

Community Resources

Minneapolis, MN Immigration Resource Guide

2026

Local Resources

Minnesota Department of Human Services - Resettlement Programs Office

Refugee and Immigrant Helpline: (800) 814-4806

<https://mn.gov/dhs/resettlement/>

The Resettlement Programs Office assists refugees and immigrants. They offer a helpline to learn what services and community supports are available, an interactive map to find specialized services based on immigration status, and help accessing short-term financial help and early employment services for single adults or married couples without children. For more information, the first step is to call the Refugee and Immigrant Helpline to get started.

Minnesota Department of Health - Refugee Health Program

(651) 201-5414

<https://www.health.state.mn.us/communities/rih>

The Refugee Health Program and their community partners provide health services to individuals that meet federal Office of Refugee Resettlement (ORR) eligibility. The services provided are Refugee Health Assessments, follow-up or referrals, and community-based health education.

Hennepin County Minnesota Office of Multicultural Services

(612) 348-2193

2215 East Lake Street, Minneapolis, MN 55407

<https://www.hennepin.us/en/residents/human-services/multi-cultural-services>

The Office of Multicultural Services assists immigrants and refugees. They provide support and help connect to county resources and services in the community. The team speak many languages and can offer support in your preferred language.

Community Resources

LawhelpMN.org

<https://www.lawhelpmn.org/>

LawHelpMN.org is an online platform that offers legal guides, a providers and clinics directory, and a self-help library. You can access the [Minnesota's Immigration Legal Services Hub Initiative](#) to locate free legal clinics and immigration lawyers, outreach events, Know Your Rights resources, and find more information about the Hub.

Volunteer Lawyers Network

<https://www.vlnmn.org/help/immigration/>

Volunteer Lawyers Network is a nonprofit organization assisting low-income individuals in Minnesota. They provide humanitarian-based immigration services including advice, brief service, limited and full representation. Services are provided by phone, at an in-person [legal clinic](#), by appointment after matching with a volunteer lawyer, and community events.

The Advocates for Human Rights

Main Line: (612) 341-3302

Immigration Intake Client Line: (612) 341-9845

330 Second Avenue South, Suite 800, Minneapolis, MN 55401

[https://www.theadvocatesforhumanrights.org/Legal Help](https://www.theadvocatesforhumanrights.org/Legal%20Help)

The Advocates for Human Rights is a nonprofit organization assisting low-income asylees, unaccompanied children, detained individuals, and victims of human trafficking. They provide free legal immigration services. Individuals must be at or below 200% of the federal poverty guidelines to be eligible for services. For more information, call their intake line Tuesdays from 10:00am to 12:00pm and Thursdays from 12:00pm to 2:00pm. You may also complete the online intake form that is posted during intake hours.

Immigrant Law Center of Minnesota (ILCM)

Intake: (800) 223-1368

Detention Intake: (651) 641-1011

Main Office: 450 North Syndicate Street, Suite 200, Saint Paul, MN 55104

<https://www.ilcm.org/>

Community Resources

The Immigrant Law Center of Minnesota (ILCM) is a nonprofit organization assisting low-income immigrants and refugees who live in Minnesota and North Dakota. ILCM provides free legal representation, education, and advocacy. Individuals must be at or below 187.5% of the federal poverty line to be eligible for services. Their legal services are provided for DACA renewals, detained individuals, U.S Citizenship applications, abandoned or neglected non-U.S. citizen children, Temporary Protected Status (TPS), non-U.S. citizens abuse, violence, domestic violence and human trafficking survivors. Please see the website for intake hours. There are no walk-in or drop-in appointments. All appointments need to be scheduled by calling intake line.

Hennepin County BAR Association

(612) 333-1183

Main Office: 33 South Sixth Street, Suite 4540, Minneapolis, MN 55402

<https://mnbars.org/?pg=public>

The Hennepin County BAR Association offers a lawyer referral and information service that provides guidance by phone to help locate and hire a private lawyer in the Twin Cities and surrounding metro area. Their website offers a "[Find A Lawyer](#)" directory.

Minnesota Council of Churches

Main Line: (612) 870-3600

Immigration Services: (612) 230-3219

122 Franklin Avenue West, Suite 100, Minneapolis, MN 55404

<https://www.mnchurches.org/>

Minnesota Council of Churches is a faith-based group assisting immigrants, refugees, and asylees who live in the Twin Cities and Mankato. Minnesota Council of Churches provides employment, case management, education, immigration, and community engagement services. Their services are free or fee-based depending on the specific service. For employment services, employment counselors assist with finding a job. For case management, case managers provide help with housing, public assistance, health insurance, public school enrollment, medical needs, and more. For education, orientation classes are provided for public transportation, housing public benefits, safety, finances, public schools and education, preparing for work, and cultural values. For legal services, they can assist with completing forms for adjustment of status, naturalization, and

Community Resources

employment authorization applications. Walk-in appointments are available on a first come, first served basis.

