACT), Hazelden's new outreach program, can help. Join us for a free event to learn more about addiction, intervention, assessment, and treatment. Hazelden's St. Paul campus, 680 Stewart Ave., St. Paul. 2nd and 4th Mon. of each month at 6pm. This is an open event and there is no need to register. If you have questions, please contact Hazelden at 800-257-7800.

Free Classes for Adults
The Minnesota Literacy Council, a non-profit organization, has free classes for adults at our Lake Street Learning Center at 2700 East Lake Street, 2nd floor, above Denny's. For classes and more info, visit: http://www.mnliteracy.org/

Free Internet Access
Access internet, check email, look for housing, type up resumes, job search, practice typing, learn Word, Excel, and PowerPoint. M-F 11am-2pm and 5pm-7pm. At Sabathani Community Center Room 324 310 E 38th St Mpls, MN 55409.

Youth Business Club Develops Entrepreneurial Skills
Kids learn with support and guidance from community. The Selby Avenue Youth Business Club is open to youth ages 9-16 who are interested in starting their own or learning more about business. The group meets the first and third Saturday of ever month from 9:30 am to noon at Golden Thyme Cafe on Selby and Milton. For more information, interested parties can visit http://selbyareacdc.org/Saybcindex.html, e-mail at SAYBC10@gmail.com or contact at: 615-964-0710.

Free Lead Paint Testing
If you meet the following criteria, you may be eligible to receive new windows through a

Hennepin County grant program:
• Home built before 1978
• A child (5 or under) lives in or frequently visits your home
• Live in Hennepin County
• Meet certain income qualifications
Sustainable Resources Center have partnered with the National Center for Healthy Housing to bring a national perspective to our efforts in Minnesota. SRC will be working with public, private and nonprofit organizations throughout the State to develop the plan. This is a great opportunity to encourage and support the creation of healthy homes for all! Call Sustainable Resources Center at 612.872.3281 to schedule a free home visit! Communication available in Spanish, Somali, and Hmong. http://www.src-mn.org/

Twin Cities Habitat for Humanity Mortgage Foreclosure Prevention Program (MFPP)
MFPP provides free counseling for Minneapolis homeowners struggling to pay their mortgages (and referrals for clients outside of our service area). Located in the Minneapolis Urban League building at 2100 Plymouth Ave N, call 612.331.4090 and select option 3 to speak with a MFPP representative and set up an appointment.

The Black Parent Group - Mondays
Free weekly support group for parents of any race raising African American children. Mondays at 7–830pm at: Washington Tech Middle School 1495 Rice St. Saint Paul. Please visit the website: www.theblackparentgroup.com or send an e-mail to info@theblackparentgroup.com

PCLG Parent Support Group – Ongoing 2nd Mon. of each month
Parent-led support group where parents can share the challenges of parenting a child with mental health concerns. Open to any parent or caregiver of a child with mental health concerns residing in or receiving services in Hennepin County. 6:30pm–8pm, 2nd Monday of each month at Sabes Jewish Community Center 4330 South Cedar Lake Road, St. Louis Park, MN. Contact 612.825.9615 hcpclg@yahoo.com or visit website at www.hccmhc.com

Seniors Program of Neighborhood Involvement Program
If you are aged 60 live within the following boundaries: 44th Avenue in North Minneapolis, West 36th Street in South Minneapolis, 35W on the east, and France Avenue on the west in MPLS and need help with a variety of services email seniors@neighborhoodinvolve.com or www.neighborhoodinvolve.org
or call 612.374.3322 for more info.

Need to read better?
Call us for free classes or tutoring near your home.
• Improve your reading or math
• Get ready for your GED
• Learn computer skills
• Study English as a Second Language
Minnesota Literacy Council's Adult Literacy Hotline: 1.800.222.1990
www.theMLC.org/hotline

An Individualized Internet Course for Senior Adults
At last! Individualized instruction to help you find health information on the Internet. Free, ongoing classes and workshops held at these locations: Eastside Neighborhood Services 1700 2nd St. NE, Mpls. 55413 .612.787.4020 or The Seniors' Place 1801 Central Ave. NE, MPLS. 55418 (612.788.9186.

