

Solid Ground

TRANSITIONAL HOUSING & SELF-SUFFICIENCY SUPPORT

Solid Ground offers transitional housing and self-sufficiency programs for low-income families and families experiencing homelessness in suburban Ramsey and Washington Counties.

ABOUT SOLID GROUND & EAST METRO PLACE

East Metro Place, located near Century College in White Bear Lake, provides a supportive learning and living environment for 34 families, including nearly 100 children from infants through young adults. Their family-friendly housing facility features common areas used for support services, tutoring, childcare, and gatherings, as well as an outdoor children's playground.

Solid Ground also provides rental assistance and support for additional families in off-site housing, providing housing for over 500 women, men, and children annually. Their vision is for every family to have a safe and affordable place to call home, where parents and children are engaged in school, work, and their community to realize their goals and dreams.

Tour Opportunity: "Home at Last" in-person tours are offered the 2nd Tuesday of each month from 5:30 PM - 6:30 PM. To reserve a spot, email tours@solidgroundmn.org.

General Engagement Questions? Contact Diane Betterley.

DONATION OPPORTUNITIES

Solid Ground Welcome Baskets

Help welcome families as they settle into their new homes. Baskets filled with cleaning supplies are presented to families upon arrival, as many arrive from shelters or difficult situations with few household items.

Approved New Items to Donate: Laundry basket, laundry detergent, bathroom cleaner, kitchen cleaner, scouring pads, multi-purpose wipes, liquid dish detergent, liquid hand soap, hand sanitizer, liquid all-purpose cleaner, toilet paper, paper towels, toilet brush, plunger, broom, and mop.

Collection Info: Drop off at Incarnation in the bin marked "Solid Ground Welcome Baskets" from **January 8 through January 29**. For checks or financial support, indicate "SG Welcome Baskets" in the memo line.

Household Items

To help families get a fresh start, donations of new or gently used household items are accepted. Access the program's registry lists online to see the current list of needed items.

Financial Donations

Financial support breaks the cycle of homelessness and poverty for the next generation. Secure online donations can be made through Incarnation's portal, or checks can be written with "Solid Ground" in the memo line.

IN-PERSON SERVICE OPPORTUNITIES

Youth Volunteer Policy: Youth ages 14–17 may volunteer independently with written parental consent. Volunteers ages 5–13 must serve directly alongside a parent.

Front Desk Assistant & Resume Support

Front Desk: Volunteers answer phones and greet guests Monday–Friday. Shifts run 8:30 AM – 12:30 PM and 12:30 PM – 4:30 PM.

Resume Support: Partner with residents searching for employment or aiming to increase wages by helping build/update resumes. Can be completed in-person or remotely via phone/email.

Contact: Dylan McDonough [cite: 5]

Mobile Food Shelf Market & Resident Drivers

Food Shelf Market: Support operations on the 1st and 5th Wednesdays (11:30 AM–1:30 PM) and the 3rd Wednesday (2:00 PM–4:00 PM). Tasks include unloading food, market setup, filling bags, and assisting residents with transport.

Resident Drivers: Provide crucial transportation options to/from various locations for residents. Background checks and orientation provided.

Contact: Dylan McDonough

Community Meal Hosts

Ideal for small groups, work teams, or families. Volunteer groups prepare a meal at their own location, transport it to East Metro Place in White Bear Lake, and serve up to 50 residents. Hosted Tuesdays, Wednesdays, or Thursdays from 5:00 PM – 7:00 PM.

Contact: Dylan McDonough for information and menu ideas.

Youth Tutors (K-8)

Compassionate volunteer tutors (including college and older high school students) work 1-to-1 with a K-8 student at least once per week in the after-school program. No experience required; complete training and applications are provided online. [cite: 5]

Contact: Solid Ground Volunteer Coordination portal.

AT-HOME SERVICE OPPORTUNITIES

*Serve the Solid Ground community from the comfort of your own home. Contact **Diane Betterley** to submit completed projects or learn more.*

Birthday Bags (Children 17 & Under) Assemble bags containing cake, frosting, plates, napkins, flatware, one decoration item, and a small gift. Target budget is no more than \$20 per bag. Collected quarterly each January, April, July, and October (or anytime).

Food Shelf Recipe Cards: Create easy-to-use recipes utilizing common, basic food shelf items and write or print them onto recipe cards to share with residents.

Welcome Notes: Write warm welcome cards and hospitable notes to encourage new families entering the Solid Ground residential housing programs.