

MDVA PROGRAMS & SERVICES

MDVA is dedicated to helping Veterans from all eras and their families gain access to the benefits and resources they have earned with programs that include:

- Adult Day Care
- Counseling
- Dental Care Assistance
- Education Support
- Emergency Assistance
- Financial Assistance/Grants
- Health and Disability Claims and Appeals for VA and Social Security Benefits
- Homelessness Prevention and Support
- Optical Care Assistance
- State Veterans Cemeteries
- State Veterans Homes/Skilled Nursing and Domiciliary Care
- Suicide Prevention
- Veteran Family Assistance
- Women Veteran Support

For information on all of the programs and benefits available to you, contact:



Minnesota Department
of Veterans Affairs

20 W. 12th St., St. Paul, MN 55155
651-296-2562
MinnesotaVeteran.org

MDVA offers support seven days a week:



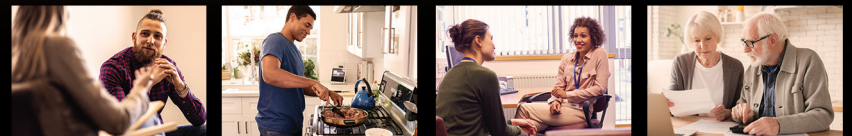
1-888-LinkVet (1-888-546-5838)
TTY: 1-800-627-3529
Email or Live Chat: LinkVet.org

MDVA is a Veteran-friendly, equal opportunity and affirmative action employer and service provider. This document can be made available in alternate formats. Contact MDVA's Diversity, Equity, Inclusion and Accessibility Line at 612-548-5961 or your preferred telecommunications relay service.

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CORE



CASE MANAGEMENT, OUTREACH, REFERRAL & EDUCATION

Improving quality of life and strengthening military families.

Military service comes with unique challenges for servicemembers, Veterans and their families.

The Minnesota Department of Veterans Affairs (MDVA) has a long-standing partnership with Lutheran Social Service of Minnesota (LSS) to support Veterans and their families through a variety of high-quality, supportive services.

Services received through CORE are **free and confidential**.



SERVICES

CASEWORK includes assessment of individual needs and personalized support. Individualized plans are created through a strength-based lens. We focus on giving individuals the tools they need to successfully navigate the challenges they are facing to create the best outcomes. Our services are delivered with trauma-informed, culturally sensitive, nonjudgmental care.

CAREGIVER SUPPORT & RESPITE

offers classes, coaching, emergency care planning, resources, respite care, support groups, and workshops to help family caregivers develop skills and maintain a healthy, balanced lifestyle.

HEALTHY MEALS to address food insecurity through LSS Meals to Go — a convenient frozen meal shipment service. Meals are designed by a registered dietitian to provide variety, balanced nutrition and meet dietary needs.

HOUSING SERVICES offer options for short- and long-term shelter for Veterans.

LSS FINANCIAL COUNSELING

provides budgeting, credit improvement, debt management (including Debt Management Plans), foreclosure prevention, homeownership, reverse mortgage and student loan debt support.

MENTAL HEALTH SERVICES provide support for improved quality of life including assessment, trauma therapy, support groups, deployment and reintegration support, and counseling for individuals, couples and families. We offer support to deal with stress, anger management, family relationships, grief, PTSD, substance use, military sexual trauma and more.



Services are available statewide. If access is a problem, reach out to make arrangements to bring services to you. Help is only a phone call away.

For more information about CORE services:

Call or email
Lutheran Social
Service at:
1- 844-577-2673
CORE@lssmn.org

or

Contact your
County Veterans
Service Officer
(CVSO)

To find your
CVSO, visit
MACVSO.org

