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## **WALK-IN COUNSELING CENTER: THE BASICS DURING THE CORONAVIRUS PANDEMIC**

**ANYONE** can use Walk-In: clients of other organizations, other service providers, people in the community. Asking for help can be the healthiest thing you do!

All “walk-in” clinics will now be online or by phone via Zoom.

**BY PHONE:** Find a quiet place. Phoning while driving is dangerous. Please don’t!

There are six Zoom phone numbers. Our website has an “easy click” option, but the numbers are also listed below\*. When prompted by Zoom, enter the Meeting ID: 458-270-804.

**BY COMPUTER:** To join by computer during our clinic hours go to: [zoom.us/j/458270804](https://zoom.us/j/458270804)

Open Zoom on the dropdown list, and press “Join a Meeting”  
Please turn your computer camera to “On”

**COUNSELING CLINIC HOURS:** The clinics are OPEN at the following times:

|                   |               |                     |
|-------------------|---------------|---------------------|
| <b>Monday:</b>    | <b>1-3 PM</b> | <b>5-8:30 PM</b>    |
| <b>Tuesday:</b>   |               | <b>6-8:30 PM</b>    |
| <b>Wednesday:</b> | <b>1-3 PM</b> | <b>5-8:30 PM</b>    |
| <b>Thursday:</b>  |               | <b>6:30-8:30 PM</b> |
| <b>Friday:</b>    | <b>1-3 PM</b> |                     |

**HOURS:** Please call or log in to Zoom *only* during clinic hours. You will talk with the clinic receptionist who will connect you with a counselor ASAP. Please be patient.

### **SERVICES TO SPANISH AND HMONG SPEAKERS**

**We continue to serve Spanish and Hmong speakers:** The client can call our main number (612-870-0565), x 2 for Spanish; x 3 for Hmong. We will call the client back to arrange for counseling.

**\*ZOOM PHONE NUMBERS:** If you get a busy signal, go to the next number.

|                 |                 |
|-----------------|-----------------|
| +1 929 205 6099 | +1 346 248 7799 |
| +1 312 626 6799 | +1 669 900 6833 |
| +1 301 715 8592 | +1 253 215 8782 |

\*These are not toll-free numbers for people using a landline. They are free on a cell phone.