Greater Minneapolis Crisis Nursery
Serves all of Hennepin County, offering a 24-hour crisis hotline, crisis counseling, up to 72-hour overnight residential care, community referrals, parent education, parent support group, and a home visiting program. For more information or if you need services: .763.591.0100. Services are accessed voluntarily by families through the Crisis Hotline.

Pillsbury Crisis Nursery - A program of Pillsbury United Communities
Serves all of Hennepin County, offering a 24-hour crisis hotline, crisis counseling, emergency day care, and limited 72-hour overnight home based care. For more information or if you need services: 612.302.3500. Services are accessed voluntarily by families through the Crisis Hotline.

Homeless Intervention Services
Are you a Minneapolis resident who needs help finding housing? Call the Minneapolis Urban League's In-take Line at (612) 827-9299. For more information about the services, contact the Minneapolis Urban League, Sharon Sayles Belton Community Services Center, 411 38th Avenue S., Minneapolis, (612) 827-5673.

City of St. Paul mortgage foreclosure prevention
Contact for free counseling to help you learn about the steps necessary to keep your home. 25 W Fourth St., 12th floor, St. Paul. (651) 266-6626.

NHS Refinance clinic
Call (612) 521-3581 for details, to register for the refinance information session or to schedule an individual appointment with a mortgage counselor.

Free Legal Services from Legal Aid Society
An attorney is available by appointment each Monday from 1:00–5:00 p.m. Call the Minneapolis Urban League at (612) 302-3100.

Free Drug Rehab Resource consultations
Call today 1-866-649-1594 or find out more at www.drugrehabresource.net . Don't wait.

Help someone in your community learn English
Enthusiastic individuals needed to make a lasting difference in the life of an adult learner. Help someone in your community learn English, prepare for the GED or increase their basic math, reading and computer skills. Ongoing training and support is provided through the Minnesota Literacy Council. For more volunteer information, go to www.theMLC.org or contact Allison Runchey at 651-645-2277 ext 219,
arunchey@theMLC.org

Brooklyn Center Support Group for Families
The National Alliance on Mental Illness of Minnesota (NAMI-MN) sponsors free support groups for families who have a relative with a mental illness. Led by trained facilitators who also have a family member with mental illness, the support groups help families develop better coping skills and find strength through sharing their experiences. A family support group meets in Brooklyn Center at 7:00 p.m., on the first Tuesday of the month. For information, call Bob at (763) 533-1729.

Thinking About Welcoming an Exchange Student?
AFS-USA, a 501(c)3 nonprofit, has been leading international high school student exchange for more than 60 years. Anyone interested in learning more about hosting or volunteering with AFS should visit www.afs.org/usa/hostfamily or call 1-800-AFS-INFO.

NIP Seniors Program RAKE IT seeks volunteers Now–Nov
Improve your health while helping a senior citizen in Minneapolis remain independent in their home! You choose the date and time to rake. Exact location TBD in Minneapolis, depends upon where the senior citizen resides. Ongoing opportunities are also available. Please contact Jeanne the NIP Seniors Program, Volunteer

Impact the life of a child: Become a literacy tutor with RSVP
RSVP of the Greater Twin Cities is accepting applications from people 55 and over who are interested in tutoring youth, either in the classroom or in an after school program format. RSVP places people in volunteer tutoring positions with organizations in their own neighborhoods. You can make a difference in a child's life for as little as one hour a week. The RSVP program, sponsored locally by Volunteers of America of Minnesota, provides benefits and support to people 55 and over. For more information call Mary Jane Horton, RSVP Literacy Coordinator, at 952-945-4163 or mhorton@voamn.org

Wanted: Community-minded book lovers
One in seven U.S. adults lack the literacy skills necessary to enjoy great books, help their children with homework, or understand medication labels. But you can change this by volunteering with the Minnesota Literacy Council. With only two or three hours a week, your love of reading can create a stronger community. Tutor an adult learner, assist in an adult classroom, or teach a basic English or GED class. We have locations throughout the Twin Cities area, flexible scheduling and training to help you get started. Contact Allison at volunteer@themlc.org
or 651-645-2277, Ext 219 or visit us on the web at
www.themlc.org

