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# CAP<sup>heart</sup>LP

Lakes & Prairies Community Action Partnership

## Tax \$ite

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### **FREE TAX PREPARATION SERVICES**

**Who?** Families & individuals with income less than \$68,675

**Where?** CAPLP— 311 5th Street South in Breckenridge

**Why?** Because we want you to keep ALL of your refund!

**Call: (218) 512-1500 to schedule an appointment today!**

This service is made possible with funding and support from:  DEPARTMENT OF REVENUE



### MNSURE NAVIGATORS—HERE TO HELP

If you have any questions about signing up through the MNsure website and would like help with the process, call:



**(218) 512-1550**

### ARE YOU STRUGGLING TO BUY HEALTHY FOOD FOR YOUR FAMILY?

The minimum amount you could be eligible for is \$23 per month. It may not sound like much, but that is enough for 4 pounds of beef, 5 gallons of milk, or 4 dozen eggs!



Call **(218) 512-1570** for more information about SNAP

### HOUSING

CAPLP offers various housing programs for people experiencing homelessness and at risk of homelessness. Our first focus is to address the immediate crisis situation by providing assistance for rent, mortgage payments, security deposits, or utilities and then develop a plan for long term stability.



To learn more, call:  
**(218) 512-1570**

### HOME-BASED EARLY HEAD START

**NOW ENROLLING** pregnant moms and children ages birth-3. Enrolled families receive weekly home visits from September through July. Services are free. Families receive support with child development, health, nutrition, social interactions, and much more!

Call or email Chelsea at: **(218) 512-1515**  
or email [chelseab@caplp.org](mailto:chelseab@caplp.org)  
for more information.



CAPLP eliminates poverty by empowering families and engaging communities. For more information about how we help people change their lives every day, visit **caplp.org**



## JANUARY IS NATIONAL MENTOR MONTH!

Kinship is a non-profit organization serving Richland and Wilkin Counties since 1982 by providing mentoring relationships and opportunities to youth through one of our three mentoring programs.

All youth need and deserve the support of nurturing adults, and we believe even the slightest positive influence has the potential to change a child's life.

Mentoring makes a difference one friendship at a time!



We recruit, train and match caring adult individuals, couples or family mentors with youth ages 5 to 14.

This is a free and voluntary program offered to families of youth who recognize the benefits and need of extra support for a child.

## LUNCH BUDDY SCHOOL-BASED MENTORING

**LUNCH•LISTEN•LAUGH** This program's goal is to improve social skills and self-esteem in order to foster a better attitude for learning, ultimately improving school success! We match Lunch Buddies with 3rd-5th graders from Breckenridge and Wahpeton Elementary, who spend 2 lunches a month enjoying a short activity and making a lasting impact through friendship.



This group mentoring program is for teens 13-17 years old. We meet monthly and focus on independent living skills with the goal of giving teens a support network and tools for adulthood.



Wahp Lunch Buddies



Breck Lunch Buddies



Kinship4Teens

## Matches in the spotlight

### Kristi and Aaliyah



Starting out as lunch buddies, this pair decided quickly that they wanted to spend more time together and became a Kinship mentor match in August 2023.

When asked one thing that they have learned from each other: Aaliyah: "Don't yuck something when you haven't tried it." Kristi: "fun can be fun no matter what you are doing."

### Jim and William



These two are a newer match that have already found a fast friendship. William likes all things farming and they enjoyed gardening together this past summer.

Next year in their garden William gets to pick out 6 things to grow and is excited to learn to take care of his own flowers and carrots.

### Shana and Haylee



Matched since the age of 7, Haylee and Shana have had lots of fun and quality time together over the years!

When asked to describe each other in three words:

Shana said Haylee is loving, fun and determined!

Haylee said Shana is kind, pretty and quirky!

**We are thankful for our 37 mentor matches, 60 lunch buddy matches and 10 Kinship4teens members!  
9 kids are currently still waiting for a mentor!**

# Monthly Activities

Thanks to the support of our community members and business partners, Kinship is able to provide free monthly group activities for matched and waiting youth, amplifying connections, opportunities, quality time, joy and community!



Data shows 1 in 3 of our nation's youth are growing up without a mentor.

74% of youths with a meaningful mentor say that person contributed significantly to their success later in life.

58% of young people say their mentor has supported their mental health!

## TRANSFORMING OUR COMMUNITY THROUGH THE POWER OF MENTORING!



2025 Amazing Race

We are blown away that our upcoming Amazing Race on June 5th, 2026, will be Kinships 20th signature fundraiser! Teams, made up of family and friends, traverse a 3.5 miles course (mostly on bike) doing 8 fun business sponsored challenges along the way. Make plans to join us for our 20th year!

The Kinship CODE represents our values that champion quality programs, meaningful relationships and fuel opportunity for our youth!

### CONNECTION OPPORTUNITY DEPENDABILITY EMPOWERMENT

#### For more information:

Website: [www.rwkinship.com](http://www.rwkinship.com)

Instagram: @rwkinship

Facebook: Richland-Wilkin Kinship

Phone: 701-672-0303

Email: [rwkinship@gmail.com](mailto:rwkinship@gmail.com)



## Giving Hearts Day

Kinship is free for youth to participate in. We are financially dependent on grants, fundraisers and direct support of individuals, service organizations, and businesses to make the magic behind Kinship happen. Research shows that mentoring is the best dollar you can put into prevention! You have an opportunity to support Kinship Youth Mentoring this Giving Heart's Day!



## THANK YOU TO OUR LOCAL BUSINESS PARTNERS!

