



TAKE5

DEVELOP SKILLS FOR POSITIVE LIVING

A monthly virtual helping tool.

Get ideas for coping and learn 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 #2: October

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Positive News Corner



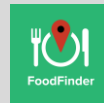
Chasing Waterfalls

When Colleen Radke asked her daughter, Wynn for an outdoor activity to combat COVID quarantine, her daughter's reply was to see 67 waterfalls. So on March 28, they embarked on their first journey. Since then they have traveled all over Minnesota and western Wisconsin chasing waterfalls. The time spent together and outdoors was healing for them as they dealt with quarantine, job loss, school closing, divorce, and the riots in Minneapolis. Colleen, said "As a single working mom, I don't think we'll have an experience to have a summer together ever again." Here's to chasing waterfalls! [Full story](#)



FOOD RESOURCES

APP HIGHLIGHT



Looking for help with food? Privately search on FoodFinder's website for help near you. **FoodFinder** is a safe, secure and award-winning mobile app that gives food insecure individuals a way to find free food assistance programs quickly.



Quick Tip:

Check out ARCC Grab and Go Food Pantry!

All ARCC students can stop by for free non-perishable food and personal hygiene items. Check out the details [here](#).

RESOURCE SPOTLIGHT

Hunger Solutions Minnesota

[Hunger Solutions](#) connects hungry Minnesotans with food resources and long-term advocacy. Their programs work to end hunger in the state by collaborating with both the state and federal government to advance programs that tackle hunger. By working with food banks and shelves, they connect people in need with local help. They work with public and private sector partners to bring community resources to the table. As the only statewide anti-hunger organization whose services reach every county of Minnesota, they are not only fighting hunger today, but also finding long-term solutions to end hunger in the future.

Did you know?

- **Nearly 1 in 12 Minnesotans are food insecure, that is nearly 500,000 Minnesotans.**
- **Everyday in Minnesota 9,000 people visit a food shelf to get help meeting their food needs.**

Hunger Solutions supports Minnesota's food shelves and serve their clients through programs such as the Market Bucks that helps SNAP customers and the Minnesota Food HelpLine that connects hungry Minnesotans with resources such as food shelves, farmers markets, meal programs and discount grocery programs.



FACT: In 2017 over 5% of ARCC students reported experiencing food insecurity.



Anoka-Ramsey Community College counselors are hosting a panel of local food resource experts. All Students, Faculty and Staff are invited!

Date: Monday, October 12

Time: 2:00 PM

Zoom Link: Click [HERE](#) to Register!