

SUPPORT GUIDE

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ADULTS/AGING

Adult foster care, assisted living and nursing homes are listed under “[Housing](#)”.
Home Health and Personal Care agencies are listed under “[Health and Wellness](#)”.

211 First Call for Help

<https://www.211unitedway.org>.

Find assisted living facilities, independent living communities, public housing and senior housing resources specifically relevant to seniors. Offers live chat with a referral specialist.

Arrowhead Area Agency on Aging

221 West First Street

Duluth, MN 55802

Phone: 218-722-5545

www.arrowheadaging.org

Strives to foster independence for elder persons through the development and coordination of community-based, long-term care services.

Arrowhead Economic Opportunity Agency (AEOA)

Norlen Industrial Park

2124 10th Street

Two Harbors, MN 55616

Phone: 218- 834-2280

<http://www.aeo.org/>

Senior Community Service Employment-Adults 55+. Promotes part time, temporary employment. Must be income eligible.

Bone Builders

Phone: 218-226-8809 (call for any of the locations)

Class to improve your muscle tone, bone strength and balance.

<u>Finland Bone Builders</u>	<u>Knife River Bone Builders</u>	<u>Silver Bay Bone Builders</u>	<u>Two Harbors Bone Builders</u>
Clair Nelson Center 6866 Cramer Road Finland, MN 55603 Mondays and Wednesdays 10 a.m. - 11 a.m.	Knife River Lutheran Church 158 Church Road Knife River, MN 55609 Mondays 10 a.m. - 11 a.m.	Mary MacDonald Center 99 Edison Blvd. Silver Bay, MN 55614 Tuesdays and Thursdays 9 a.m. - 10 a.m. and 10 a.m. - 11 a.m.	Lake View Hospital Solarium 325 11 th Avenue Two Harbors, MN 55616 Mondays and Tuesdays 11 a.m. - 12p.m.; Thursdays 10 a.m. – 11 a.m. and 11 a.m. - 12 p.m.

The Care Trainer LLC

Phone: 218-391-8778

Website: <https://thecaretrainer.com/>

Email: BetterDays@thecaretrainer.com

Group class, 1.5 hours long, instructing safe and sustainable physical caregiving strategies. Reduce risk of injury with better assistance techniques so you can care for your loved one at home longer.

Community Partners

417 South Avenue (Community Center building)

Two Harbors, MN 55616

Phone: 218-834-8024

<http://www.communitypartnersth.org/>

Volunteer service to assist elders in living independently. Services include transportation to medical appointments, yard work, paperwork, home maintenance, assistance with shopping, friendly conversation. Offers respite care and support and education for caregivers. Community events and education. Also provides seniors (55+) with opportunities to be involved with the community, attend events, and form relationships through activities (formerly known as Socially Active Seniors).

New Memories Café-A social and educational gathering for older adults and their families and friends. No diagnosis is necessary; the New Memory Café is designed for everyone to have a nice time in a safe environment. New Memory Café meets on the third Wednesday of each month at the Community Center, 417 South Avenue. Open to the public and free of charge.

Groceries to Go-There are three different ways to access food: A volunteer will drive the participant to the grocery store to assist in shopping and then assist in unpacking and putting away groceries; a volunteer will drive the participant to the Two Harbors Area Food Shelf to access food and then assist in unpacking and putting away groceries; a participant can call Community Partners to place their order, then a volunteer will do the grocery shopping and deliver and put the groceries away. Call or stop by Community Partners to register.

Eldercare Locator Line

Phone: 800-677-1116

<https://eldercare.acl.gov/Public/index.aspx>

Helps families and friends find information about community services for older people anywhere in the United States and its territories.

Eye Care America Helpline

Phone: 800-222-3937

www.eyecareamerica.org

Seniors Program-Provides care to eligible seniors 65+ with a medical eye exam at no out-of-pocket cost, and up to one year of physician services for follow-up care for any condition diagnosed during the initial exam.

Housing Link

<https://www.housinglink.org>

Search for senior housing using filters such as distance from a certain point, amount of rent, number of bedrooms, building type, accessibility, and whether pets are allowed.

Lake County Developmental Achievement Center (DAC)

626 2nd Avenue

Two Harbors, MN 55616

Phone: 218-834-5767

<http://lcdac.org/>

Office Hours: Monday-Friday 8am-4pm

Chore service crew provides lawn mowing, raking and snow shoveling services on a limited basis.

Lake County Health and Human Services616 3rd Avenue

Two Harbors, MN 55616

Phone: 218-834-8400

Hours: Monday–Friday 8am-4pm

<http://www.co.lake.mn.us/index.php>

Adult Protection: To report suspected abuse, neglect, self-neglect or financial exploitation of vulnerable adults, call the Minnesota Adult Abuse Reporting Center (MAARC) 844-880-1574 or <http://www.mn.gov/dhs/reportadultabuse/>. Reports are referred to local social workers that take appropriate action to provide safety.

Adult Foster Care: Adult Foster Care is a licensed home-like setting for adults who are unable to live on their own. Placements may be short-term, long-term or for respite care.

Blood Pressure Checks and Foot Care Clinics: Public Health Nurses perform blood pressure checks and hold monthly low-cost foot care clinics for elderly persons. Appointments are required. **MNCHOICES**-Web-based application that is comprehensive and integrates assessment and support planning for Minnesotans who need long-term services and supports. MNCHOICES embraces a person-centered approach to ensure services meet each person's strengths, goals, preferences, and assessed needs.

Services to Seniors: Assessments and referrals to assist individuals age 65 and older to remain in their home, as well as recommendations for options outside of the home when necessary.

Minnesota Help<https://www.minnesotahelp.info/SpecialTopics/Seniors>

A web-based means of finding information about social services in Minnesota.

North Shore Area Partners

99 Edison Blvd.

Mary Mac Building

Silver Bay, MN 55614

Phone: 218-226-3635

<http://www.nsapartners.org/>

Services that focus on assisting elders to live independently. Volunteer services include transportation to medical appointments, household and outdoor chores, grocery shopping and frozen Meals On Wheels delivery, friendly visits and check-ins, assistance with paperwork, service coordination and referrals. Offers respite care and support for caregivers. New services include in-home personal care assistance and housekeeping on a sliding scale fee.

Northshore Golden Agers Club

Rooms 19 & 23

99 Edison Blvd.

Silver Bay, MN 55614

Phone: 218-226-3048

Group for people 55+ or retired. Meets the third Wednesday of each month. Ongoing programs, including arts and crafts, games, pool, and cards.

Retired Senior Volunteer Program (RSVP)

2124 10th Street

Two Harbors, MN 55616

Phone: 218-834-2280 ext. 108

RSVP gives adults (55+) an opportunity to share their talents, wisdom and creativity through volunteer services at local nonprofit organizations and health care facilities. Volunteers provide services from tutoring special needs youth to advocating for senior health care issues. An AEOA program that serves Lake and Cook counties.

Senior Linkage Line

227 W 1st Street

Duluth, MN 55802

Phone: 800-333-2433

Minnesota Board on Aging's free statewide information and assistance service.

Social Security Administration

US Bank Building, Suite 400

130 West Superior Street

Duluth, MN 55802

Phone: 855-863-3560 or 800-325-0778 TTY

<https://www.ssa.gov/>

CHEMICAL DEPENDENCY/ADDICTION**Agate Bay Professional Suites**

120 7th Street

Two Harbors, MN 55616

Phone Faith Clark: 218-830-8085

Rule 25 assessments, referrals, and outpatient treatment.

Al-Anon

Virtual Meetings: <http://al-anon.org/al-anon-meetings/virtual-meetings/>

A mutual support group of peers who share their experience in applying the Al-Anon principles to problems related to the effects of a problem drinker in their lives.

Alcoholics Anonymous

Twin Ports Intergroup

320 East 2nd Street

Duluth, MN 55805

Phone: 218-727-8117

<https://www.area35.org/>

Local Support Meetings

Sunday:

- 6:30pm - Lutsen Fire Hall
- 7pm - Brimson Town Hall

Monday:

- 6:30pm – Budd House, Two Harbors (AA/NA meeting)
- 7pm - Lake View Hospital Cafeteria, Two Harbors
- 7pm - United Methodist Church, Two Harbors (first Monday of the month/women only)
- 7:30pm - Clair Nelson Center, Finland

Tuesday:

- 7pm - French River Church (only persons with alcohol issues may attend)
- 7:30pm - St. Mary's Catholic Church, Silver Bay

Thursday:

- 6pm – Bay Area Vineyard Church, Silver Bay (please call 218-220-7650) Celebrate Recovery
- 7pm - Living Waters Church, Two Harbors (use back door)
- 7pm – Agate Bay Professionals Building, Two Harbors (NA meeting; however, people with alcohol issues may attend.)

Friday:

- 7pm - Lake View Hospital cafeteria, Two Harbors

**You can also look up AA meetings online at <http://www.area35.org/contact-aa/> or Narcotics Anonymous at 877-767-7676 or online at <http://www.naminnnesota.org>.*

Amberwing

615 Pecan Avenue

Duluth, MN 55811

Phone: 218-355-2100 or 24-hour regional crisis line: 218-623-1800 or 2-1-1

www.amberwing.org

Providing chemical dependency and/or mental health services to children, teens and their families. Programs include birth to kindergarten, intensive day treatment, outpatient program for young adults, substance use disorder program and a family resource center.

Bethel Outpatient Services

23 Mesaba Avenue

Duluth, MN 55806

Phone: 218-727-0504

<http://www.duluthbethel.org/>

Offers residential and outpatient treatment for substance abuse for men and women. Must have Rule 25 assessment completed prior to admission. Also offers aftercare, driving with care therapy, driving with care education, drug court cognitive skills program, halfway house and extended care services.

Bethel Port Rehabilitation Center

23 Mesaba Avenue

Duluth, MN 55806

Phone: 218-727-7415

Center for Alcohol and Drug Treatment (CADT)

1402 East Superior Street

Duluth, MN 55805

Phone: 218-723-8444

Hours: 8am-4pm Monday-Friday

<http://cadt.org/>

Substance abuse treatment services for children, adolescents and adults.

Detoxification:

1402 East Superior Street, Duluth, MN 55805

Phone: 218-723-8444

24-bed unit, medically managed sub-acute detoxification from alcohol and drugs. Open 24/7.

ClearPath Clinic:

1402 East Superior Street, Duluth, MN 55805

Phone: 218-529-1188

<http://clearpathclinic.com/>

Medically assisted treatment and recovery services for opiate addiction. Offers pharmacotherapies combined with case management, monitoring, education, and group therapy. Any insurance accepted, including MA.

Outpatient Based Treatment and MMP Medication Management (MMP/OBOT):

Phone 218-723-8444

Walk-In Rule 25 Assessments:

26 East Superior Street, Duluth, MN 55802

No appointment necessary, Monday-Friday 8am-12pm.

First come, first serve basis. Arrive early as spots fill up quickly. Adults only (see Amberwing or Life House for adolescent Rule 25 assessments). May require a \$125 down payment depending on insurance copayments.

Gambling Services:

26 East Superior Street, Suite 100, Duluth, MN 55802

(entrance at corner of 1st Avenue East and Michigan Street)

Phone: 218-529-3476

Gambler's hotline: 1-800-333-HOPE

<https://getgamblinghelp.com/>

FREE services to MN residents.

Howard Friese House1520 East 2nd Street, Duluth (Lakeside) – 14 bed714 North 11th Ave East, Duluth (Hillside) – 12 bed

Phone: 218-723-8444

Medium intensity, extended care residential treatment program for men.

Pathfinder

1402 East Superior Street

Duluth, MN 55805

Phone 218-529-3437

Six bed opioid withdrawal and stabilization unit.

Marty Mann House

2211 Greysolon Road

Duluth, MN 55812

Phone 218-723-8444

<http://www.martymannhouse.org/>

Offers a 24-bed, women's residential and medium intensity program. Uses supportive therapeutic community to focus on recovery and transition from treatment.

Celebrate Recovery

1001 Jean Duluth Road (Lakeview Covenant Church)

Duluth, MN 55807

Phone: 218-525-6625

<https://sites.google.com/site/celebraterecoveryduluthmn/>

Celebrate Recovery is a faith-based 12-step recovery program.

Welcome Home-Lead by veterans, this is a group for male veterans to work through life's hurt, habits and hang-ups.

Local Support Meeting: Thursdays at 6pm, Bay Area Vineyard Church, Silver Bay (does not meet July or August).

Fond du Lac Reservation-Tagwii

Walk-in Rule 25 Assessments are available at the following locations. Assessments are on a first come, first serve basis **and** need to meet Fond du Lac Human Services eligibility.

Fond du Lac Human Services

927 Trettel Lane

Cloquet, MN 55720

Phone: 888-888-6007

Monday, Tuesday, Thursday

8:30 a.m. – 2:30 p.m.

Out to lunch 12p.m. – 1 p.m.

Center for American Indian Resources

211 W 4th Street

Duluth, MN 55806

Phone: 218-726-1370

Tuesday, Wednesday, Thursday

8:30 a.m. – 2:30 p.m.

Out to lunch 12 p.m. – 1 p.m.

Drug and alcohol recovery support groups are listed here:

<http://www.fdlrez.com/humanservices/supportgroups.htm>

Genesis Recovery Services, LLC.

5 North 3rd Avenue West

Duluth, MN 55802

Phone: 218-722-2368

<http://www.grsduluth.com/>

Hours: Monday-Friday 8am-4:30pm

Substance abuse treatment for young adults/adults with co-occurring mental and substance abuse disorders. Offers intensive outpatient treatment, diagnostic assessments, Rule 25 assessments, family education (chemical and mental health), crisis intervention, aftercare, groups, treatment services to those on medication assisted therapies (Methadone, Suboxone, Buprenorphine).

Human Development Center (HDC)

325 11th Avenue

Two Harbors, MN 55616

218-834-5520

1401 East 1st Street

Duluth, MN 55805

218-728-4491

99 Edison Blvd.

Silver Bay, MN 55614

218-834-5520

<https://www.humandevelopmentcenter.org/>

Offers Rule 25 and comprehensive chemical health assessments, intensive outpatient group programming, dual diagnosis (MI/CD) treatment services, substance abuse disorder counseling, peer support services, case management and monitoring and aftercare support services.

