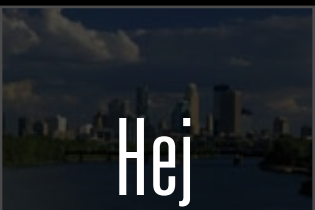
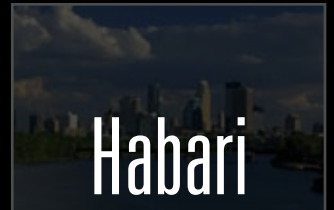


CAPI

PROGRAMS & SERVICES



You are on a journey.



Your journey has taken you far from your native land. Now that you are here, it is time to rebuild your life, make a home for yourself and your family, and become an active, supportive member of your community here in the United States.

You are not alone on your journey.

CAPI is here with you every step of the way.

We begin with a good start.

- > **The essentials**—jobs, food, clothing, and housing.
- > **Cultural coaching**—schools, shopping, religious worship, buses, support groups, elder care, immigration status and rights, and English learning centers; enrolling in school; understanding currency; using the banking, postal and emergency systems.
- > **One-on-one** in-home health counseling and community health advocacy.

We speak your language.

Our English-speaking refugee and immigrant staff and volunteers also speak and translate 13 languages: Arabic, Amharic, French, German, Hindi, Hmong, Korean, Laotian, Nepali, Oromo, Somali, Spanish, and Vietnamese.

If you need a translator, please contact us and we will be happy to help you.



612.721.0122

Get and keep a job.

Our team is committed to doing all we can to ensure that you have options when you choose your first job and that you will have the things you need—for example, convenient and affordable childcare, transportation, or a wardrobe of work clothes. We will also work with you and your employers to help you to keep your job.

Job Readiness: Develop new skills, fill out job applications, participate in mock interviews, and attend weekly job clubs.

Job Fairs: We hold job fairs for refugees and immigrants right at its offices as well as attending other job fairs to find employment opportunities for you.

Transitional Employment: We offer programs for you to work in a subsidized job that could lead to full-time employment.

Short Term Training: If you are eligible, you can apply for scholarships to enroll in short-term training programs.

Job Development: Our staff analyzes the job market, develops contacts with companies and works with those contacts to create jobs with living wages for refugees and immigrants.

Are you ready to leave the Minnesota Family Investment Program (MFIP)?

If you are ready to look for employment, ask your caseworker to refer you to CAPI's job services program.

Need more of the essentials?



Supplement your diet and become educated about nutrition and healthy eating.

The CAPI Food Shelf

CAPI sponsors two food shelves stocked with the type of healthy and fresh food you have always eaten in your Asian and African homelands. We provide you with 15 pounds of culturally specific food per month. CAPI Food Shelf participants learn about nutrition and healthy eating, use community gardens, and have access to other food sources.

To visit our food shelf, please contact the Food Shelf Coordinator at 612.767.3686.



Need to know more about U.S. culture?



Even when you've taken care of the basics—finding a place to live and getting a job that pays the bills—there will still be some things you can do to make life here easier and more comfortable and some things you will need to do to participate fully in your new community and country. CAPI staff empowers you to advocate for yourself and your family and educates you about your civil rights and responsibilities.

- **Learn English.** You can enroll in English classes that fit your schedule and are located near your home.
- **Ensure your child's school success.** CAPI helps you get your child enrolled in school, works with you, one-on-one, to advocate for your child's success, and provides summertime and after school activities and camps.
- **Honor tradition and respect our elders.** Our elders hold our family together and ensure that traditions are passed on. CAPI eldercare programs engage elders in social gatherings and encourage them to remain active. They also coach and counsel the caregivers on how to get the resources needed to strengthen the family at home.
- **Get support from other refugees and immigrants.** CAPI facilitates culture groups that connect new refugees and immigrants with peers to build your strength through shared experiences.

Take care of your health!



To achieve health equity together, CAPI works with you and your family so that you understand and have access to the Minnesota health care system.

Here is what we can do:

- Talk with you about you and your family's health.
- Help you apply for health insurance.
- Help you find a doctor you like.
- Drive you to the doctor.
- Translate for you during doctor's appointments.

We are also working in your community to increase your knowledge on how to prevent risk factors that lead to chronic diseases.

- Improving access to nutritious foods
- Improving access to and promoting opportunities for physical activity, and
- Reducing secondhand smoke exposure and tobacco use.

You are not alone.

Many of CAPI staff and volunteers know firsthand what it is like to be a refugee or immigrant—and they know what it means to have someone offer support and encouragement just when they need it most. We are committed to supporting you as you engage fully in the community and choose your path to self-determination.



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612.721.0122

SERVICES

- > Finding Jobs
- > Food Shelves
- > Healthy Living
- > Support Groups
- > Education Support
- > Learning English

LANGUAGES SPOKEN

- > Arabic — العربية
- > Amharic — Amaringa
- > French — Français
- > German — Deutsch
- > Hindi — हिन्दी
- > Hmong — Hmoob
- > Korean — 한국어
- > Laotian — Phasa lao
- > Nepali — नेपाली
- > Oromo — Afaan Oromoo
- > Somali — Afsoomaali
- > Spanish — Español
- > Vietnamese — Tiếng Việt



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let's talk