

Center for Changing Lives Frogtown-Rondo



THE BUDGET BREAKDOWN

Total Cost: \$7,100,000

Project Budget Includes:

Building renovation and construction, including:

- *Housing units.*
- *Resource Center for youth experiencing homelessness.*
- *A playground.*
- *Staff offices and flexible meeting spaces.*

Green initiatives focused on renewable energy and environmental efficiency.

Procurement of all capital items (i.e. space furnishings).

Integrating and centralizing multiple services at hubs known as Centers for Changing Lives (CFCL) is a proven service delivery model aimed at reducing barriers, increasing access and empowering our neighbors. Lutheran Social Service of Minnesota (LSS) has two established Center for Changing Lives sites in south Minneapolis and Duluth. The Empower What's Possible campaign will support the launch of a third site: The Center for Changing Lives Frogtown-Rondo, strategically located at LSS' existing building on University Avenue in Saint Paul.

Currently the home of the Families Together Therapeutic Preschool and several complementary LSS services, this facility will be a flagship location for service innovation, expansion and measurement initiatives of the Empower What's Possible campaign.

Significant building enhancements funded through the campaign will transform the existing space into a modern, efficient and accessible hub for neighbors seeking supportive services. Once renovations are complete, the CFCL Rondo-Frogtown will accommodate additional preschool students and their families on the first floor, and expand our transitional housing for youth and young families experiencing homelessness on the second floor. It will also provide spaces for LSS services such as a youth resource center, financial counseling and education services, employment services, housing services, and mental health services.

Break the cycle of generational poverty

by providing on-site early childhood education and an array of family support services focused on prevention and early intervention that will connect families and children with the resources they need to thrive.

Address key social determinants of health

by providing a centralized continuum of services that prioritize economic stability, mental health, housing, and community connection.

Serve more than 1,100 neighbors annually

in a geographic area where residents — of whom more than 73% are people of color — face significant challenges including a lack of affordable housing, low incomes, and high rates of poverty.

**Together,
we will:**



Why now?

- Residents of the Frogtown neighborhood of Saint Paul face economic hardship: **38.2% of households make \$35,000 or less annually.**
- LSS is a known and trusted resource in the Frogtown neighborhood.** Expanding our capacity in this incredibly diverse neighborhood allows us to address the needs of our neighbors with the right resources at the right time.
- Many families experiencing poverty also experience toxic stress. Families who are able to reduce their stress have **increased parenting capacity, healthier behavior and higher rates of employment**, all of which lead to **stronger communities**.

Key Milestones

- 1 Engage key stakeholders in construction design and planning.
- 2 Select contractor and secure building permits.
- 3 Building renovation and construction.
- 4 Secure required licensures.
- 5 Building is fully operational.

"Two steps forward, 14 back."

That's how Wendy describes her life when she was struggling as a single mother raising her 12-year-old son.



After sharing her challenges with a county social worker, Wendy was referred to Lutheran Social Service of Minnesota. LSS guided Wendy to define her goals and equip her with the tools needed on her road to independence.

This type of comprehensive support — which will be offered at the CFCL Frogtown-Rondo — empowers families to choose what's best for themselves and tailors supports that are relevant to the family's culture. Intervening early by directing families to resources that will help them resolve challenges before those challenges escalate is a key objective.



Scan the QR code to learn more about how LSS is empowering families like Wendy's through early intervention.