



A monthly virtual helping tool.

Get ideas for coping while learning about helping resources.

FALL 2020: Focus on Basic Needs Resources.

Sponsored by ARCC Counseling Services

For appointments click [here](#) or call 763-433-1100

Fall 2020 Issue #1: September

Page 1:

- App Highlight
- Positive News Corner
- Quick Tip

Page 2:

- Resource Spotlight: Basic Needs Website at Anoka-Ramsey CC

Positive News Corner



Chopping Down Barriers!

In an effort to get kids in Minneapolis into a safe area and put a smile on their face, Imani Jackson, CEO of Chopped and Served, created Thursday night food giveaways. There's a DJ, kids playing in the park and families enjoying nutritious food. "That's what's important here is you see every different type of person, there's no hate. It's all love and at the end of the day, food is what brings people together," said Jackson. Check out the story [here](#).



APP HIGHLIGHT

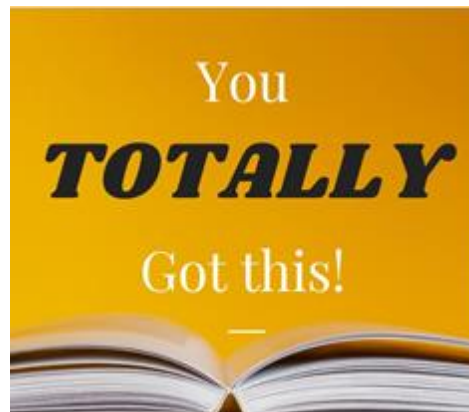


The **Breathe2Relax** app provides info on the effects of stress on the body. It helps you learn a skill called diaphragmatic breathing. This helps with overall mood stabilization.

Quick Tip:

Asking for help is okay!

Everyone needs help now and then. Asking for help is a strength and a sign of maturity.



RESOURCE SPOTLIGHT

Anoka-Ramsey Community College Basic Needs Website

As part of Anoka-Ramsey's unwavering commitment to student success, we want to help connect you to resources that you need. We recognize that many students at Anoka-Ramsey struggle with basic needs such as food, housing and more. A [new website](#) has been established to share resources that help with basic needs. We hope it provides a valuable tool for students to find what they need. Take a moment and explore the site. You might be surprised on the number of resources available in our community that can help.



CHILDCARE RESOURCES



FINANCIAL AND EMPLOYMENT
RESOURCES



FOOD RESOURCES



HEALTH RESOURCES



HOUSING RESOURCES



LEGAL RESOURCES



MENTAL HEALTH RESOURCES



TECHNOLOGY RESOURCES



TRANSPORTATION RESOURCES

**Anoka-Ramsey Community College counselors are skilled
in helping you navigate these resources.**

**In future issues of this newsletter we will highlight some
specific resources from the various basic needs areas.**