Lutheran Social Service of Minnesota (LSSMN)

(612) 879-5258

2400 Park Avenue, Minneapolis, MN 55404

<https://www.lssmn.org/services/refugees>

Lutheran Social Service of Minnesota is a nonprofit organization assisting immigrants, refugees and asylees who live in the Twin Cities and Central Minnesota. LSSMN provides employment and legal services. Their services are either free or fee-based depending on the specific service. For employment services, they can assist with job readiness, job skills training, resume writing, and interviewing. For legal services, they can assist with completing forms for permanent residency, naturalization, employment authorization, DACA, and more. For more information, call or fill out their contact form [here](#).

International Institute of Minnesota

Main Line: (651) 647-0191

Immigration Intake: (651) 377-8642

1694 Como Avenue, Saint Paul, MN 55108

<https://iimn.org/>

International Institute of Minnesota is a nonprofit organization assisting immigrants, refugees, and asylees who live in Minnesota. International Institute of Minnesota provides employment and legal services. Their services are either free or fee-based depending on the specific service. For employment services, they provide online and in-person job trainings, career advancement services classes. The list of classes can be viewed on their website. Please note, specific classes require an in-person intake to register, and no appointment is needed. For legal services, they can assist with completing forms for permanent residency, naturalization, employment authorization, T Visa, Freedom of Information ACT, request for evidence, and more. For immigration questions, call immigration intake to make an appointment.

Community Resources

Executive Office for Immigration Review (EOIR) – Fort Snelling Immigration Court

Automated Case Information System: (800) 898-7180

Snelling Immigration Court: (612) 725-3765

Bishop Henry Whipple Federal Building

1 Federal Drive, Suite 1850, Fort Snelling, MN 55111

<https://www.justice.gov/eoir/fort-snelling-immigration-court>

The Executive Office for Immigration Review (EOIR) is a division of the U.S. Department of Justice that manages the immigration court system. EOIR establishes immigration laws, conducts hearings, and determines a person's eligibility or removal from the United States. To check your case status, call the immigration court handling your case or check the Automated Case Information System by calling or checking [online](#).

Greater Twin Cities United Way

<https://211unitedway.org/>

Dial 211 or (651) 291-0211 or Toll Free: (800) 543-7709

United Way functions as a national information and referral line that is available 24 hours a day, 7 days a week. Community specialists provide information and referrals for various resources such as financial assistance programs, housing options, food, and other basic needs. There may also be community resources for legal needs. The service is free to anyone, and conversations are confidential. You can also find resources online, on their website, including a list of immigration support resources.

National Resources

U.S. Citizen and Immigration Services (USCIS)

(800) 375-5283

<https://www.uscis.gov/>

The U.S. Citizen and Immigration Services (USCIS) agency is a part of the Department of Homeland Security. This agency oversees the United States immigration and naturalization system. Helpful information regarding the steps to apply for citizenship, Green Cards, working in the U.S., immigration of family members, and more can be found on the website. Some applications can be completed on the website as well as checking application status. There is also a search tool to help find local USCIS locations, asylum

Community Resources

offices and international offices for other government related immigration services. For more information, please call or visit the website listed above.

USA.gov

<https://www.usa.gov/immigration-and-citizenship>

The USA.gov website provides information for a variety of government related topics, products, and programs. Resources can be found for a variety of immigration related matters such as U.S. residency requirements, Deferred Action for Childhood Arrivals (DACA), Visas, how to check immigration status and more. Please visit the website link listed above for more information.

Immigration Advocates Network

<https://www.immigrationadvocates.org/>

The Immigration Advocates Network offers general information and various resources to those with immigration related needs. The website provides a directory of legal service providers whose services may be free or low-cost. Users can search by state, county, or zip code. Please visit the website link listed above for more information.

U.S. Immigration and Customs Enforcement (ICE) – Online Detainee Locator System

<https://locator.ice.gov/odls/#/search>

The ICE.gov website provides an online detainee locator system to locate detainees in ICE or U.S. Customs and Border Protection's custody who are over the age of 18. You may search by A-number or biographical information.

This guide provides referrals to resources. It does not endorse or recommend the resource providers. The information is general and is not intended to be legal advice. While every effort is made to maintain current provider information, information may change without notice.

Resources For Living

The EAP is administered by Resources for Living, LLC. This material is for informational purposes only. Information is not a substitute for professional health care and is not meant to replace the advice of health care professionals. Contact a health care professional with any questions or concerns about specific health care needs. ©2026 Resources for Living