Lake County Health and Human Services

616 3rd Avenue

Two Harbors, MN 55616

Phone: 218-834-8400

<http://www.co.lake.mn.us/index.php>

Offers referrals and funding for eligible individuals with substance use disorders.

Life House

102 West First Street

Duluth, MN 55802

Phone: 218-722-7431

<http://lifehouseduluth.org/>

Licensed alcohol and drug counselor provides chemical dependency support and can conduct Rule 25 and diagnostic assessments. Requires no payment or insurance for services. Call 218-722-7431 ext. 129 for more information.

Miller Dwan (Essentia Health)

502 East 2nd Street

Duluth, MN 55805

Phone: 218-727-8762

24-hour regional crisis line: 218-623-1800 or 2-1-1

<http://www.essentiahealth.org/duluth/inpatient-hospital1.aspx>

Adolescent Chemical Dependency Program-For adolescents ages 12 to 18 years of age who are using alcohol or other drugs. Program offers a structured process of education and therapy for adolescents and their families. Program located at 330 East 2nd Street, Duluth, MN 55805. Call 218-786-1313 for more information.

Minnesota Recovery Connection (MRC)

Phone: 612-584-4158

<https://minnesotarecovery.org/>

MN Adult and Teen Challenge

1 East 1st Street

Duluth, MN 55802

Phone: 218-740-5506

<https://www.mntc.org/>

Substance abuse treatment for adult men and women. Offers outpatient, residential, and other specialized programs.

Narcotics Anonymous

NLANA

P.O. Box 16934

Duluth, MN 55816

Regional Helpline: 877-767-7676

Offers meetings and support to anyone struggling with addiction (drug or alcohol).

<https://www.naminnnesota.us/nl/?current-meeting-list=1> (Duluth Area website)<http://www.naminnnesota.org/> (statewide)**Nystrom and Associates, Ltd.**

Providence Building

332 West Superior Street, Suite 300

Duluth, MN 55802

Phone: 218-722-4379

<https://www.nystromcounseling.com/>

Substance Use Disorder Treatment-Intensive outpatient treatment programming for adults and adolescents. Addressing substance use disorder and mental health diagnosis with an integrated approach. Rule 25 and mental health assessments. Offering day and evening sessions for adults. Group and individual counseling, family involvement, drug screening, and after care programming is available for adolescents ages 12-18 who are still in school and that have a substance abuse disorder.

Medicated Assisted Treatment (MAT) with Suboxone-Intensive outpatient treatment for adults suffering from severe opiate use disorder. Medication assisted treatment in conjunction with mental health services, nutrition services, random drug screenings, psychological testing, medication management, and other services as needed. Offers day and evening programming. Must be involved in Nystrom and Associates substance use disorder program to receive services.

Substance Abuse Disorder Family Education and Support-Provide insight and education, teach coping skills, and provide resources to those who have a loved one in our substance use disorder treatment program.

Driving with Care™: is an effective, evidence based, DWI/DUI Education program that meets the cognitive skills educational requirements often ordered by the legal system.

Superior Treatment Center

324 West Superior Street, #300

Duluth, MN 55802

Phone: 218-336-9300

Hours: 8am-9:30pm

Outpatient substance abuse treatment services for adults (18+) on a sliding fee scale.

Thunderbird/Wren House229 North 4th Avenue West

Duluth, MN 55806

Phone: 218-727-7699 or 218-722-2703

Substance abuse treatment, transitional housing or halfway house for young adults and adults. Must have tribal affiliation.

CHILDREN AND FAMILIES

Children's mental health is listed under "[Mental Health](#)".

Adolescent chemical health is listed under "[Chemical Dependency/Addiction](#)".

ARC Northland

424 West Superior Street, #500

Duluth, MN 55802

Phone: 218-726-4725

www.arcnorthland.org

Core services include individual advocacy for people with disabilities, family support and IEP advocacy, education, information and resources. Also offers FASD education, intervention and prevention programs.

Extreme Parenting Group-This group provides education and support to parents who have children with emotional/behavioral disabilities. Lunch and childcare is provided.

Fetal Alcohol Spectrum Disorder (FASD) Parenting Group-This group provides education and support to parents who have children who have an FASD. Lunch and childcare is provided.

Cradle of Hope

Phone: 651-636-0637, ext. 104

<https://cradleofhope.org/>

Providing financial, educational and material assistance to women and babies in crisis that live in Minnesota.

CONTACT PARTNERING AGENCY (below) to obtain an application:

1. St. Louis County Public Health phone: 218-725-5231
2. Lake Superior Life Care Center phone: 218-727-3399
3. Birthright of Duluth phone: 218-723-1801

Community Education

Two Harbors Phone: 218-834-8201 ext. 8230

Silver Bay Phone: 218-226-4437 ext. 8137

<http://www.isd381.k12.mn.us/community-education/>

Early Childhood Family Education-Parents with children, birth to pre-kindergarten five, are welcome to participate in activities to build social, cognitive and motor skills. Parents engage in lively and informative discussions about the joys and challenges of everyday life as a parent. Registration is required for mixed age session. Fees based on a sliding fee scale, and can be waived if necessary.

Early Childhood Screening-Quick and simple check of how children are doing between the ages of 3 to 4 years. It identifies, at an early stage, possible learning or health concerns so that children can get needed help before starting school. Early childhood screening is required for entrance in Minnesota's public schools and is offered throughout the year.

Preschool-Ages 3 ½ - 5 years old.

Kids and Co. (Phone: 218-834-8221 ext. 8423)-Located in the Minnehaha Elementary school, provides children 3 years old through the end of 5th grade with before, during and after school supervision and activities. Open 6am-6pm.

Lake County Health and Human Services616 3rd Avenue

Two Harbors, MN 55616

Phone: 218-834-8400

Hours: Monday-Friday 8am-4pm

<http://www.co.lake.mn.us/index.php>**Car Seat Installations**-A certified car seat technician is available to assist you.**Child and Teen Check-up**-Program for children on Medical Assistance and Minnesota Care. Information is available about good physical health, development and growth, hearing and vision checks and immunizations. Complete physical exams are also available at your local clinic.**Child Care Assistance Program (CCAP)**-May be available to families who are employed, seeking employment, or are in school or training. Apply for CCAP benefits by calling our office, picking up an application or going on-line at <https://applymn.dhs.mn.gov>.**Child Protection**-Workers receive reports of possible physical, emotional or sexual abuse and/or neglect and take appropriate action to provide safety for the children.**Child Foster Care Services**-A licensed, home-like setting for children who are unable to live with their families and need placement on emergency, temporary, long-term or respite basis.**Children and Family Services**-Voluntary services to help families stay together; provides ongoing case management with individualized plans and assistance for your family's needs.**Family Based Services**-Provides parent education and counseling in the family home as an alternative to an out-of-home placement or preparing for a child to return home.**Follow Along Program**-Babies and children grow and learn at their own rate. Some children need special help to grow up healthy and learn skills such as sitting, walking, or talking. This program is to help determine if this is true for your child.**Newborn Home Visits**-Visits to a home by a public health nurse specializing in parent and child health. A visit will include weighing your baby, assessing your baby from head to toe, and providing information on sleep habits, feeding your baby, infant cues, playing with your baby, general baby care and immunizations and community resources.**Women, Infants and Children (WIC)**-Provides supplemental food and nutrition education to eligible pregnant or breastfeeding women and children under age 5.**Lake Superior Life Care Center-A Pregnancy Resource Center**

4931 E. Superior Street

Duluth, MN 55804

Phone: 218-727-3399

24-hour Helpline/Chat: 800-712-4357

Text: "HELPLINE" to 313131 or visit www.optionline.org<http://www.lslccduluth.org/>

Pregnancy testing, baby and maternity items, free medical clinic, including ultrasounds.

Earn While You Learn Program - Open to anyone willing to participate. Parents can earn points by completing one-on-one lessons and redeem those points for diapers, wipes, clothes, and many other baby items. The Life Care Center also offers Parenting Classes to eligible parents. They will connect you with parenting classes and other resources, including information about public assistance for medical and financial needs.

Life House

102 West First Street

Duluth, MN 55802

Phone: 218-722-7431

Youth Safeline: 800-786-2929

<http://lifehouseduluth.org/>

Resource for homeless and street youth ages 14-24 offering a youth drop-in center, housing assistance, mental health and wellness programs, education and employment assistance, and Safe Harbor (sex trafficking and commercial sexual exploitation care).

Youth Drop-In Center-Provides hot meals, showers, lockers, laundry, basic need supplies, activities and group meetings. Call 218-722-7431 ext. 126 for more information. Hours: Monday, Tuesday, Thursday, Friday 3pm-7pm and Wednesday 3pm-6pm.

Life House Housing Program-Over 30 units of housing with supportive case management throughout the Duluth community. Includes services aimed at preventing homelessness, including emergency rental assistance for eligible homeless and street youth and young families; assistance with advocacy with landlords and utility companies; and rapid re-housing with housing identification, rent and move-in assistance, and rapid re-housing case management and services. Call 218-722-7431 ext. 113 for more information.

Mental Health & Wellness-provides daily support and on-going services to improve physical, mental and spiritual wellness. Intensive case management is used to help youth improve health while obtaining life skills, stable housing, jobs, education, parenting education, and connections to community resources. Licensed alcohol and drug counselor provides chemical dependency support and can conduct Rule 25 and diagnostic assessments. Requires no payment or insurance for services. Call 218-722-7431 ext. 129 for more information.

Futures Program-voluntary program available to all Life House youth that may have been expelled or dropped out of school, who have little to no job experience, or who want to further their education and employment skills.

Education-Offers online GED preparation program, assists with high school enrollment/transfer paperwork and provides tutoring. Assists with entire college process (applications, meetings, tours, supplies, tutoring). Phone: 218-722-7431 ext. 112.

Employment-Program for youth who have multiple barriers to obtaining economic self-sufficiency. Phone: 218-722-7431 ext. 127.

Safe Harbor-Provides a continuum of care for underage victims of sex trafficking and other forms of commercial sexual exploitation. Helps to connect survivors to services both within Life House and out in the community to help them heal from their traumas.

Sol House-House for survivors of sexual exploitation, staffed 24/7, room for six youth (ages 15-20). Call 218-722-7431 ext. 125 for more information.

Lutheran Social Services

424 West Superior Street, #600

Duluth, MN 55802

Phone: 218-529-2222

<http://www.lssmn.org/>

Bethany Runaway & Homeless Youth Program-Offers Bethany Crisis Shelter for youth 17 years and younger to stay up to 21 days and provides access to therapy to explore issues. Referral by county social worker, court, or law enforcement. Phone 218-626-2726 for more information.

Teen Health Clinic-Offers free walk-in wellness services including health screenings for teens and young adults who are 13-24 years old. Located at The Center for Changing Lives Duluth, 1422 East Superior Street, Duluth.

Another Door Emergency Housing Program-Program for young adults age 18-24 experiencing homelessness, offers short term housing and support to develop a plan. Call 218-529-2287 for more information.

LSS Renaissance-Transitional housing (up to 18 months) for youth 16-21 years old. Call 218-723-8052 for more information.

Oh No Eighteen! (ONE) Independent Living Skills-Group training and individual transition planning and services for youth 16-21 that have been in care during their teen years for at least 30 days, including foster care, residential treatment programs, group homes, and other residential care services. Phone 218-529-2287 for more information.

Supervised Visits-Conducts supervised visits for families referred by counties and courts, as well as providing fee-based supervised visits for families who seek them independently. Flexible scheduling at various locations throughout Duluth and surrounding area. Phone 218-391-9561 for more information or see <http://www.lssmn.org/youth/duluth/supervised-visits/>.

Together for Youth-An inclusive, supportive and welcoming group for LGBTQ youth. The group meets Wednesdays from 4pm-6pm at The Center for Changing Lives Duluth, 1422 East Superior Street. Call 218-529-2224 for more information.

Bethany Crisis Nursery-Located at 1 East 1st Street, Suite 301 (phone: 218-302-6879).

<http://www.lssmn.org/crisisnursery/>

Clothing Room: Offers baby clothes (newborn to size 7 in kids), diapers/wipes, blankets, hygiene products and other baby equipment (items are donated, so selection varies) to those in need free of charge. Call ahead to schedule a same day appointment. Open Monday through Friday 8am-4pm.

Child Care: Temporary, emergency care for up to three days for children infancy through 12 years. Available day and night.

Minnesota Department of Health, Housing

<https://www.health.state.mn.us/communities/safeharbor/>

Find Safe Harbor shelters and housing programs across the state for sexually exploited youth.

Minnesota Help

<https://www.minnesotahelp.info/SpecialTopics/Youth>

Find resources for youth, including community connections, education, health care, housing, jobs, legal, money management and transportation.

National Center for Missing & Exploited Children

Phone: 800-843-5678

<http://www.missingkids.com/home>

24-hour hotline to report seeing a missing child and to report child sexual exploitation. Non-profit corporation whose mission is to help find missing children, reduce child sexual exploitation, and prevent child victimization.

Northland Foundation

Phone: 218-723-4040 or 800-433-4045

Offers Early Learning Scholarships to children under age five. The funds help families of young children pay for high-quality child care and early education. More information can be found at <https://northlandfdn.org/special-initiatives/>.

North Shore Collaborative

616 3rd Avenue

Two Harbors, MN 55616

Phone: 218-834-8403

http://www.co.lake.mn.us/departments/north_shore_collaborative_board_and_council.php

Provides prevention and early intervention services to children and families in Lake and Cook Counties.

Learning Opportunities Through Stories (LOTS)-Provides early literacy skills to ensure that children are ready for school.

North Shore Horizons

127 7th Street

Two Harbors, MN 55616

Phone: 218-834-5924

<https://northshorehorizons.org/>

The Supervised Visitation Program allows parents in high conflict or high-risk situations access to their children in a safe and supervised environment. The program is used to protect children from potentially dangerous situations while allowing parental access and providing support for the parent child relationship. The Supervised Exchange Program service allows the child to be exchanged from one parent to the other without being exposed to the conflict of the parents. Monitoring is limited to the actual exchange with the remainder of the visit occurring unsupervised.

