Solid Ground prevents and ends homelessness through housing, resources and opportunity. Come see what we're all about at one of our monthly Home At Last Tours!

Solid Ground E-Newsletter

Graduation Celebration

Earlier this month, Solid Ground held its annual DBT graduation ceremony. This year’s graduation was special, not only because we were celebrating our graduates and their hard work, but also because it marked Solid Ground’s 10th Anniversary of offering Dialectical Behavior Therapy, or DBT, skills training. This year’s DBT graduates joined 228 other women and men who have graduated from this program at Solid Ground. Ten years ago, when we were thinking about what services we could offer to help our residents build stronger skills and move forward in their lives, we knew that DBT would fit the bill.

DBT helps clients in addressing behaviors brought on by severe stress and trauma, focusing on four key areas: mindfulness, emotional regulation, interpersonal effectiveness and distress tolerance. No matter what an individual’s experiences or challenges have been, DBT gives a shared language, and teaches people to be more mindful and present in their everyday lives. It is not unusual for graduates to tell us years after taking DBT how much it has changed their lives and their perspective on things.

This year, we were also excited to celebrate the first graduates of our newest program, Getting Ahead. This class builds on the progress participants made in DBT to help them keep moving forward and claim the future they want for themselves and their families.

We are so proud of all of our graduates, congratulations to them!

Homes For All and Homeless Day on the Hill

Solid Ground was proud to participate in Homeless Day on the Hill again this year, organized by the Minnesota Coalition for the Homeless. On this day of advocacy, a group of Solid Ground staff members, residents and volunteers joined hundreds of advocates to meet with lawmakers in support of the Homes For All agenda and our mission to prevent and end homelessness for families.
We want to thank all who took the time to join us and advocate for the families of Solid Ground! Even if you weren’t able to be there, you can still raise your voice in support of our families by contacting your elected officials to let them know that you support investments in affordable housing and Homes for All (you can find out who represents you by clicking here). Not sure what to say? Here is a script for you:

Hi, my name is ________, and I live in your district. Where we live impacts everything! I am calling today to tell you that I support Homes for All's legislative ask this year of $140 million to build and preserve affordable housing and $10 million in the state budget to prevent and end homelessness and promote affordable housing. As your constituent, I hope you will support this too!

---

You're Invited to the *Every Family Needs a Home* Breakfast

You are invited to our 13th annual Every Family Needs a Home breakfast fundraiser! This inspirational event takes place at 8 a.m. on Wednesday, May 2 at Jimmy’s Event Center. The morning features inspiring speakers and raises critical funds in support of our mission. Every Family Needs a Home is free to attend and there is no minimum gift required, it's our job to inspire you to want to give!

If you’d like to join us for this great morning event, RSVP to mchung@solidgroundmn.org.

---

Donation Opportunity: Pillows

Our inventory of pillows is running low! In anticipation of spring and summer when we typically have more families moving in and out, we want to restock our pillow supply. Please note that we are only able to accept donations of new pillows. Donations can be dropped off at our office and are accepted Monday through Friday from 8 to 4:30 p.m. Detailed directions can be found here. Thank you!

---

Upcoming Events

- **Home at Last Tour** - Tuesday, April 10 at 5:30 p.m. RSVP to reserve your spot to tours@solidgroundmn.org
- **Volunteer Appreciation Event** - Wednesday, April 11 at East Metro Place
- **Every Family Needs a Home Breakfast** - Wednesday, May 2 from 8 to 9 a.m. Join us for this inspirational morning of raising funds in support of the families of Solid Ground! Contact Mary Chung at mchung@solidgroundmn.org if you are interested in attending or sponsoring this event.

---

Make a Gift

Be sure to add our email address to your address book or safe senders list so our emails get to your inbox.