Senior Companions Make a Difference
Are you interested in visiting homebound or isolated elders in their homes and helping with transportation for appointments or errands? If so, the Senior Companion Program would like to match you with people in the community who need a little extra help to stay in their homes. Senior Companion volunteers earn a tax-free stipend, mileage reimbursement, training and liability insurance while serving. Volunteers must be 55 or older and serve 15 hours a week. For more information, contact Kate Neuhaus with the Senior Companion Program of Lutheran

Social Service at 651-310-9447 or at kate.neuhaus@lssmn.org Coordinator at srvolunteer@neighborhoodinvolve.org
or call 612.746.8549 for more info or visit
www.neighborhoodinvolve.org

Foster Care Programs
Volunteers of America-Minnesota is looking for parents to provide care for youth in one of our two foster care programs. We have kids of all ages in need of a stable home with dedicated parents who appreciate the difficulties of childhood! Volunteers of America provides foster parents with friendly training, 24 hour support and a monthly stipend. Stop by an information meeting and learn more about making a difference in the life of a child! Meetings are held Fridays from 10:00-11:30 and the fourth Monday of every month from 6:00-7:30. Sessions are held at the VOA office: 7625 Metro Blvd, Mpls, MN 55439 Contact Heather Thornton at 952-945-4064 for more information, or to RSVP. Also, visit us online at www.voafostercare.org

Volunteer tutors are needed to teach Adult ESL & GED classes
One day per week at Sumner Library- 611 Van White Memorial Blvd. Morning Classes: 10am-Noon & Evening Classes: 6:30-8:30 Monday-Thursday. No previous experience necessary; full training provided. Must be able to commit to a 3 month period. For more information, please call 612-377-5399 or aconley@mnliteracy.org .

Mentors Make a Difference
The Council on Crime and Justice is looking for volunteers of all ages and backgrounds to serve as mentors in two separate support groups. One group is for ex-offenders who have recently been released from prison, and the other is for their loved ones, who are helping the men transition from prison. All mentoring is done in a group setting at the Reentry Hub located on 1101 West Broadway Ave in MPLS. Groups are offered at various times and include both daytime and early evening hours. Expected commitment 3-6 hours per month. To sign up or for more info contact Zach Psick at psickz@crimeandjustice.org 612.353.3016.

Volunteer: Coach to Success Mentoring Program
Volunteer to become a mentor with AAAC's mentoring program. Make a positive impact on the life of a young student in the Osseo Area School District #279. For more information, contact the African American Action Council, 6001 78th Avenue North, Brooklyn Park, MN. 763-503-0159.

Adult Literacy Tutors
Help someone in your community learn English, prepare for the GED or increase their basic math, reading and computer skills. For opportunities throughout the Metro area or Greater Minnesota, contact Allison at the Minnesota Literacy Council arunchey@theMLC.org or (651) 645-2277, Ext 219. Or
volunteer@themlc.org

Jacobs Ladder Inc. & P.A.L. tutoring program
Certified teachers needed to volunteer with the Jacobs Ladder Inc. & P.A.L tutoring program. Contact Diashka B. Jackson, (763) 458-3440.

Volunteers Needed: American Cancer Society Hope Lodge
Contact Mary Wiles at (651) 255-8183 or mary.wiles@cancer.org for information or to volunteer.

Guild Incorporated
Guild Incorporated is a health and human services organization that exists to help people with mental illness lead quality lives. The Volunteer Service Program at Guild Incorporated offers: flexible scheduling, expense reimbursement, training, ongoing support and recognition of your efforts. For more information about volunteering, contact the Volunteer Coordinator at (651) 925-8465 or heck out www.guildincorporated.org . A variety of volunteer positions are available.

Become a Minneapolis Urban League volunteer or mentor
To become a Minneapolis Urban League classroom volunteer or to mentor a student, contact the Marketing Department at (612) 302-3143.