Northern Lakes Food Bank

Phone: 218-336-2302

<http://www.northernlakesfoodbank.org/>

The Backpack Program-Feeds students in need on weekends and during the summer when school isn't in session. Children receive a nutritious supply of food at the end of the week.

Salvation Army

Phone: 651-746-3406

<http://salvationarmynorth.org/service-extension-program/northern-minnesota/>

Back to School Program: Backpack and basic school supplies for families that are unable to purchase them. Applications located at AEOA-Two Harbors and Lake County Health and Human Services. Applications available in late July/early August.

Christmas Toy Distribution: Applications available mid-October through mid-November at AEOA - Two Harbors and Lake County Health and Human Services.

The Trevor Project

Phone: 866-488-7386

www.thetrevorproject.org

A national 24-hour crisis intervention and suicide prevention hotline for LGBTQ youth.

CLOTHING/HOUSEHOLD

Bethany Crisis Nursery (operated through Lutheran Social Services)

1 East 1st Street, Suite 301

Duluth, MN 55802

Phone: 218-302-6879

<http://www.lssmn.org/crisisnursery/>

Clothing Room: Offers newborn to size 7 in kids clothing, diapers, wipes, blankets, hygiene products and other baby equipment (items are donated, so selection varies) to those in need, free of charge. Call ahead to schedule a same day appointment. Open Monday through Friday 8am-4pm.

Damiano Center

206 West 4th Street, Room 209

Duluth, MN 55806

Phone: 218-722-5247

<http://www.damianocenter.org/>

Hours: Monday, Tuesday, Wednesday and Fridays from 9 a.m. to 3 p.m.

Clothes that Work: Free clothing for low income individuals that are seeking employment or are employed and need clothing (must provide proof of employment). Also provides accessories, hygiene and beauty products.

Clothing Exchange: Free clothing and household goods.

Goodwill

702 7th Avenue

Two Harbors, MN 55616

Phone: 218-834-3804

<http://www.goodwillduluth.org/>

Hours: Monday-Saturday 9 a.m. to 6 p.m.

Sells gently used clothing and household goods.

Neighbor to Neighbor

508 7th Street

Two Harbors, MN 55616

Phone: 218-834-2972

Monday-Saturday 10am-5pm

Low cost household goods, furniture and clothing.

North Shore Horizons

127 7th Street

Two Harbors, MN 55616

Phone: 218-834-5924 or 1-800-834-5923 (available 24-7)

<http://www.northshorehorizons.org/>

Offering clothing, bedding and household items.

DENTAL

Anderson, Scott DDS

33 E Chapman Street
Ely, MN 55731
Phone: 218-365-3194

Ely Family Dental

40 North 1st Avenue East, Suite #5
Ely, MN 55731
Phone: 218-365-3565
<https://elydental.com/>

Eversmiles Pediatric Dentistry

4419 Air Base Road
Hermantown, MN 55811
Phone: 218-728-2117
<https://eversmiles.com/>

Provides dental care for children, from infants through adolescents. Staff have been trained in treating children with special needs. Accepts all insurance plans for children up to age 12 as well as uninsured children.

Homestead Family Dental (Silver Bay Family Dental)

5722 Homestead Road #C
Duluth, MN 55804
Phone: 218-525-9020
Appointments on Wednesdays only.

Just Kids Dental

PO Box 146
Two Harbors, MN 55616
Phone: 218-206-4327
www.justkidsdentalinc.org

Serving children in the schools with oral hygiene instruction, cleanings, screenings, fluoride treatments and sealants. Available to children enrolled in MN or WI Medicaid or income eligible, uninsured children within free/reduced lunch guidelines. Offered in Two Harbors and Silver Bay elementary schools.

Lake Superior Dental Associates

508 2nd Avenue
Two Harbors, MN 55616
Phone: 218-834-5616
<http://www.lakesuperiordental.com/>

North Shore Dental

123 Waterfront Drive
Two Harbors, MN 55616
Phone: 218-834-2354

Silver Bay Family Dental

2 Shopping Center Road
Silver Bay, MN 55614
Phone: 218-226-4688

Two Harbors Family Dental

510 1st Avenue
Two Harbors, MN 55616
Phone: 218-834-2011

Udovich, Frank DDS

21 East Chapman Street
Ely, MN 55731
Phone: 218-365-3259

DISABILITY/ADAPTIVE SERVICES**Access North (Center for Independent Living of Northeastern Minnesota)**

118 East Superior Street
Duluth, MN 55802
Phone: 888-625-1401 or 218-625-1400 TTY

<http://www.accessnorth.net/>

Working with individuals with disabilities. Offering independent living skills, information and referral, advocacy, peer counseling and transition to the community.

Alzheimer's Association

525 S. Lake Avenue, Suite 214
Duluth, MN 55802
Phone: 218-733-2560 or 800-272-3900

www.alz.org/mnnd

Provides information and education about Alzheimer's disease and programs for family care providers, professionals, and community groups.

ARC Northland

424 West Superior Street, #500
Duluth, MN 55802
Phone: 218-726-4725

www.arcnorthland.org

Core services include individual advocacy for people with disabilities, system advocacy, family support and IEP advocacy, education, information and resources. Also offers FASD education, intervention and

Revised 4/4/2018; 6/26/18; 9/18/18; 3/14/19; 6/5/19

prevention programs, and parent and caregiver education workshops. Also offers sexuality/relationship/boundaries training for individuals with intellectual and developmental disabilities.

WINK (What I Need to Know)-This group is for adults with intellectual and developmental disabilities who are thinking of moving out of adult foster care or their family home or for those who just want to increase skills. Each section of the WINK group covers topics that increase safety and success leading to more independence.

Northland Quest-Social/recreational group for transition age youth with disabilities. This group incorporates social skills with community activities and fun.

PCA Choice-Services that help people with disabilities live independently in the community or in their family home.

Housing Access Services-Assists qualifying people with disabilities in locating affordable, accessible housing.

People First-monthly self-advocacy group for adults with disabilities

Arthritis Foundation

North Central Chapter

1876 Minnehaha Avenue West

St. Paul, MN 55104

Phone: 800-333-1380

<https://www.arthritis.com/>

Provides self-help course, support groups, warm-water exercises, information and referral, and a speaker's bureau.

Deaf & Hard of Hearing Services – NE

Duluth Technology Village

11 East Superior Street, Suite 220

Duluth, MN 55802

Phone: 218-302-3170 or toll-free: 888-234-1322 or video phone: 218-206-9631 or TTY: 866-488-3833

<https://mn.gov/dhs/people-we-serve/children-and-families/services/deaf-hard-of-hearing/>

Provides persons who are deaf and hard of hearing, family members, agencies and the public general information, assistance, evaluation, and referrals. Specialized phone equipment available for those who qualify including phone amplifiers, ring signalers and TTD's.

Direct Support Connect

<https://directsupportconnect.com/>

A job board to connect direct support workers and the people who hire them.

Disability Hub MN (formerly Disability Linkage Line)

Phone: 866-333-2466

<https://disabilityhubmn.org/>

Free assistance in finding resources and information in your community.

Housing Link

<https://www.housinglink.org>

Search for housing for disabled persons using filters such as distance from a certain point, amount of rent, number of bedrooms, building type, accessibility, and whether pets are allowed.

Lake County Developmental Achievement Center (DAC)

626 2nd Avenue

Two Harbors, MN 55616

Phone: 218-834-5767

<http://lcdac.org/>

Office Hours: Monday-Friday 8am-4pm

Providing a range of services that promotes growth and development in persons with developmental disabilities or related conditions. The chore service crew provides lawn mowing, raking and snow shoveling services on a limited basis.

Lake County Health and Human Services

616 3rd Avenue

Two Harbors, MN 55616

Phone: 218-834-8400

Hours: Monday–Friday 8am-4pm

<http://www.co.lake.mn.us/index.php>

Provides case management to children and adults with developmental disabilities.

MNCHOICES-Web-based application that is comprehensive and integrates assessment and support planning for Minnesotans who need long-term services and supports. MNCHOICES embraces a person-centered approach to ensure services meet each person's strengths, goals, preferences, and assessed needs.

Lighthouse Center for Vision Loss (Duluth Lighthouse for the Blind)

4505 West Superior Street

Duluth, MN 55807

Phone: 218-624-4828 or TTY: 218-624-8822

<http://www.lcfvl.org/>

Provides compensatory skill training and groups for people with vision loss.

Mail-A-Book Library Service

Arrowhead Library System

5528 Emerald Avenue

Mountain Iron, MN 55768

Phone: 218-741-3840

<https://www.alslib.info/services/mail-a-book/>

Books by mail for rural residents and homebound residents.

Minnesota Braille & Talking Book Library

Fairbault, MN

Phone: 800-722-0550

<https://education.mn.gov/MDE/fam/mibtbl/index.htm>

Minnesota Epilepsy Foundation of Duluth4620 West 8th Street

Duluth, MN 55804

Phone: 218-624-1330 (Lisa Peterson)

<http://www.epilepsyfoundationmn.org/>**Minnesota State Services for the Blind**402 West 1st Street

Duluth, MN 55802

Phone: 218-302-8418

<https://mn.gov/deed/ssb/>**Outreach Services of MN (SSI Assistance)**

4602 Grand Avenue, #800

Duluth, MN 55807

Phone: 218-722-0766

Assisting individuals who have been denied SSI appeals. Free service for those who are on GAMC/MFIP/DWP/Family Stabilization.

DOMESTIC VIOLENCE/SEXUAL ASSAULT**Domestic Abuse Intervention Programs (DAIP)**

202 East Superior Street

Duluth, MN 55802

Phone: 218-722-2781

<http://www.theduluthmodel.org/>

Provides family violence intervention, rehabilitation services and supervised visitation services (phone: 218-722-2781 ext. 204). Also offers nonviolence classes for men (phone 218-722-2781 ext. 106).

Life House

102 West First Street

Duluth, MN 55802

Phone: 218-722-7431

Youth Safeline: 800-786-2929

<http://lifehouseduluth.org/>

Safe Harbor-Provides a continuum of care for underage victims of sex trafficking and other forms of commercial sexual exploitation. Helps to connect survivors to services both within Life House and out in the community to help them heal from their traumas. Call 218-722-7431 ext. 125 for more information.

Sol House-House for survivors of sexual exploitation, staffed 24/7, room for six youth (ages 15-20). Call 218-722-7431 ext. 125 for more information.

North Shore Horizons

127 7th Street

Two Harbors, MN 55616

Phone: 218-834-5924 or 1-800-834-5923 (available 24-7)

<http://www.northshorehorizons.org/>

Offering emergency housing, transitional and supportive housing, support groups, advocacy, law enforcement and medical appointment accompaniment, clothing, bedding, household items, transportation, and information and referrals. The Crisis Intervention Service provides help for individuals affected by domestic and sexual violence. 24-hour hotline for support, information and referrals.

National Center for Missing & Exploited Children

Phone: 800-843-5678 (24/7 hotline)

<http://www.missingkids.com/home>

24-hour hotline to report seeing a missing child and to report child sexual exploitation. Non-profit corporation whose mission is to help find missing children, reduce child sexual exploitation and prevent child victimization.

Program Aid to Victims of Sexual Assault (PAVSA)

32 East 1st Street, Suite 200

Duluth, MN 55802

Phone: 218-726-1442

Crisis Line: 218-726-1931

<https://www.pavsa.org/>

Assisting victims of sexual assault through emergency services, advocacy and support services, counseling, support groups and legal services.

Adult Women's Group-10 week closed therapeutic support group focused on issues faced by victims of sexual violence and adult survivors of child sexual abuse. This group is offered three times a year.

Art Group-Weekly open group utilizing expressive arts activities that assist victim/survivors heal from sexual violence.

Yoga Group-10-week closed group offered through *Firefly Yoga International* in collaboration with PAVSA. Yoga practices specifically designed for trauma survivors are taught in safe and relaxing environment by a Firefly Yoga International trained professional.

Safe at Home

Phone: 651-201-1399 or 866-723-3035 or MN Relay 7-1-1

[http://www.sos.state.mn.us/safe-at-home/?searchTerm=safe at home](http://www.sos.state.mn.us/safe-at-home/?searchTerm=safe%20at%20home)

Statewide address confidentiality program to help survivors of domestic violence, sexual assault, stalking or others who fear for their safety maintain a confidential address.

Safe Haven Shelter and Resource Center

414 W 1st Street

Duluth, MN 55802

Phone: 218-623-1000

Safe Haven provides services to women, children and all survivors whose lives have been affected by physical, emotional, sexual and economic abuse. Provides an emergency shelter, legal advocacy, safety planning, self-sufficiency, support groups and community education.

EDUCATION

Adult Basic Education

Norlen Industrial Park
2124 10th Street
Two Harbors, MN 55616
Phone: 218-834-2280

<http://www.aeoa.org/employment-and-training/adult-basic-education-abe>

Offered through AEOA, free one-on-one help with basic reading, writing and math, GED prep/testing, college preparation, resume and job search, career assessment, computer and internet basics.

AEOA Head Start Program

Norlen Industrial Park
2124 10th Street, Two Harbors, MN 55616
Phone: 218-834-2280 or 218-749-2912 ext. 7351

<http://www.aeoa.org/head-start>

Provides a comprehensive early childhood program for low income families. Serves pregnant mothers, children birth to 5 years old, and their families. Provides services to children who may have special needs or disabilities. Offers limited opportunities for families who are over income. Works through the Child and Adult Care Food Program to provide nutritious meals and snacks.

Ely Independent School District #696

Memorial High School
Washington Elementary
600 East Harvey Street
Ely, MN 55731
Phone: 218-365-6166

<https://www.ely.k12.mn.us/community-education/community-education.html>

Community Education-Provides a large variety of activities for community members. Call 218-235-2189 for more information.

