

COVID-19 Church and Community Resources

The Grove

thegrovern.church
7465 Steepleview Rd
Woodbury, MN 55125



The Grove Response

Office & Building hours... The church office is open Monday-Friday from 8am-3pm. Please wear a mask if you enter the building. The church building is open for small groups who have reserved a room with Maria for their meeting.

Sunday worship (Woodbury campus & Grove Planting Project)... Please refer to information found elsewhere on The Grove website (such as our current Insites newsletter) for updates on in-person worship. Links to online worship (9am, 10:30am, and 5pm) are found on The Grove's homepage (scroll down on that page).

Children's Ministry ...Creation Station videos will be posted on Sunday mornings and there will be other videos and activities posted throughout the week. You can see these on the [Grove Families with Children](#) facebook group. There are also many other summer opportunities for children, including Grasshopper, Small Groups, Milestones, Family VBS, and VBS. Community events happening this summer are Storybook in the Grove. [Click here for Summer Brochure](#). Contact Nicole Suyak for more information at nsuyak@beingthehope.org.

Student Ministry... 6th-9th grade FROG meets weekly on Zoom on Wednesdays from 7-8 pm. As of February 3, 10th-12th grade JOLT will meet from 6:30-8:00 pm in person with 10 person maximum in small groups, with mask and social distancing. Other 10th-12th grade students can join the in person meetings on Zoom from 7-8:00 pm. Check the weekly Student Ministry email newsletter for Zoom links, or contact Amy Fuller for more information at afuller@beingthehope.org.

Giving...Your generosity allows us to meet our financial obligations in the midst of this crisis. Thank you! [Click here to donate online](#).

Care needs... Have a need (a delivery, a supply, some support)? Reach out to Carolyn Winslow at caring@beingthehope.org who will connect you with a healthy volunteer. Have a prayer request? [Submit one here](#). Have a financial need? Reach out to Pastor Dan at dwitterstrom@beingthehope.org.

Feeling Isolated?... Please contact Carolyn Winslow, our Director of Caring Ministries, at caring@beingthehope.org. She can pair you with a Congregational Care Minister for regular check-in visits via phone, email or text. Participation via Zoom in a variety of books clubs, men's groups, women's groups, parents' groups or other support groups, such as Grief & Loss Support, can help you stay connected and engaged. Please contact Carolyn Winslow at the contact information above for further information on group options.

General COVID-19 Health Information

National

Centers for Disease Control and Protection (CDC) Website (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>) provides information on COVID-19 symptoms, testing, vaccines, travel, as well as information on COVID-19 variants.

State of Minnesota

VACCINE CONNECTOR available for Minnesotans

The Minnesota COVID-19 Vaccine Connector is a tool that helps Minnesotans find out when, where, and how to get a COVID-19 vaccine. After you fill out a simple form, the Vaccine Connector will:

- alert you when you are eligible to receive a vaccine;
- connect you to resources to schedule a vaccine appointment; and
- notify you if there are vaccine opportunities in your area.

More information, including the link to sign up for the Vaccine Connector available at: [Vaccine Connector / COVID-19 Updates and Information - State of Minnesota \(mn.gov\)](https://mn.gov/vaccineconnector/)



Centers for the Minnesota COVID-19 Response website (<https://mn.gov/covid19/>) provides updated information on Minnesota's response, including links to testing locations and vaccine distribution.

Vaccination Eligibility guidelines were updated on March 25. This graphic was taken from the Minnesota Department of Health's COVID info site: [Who's Getting Vaccinated? / COVID-19 Updates and Information - State of Minnesota \(mn.gov\)](https://mn.gov/who-getting-vaccinated/).



Vaccine Hunter website:

If you have not received your COVID vaccine and are currently eligible, check out this website: <https://mnvaccinehunters.com/> For people looking to locate a vaccine, it can be helpful in connecting folks to appointments and areas where they are available. If you are not yet eligible, watch the website for updates, hints and suggestions.

Facebook group for assistance in obtaining COVID vaccine:

Monitor this facebook group, [\(2\) Minneapolis Vaccine Hunters \(helping all of MN\) | Facebook](#), to obtain information (reported by the public) as to where various pharmacies and other vaccine distribution sites have available appointments for those who are eligible. It is helpful to monitor this site frequently in order to respond quickly to claims of vaccine availability.

Minnesota COVID-19 Vaccine Spotter:

[This site](#) can be a helpful tool in tracking down vaccine appointment openings at Minnesota pharmacies.

