

LifeHaven, a Twin Cities Metro Youth Homelessness Program of Lutheran Social Service of Minnesota, provides housing and support to single youth ages 16 and 17, who are pregnant or parenting.

ABOUT LIFEHAVEN

The LifeHaven program and home can provide services and shelter for as many as six moms and their children at a time. The team of dedicated staff and volunteers at LifeHaven support young moms and their children as they transition from homelessness to housing stability, work toward achieving their goals, and create lasting change in their lives and communities.

All moms living at LifeHaven attend high school full time during the day and receive supportive services from LifeHaven staff before and after school and on the weekends, including case management, advocacy, and independent living skills education. They also receive education and support as they work to strengthen parenting skills.

Partnership History: Since 2003, Incarnation has partnered with LifeHaven under the Families in Transition umbrella. As a partner in this project, Incarnation provides financial, in-kind donation, and volunteer support.

Location & Directions: 325 Jenks Avenue, near I-35E and Maryland Avenue in St. Paul. For directions, contact the Incarnation office at 651-484-7213.

Questions? Contact the Lifehaven office at 651-776-9805.

DONATION OPPORTUNITIES

LifeHaven is always preparing for new youth to move to the house and supplies are in great need. **Only new items may be accepted.** Providing gift cards instead of purchasing individual items is also a very helpful option.

To Coordinate Drop-off: Call Khaliya Dorry at 612-346-1323 during weekdays, or call the LifeHaven office during weekends/evenings at 651-776-9805.

Youth Hygiene Items

- Shampoo & Conditioner (Black-natural & non-Black hair)
- Styling Products (hair spray, leave-in, hair oil)
- * **Combs & Brushes** (variety of styles/sizes)
- Hair ties, Bobby pins, Hair clips
- * **Razors & Shaving Cream**
- * **Body Wash**

Baby Supplies

- * **Baby toys** (3-12 months)
- * **Children's books** (diverse characters)
- * **Diapers (Sizes 3+) & Wipes** (Pampers, Huggies, Honest preferred)
- * **Children's clothing** (Newborn-3T, no winter jackets)
- Formula (Alimentum, Advance, Nutramigen, SoothePro)
- Baby Shampoo & Baby Lotion
- * **Hooded Towels**

** Bold items indicates goods of greatest need.*

Financial Donations

Financial donations to support LifeHaven are very helpful. To donate financially, use Incarnation's secured site or write a check to Incarnation with "LifeHaven" in the memo line, sending it directly to the Incarnation office.

Provide a Meal (Sunday Volunteers Needed)

Volunteers are needed to provide a Sunday meal for the residents of LifeHaven. A flavorful hotdish, spicy tacos, or your own special recipe would be so welcomed! If you don't have time to cook, picking up a tasty, prepared meal and delivering it is always welcome too!

Requirements: Please plan to prepare or procure enough food for **8 adults** and deliver to LifeHaven by first coordinating with Khaliya so someone on staff is present to receive your meal.

Meal Coordinator Contact: Khaliya Dorry at 612-346-1323 or khaliya.dorry@lssmn.org

VOLUNTEER & SEASONAL GROUPS

Holiday Gift Drive

Shop for and donate gifts based on LifeHaven youth's holiday wish lists. Pick a gift tag off the LifeHaven Holiday Giving House at Incarnation during the Alternative Giving Season.

Small Group Projects

Throughout the year there is need for a small group of volunteers to help with house and yard projects (e.g., garage clean-up, spring yard work, outdoor play equipment assembly, light landscaping).

To get involved: Contact Cindy Nielsen to be informed when projects come up.

ON-CALL INDIVIDUAL DIRECT SERVICE POSITIONS

Note: These positions require background volunteer training and screening. Please contact the LifeHaven office at 651-776-9805 to apply.

On-Call Independent Living Skills Guest Presenter: Come in and share your skills and expertise with our youth! Topics include financial management, employment skills, health/nutrition, education/college admission, voting/civic engagement, tenant rights, chemical health, domestic violence, or STD/HIV prevention. Present during one of our independent living skills groups.

On-Call Maintenance Crew: Help keep LifeHaven in good working order. Be on call to come in and do repairs as needed.

On-Call Driving Crew: Looking for individuals willing to help move donations, move youth's belongings into apartments, and assist with other occasional transportation needs within LSS Youth Programs.

On-Call Job Shadowing: Talk with one of our moms about your job or let them shadow you on the job. Volunteers from all fields are welcome, especially legal and health fields (nursing, dental, and vet techs).