Friends of the Finland Community

Clair Nelson Center
6866 Cramer Road
Finland, MN 55603

<https://friendsoffinland.org/>

Many activities are available at the Clair Nelson Center. Please visit their website for more information.

Lake Superior Independent School District #381

Minnehaha Elementary
421 7th Street
Two Harbors, MN 55616
Phone: 218-834-8221

Two Harbors High School
1640 Highway 2
Two Harbors, MN 55616
Phone: 218-834-8201

William Kelley Schools
137 Banks Blvd.
Silver Bay, MN 55614
Phone: 218-226-4437

<http://www.isd381.k12.mn.us/>

Alternative Learning Center-Provides individually designed comprehensive, educational services to secondary students. Includes daytime school for both high school and middle school level students. Students must be at-risk as defined by statute. Students served are off-track for graduation and are working towards completing their graduation requirements. If student is still in school, talk to your guidance counselor. If you are out of school, call to make an appointment. Program also offers individuals, ages 16-21, a means to earn credit toward a high school diploma. This program allows students who are behind in high school credits to make up classes in order to graduate. Call 218-834-8201 ext. 8217 for more information.

Community Education-Offers Early Childhood Family Education (ECFE), early childhood screening, a preschool program and childcare (see Children/Youth/Parenting). Also offers school readiness, youth development, after school activities, driver education, elementary and junior high athletics, KIDS PLUS, Missoula Children's Theatre, tutoring, adult basic education, defensive driving, health and safety training, job skills training, Silver Bay Area Community Theatre, community and family events. For Two Harbors information, call 218-834-8201 ext. 8230 or Silver Bay information, call 218-226-4437 ext. 8137. <http://www.isd381.k12.mn.us/community-education/>.

Kickstart Preschool and Child Care Center

1073 Highway 61
Two Harbors, MN 55616
Phone: 218-510-0598

<http://www.kickstartpreschool.com/>

Offers infant care, toddler classes (16 to 33 months) and preschool (33 months to 5 years).

Life House

102 West 1st Street
Duluth, MN 55802
Phone: 218-722-7431 or Youth Safeline: 800-786-2929

<http://lifehouseduluth.org/>

Futures Program-Voluntary program available to all Life House youth that may have been expelled or have dropped out of school, who have little to no job experience, or who want to further their education and employment skills.

Education-Assists with high school enrollment/transferring paperwork and provides tutoring. Assists with entire college process (applications, meetings, tours, supplies, tutoring).

Lutheran Social Services

424 West Superior Street, #600
Duluth, MN 55802
Phone: 218-529-2222

<http://www.lssmn.org/>

Oh No Eighteen! (ONE) Independent Living Skills (phone 218-529-2287)-Group training and individual transition planning and services. This training is for youth ages 16-21 that have been in care during their teen years for at least 30 days, including foster care, residential treatment programs, group homes, and other residential care services.

Minnesota Literacy Council

700 Raymond Avenue, Suite 180

St. Paul, MN 55114

Phone: 800-225-READ

www.mnliteracy.org/Hotline

Resource to find free classes for adults near your home for assistance with receiving your GED and adult diploma, English (ESL), computers and job skills, reading, writing and math brush up, citizenship, and family literacy.

Northland Foundation

Phone: 218-723-4040 or 800-433-4045

Offers Early Learning Scholarships to children under age five. The funds help families of young children pay for high-quality child care and early education. More information can be found at <https://northlandfdn.org/special-initiatives/>.

North Shore Community School

5926 Ryan Road

Duluth, MN 55804

Phone: 218-525-0663

<http://northshorecommunityschool.org/>

Rural K-6 public charter school. Preschool available with before and after school daycare.

University for Seniors

515 Darland Administration Building

1049 University Drive

Duluth, MN 55812

Phone: 218-726-7637

<http://d.umn.edu/university-seniors>

University for Seniors (US) is an association of older adults (50+) dedicated to lifelong learning and cultural enrichment. Programs include study groups, lectures, workshops, social activities, trips and more.

University of Minnesota Extension Service

Lake County Service Center

616 3rd Avenue

Two Harbors, MN 55616

Phone: 218-834-8469

<http://www3.extension.umn.edu/county/lake>

Master Gardner Program-Trained Master Gardeners and Extension Educators provide programs, information and resources in response to gardening and horticulture questions including soil testing, vegetable variations, and plant, insect and disease identification.

EMERGENCY AND LAW ENFORCEMENT

Emergency – DIAL 911

Two Harbors Police Department – phone: 218-834-5566 or non-emergency: 218-834-8385
613 3rd Avenue, Two Harbors, MN 55616

Silver Bay Police Department – phone: 218-226-4486
7 Davis Drive, Silver Bay, MN 55614

Lake County Sherriff – phone: 218-834-8385
613 3rd Avenue, Two Harbors, MN 55616
*substations located in Silver Bay and Fall Lake

Ely Area Police Department – phone: 218-226-5477
209 East Chapman Street, Ely, MN 55731

Ely-Bloomenson Community Hospital

328 West Conan Street

Ely, MN 55731

Phone: 218-365-3271

<https://www.ebch.org/>

Lake County Ambulance Service

421 20th Avenue

Two Harbors, MN 55616 (substation located in Silver Bay)

Phone: 218-834-7110

<http://www.lcasmn.com/>

Lake County Emergency Preparedness

Contact: Michelle Backes-Fogelberg

616 3rd Avenue

Two Harbors, MN 55616

Phone: 218-834-8400

Email: Michelle.Backes-Fogelberg@co.lake.mn.us

Lake County Emergency Management

Contact: BJ Kohlstedt

Silver Bay Service Center

99 Edison Boulevard

Silver Bay, MN 55614

Office Phones: 218-834-8480 or 218-226-4444; Cell: 218-220-7811

Email: bj.kohlstedt@co.lake.mn.us or emergency@co.lake.mn.us

Lake View Hospital

325 11th Avenue

Two Harbors, MN 55616

Phone: 218-834-7300

<http://www.slhduluth.com/Find-a-Location/Lake-View-Hospital.aspx>

Lake View Medical Clinic and Urgent Care

Medical Clinic: 1010 4th Street

Two Harbors, MN 55616

Phone: 218-834-7700

Hours: Monday-Friday 8am-5pm

Urgent Care: 325 11th Avenue

Two Harbors, MN 55616

Phone: 218-834-7733

Hours: Monday-Friday 4pm-8pm and
Saturday and Sunday 10am-6pm

Open to patients of all health care systems, no
appointment necessary.

<http://www.slhduluth.com/Find-a-Location.aspx>

Let's Talk (Regional Mental Health Crisis Line)

Phone: 218-623-1800 or 844-772-4724

<https://www.letstalkmn.com/>

24-hour mental health line that can answer your questions and connect you with area resources, dispatch a mobile crisis team and offer short-term residential crisis services.

Minnesota Mental Health Crisis Text Line

Text "MN" to 741741

<https://mn.gov/dhs/crisis/>

Crisis services are available 24/7.

National Suicide Prevention Hotline

Phone: 800-273-8255

<https://suicidepreventionlifeline.org/>

North Shore Horizons

127 7th Street

Two Harbors, MN 55616

Phone: 218-834-5924 or 1-800-834-5923 (available 24-7)

<http://www.northshorehorizons.org/>

The Crisis Intervention Service provides help for individuals affected by domestic and sexual violence. 24-hour hotline for support, information and referrals.

Poison Control Center

Phone: 800-222-1222

<https://www.poison.org/>

The Trevor Project

Phone: 866-488-7386

www.thetrevorproject.org

A national 24-hour crisis intervention and suicide prevention hotline for LGBTQ youth.

Veterans Crisis Line

Phone: 800-273-8255 (press 1)

EMPLOYMENT**Arrowhead Economic Opportunity Agency (AEOA)**

Norlen Industrial Park

2124 10th Street

Two Harbors, MN 55616

Phone: 218- 834-2280

<http://www.aeo.org/>

FAIM-Money match program for low income eligible persons who want to purchase a home, pursue higher education or start a small business.

Lives in Transition-Offers life/career planning services to eligible low-income individuals.

Senior Community Service Employment-Promotes part time, temporary employment to income eligible adults over the age of 55.

Community Action Duluth

2424 W 5th Street, Suite 102

Duluth, MN 55806

Phone: 218-726-1665

<http://www.communityactionduluth.org/>

Connect Forward: Helping individuals to advance career and finances through goal planning, personal coaching, academia and local employers. Informational sessions held Tuesdays and Wednesdays, every half hour from 5pm-6pm. Dinner and childcare are provided. Program hours are 4:30pm-7pm on Tuesday and Wednesday evenings.

Bridge to Employment: Offers training, development of employment/career goals and placement assistance (in Duluth) to African American job seekers.

HOPE: Employment assistance for those who are low income or on MFIP and experiencing personal or systematic barriers to obtaining education or employment. Referral must come from financial worker or employment counselor.

Human Development Center325 11th Avenue

Two Harbors, MN 55616

Phone: 218-834-5520

Office Hours: 8am-4pm

<https://www.humandevelopmentcenter.org/>

Employment Connection-Provides community placement services that assist clients to define vocational goals and then find and maintain competitive employment in the community. Assists in searching for, finding, and maintaining employment. The Employment Connection is a vocational program that is specially designed to help adults with mental illness, serious mental illness and serious and persistent mental illness find and keep employment in the community. All referrals go through an assessment of needs and eligibility process.

MFIP and DWP Employment and Training Program-Offers job search and supportive services to eligible persons with dependents.

Life House

102 West 1st Street

Duluth, MN 55802

Phone: 218-722-7431 or Youth Safeline: 800-786-2929

<http://lifehouseduluth.org/>

Futures Program-Voluntary program available to all Life House youth that may have been expelled or dropped out of school, who have little to no job experience, or who want to further their education and employment skills.

Employment-Program for youth who have multiple barriers to obtaining economic self-sufficiency.

Minnesota Help

<https://www.minnesotahelp.info/SpecialTopics/HomelessPeople/Search?sm=Service&q=employment&loc=Two+Harbors%2C+MN+55616&geo=47.164085%2C-91.599128®=MN>

Find a list of agencies that provide employment assistance.

Northeast Minnesota Office of Job Training: NEMOJT

Minnesota Workforce Center

402 W 1st Street

Duluth, MN 55802

Phone: 218-302-8400 or MN Relay: 7-1-1

<http://www.nemojt.org/>

Free service that prepares unemployed and unskilled adults for entry into the job market. Geared towards helping people 21 years of age and older overcome barriers which may prevent their entry into the workforce.

Unemployment

UI Customer Service

PO Box 4629

St. Paul, MN 55101

Phone: 877-898-9090 or 1-866-814-1252 (TTY)

<http://www.uimn.org/applicants/needtoknow/index.jsp>

FINANCIAL

AARP VITA Tax Information

Phone: 218-834-4379

Phone: 218-226-3635

Serves Two Harbors and Silver Bay. Free, confidential tax preparation for low income and elderly individuals.

Arrowhead Economic Opportunity Agency (AEOA)

Norlen Industrial Park

2124 10th Street

Two Harbors, MN 55616

Phone: 218-834-2280

<http://www.aeo.org/>

FAIM-Money match program for those who want to purchase a home, pursue higher education, or start a small business. Must meet income and employment qualifications.

Energy Assistance-Emergency funds may be available for monthly heating bills, along with assisting with energy related repairs. Provided October 1st to May 31st.

Homeownership-Provides down payment/closing cost assistance to income eligible buyers.

Foreclosure Prevention-Provides one-on-one counseling over the phone or in person to help those in the mortgage foreclosure process. Provides guidance to homeowners who are seeking agreements from their lender if they are moving towards foreclosure.

Housing Assistance-Offers counseling, financial support and assistance with finding or keeping stable housing.

Weatherization-Audit of home for energy efficiency. Free to low income individuals that qualify.

Single Family Rehabilitation-Offers many loan programs to help improve the condition of an existing home.

Community Action Duluth

2424 W 5th Street, Suite 102

Duluth, MN 55806

Phone: 218-726-1665

<http://www.communityactionduluth.org/>

Free Tax Site: Free tax preparation and refunds for families and individuals with income up to \$54,000.

Common Cents Class: Free financial assistance class which provides information on asset building, creating a budget, understanding credit cards, credit reports, getting out of debt, dealing with collectors, getting a mortgage, preventing identity theft. Free child care and a hot meal are provided. Class size limited – registration is required.

Community Care Auto Repair (CCAR)

1106 8th Street South

Virginia, MN 55792

Phone: 218-741-8555

Auto repairs at a reduced cost to those that qualify. Operated as an umbrella under AEOA.

Lake County Health and Human Services

616 3rd Avenue
 Two Harbors, MN 55616
 Phone: 218-834-8400
 Toll Free: 800-450-8832

Silver Bay Service Center
 99 Edison Blvd.
 Silver Bay, MN 55614
 Phone: 218-226-4443

<http://www.co.lake.mn.us/index.php>

Health Care-Medical Assistance, Medical Assistance for Employed Persons with Disabilities, Long Term Care, TEFRA, Medicare Savings Program.

Cash Assistance-Minnesota Family Investment Program, Diversionary Work Program, Minnesota Supplemental Aid, General Assistance, Housing Supports (formerly known as Group Residential Housing). Apply for Cash Assistance benefits at <https://applymn.dhs.mn.gov>.

Child Support-Assistance in locating parents, establishing parentage, establishing court orders for child support, medical support, and child care support, reviewing and modifying court orders for child support, medical support and child care support, adjusting court orders based on cost-of-living, enforcing court orders, collecting and processing payments. MN Child Support Online:

<http://www.childsupport.dhs.state.mn.us/Action/Welcome>

Supplemental Nutrition Assistance Program (SNAP) (formerly known as food stamps and/or food support). Apply for SNAP benefits at <https://applymn.dhs.mn.gov>.

Emergency Programs-Emergency Assistance and Emergency General Assistance. Apply for Emergency Assistance benefits at <https://applymn.dhs.mn.gov>.

Child Care Assistance Program (CCAP)-May be available to families who are employed, seeking employment or are in school or training. Apply for CCAP benefits at <https://applymn.dhs.mn.gov>.