Flu Vaccine Reminder: While the flu vaccine does not protect against COVID-19, it can save lives and prevent more illness during the COVID-19 pandemic. A flu vaccine can help you stay healthy and not contribute to our health care systems becoming even more overwhelmed this winter. ([2020-2021 Flu Vaccine Resource Guide | HelpAdvisor.com](#))

Community Resources

Local Food Resources

Located at 8264 4th Street North in Oakdale, **The Christian Cupboard Emergency Food Shelf** provides help for those in need of food. People are welcome to pre-packed bags of food via drive-up service (<https://ccefs.org/need-help/>). You will **not** be asked to provide any documentation or proof of income to receive food. Check website for dates & times of distribution.

Loaves and Fishes (<https://www.loavesandfishesmn.org/dining-sites/>) serves up healthy takeaway meals at a variety of locations in the Twin Cities area. Please see their website for locations and days/times of operation. They serve anyone in need of food supports.

Map of Food Shelf Locations in Minnesota: [Coronavirus In Minnesota: Map Of Food Shelf Locations In Minnesota – WCCO | CBS Minnesota \(cbslocal.com\)](#)

WASHINGTON COUNTY, MN RESOURCES

Washington County Resource & Contact Information

[Washington County info on COVID-19 and more county contacts](#) (links to business & community resources)

- **County services:** 651-430-6000 ; 651-430-6246 (TTY)
- **COVID-19 health concerns and questions:** 651-430-6655
- **Crisis Response Unit** (mobile crisis mental health services for adults and children): 651-275-7400
- **Financial help** (food support, cash and emergency assistance): 651-430-6455
- **Housing/homelessness, transportation, social services, child protection and adult protection:** 651-430-6455



Woodbury Public Safety is here to help during this time of need

If you are in need of assistance or have questions about getting essentials such as food and medication, the Woodbury Public Safety Department is here to help.

A helpline has been established for those who need help. Please call:
651-414-3499
9 a.m.-3 p.m.
Monday-Friday



Woodbury Public Safety
POLICE • EMS • FIRE

Washington County Resource List: [Washington-County-Resource-List-EA-296-PDF](#)

Cottage Grove Employment Resources

Has a loss of work left you looking for assistance with medical, housing, or food needs? Our Cottage Grove and Surrounding Area - Laid Off, Furloughed, and Job Loss facebook group has an entire "unit" with community resources available to meet basic needs. You're not alone!

District 833 COVID Updates and Resources

Here is a link to a compilation of resources, especially mental health and other resources appropriate for parents/children during this time (courtesy of Lake Middle School and South Washington School District 833).

<https://sites.google.com/apps.district833.org/lmscounseling/resources?authuser=0>

Mental Health Resources

NAMI (**National Alliance on Mental Illness**) Minnesota, <https://namimn.org/nami-minnesotacovid-19-resources/>, has a variety of mental health supports in place during this time, including a Helpline (651-645-2948), as well as zoom classes & support groups.

Youth Service Bureau (YSB) provides a variety of services to youth and their families throughout the St. Croix Valley. Additional family resources can be located at:

<https://ysb.net/covid-19-resources/>

Fraser Hope Line provides free immediate consultation line with Mental Health professional. Phone is 612-446-4673 (612-446-HOPE) and email address is FraserHopeLine@fraser.org. Calls are answered live between 7 a.m. and 7 p.m., Monday through Friday. You do not need to be a current Fraser client to call.

The **East Metro Crisis Alliance** has created a new resource guide to quickly connect people with mental health and substance use services: <https://www.eastmetrocrisisalliance.org/east-metro-connect-to-care/> This guide is easy to use and is meant to guide people to the level of care they need - keeping them out of crisis and connecting them as quickly as possible to people and services that can help them in their recovery.

Substance Abuse Resources:

Alcoholics Anonymous:

National: <https://www.aa.org/>

Minnesota: <https://alcoholicsanonymous.com/aa-meetings/minnesota/> Alcoholics Anonymous 24/7 Help (Free & Confidential): 800-839-1686

Al-Anon (for people whose lives have been deeply affected by a friend's or family member's drinking):

National: <https://al-anon.org/>

Greater Twin Cities Area: <https://www.al-anon-alateen-msp.org/> For meeting information call: 888-425-2666

Narcotics Anonymous:

National/World: <https://na.org/>

Minnesota: <https://www.naminnesota.org/>

Narcotics Anonymous Helpline: 877-767-7676 (24 hour)