The Northside Community Support Program welcomes residents in the North Minneapolis area to help them overcome the challenges of mental illness, trauma, COVID and more. We are a free membership-based program that is providing support and help accessing community-based services, therapy, or sometimes just a friendly ear. We work closely with many local community partners to ensure people have access to emergency food, employment supports, legal assistance, and more. The program hosts weekly meetings to identify new ways the program might support the community, and how they can collaborate to make it happen.

“We unintentionally overlook what a bit of quality time and just a consistent presence can do for someone. Today we’re baking cookies, making jewelry, and providing other opportunity for connection, just trying to make navigating this situation easier,” said Markevius Collier, the program supervisor.

Being a part of the Northside program is deeply personal for Markevius.

I’m super passionate about mental health. It changed my life, and I want that for our members. I love being able to share that knowledge with my community. I love being able to stand back and see someone blossom – to see people have a better grasp on their mental health. Everyone deserves that freedom.”

Events and Activities

COMMUNITY CONFERENCE CALL
Date: Every Wednesday
Time: 12:30pm – 1:30pm
Location: 651.288.3500, Code #103-3168
This is a weekly chance to communicate with community members, be a part of planning for future events, and voice any concerns/needs.

Community Updates

FOOD SHELF
Food Shelf Delivery occurs Every 3rd Thursday
You can sign up at the Drop-in or at Northpoint (1835 Penn Ave)

TAX ASSISTANCE
For any tax form assistance (Rent Rebate) reach out to Community Action Call 952.933.9639, as they provide free help with tax services.
Recipe

**ONE POT CHICKEN PARMESAN PASTA**

All the great chicken Parmesan flavors, combined in one easy one pot pasta dish that’s ready in 30 minutes! Less dishes, but a meal with maximum flavor!

**Entree, Main Course Italian 6 servings, 30 minutes**

**Ingredients:**
- 2-3 boneless skinless chicken breasts, diced into bite sized pieces
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1 medium yellow onion, minced
- 3 cloves garlic, minced
- 16 oz dried short-cut pasta (I used rigatoni)
- 24 oz jar of your favorite marinara sauce (I used Newman’s Own)
- Water to fill empty marinara sauce jar
- 1 cup mozzarella cheese
- 1/2 cup Parmesan cheese
- Salt and pepper, to taste
- Additional dried Italian seasoning, optional fresh parsley and/or basil, minced for garnish

**Instructions:**
1. To a large pot or skillet, add a drizzle of olive oil and heat over MED/HIGH heat. Add chicken, season with salt, pepper, Italian seasoning and garlic powder. Cook about 5 minutes, until chicken is most of the way cooked through. Remove to a plate.
2. Add onion and garlic to the pot and cook about 2-3 minutes, until soft. Pour in marinara sauce, fill up empty sauce jar with water and add to the pot. Bring to a boil, then reduce to a strong simmer.
3. Add chicken and pasta, stir, then cover and cook for 10-15 minutes, until pasta is cooked to your liking. Stir in Parmesan cheese and 1/4 cup of the mozzarella cheese.
4. Sprinkle remaining 3/4 cup mozzarella cheese on top of the dish and cook another 2-3 minutes, until cheese is melted and gooey.
5. Sprinkle with additional Italian seasoning if desired, and garnish with parsley or basil.