You may also receive an application for any of these programs by calling or stopping by our office.

LifeLine Program

Government benefit program that provides a discount on monthly telephone or wireless services for eligible low-income subscribers or those that participate in certain state programs. Also offers broadband and broadband bundles. To see if you qualify, visit: <https://www.fcc.gov/consumers/guides/lifeline-affordable-telePhone-service-income-eligible-subscribers>.

Lutheran Social Services

Phone: 888-577-2227

<http://www.lssmn.org/debt/>

Working with families and individuals to solve debt and financial problems. Assists in setting up a realistic budget and payment plan to fit individual needs.

Minnesota Farm Advocates

Phone: 218-346-4866

<https://www.mda.state.mn.us/about/commissionersoffice/farmadvocates>

Advocates assist farmers who are having financial problems or who have been through a natural disaster. Can also assist with agricultural lending and lender negotiation, mediation, farm programs, crisis counseling and disaster programs.

Salvation Army

Phone: 651-746-3406

<http://salvationarmynorth.org/service-extension-program/northern-minnesota/>

Collaborates with area service agencies to provide last resort financial assistance to families and individuals in need. Financial assistance available to individuals/families ONCE every 365 days (one program per 365 days).

Voluntary Attorney Program

314 West Superior Street, Suite 1000

Duluth, MN 55802

Phone: 218-723-4005

<http://www.volunteerattorney.org/>

Consumer Credit Advocacy Project (CCAP)-Access debt collection and bankruptcy information through volunteer attorneys. The program is held at the Federal Courthouse in Duluth on the 2nd Thursday of every month at 1pm. *Please call 218-723-4005 Monday through Friday between 11am and 2pm to sign-up.* <https://www.mnb.uscourts.gov/consumer-credit-advocacy-project-duluth>

FOOD**Arrowhead Senior Dining and Meals on Wheels Program (AEOA)**325 11th Avenue (located in Lake View Hospital)

Two Harbors, MN 55616

Phone: 218-735-6899 or 800-662-5711 ext. 6899

<http://www.aeo.org/senior-services/senior-food-and-nutrition-services>

Meals served Monday through Friday. Call above number to sign up. Once registered, call Lake View kitchen at 218-834-7380 for a copy of the monthly lunch menu and to select days to receive a meal.

Community Partners

417 South Avenue

Two Harbors, MN 55616

Phone: 218-834-8024

www.communitypartnersth.org

Groceries to Go-There are three different ways to access food: A volunteer will drive the participant to the grocery store to assist in shopping and then assist in unpacking and putting away groceries; a volunteer will drive the participant to the Two Harbors Area Food Shelf to access food and then assist in unpacking and putting away groceries; a participant can call Community Partners to place their order, then a volunteer will do the grocery shopping and deliver and put the groceries away. Call or stop by Community Partners to register.

Damiano Center206 West 4th Street

Duluth, MN

Phone: 218-722-8708

<http://www.damianocenter.org/>**Community Kitchen:** Open Monday, Wednesday, Friday, Saturday and Sunday

Continental Breakfast 8:30am-9:30am

Lunch 11:30am-1pm

Dinner 5pm-6pm (Friday, Saturday and Sunday only)

Kids' Kitchen: Kids ages 6+, no adult needed. Provides healthy meals and food to take home on the weekends, nutritional education, safe place for kids after school and during the summer time. Monday through Thursday 3pm-6pm (meal is served at 5pm). Go to the 2nd Avenue West entrance of the Damiano Center and ring the doorbell.**Elijah's Pantry**

709 5th Street

Two Harbors, MN 55616

Phone: 218-834-4545 (Leave detailed message if no answer. Will call back.)

Hours: Wednesday 1pm-5pm

Offering produce (on first Wednesday of month), milk, cheese, meats, canned/dry food.

Ely Area Food Shelf

15 West Conan Street

Ely, MN 55731

Phone: 218-235-8527

<https://elyareafoodshelf.org/>

Open third Wednesday of each month from 11am-6pm. Those who need assistance may shop between 4pm to 6 pm.

Lake Superior Independent School District #381

Minnehaha Elementary

421 7th Street

Two Harbors, MN 55616

Phone: 218-834-8221

<http://www.isd381.k12.mn.us/>

Two Harbors High School

1640 Highway 2

Two Harbors, MN 55616

Phone: 218-834-8201

William Kelley Schools

137 Banks Blvd.

Silver Bay, MN 55614

Phone: 218-226-4437

Free and Reduced Meals-Free and reduced meals (breakfast and lunch) may be available to income-eligible families. See website for an application: <http://www.isd381.k12.mn.us/wp-content/uploads/2017/11/2017-18-Application-for-Educational-Benefits-Packet.pdf>.**Lake County Health and Human Services**616 3rd Avenue

Two Harbors, MN 55616

Phone: 218-834-8400

Toll Free: 800-450-8832

<http://www.co.lake.mn.us/index.php>

Silver Bay Service Center

99 Edison Blvd.

Silver Bay, MN 55614

Phone: 218-226-4443

Supplemental Nutrition Assistance Program (SNAP) (formerly known as food stamps and/or food support). Apply for SNAP at <https://applymn.dhs.mn.gov>.

Women, Infants and Children (WIC)-Provides supplemental food and nutrition education to eligible pregnant or breastfeeding women and children under age 5. Please view website for more information:

[http://www.co.lake.mn.us/departments/health_and_human_services/women_infants_and_children_\(wic\).php](http://www.co.lake.mn.us/departments/health_and_human_services/women_infants_and_children_(wic).php)

Minnesota Food HelpLine

<https://www.minnesotahelp.info/SpecialTopics/HomelessPeople/Search?sm=Service&q=Food+Assistance+Program&loc=Two+Harbors%2C+MN+55616&geo=47.164085%2C-91.599128®=MN>

If you or someone you know does not have enough food, call the MN HelpLine to find out if you qualify for SNAP and where to find emergency food assistance close to your home.

North Shore Area Partners

99 Edison Blvd.

Silver Bay Service Center-Mary Mac Building

Silver Bay, MN 55614

Phone: 218-226-3635

<http://www.nsapartners.org/>

Limited frozen Meals on Wheels and grocery shopping available in the Silver Bay area.

Nutrition Assistance Program for Seniors (NAPS)

Phone: 218-727-5653, ext. 112

A commodity supplemental food program for eligible people over 60 years of age. Pickup at Super One parking lot in Two Harbors and the Mary MacDonald building in Silver Bay. Delivery is the first Monday of the month. For Two Harbors residents, phone the Second Harvest Food Bank for an application. For Silver Bay residents, call Betty at 218-226-3048.

Northern Lakes Food Bank

Phone: 218-336-2302

<http://www.northernlakesfoodbank.org/>

BackPack Program-Children receive a nutritious supply of food on weekends and during the summer when school isn't in session.

Ruby's Food Pantry

99 Edison Blvd.

Silver Bay, MN 55614

Phone: 218-220-7651

<https://www.rubyspantry.org/>

Hosted by Bay Area Vineyard Church. Third Saturday of the month, in gymnasium. Doors open at 10:30am with distribution between 11am-12:30pm. No income requirement. Share donation of \$20 cash, no checks. If you can only pay a portion of the donation, a church may cover the rest. Bring bags, baskets and coolers. Organic and gluten-free items may be available.

Silver Bay Area Food Shelf

99 Edison Boulevard
 Silver Bay, MN 55614
 Phone: 218-226-4443
 Hours: Monday-Friday 8am-4:30pm

Two Harbors Area Food Shelf

2124 10th Street (AEOA building)
 Two Harbors, MN 55616
 Phone: 218-391-8191
 Food shelf hours: Tuesdays 10am-4pm
 Office Hours: Monday-Thursday 10am-5pm
www.thfoodshelf.org

Provides a variety of food items to low-income individuals in Lake and St. Louis County. Additionally, the "Health in a Bag" program delivers nutritious meals to senior residents in Two Harbors.

Marek Fuller Community Garden-Garden plots are available for anyone to use. Tools, water and other resources available. All gardeners care for shared space and give a portion of produce to the food shelf. More information is available by calling 218-391-8191, visiting the Two Harbors Area Food Shelf or by visiting their website: <http://thfoodshelf.org/about/community-garden/>.

Union Gospel Mission

219 East 1st Street
 Duluth, MN 55802
 Phone: 218-722-1196
<https://www.duluth-ugm.org/>
 Breakfast: Monday-Friday 7:30am-8:15am
 Lunch: Monday-Friday 12pm-12:45pm
 Dinner: Monday-Friday and Sunday 5pm-5:45pm

United Church

531 3rd Avenue
 Two Harbors, MN 55616
 On the third Friday of every month, a free dinner is served from 5pm-6:30pm.

GOVERNMENT/GENERAL**City of Two Harbors**

City Hall
 522 1st Avenue
 Two Harbors, MN 55616
 Phone: 218-834-5631
<http://www.ci.two-harbors.mn.us/>

Library: 320 Waterfront Drive, Hours: Monday-Thursday 11am-8pm; Friday 11am-5pm, Saturday 11am-4pm (closed in summer), closed Sunday.

Revised 4/4/2018; 6/26/18; 9/18/18; 3/14/19; 6/5/19

Community Building: 417 South Avenue, Two Harbors
Two Harbors Helgeson Municipal Airport: 608 Airport Road, Two Harbors
Animal Control: 415 20th Avenue. Phone: 218-834-5806 (see Humane Society).

City of Ely

209 E Chapman Street
 Ely, MN 55731
 Phone: 218-365-3224 or 855-884-1374
<http://www.ely.mn.us/>

Library: 224 E Chapman Street. Phone: 218-365-5140

Airport: 1583 Highway 1. Phone: 218-365-5600

City of Silver Bay

7 Davis Drive
 Silver Bay, MN 55614
 Phone: 218-226-4408
 Hours: Monday-Friday 8am-4pm
www.silverbay.com

Airport: Wayne Johnson Silver Bay Municipal Airport. Phone: 218-226-3542

Fire Department: Fire and building permits available.

Library: 9 Davis Drive, Silver Bay. Phone: 218-226-4331

Department of Motor Vehicles and License Bureau

629 7th Avenue	24 Shopping Center
Two Harbors, MN 55616	Silver Bay, MN 55614
Phone: 218-834-5621	Phone: 218-226-3076

Driver's license and identification cards, motor vehicle title transfers, motor vehicle tabs, boat/ATV/snowmobile registration. Notary public on site. *Silver Bay location does not handle driver's license or identification cards.

Humane Society

415 20th Avenue
 PO Box 27
 Two Harbors, MN 55616
 Phone: 218-834-5806 or non-emergency dispatch: 218-834-8385
 Facebook Page: Lake County Humane Society
 Hours: Monday-Friday 9am-11am, Wednesday 4pm-6pm and Saturday 1pm-3pm
 No kill shelter/pound for cats and dogs. Call to report a lost/missing animal. Takes stray cats and dogs.
 Does NOT accept surrender animals.

Lake County

601 3rd Avenue
 Two Harbors, MN 55616
 Phone: 218-834-8300
 Toll Free: 800-450-8832
<http://www.co.lake.mn.us/index.php>

Silver Bay Service Center
 99 Edison Blvd., Silver Bay, MN 55614
 Phone: 218-226-4443

Parks and Recreation

Two Harbors: 218-834-5631

<http://www.twoharborsmn.gov/>

Programs include, but are not limited to, softball, baseball, swimming, arts and crafts, tennis and open gym.

Silver Bay: 218-226-4214

www.silverbay.com

Post Offices:

Beaver Bay (phone: 218-226-4129)

1014 Main Street, Beaver Bay, MN 55601

Ely (phone: 218-365-3210)

34 South 2nd Avenue, Ely, MN 55731

Knife River (phone: 218-834-3433)

200 Central Avenue, Knife River, MN 55609

Silver Bay (phone: 218-226-3700)

13 Shopping Center, Silver Bay, MN 55614

Finland (phone: 218-353-7318)

6638 Highway 1, Finland, MN 55603

Two Harbors (phone: 218-834-3430)

106 Waterfront Drive, Two Harbors, MN 55616

Social Security Administration

US Bank Building

130 West Superior Street, Suite 400

Duluth, MN 55802

Phone: 800-722-1213

<https://www.ssa.gov/>

United Way (Head of the Lakes)

424 West Superior Street, Suite 402

Duluth, MN 55802

Phone: 218-726-4770 or 2-1-1

<http://hlunitedway.org/>

For information and referral to local agencies assisting those in need.

HEALTH AND WELLNESS

All In One Fitness

21 Shopping Center
Silver Bay, MN 55614
Phone: 218-226-6470

Arrowhead Emergency Services Chaplains (Lake County)

Phone: 218-834-8385 (on-call basis, through the Lake County Sheriff's Office, available 24/7)

The Arrowhead Emergency Services Chaplain Team is a religiously pluralistic service organization. The chaplains provide spiritual, pastoral care to emergency services personnel, their families and civilians. This spiritual care is offered to all people. Chaplains support the efforts of the emergency service agencies by offering spiritual care and assistance to persons confronted with crisis experiences when requested. They also serve as a link between persons in crisis and their own spiritual advisors and assist emergency service personnel when a response is needed in situations that also have a spiritual implication, e.g., death notifications, domestic disturbances, suicides, community disasters, accidents, etc.

Blustin Optical Center

802 11th Street, Suite A
Two Harbors, MN 55616
Phone: 218-834-8070
<https://www.blustinoptical.com/>

Bodies In Balance

1451 Highway 2
Two Harbors, MN 55616
Phone: 218-834-2586
<http://bodiesinbalancemn.com/>
Fitness center and classes available.

CAIR (Center for American Indian Resources)

211 West 4th Street
Duluth, MN 55806
Phone: 218-879-1227
<http://fdlrez.com/>

Must be a member of the Fond du Lac Tribe to access most services. Provides medical and dental care, mental health services, social services, community health, on site pharmacy, prevention/intervention, and WIC services.

Community Education

Two Harbors Phone: 218-834-8201 ext. 8230
Silver Bay Phone: 218-226-4437 ext. 8137
<http://www.isd381.k12.mn.us/community-education/>

Many affordable health and wellness classes are offered through the Two Harbors and Silver Bay Community Education programs in various communities throughout Lake County.

Cooley Chiropractic Clinic

5722 Homestead Road #A
 Duluth, MN 55804
 Phone: 218-525-3630

Ely-Bloomenson Community Hospital

328 West Conan Street
 Ely, MN 55731
 Phone: 218-365-3271

<https://www.ebch.org/>

Pharmacy-Pharmacy hours are Monday-Friday 9am-5:30pm. Call 218-365-8788 to order your prescription. Prescription mailing is also available.

Ely Community Care Team

300 West Conan Street
 Ely, MN 55731
 Phone: 218-365-7980

<http://www.elycct.org/>

Provides collaborative care and targeted care coordination to insure adequate resources are available for physical health, mental health and psychosocial challenges. Professionals are trained in recognizing such challenges and are prepared to respond to the full spectrum of a person's needs, and patients have the tools and resources to be a partner in their wellness, treatment and recovery goals.

Essentia Health

407 East 3rd Street
 Duluth, MN 55805
 Phone: 218-786-4000

<http://www.essentiahealth.org/>

300 West Conan Street
 Ely, MN 55731
 Phone: 218-365-7900

<http://www.essentiahealth.org/elyclinic/find-a-clinic/essentia-healthely-clinic-50.aspx>

Pharmacy-Local pharmacies are located in Two Harbors, 802 11th Street (Super One Foods location), phone 218-834-7202 or in Silver Bay, 99 Edison Blvd., phone 218-226-3829.

Friends of the Finland Community

Clair Nelson Center
 6866 Cramer Road
 Finland, MN 55603

<https://friendsoffinland.org/>

Many activities are available at the Clair Nelson Center. Please visit their website for more information.

Juniper

Phone: 855-215-2174

<https://yourjuniper.org/>

Evidence-based programs to make a positive difference in quality of life. Programs may include topics such as living with chronic conditions or diabetes management.

Lake County Health and Human Services616 3rd Avenue

Two Harbors, MN 55616

Phone: 218-834-8400

Hours: Monday–Friday 8am-4pm

<http://www.co.lake.mn.us/index.php>

Follow Along Program-Babies and children grow and learn at their own rate. Some children need special help to grow up healthy and learn skills such as sitting, walking, or talking. This program is to help determine if this is true for your child.

Newborn Home Visits-Visits to a home by a public health nurse specializing in parent and child health. A visit will include weighing your baby, assessing your baby from head to toe, and providing information on sleep habits, feeding your baby, infant cues, playing with your baby, general baby care and immunizations and community resources.

Lake Superior Community Health Center

4325 Grand Avenue

Duluth, MN 55807

Phone: 218-722-1497 (Medical)

Phone: 218-628-7035 (Dental)

Phone: 218-722-9650 (Health Care Access)

<http://www.lschc.org/>

Comprehensive medical, mental health and dental care (accepts patients on MA/MNCare/Medicare). There is a sliding fee scale for services. Also offers a Health Care Access Center to assist with navigating state medical coverage, billing, and medical related referrals. Also offers MNsure Navigators and patient referrals to other programs.

Lake Superior Life Care Center-A Pregnancy Resource Center

4931 East Superior Street

Duluth, MN 55804

Phone: 218-727-3399

Text: “HELPLINE” to 313131 or visit www.optionline.org<http://www.lslccduluth.org/>

Offers care, referrals and counseling services to pregnant women. Free pregnancy testing (walk-ins welcome). *An agency partner with Cradle of Hope.

Medical Clinic (for those without insurance)-Free, non-emergency medical clinic that includes ultrasounds. Must make an appointment. Clinic is located at 1823 Belknap Street, Superior, WI. Duluth clinic location will be open soon.

Lake View Hospital

325 11th Avenue

Two Harbors, MN 55616

Phone: 218-834-7300

<http://www.slhduluth.com/Find-a-Location/Lake-View-Hospital.aspx>

Offers a 24/7 emergency department, urgent care and many other services.

Fitness Centers are located in Lake View Hospital (phone 218-834-7310) and in the William Kelley High School, 137 Banks Blvd, Silver Bay (phone 218-226-4052).

Lake View Medical Clinic

1040 4th Street

Two Harbors, MN 55616

Phone: 218-834-7700

Pharmacy Phone: 218-834-7799

<http://www.slhduluth.com/Find-a-Location/Lake-View-Medical-Clinic.aspx>

Lutheran Social Services

424 West Superior Street, #600

Duluth, MN 55802

Phone: 218-529-2222

<http://www.lssmn.org/>

Teen Health Clinic-Offers free walk-in wellness services including health screenings for teens and young adults who are 13-24 years old. Located at The Center for Changing Lives Duluth, 1422 East Superior Street, Duluth.

MNsure

Phone: 855-366-7873

Hours: Monday-Thursday 8am-5pm or Friday 8am-4pm

<https://www.mnsure.org/>

Apply for and enroll in healthcare. You can also shop, compare policies and find free assistance in applying for healthcare.

Phelps Chiropractic PA

22 E Chapman Street #2

Ely, MN 55731

Phone: 218-365-4044

Planned Parenthood

Located in the Duluth Clinic

1001 East Central Entrance, Suite 200

Duluth, MN 55811

Phone: 218-722-0833 or text: "PPNOW" to 774636

<https://www.plannedparenthood.org/>

Offers facts and other information on general health care to birth control, pregnancy and sexually transmitted infections for men and women. Live Chat available.

Roth, Lars DC

39 E Sheridan Street

Ely, MN 55731

Phone: 218-365-5770

Shopko Hometown Pharmacy

1500 East Sheridan Street

Ely, MN 55731

Phone: 218-365-4700

St. Luke's-Primary Care Clinics

Bay Area Medical Clinic

50 Outer Drive

Silver Bay, MN 55614

Phone: 218-226-4431

<http://www.slhduluth.com/Find-a-Location/Bay-Area-Medical-Clinic.aspx>

Stout Chiropractic

5722 Homestead Road #A

Duluth, MN 55804

Phone: 218-525-3100

<https://www.duluthmnchiropractic.com/about>

Thomas Chiropractic

Dr. Cory S. Thomas

Dr. John W. Pepelnjak

408 17th Avenue

Two Harbors, MN 55616

218-834-3053

Vision Pro Optical

1028 7th Avenue

Two Harbors, MN 55616

Phone: 218-834-3937

<https://visionprooptical.com/locations/two-harbors-mn.html>

HOME HEALTH AND PERSONAL CARE PROVIDERS**ACCRA**

1932 London Road

Duluth, MN 55812

Phone: (218) 724-2800

<http://www.accracare.org/>

Offers PCPO and Choice

ARC Northland

424 W Superior Street

Duluth, MN 55802

Phone: 218-726-4725

<http://arcnorthland.org/>

Offers Choice

Access North: Center for Independent Living

118 East Superior Street

Duluth, MN 55802
Phone: 218-625-1400
<http://www.accessnorth.net/>
Offers Choice

Cherish, LLC
302 E Howard Street, Suite 230
Hibbing, MN 55746
Phone: 218-263-9000
<http://www.cherished1.co/us.html>
Offers Choice

Circle of Life Home Care Anishinaabe (COLHCA)
1131 East 4th Street, Suite A
Duluth, MN 55805
Phone: 218-724-5158
<https://www.circleoflifehc.com/anishinaabe/>
Offers PCPO

CustomCARE Homecare
5265 Edina Industrial Blvd.
Edina, MN 55439
Phone: 952-914-0269
<http://www.customcarellc.com/>
Offers PCPO and Choice

Elite Home Care, Inc.
1533 University Avenue, Suite 110
St. Paul, MN 55104
Phone: 651-644-5355
<http://elitehomecare.org/>
Offers PCPO and Choice

Essentia Health St. Mary's Hospice & Palliative Care
330 East 2nd Street
Duluth, MN 55805
Phone: 218-786-4020
<http://www.essentiahealth.org/stmarysmedicalcenter/hospice-care.aspx>

Grattan Health Care
PO Box 976
Brainerd, MN 56401
Phone: 218-820-1326
<http://grattanhealthcare.com/>
Offers PCPO and Choice

Heartland PCA

1700 Mall Drive

Duluth, MN 55811

Phone: 218-727-0990

<http://www.heartlandpca.com/>

Offers PCPO and Choice

Lakeshore at Home

4002 London Road

Duluth, MN 55804

Phone: 218-625-7848

<http://lakeshoreliving.org/lakeshoreathome.html>**Life's Companion PCA, Inc.**111 11th Street NW

Grand Rapids, MN 55744

Phone: 218-326-1179

Offers PCPO and Choice

My Brother's Keeper

136 Holmes Street

Shakopee, MN 55379

Phone: 952-496-0157

<http://www.mybrotherskeeper.org/>

Offers PCPO and Choice

Recover Health

306 W Michigan Street, Suite 301

Duluth, MN 55802

Phone: 218-733-3485

<https://www.recoverhealth.org/>

Offers PCPO and Choice

Regency Home Healthcare

4961 Rice Lake Road, Suite 105

Duluth, MN 55803

Phone: 218-727-4105

<http://regencyhhc.com/>

Offers PCPO and Choice

St. Luke's Home Care220 North 6th Avenue East

Duluth, MN 55805

Phone: 218-249-64111

<http://www.slhduluth.com/Services-Specialties/Home-Care-Services.aspx>

HOUSING

211 First Call for Help

<https://www.211unitedway.org>

Find resources specifically relevant to low income housing, market rate rental housing and seniors. Offers live chat with a referral specialist.

Resources for Housing and Urban Development (HUD) management companies, housing search assistance, landlord/tenant assistance, low income/subsidized housing, public housing, single room occupancy, Section 8 applications, senior housing information and referral, tenant readiness education programs and transitional housing/shelters. Offers resources for housing search assistance, independent living communities, market rate rental lists and tenant readiness education programs. Also offers resources for assisted living facilities, independent living communities, public housing, and senior housing information and referral.

American Indian Community Housing Organization (AICHO)

202 West 2nd Street

Duluth, MN 55802

Phone: 218-722-7225

<http://aicho.org/index.htm>

Provides housing services for people suffering from long-term homelessness, transitional housing for survivors of domestic abuse, and a 10-bed domestic violence shelter.

Arrowhead Economic Opportunity Agency (AEOA)

Norlen Industrial Park

2124 10th Street

Two Harbors, MN 55616

Phone: 218- 834-2280

<http://www.aeoa.org/>

Offers assistance to find and/or keep stable housing, counseling and financial support.

AEOA | Single Family Rehabilitation

2900 East Beltline, Suite 9

Hibbing, MN 55746

Phone: 218-421-6311

<https://www.aeoa.org/housing/single-family-rehabilitation>

Administers Minnesota Housing's Rehabilitation Loan Program (RLP) and Emergency/Accessibility Loan Program (ELP). Also administers, on behalf of the Lake County HRA, the Home Energy Improvement Program (HEIP) and emergency assistance to perform repairs up to \$1,000.

Bayview Terrace

505 1st Avenue

Two Harbors, MN 55616

Phone: 218-834-2728

<http://www.twoharborshra.com/index.htm>

Income-based housing for elderly and/or individuals with disabilities. Obtain an application on-site. Apartments are unfurnished, but have stove and refrigerator and community laundry. Operated through the Two Harbors Housing and Redevelopment Authority.

Budd House Board and Lodge

426 1st Avenue
Two Harbors, MN 55616
Phone: 218-834-0712

Churches United in Ministry (CHUM)

102 West 2nd Street
Duluth, MN 55802
Phone: 218-720-6521

<http://www.chumduluth.org/>

Offers emergency shelter, advocacy and support for individuals and families.

CommonBond Communities

<https://commonbond.org>

Search for housing with immediate availability.

Harbor Point Apartments

101 3rd Avenue
Two Harbors, MN 55616
Phone Diane: 218-834-5441

Office Hours: Monday-Thursday, 7am-12:30pm

Subsidized housing (Section 8) for elderly (62+) or individuals with disabilities. Offering four, two-bedroom units and 37 one-bedroom units. Apartments are unfurnished, but come with a stove, refrigerator and community laundry. Rent is 30% of adjusted income, plus electric. Security deposit is 30% adjusted income. Applications available on-site.

Housing and Redevelopment Authority of Duluth

222 East 2nd Street, 1st Floor
Duluth, MN 55816
Phone: 218-529-6300

<http://www.duluthhousing.com/>

Owns, operates and administers Section 8 programs in Lake County.

Housing Benefits 101

<https://mn.hb101.org>

Find help for creating housing plans for families. Information on how to stay in current housing, or plan for a change in housing, are provided. Minnesota's Coordinated Entry System resources for those who are homeless, or at risk of homelessness, are listed by county. Click on the ARE YOU HOMELESS? tab.

Housing Link

<https://www.housinglink.org>

Search for housing using filters such as distance from a certain point, amount of rent, number of bedrooms, building type, accessibility, and whether pets are allowed. Also, limit searches to subsidized housing or housing for seniors, persons with a disability or veterans.

Life House

102 West First Street

Duluth, MN 55802

Phone: 218-722-7431

Youth Safeline: 800-786-2929

<http://lifehouseduluth.org/>

Life House Housing Program-Over 30 units of housing with supportive case management throughout the Duluth community. Includes services aimed at preventing homelessness, including emergency rental assistance for eligible homeless and street youth and young families, assistance with advocacy with landlords and utility companies, rapid re-housing with housing identification, rent and move-in assistance, and rapid re-housing case management and services.

Sol House-House for survivors of sexual exploitation; room for six youth (ages 15-20).

Lutheran Social Services

424 West Superior Street, #600

Duluth, MN 55802

Phone: 218-529-2222

<http://www.lssmn.org/>

Center for Changing Lives Duluth-Located at 1422 East Superior Street, Duluth. Phone 218-529-2230. Offers many options to youth with regards to homelessness (see below).

Bethany Runaway & Homeless Youth Program (phone: 218-626-2726)

24-hour crisis line, anonymous, confidential and free. Offers Bethany Crisis Shelter for youth 17 years and younger to stay up to 21 days and provides access to therapy to explore issues. Referral by county social worker, court or law enforcement.

Another Door Emergency Housing Program-Program for young adults ages 18-24 experiencing homelessness. Offers short term housing and support to develop a plan. Call 218-529-2287 for more information.

LSS Renaissance-Transitional housing (up to 18 months) for youth 16-21 years old. Call 218-723-8052 for more information.

Supportive Apartments-Offers low-income, long-term housing paired with supportive services for youth who are experiencing homelessness.

Minnesota Help

<https://www.minnesotahelp.info/SpecialTopics/HomelessPeople>

Find a list of agencies that provide housing and shelters. Provides guided searches for resources specifically for homeless youth, seniors who need care, or children with special needs.

North Shore Horizons

127 7th Street

Two Harbors, MN 55616

Phone: 218-834-5924 or 1-800-834-5923 (available 24-7)

<http://www.northshorehorizons.org/>

Offering emergency, transitional and supportive housing.

Two Harbors Housing and Redevelopment Authority (HRA)

505 1st Avenue

Two Harbors, MN 55616

Phone: 218-834-2728

<http://www.twoharborshra.com/>

Owns, operates and develops public housing (Bayview Terrace). Applications available on-site. Does not provide Section 8 vouchers; contact the Housing and Redevelopment Authority of Duluth to apply.

Rustic Creek Townhomes

1425 9th Avenue

Two Harbors, MN 55616

Phone: 218-595-1018

Office Hours: Monday-Thursday 8am-12pm

Income-based (Section 8) housing for families. Applications taken on site. Offering two-bedroom (minimum two people, max four persons, no more than 2 adults) and three-bedroom (minimum 3 people, maximum six people, no more than two adults) occupancy. Two handicap units (one level) available. All other units are two levels with upstairs bathroom. Apartments are unfurnished, but come with a stove, refrigerator and washer/dryer hookups.

ADULT FOSTER CARE

At Home Living-Cottage A

828 13th Avenue

Two Harbors, MN 55616

Phone: 218-728-1189

Primarily serve persons with mental health or brain injury diagnosis.

At Home Living-Cottage B

832 13th Avenue

Two Harbors, MN 55616

Phone: 218-728-1189

DRCC-Cedar

421 4th Avenue

Two Harbors, MN 55616

Phone: 218-722-8180

DRCC-Burlington

1531 15th Street

Two Harbors, MN 55616

DRCC-Silver Creek

1815 Highway 61

Two Harbors, MN 55616

Maple View Adult Foster Care

1729 9th Avenue

Two Harbors, MN 55616

Phone: 218-834-8853

ASSISTED LIVING

Barross Manor

414 1st Avenue
Two Harbors, MN 55616
Phone: 218-834-6174 (Courtney Buchholz)

Barross Cottage

401 South Avenue
Two Harbors, MN 55616
Phone: 218-834-8018 (Cindy Story)

Barross Cottage II

806 13th Avenue
Two Harbors, MN 55616
Phone: 218-834-8098 (Cindy Story)

Ecumen Scenic Shores

409 13th Avenue
Two Harbors, MN 55616
Phone: 218-834-0849
<http://www.ecumenscenicshores.org/>

Carefree Living

36 Bell Circle
Silver Bay, MN 55614
Phone: 218-226-3524
www.spectrumhealthcos.com

NURSING HOMES

The Waterview Shores

409 13th Avenue
Two Harbors, MN 55616
Phone: 218-834-8374
<https://monarchmn.com/the-waterview-shores/>

Minnesota Veterans Home

56 Outer Drive
Silver Bay, MN 55614
Phone: 218-353-8700
<https://mn.gov/mdva/homes/silver-bay/>

LEGAL

Community Mediation Minnesota

Phone: 1-833-266-2663

<https://communitymediationmn.org/>

Mediation is an alternative to going to court. This program connects those seeking conflict resolution services to local mediation service providers. Services are provided on a sliding fee basis and no one is turned away for an inability to pay. Mediation can help resolve conflicts between neighbors, landlords and tenants, family relationships, parenting time, workplace issues, etc.

HOME Line

Phone: 866-866-3546 or 612-728-5767

<https://homelinemn.org/>

A non-profit Minnesota tenant advocacy organization. Confidential, free and lost-cost legal, educational, and advocacy service so tenants throughout Minnesota can solve their own rental housing problems.

Indian Legal Assistance

107 West 1st Street

Duluth, MN 55802

Phone: 218-727-2881 or 1-888-249-3205

<http://www.ilap-duluth.com/>

Non-profit corporation providing free or reduced cost legal assistance and referrals to all who meet financial guidelines, regardless of race.

Lake County Court Administration

Lake County Courthouse

601 3rd Avenue

Two Harbors, MN 55616

Phone: 218-834-8330

<http://www.mncourts.gov/Find-Courts/Lake.aspx>

Lake County Probation (Arrowhead Regional Corrections)

Lake County Courthouse

601 3rd Avenue

Two Harbors, MN 55616

Phone: 218-834-8366

Legal Aid Service of NE Minnesota

302 Ordean Building

424 West Superior Street

Duluth, MN 55802

Phone: 800-933-1112

<http://lasnem.org/>

Provides free or reduced cost legal consultation and representation for civil matters to income eligible persons including divorce, orders of protection/harassment orders, evictions, public benefits, social security (not for application process), custody, DHS background study issues, consumer problems,

Revised 4/4/2018; 6/26/18; 9/18/18; 3/14/19; 6/5/19

contract disputes, home repair disputes and warranty enforcement. The project also provides community legal education for seniors' including advance directives for health care, consumer rip-offs, Medical Assistance rules for persons in nursing homes, and advanced legal planning. Does not service individuals with personal injury, bankruptcy, criminal or small business issues.

Minnesota Attorney General's Office

445 Minnesota Street, Suite 1400
St. Paul, MN 55101
Phone: 800-657-3787 or 800-627-3529 TTY
<https://www.ag.state.mn.us/>

Minnesota Public Defenders Office

306 W Superior Street, Suite 1400
Duluth, MN 55802
Phone: 218-733-1027
<https://www.pubdef.state.mn.us/>

Northeast Office of the Ombudsman

Phone: 800-657-3506
<https://mn.gov/omhdd/>

Assists with questions about rights, concerns or complaints about services, access to appropriate services, grievances, reviewing guardian actions, general questions or the need for information concerning services for persons with mental or developmental disabilities, chemical dependence or emotional disturbance, medical review (death or serious injury reporting) and civil commitment training and resources.

Voluntary Attorney Program

314 West Superior Street, Suite 1000
Duluth, MN 55802
Phone: 218-723-4005
<http://www.volunteerattorney.org/>

Volunteer Attorney Program (VAP) offers free civil legal services to income eligible individuals with divorce, custody, child support, domestic abuse, housing, debt collection, bankruptcy, employment, disability, elder, administrative, and criminal expungement. VAP does NOT provide assistance for criminal matters or legal matters that are fee generating (i.e. personal injury). To see if you qualify for services, call Monday-Friday 9am-12pm only.

Kids 1st Program (required educational program for those in custody battle). Call 218-336-1392 to register and inquire about pre-requisites.

MENTAL HEALTH

Accend Services

115 7th St
Two Harbors, MN 55616
Phone: 218-724-3122
www.accendservices.com

Provides client-centered home and community-based mental and behavioral health services for children and adults. Programs include Adult Rehabilitative Mental Health Services, Adult Mental Health–Targeted Case Management, therapy and skills training, school-based mental health services, MNsure Navigation, diagnostic assessments, clinical consultations and information and referral. Accepts MN health care programs insurance and private insurance. Services offered on a sliding fee scale to those that qualify.

Agate Bay Professional Suites

120 7th Street

Two Harbors, MN 55616

Individual mental and/or behavioral health therapy for adults and children. MA, Medicare and most major insurances accepted.

***Christine Oliver-Kneebone, LICSW** (Phone: 218-355-8645). Serving individuals ages 13 and older, families and couples with major depressive and related mood disorders, obsessive compulsive disorder, bipolar disorder, crisis intervention, schizophrenia and domestic violence.

Amberwing

615 Pecan Avenue

Duluth, MN 55811

Phone: 218-355-2100; 24-hour regional crisis line: 218-623-1800

www.amberwing.org

Providing chemical dependency and/or mental health services to children, teens and their families. Programs include birth to kindergarten, intensive day treatment, substance use disorder program and a family resource center.

Arrowhead Psychological Clinic, PA

715 East Central Entrance

Duluth, MN 55811

Phone: 218-723-8153

<http://www.mnpsych.com/>

Comprehensive outpatient mental health services on a sliding fee scale for children, adolescents, and adults. Offering therapy, marriage and family counseling, psychological assessments, personality tests, IQ testing, court ordered forensic evaluations, school assessments, Rule 20 and 25 assessments, parenting psychological evaluations and anger management groups for adults and adolescents.

Birch Tree Center

4720 Burning Tree Road

Duluth, MN 55811

Phone: 218-623-1800 or 844-772-4724 (available 24 hours/7 days per week)

www.birchtreeduluth.com

The Birch Tree Center provides mobile and residential mental health crisis intervention and stabilization services. Short-term assistance with referral to aftercare services and treatment. Assists in identifying and connecting with appropriate resources to get care needed. Medical Assistance accepted.

Cambia Hills

4321 Allendale Avenue

Duluth, MN 55803

Phone: 218-728-7500

<https://thehillsyfs.org/>

Mental health treatment services for children and adolescents. Serving children with Severe Emotional Disorder and Post-Traumatic Stress Disorder. Residential treatment, day treatment and outpatient community-based services available.

Damiano Center

206 West 4th Street, Room 209

Duluth, MN

Phone: 218-722-8708

<http://www.damianocenter.org/>

Community Services: Offering area resources in situations of homelessness, chemical dependency, domestic abuse, unemployment and mental health. No case management commitment; use as often or as little as needed. Assistance with hygiene products, household goods and bus tickets and gas vouchers (for work or medical appointments). Open Mondays, Tuesdays, Wednesdays, and Fridays 9am-3pm.

Health Realizations: Cognitive skills-based program that helps individuals manage stress in a positive way. Open to all individuals. Wednesdays at 7pm in the Community Kitchen or Sundays at 7pm in room 205.

Essentia Health Duluth Behavioral Health Services

502 East 2nd Street

Duluth, MN 55805

Phone: 218-786-1186 or 844-232-9262

<http://www.essentiahealth.org/essentiahealthduluthclinic2ndstreetbuilding/mental-health-outpatient.aspx>

Offering mental health treatment for children, adolescents and adults. Offering outpatient evaluation, psychotherapy services, individual and family therapy, coping skills, stress management, cognition behavior therapy, psychiatry, medication management and administering standardized psychological tests.

Fresh Start

1610 East 1st Street

Duluth, MN 55812

Phone: 218-724-2945

Residential mental health treatment center for women 18-65 years of age. Not handicap accessible.

Greater Minnesota Family Services

34 S. 2nd Avenue East

Suite 203

Ely, MN 55731

***Keran Flynn-Kroska, MS, LMFT** (Phone: 218-235-8582). Offers parent-child interaction therapy, early childhood diagnostic assessments, Children's Therapeutic Services and Supports, family and individual therapy, trauma focused cognitive behavioral therapy, and Attachment Biobehavioral Catch-up (6months-24months). Works with individuals birth through elderly. Hours 8am-7pm, emergency weekend phone calls only. Email: kflynn@greaterminnesota.org.

***Bonnie Skramstad, MA** (Phone: 218-235-0878). Child (6+) and adult services. Works with Serious and Persistent Mental Illness population, trauma-focused cognitive behavioral therapy. Office out of Hoyt Lakes, MN. Email: bskramstad@greaterminnesota.org.

HP Psychological Associates, PC

4815 Burning Tree Road

Duluth, MN 55811

Phone: 218-464-0908

www.hppsychochemical.com

Counseling services for children ages 6 and up, adults, couples and families.

Human Development Center (HDC)

325 11th Avenue

Two Harbors, MN 55616

218-834-5520

Crisis Team (24/7 assistance): 800-634-8775

www.humandevlopmentcenter.org

Offers a continuum of outpatient mental health services for all ages. Services include individual, family and couples counseling, school based therapy, Adult Rehabilitative Mental Health Services, Targeted Case Management, Children's Therapeutic Services and Supports, including skills groups, psychiatric services, peer support and employment services. Crisis appointments available. Most major insurances, including MA, are accepted. Nobody is turned away for an inability to pay.

1401 East 1st Street

Duluth, MN 55805

218-728-4491

99 Edison Blvd

Silver Bay, MN 55614

218-834-5520

Lake County Health and Human Services

616 3rd Avenue

Two Harbors, MN 55616

Phone: 218-834-8400

Hours: Monday–Friday 8am-4pm

<http://www.co.lake.mn.us/index.php>

Case management services for children and adults.

Let's Talk (Regional Mental Health Crisis Line)

Phone: 218-623-1800 or 844-772-4724

<https://www.letstalkmn.com/>

24-hour mental health line that can answer your questions, connect you with area resources, dispatch a mobile crisis team or offer short-term residential crisis services.

Life House

102 West 1st Street

Duluth, MN 55802

Phone: 218-722-7431 or Youth Safeline: 800-786-2929

<http://lifehouseduluth.org/>

Provides daily support and on-going services to improve physical, mental and spiritual wellness. Assertive treatment and intensive case management is used to help youth improve health while obtaining life skills, stable housing, jobs, education, parenting education, and connections to community resources.

Licensed alcohol and drug counselors provide chemical dependency support and Rule 25 and diagnostic assessments. Requires no payment or insurance for services.

Matheny Therapy and Consulting

4328 E Superior Street
Duluth, MN 55804

1201 Tall Pine Lane
Cloquet, MN 55720

Phone: 218-302-4901 (both locations)

Provides individual and family therapy, custody evaluations, mediation, parenting time expediting and parenting classes.

Mental Health Minnesota

Warm Line Phone: 651-288-0400 or 877-404-3190 or text “Support” to 85511

Mental Health Helpline: 800-862-1799 or text “MN” to 741741

<https://mentalhealthmn.org>

The Minnesota Warmline provides a peer-to-peer approach to mental health recovery, support and wellness. Calls are answered by a team of professionally trained Certified Peer Specialists who have first-hand experience living with a mental health condition. The Warmline provides a safe, anonymous and confidential environment to connect with people who are here to listen and to help. The Mental Health Helpline connects people with mental health treatment, services and support.

Miller Dwan (Essentia Health)

502 East 2nd Street

Duluth, MN 55805

Phone: 218-727-8762

24-hour regional crisis line: 218-623-1800 or 2-1-1

<http://www.essentiahealth.org/duluth/inpatient-hospital1.aspx>

24-hour walk-in services for urgent behavioral health concerns for adults and adolescents.

Adult Partial Hospitalization Program-Outpatient mental health treatment program for those experiencing acute mental illness. This program is located at 330 East 2nd Street, Duluth, MN 55805. Call 218-786-5990 for more information.

Intensive Outpatient Program-Program offers intensive psychotherapy groups to address mental health needs for young adults ages 18-25. Located at 330 East 2nd Street, Duluth, MN 55804. Please call 218-786-5990 for more information.

Inpatient Adult Program-Call 218-727-8762 for more information.

Adolescent Partial Hospitalization Program-Outpatient program helping teens ages 12-18 overcome emotional problems that interfere with their ability to be successful at home, school and in the community. Call 218-786-5917 for more information.

Pediatric Inpatient Program-Call 218-727-8762 for more information.

Minnesota Farm and Rural Helpline

Phone: 1-833-600-2670, ext. 1

<https://www.mda.state.mn.us/news/releases/2017/nr20171005helpline>

Assistance available to Minnesota farmers on how to deal with stress, anxiety, depression and anger. Service is free, confidential and available 24/7.

Minnesota Housing Partnership

<http://www.mhponline.org>

Offers Crisis Housing Fund, a short-term housing assistance program for those with a serious mental illness.

Minnesota Mental Health Crisis Text Line

Text “MN” to 741741

<https://mn.gov/dhs/crisis/>

Crisis services are available 24/7.

National Alliance on Mental Illness (NAMI) Minnesota

Minnesota NAMI Helpline

Phone: 651-645-2948

<https://namimn.org/support/nami-minnesota-support-groups/>

Provides guidance to people who are trying to navigate the mental health system by identifying resources and treatment. The above link will connect you with multiple in-person and on-line support groups.

National Suicide Prevention Hotline

Phone: 800-273-8255

<https://suicidepreventionlifeline.org/>

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Offering specific resources for youth, disaster survivors, Native Americans, Veterans, loss survivors, LGBTQ+, attempt survivors, and deaf hard of hearing.

Northern Lights Clubhouse

715 South Central Avenue (St. Mary’s Episcopal Church)

Ely, MN 55731

Phone: 218-235-9539

Hours: Tuesday and Wednesdays 10am-4pm; Thursdays 10am-3pm.

<https://www.elynlc.org/>

Offers persons with mental health challenges structured opportunities to develop skills, pursue interests and engage with other members and staff.

Northwood Children’s Services (main campus)

714 West College Street

Duluth, MN 55811

Phone: 218-724-8815

<http://northwoodchildren.org/>

Mental health services for children and adolescents and their families. Offering residential treatment (ages 5 to 17 years), intensive day treatment, child and family outpatient psychotherapy, community-based mental health services and Little Learners Enrichment Center (ages 16 months to 6 years).

Northwood Children’s Services (west campus)

4000 West 9th Street

Duluth, MN 55807

Phone: 218-628-0237

<http://northwoodchildren.org/>

Mental health services for children and adolescents and their families. Offering residential treatment and intensive residential treatment (ages 5-17 years), diagnostic and assessment services, therapeutic foster care and corporate foster care.

Northwoods Children's Services – School Based Intensive Day Treatment

Phone: 218-336-8950, ext. 2815

Piedmont Elementary School

2827 Chambersburg Avenue

Duluth, MN 55811

<http://northwoodchildren.org/programs/SchoolBasedIntensiveDayTreatment.aspx>

Offering intensive day treatment services to children with behavioral, emotional, and/or learning problems. Serving children five days a week during school hours to provide counseling, behavior management, and family services. Services are provided at Piedmont Elementary, Laura MacArthur Elementary, Myers-Wilkins Elementary and Lincoln Park Middle School. Children must have a clinical diagnosis.

Nystrom and Associates, Ltd.

Providence Building

332 West Superior Street, Suite 300

Duluth, MN 55802

Phone: 218-722-4379

Office Hours: 8am-6:30pm (Monday-Thursday), 8am-5pm (Friday)

Phone Hours: 7am-8:30pm (Monday-Thursday), 7am-5:30pm (Friday)

Genoa Pharmacy: 218-728-2208

www.nystromcounseling.com

Offers intensive out-patient, substance use disorder treatment and mental health services for adults and adolescents. Services available are: psychiatric assessment and medication management for child, adolescents and adults, Dialectical Behavior Therapy (DBT), psychological testing, group, individual, couples and family therapy, community-based Adult Rehabilitative Mental Health Services (ARMHS), nutrition counseling, and community-based services for children, adolescents and young adults (CTSS). Telepsychiatry is also available. All types of insurances accepted including Medical Assistance and other state plans.

Range Mental Health Center

624 13th Street South

Virginia, MN 55792

Phone: 218-749-2281

Crisis Line: 218-288-2100 or 218-749-2881 (option 2)

<http://rangementalhealth.org/>

Offers outpatient therapy for adults and children, community supports services, Adult Rehabilitative Mental Health Services, Peer Support Specialists, Integrated Dual Disorder Treatment & Illness Management, groups, case management, chemical dependency programs, ADAPT program, detoxification, crisis stabilization and mobile crisis. A satellite office is located in Ely and offers full service outpatient therapy for adults and children. Call 800-450-2273 for more information.

Residential Services Inc. (RSI) of Northeastern Minnesota

2900 Piedmont Avenue
Duluth, MN 55811
Phone: 218-727-2696

108 South 5th Avenue
Virginia, MN 55792
Phone: (foster care) 218-749-3316
Phone: (ARMHS) 218-741-7270

<http://residentialservices.org/>

Providing support to clients with physical, cognitive and mental illness through residential services, transitional services, in-home services, Adult Rehabilitative Mental Health Services and outpatient counseling.

St. Luke's Hospital Behavioral Health (Inpatient Location)

915 East 1st Street
Duluth, MN 55805
Phone: 218-249-5326

<http://www.slhduluth.com/Find-a-Location/St-Lukes-Mental-Health-Inpatient-Location-.aspx>

Inpatient behavioral health treatment. Admit by direct emergency room or hospital only. Open 24/7.

St. Luke's Mental Health (Outpatient Location)

Hillside Center
220 North 6th Avenue East
Duluth, MN 55805
Phone: 218-249-7000

<http://www.slhduluth.com/Find-a-Location/St-Lukes-Mental-Health-Outpatient-Location-.aspx>

Outpatient mental health evaluation, therapy and treatment for children, adolescents and adults.

Tradewinds Residence Inc.

1601 North 16th Street
Superior, WI 54880
Phone: 715-394-2077

<http://www.tradewindsresidence.com/>

Mental health treatment services for adults with mental and substance abuse disorders, persons with serious mental illness or mild dementia.

The Trevor Project

Phone: 866-488-7386

Text "START" to 678678 (availability times may vary)

A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.

www.thetrevorproject.org

Waterfront Center

109 Waterfront Drive
Two Harbors, MN 55616
Phone: 218-595-1067

Hours: Monday-Friday 1pm-4pm

*Last Friday of month hours are 12pm-4pm

Community drop-in center with planned activities, informal support, community resources and conversation. Monthly activity calendar available on-site. Activities include movies (Mondays beginning at 2pm), games, crafting, bingo (Fridays beginning at 2pm), music, health and wellness, outings, and a monthly party. A resource room is available with a computer and printer.

TRANSPORTATION

Arrowhead Transit

Phone: 800-862-0175; option 7 for Lake County residents

<http://arrowheadtransit.com/services/lake-county/>

Dial-A-Ride: Available Monday through Friday, 9am-6pm. Call in basis, will pick up as soon as possible based on availability. Many scheduled routes available between Silver Bay and Duluth.

*Children 5 and under ride for free. Children ages 6-11 ride at half price and must be accompanied by an adult. Children ages 12+ are full price and can ride without an adult.

Community Care Auto Repair (CCAR)

1106 8th Street South

Virginia, MN 55792

Phone: 218-741-8555

Hours: 8 a.m. to 4:30 p.m.

Auto repairs at a reduced cost to those that qualify. Operated as an umbrella under AEOA.

Medical Assistance Transportation

Medical Assistance (MA) recipients may be eligible for volunteer driver rides or mileage reimbursement for transportation for medical appointments. MA recipients should contact MTM at 1-844-399-9466 to schedule a ride or request reimbursement. More information is available at: <http://memberportal.net/>.

Managed Care Transportation

If you are enrolled in a managed care health plan (Blue Plus, HealthPartners, UCare, or Medica), contact your health plan to transportation for medical appointments.

Northern Access

3133 Truck Center Drive

Duluth, MN 55806

Phone: 218-728-5464 or toll-free 800-853-2955

<http://northern-access.com/>

Specialized transportation services for the elderly or people with disabilities, mainly to and from healthcare facilities. Services could be covered by various Minnesota Medical Assistance programs. Medicare does not cover these charges.

Rural Rides (Lake & Cook Counties)

Cloquet Workforce Center
 14 N 11th Street, Suite 140
 Cloquet, MN 55720
 Phone: 218-730-7717

<http://arrowheadtransit.com/services/rural-rides/>

Short-term transportation assistance for those who are job searching, working, or attending job training. May offer volunteer rides or assistance with bus passes for job or school related transportation. Operated through the Arrowhead Economic Opportunity Agency.

Volunteer Drivers

Community Partners (Two Harbors Area) (phone: 218-834-8024). \$15 suggested donation for rides to Duluth.

North Shore Area Partners (Silver Bay Area) (phone: 218-226-3635). \$15 suggested donation for rides to Two Harbors, \$25 for rides to Duluth. Volunteer drivers will assist seniors 60+ years old with medical transportation.

VETERAN SERVICES**Celebrate Recovery**

1001 Jean Duluth Road (Lakeview Covenant Church)
 Duluth, MN 55807
 Phone: 218-525-6625

<https://sites.google.com/site/celebraterecoveryduluthmn/>

Offers faith-based assistance with recovery. Meal at 6pm, large group at 6:30pm (meet for music, worship and teaching), open share groups from 7:30-8:30pm (break into separate groups for men and women for specific recovery areas), Solid Rock Cafe at 8:30pm (join others for fellowship, coffee and desert). Free of charge childcare for infant through 5th grade from 6:15-8:30pm.

Housing Link

<https://www.housinglink.org>

Search for veteran's housing using filters such as distance from a certain point, amount of rent, number of bedrooms, building type, accessibility, and whether pets are allowed.

Lake County Veterans Services

616 3rd Avenue
 Two Harbors, MN 55616

Phone: 218-834-8326 or Silver Bay (Wednesday's only): 218-220-6273 (direct to office) or 226-4443 (front office, leave message)

LinkVet/Veterans Linkage Line: 1-888-546-5838 or visit their website at www.mn.gov/mdva

http://www.co.lake.mn.us/departments/veterans_services/index.php

Provides assistance and technical support to veterans and their dependents, including but not limited to claims assistance, benefit counseling, advocacy, assistance obtaining military discharges and documents,

and assistance with discharge upgrades. Offers Wednesday walk-ins and appointments at the Silver Bay Service Center, 99 Edison Blvd., Silver Bay, MN 55614. Please call ahead for a Wednesday appointment.

MACV (Minnesota Assistance Council for Veterans)

5209 Ramsey Street
Duluth, MN 55807
Phone: 218-722-8763

<https://www.mac-v.org/>

Offers housing services, outreach, emergency assistance, civil legal assistance, and advocacy to veterans.

Make the Connection

<https://maketheconnection.net/>

Make the Connection connects Veterans, their family members and friends, and other advocates with mental health information, local resources and Veterans' own inspiring stories of recovery. Also learn about the signs of mental health conditions or substance use problems and find sources of support. The site is free and accessible to everyone. Group therapy and peer support services are located at: <https://maketheconnection.net/stories/715>.

Minnesota Veterans Home

56 Outer Drive
Silver Bay, MN 55614
Phone: 218-353-8700

<https://mn.gov/mdva/homes/>

Provides high quality skilled nursing care to eligible veterans or spouses of veterans. Nursing care, physician services, therapies, transportation, mental health services, dietary, recreational and chaplain services. Special care unit for dementia.

National Homeless Veteran Call Center

Phone: 877-424-3838

Veterans Affairs Supportive Housing (VASH) Program-Improves access for homeless Veterans.

US Department of Veterans Affairs

Phone: 800-827-1000
Veterans Crisis Line: 1-800-273-8255 (press 1)
Text "MIL1" to 839863
<https://www.va.gov/>

VA Call Center - Minneapolis

Phone: 1-866-414-5058 (use this number instead of Twin Ports Clinic phone number)
Assists with appointment and pharmacy needs and messaging your primary care physician.

VA Clinic – Twin Ports

3520 Tower Avenue
Superior, WI 54880
Phone: 715-398-2400

VA Clinic - Hibbing

990 West 41st Street
Hibbing, MN 55746
Phone: 218-263-1400

Veterans Linkage Line:

Phone: 888-546-5838

Veterans On The Lake Resort

161 Fernberg Road
Ely, MN 55731
Phone: 800-777-7538

<https://veteransonthelakeresort.org/>

A non-profit resort, this recreational location was designed to and currently serves the needs of disabled veterans, able bodied veterans, active duty military, their families, and friends.

This electronic guide was compiled by Lake County Health and Human Services. Please contact Trisha Scamehorn at 218-834-8403 or Trisha.Scamehorn@co.lake.mn.us with any additions or changes.