

\*We make every effort to keep this list current with COVID-19 related updates and will continue to post updates as we are made aware of them; however, you should still contact providers to verify the information has not changed.

## **SUPPORT GUIDE**

### **TABLE OF CONTENTS**

[Adults/Aging](#)

[Chemical Dependency/Addiction](#)

[Children and Families](#)

[Clothing/Household](#)

[Dental](#)

[Disability/Adaptive Services](#)

[Domestic Violence/Sexual Assault](#)

[Education](#)

[Emergency and Law Enforcement](#)

[Employment](#)

[Financial](#)

[Food](#)

[Government/General](#)

[Health and Wellness](#)

[Housing](#)

[Legal](#)

[Mental Health](#)

[Transportation](#)

[Veteran Services](#)

## **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](http://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 10<sup>th</sup> Street

Two Harbors, MN 55616

Phone: 218-834-2280

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

**During COVID-19 only: AEOA owned buildings are closed to the public at this time. A number of other buildings in which AEOA provides service are also closed to the public. If you must come for an in-person appointment or to drop off needed documents, call ahead for directions.**

**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. Adults 50+ are encouraged to attend.

**All Bone Builders classes are suspended during the COVID-19 pandemic.**

<b><u>Finland Bone Builders</u></b>	<b><u>Knife River Bone Builders</u></b>	<b><u>Silver Bay Bone Builders</u></b>	<b><u>Two Harbors Bone Builders</u></b>
Clair Nelson Center 6866 Cramer Road Finland, MN 55603 Mondays and Wednesdays 9:30 a.m. – 10:30 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 9:30 a.m. – 10:30 a.m.	Lake View Hospital Solarium 325 11 <sup>th</sup> Avenue Two Harbors, MN 55616 Mondays and Tuesdays 11 a.m. – 12 p.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](mailto: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/>

**During COVID-19 only: We continue to offer rides to essential medical appointments and grocery shopping/delivery. Participants should call Community Partners between 9am-12pm on Tuesdays; delivery will be Wednesdays. You must sign up in advance for this program. We are also offering over-the-phone telephone reassurance, caregiver support and information and referrals. Caregiver support group continues to “meet” over the phone on 2nd Monday of every month at 4pm. Our office hours have temporarily changed to 9am to 3pm M-F.**

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, from 1 p.m. to 3 p.m. Open to the public and free of charge.

**Caregiver Support Group**-Meets 2<sup>nd</sup> Monday of every month at the Community Partner’s office. Contact for meeting times.

**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](http://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 2<sup>nd</sup> Avenue

Two Harbors, MN 55616

Phone: 218-834-5767

<http://lcdac.org/>

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

**We are currently closed until further notice due to the COVID-19 pandemic.**

### **Lake County Health and Human Services**

616 3<sup>rd</sup> Avenue

Two Harbors, MN 55616

Phone: 218-834-8400

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

**Our office is currently closed to the public. We are still providing essential services to residents. Please call us at 218-834-8400 with further questions.**

**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/>

**During COVID-19 only: All in-person educational, social, and volunteer activities have been suspended. Our office is closed to the public; employees working remotely are maintaining normal office hours. We are still providing Meals-On-Wheels, in-home care, transportation to medically necessary appointments (not emergencies), and providing telephone assurance to current clients who may be in need of social support. Medication delivery is now available. We are setting up procedures for delivery of essential items to self-isolating individuals.**

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.

**We are currently closed until further notice due to the COVID-19 pandemic.**

### **Retired Senior Volunteer Program (RSVP)**

2124 10<sup>th</sup> 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 1<sup>st</sup> 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/>

**During COVID-19 only: This office is temporarily closed. Certain transactions can be done via phone. Please call if you have questions.**

## **CHEMICAL DEPENDENCY/ADDICTION**

### **Agate Bay Professional Suites**

120 7<sup>th</sup> Street

Two Harbors, MN 55616

Phone Faith Clark: 218-830-8085 **(services are available during COVID-19 pandemic)**

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 2<sup>nd</sup> 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:

- 7pm - Lake View Hospital Cafeteria, Two Harbors
- 7pm - United 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:

- 7pm - Agate Bay Professionals Building, Two Harbors (NA meeting; however, people with alcohol issues may attend.)

Friday:

- 7pm - Lake View Hospital cafeteria, Two Harbors

**COVID-19 update: All local support meetings are cancelled; you can find 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](http://www.amberwing.org)**During COVID-19 only: All services are offered via telehealth.**

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/>**Bethel Port Rehabilitation Center**

23 Mesaba Avenue

Duluth, MN 55806

Phone: 218-727-7415

**During COVID-19 only: All recovery meetings have been suspended.**

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.

**Center for Alcohol and Drug Treatment (CADT)**

1402 East Superior Street

Duluth, MN 55805

Phone: 218-723-8444

<http://cadt.org/>**During COVID-19 only: All visitation and volunteer services are immediately suspended.**

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:**

314 W Superior Street, Suite 400, 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 St., Suite 100, Duluth (entrance at corner of 1<sup>st</sup> Avenue East and Michigan St.)

Phone: 218-529-3476

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

<https://getgamblinghelp.com/>

FREE services to MN residents.

**Howard Friese House**

1520 East 2<sup>nd</sup> Street, Duluth (Lakeside) – 14 bed

714 North 11<sup>th</sup> 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.

**Fast Tracker MN**

<https://fasttrackermn.org/>

Fast Tracker is a virtual community and health care connection resource. We connect individuals, families, mental health and substance use disorder providers, physicians, care coordinators, and others with a real-time, searchable directory of mental health and substance use disorder resources and their availability within Minnesota.

**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 4<sup>th</sup> 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 3<sup>rd</sup> Avenue West

Duluth, MN 55802

Phone: 218-722-2368

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

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

**During COVID-19 pandemic only: Providing telehealth assessments and counseling and psychotherapy sessions. If you are a current client or would like to establish treatment services, please call our admissions department at 218-722-2368.**

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 11<sup>th</sup> Avenue

Two Harbors, MN 55616

218-834-5520

1401 East 1<sup>st</sup> Street

Duluth, MN 55805

218-728-4491

99 Edison Blvd.

Silver Bay, MN 55614

218-834-5520

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

**During COVID-9 only: All programs, including ARMHS, CTSS, TCM, Employment Connection, Psychiatry and Adult Outpatient are offering all visits via telehealth.**

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 3<sup>rd</sup> 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.

**Our office is currently closed to the public. We are still providing essential services to residents. Please call us at 218-834-8400 with further questions.**

**Life House**

102 West First Street

Duluth, MN 55802

Phone: 218-722-7431

<http://lifehouseduluth.org/>

**During COVID-19 only: offering chemical dependency support and Rule 25's. Must call ahead to make an appointment.**

Licensed alcohol and drug counselor provides chemical dependency support and can conduct Rule 25 and diagnostic assessments. Requires no payment or insurance for services.

**Minnesota Recovery Connection (MRC)**

Phone: 612-584-4158

<https://minnesotarecovery.org/>**MN Adult and Teen Challenge**1 East 1<sup>st</sup> Street

Duluth, MN 55802

Phone: 218-740-5506

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

**No COVID-19 information available. Please call to ensure services and programming continue to be offered.**

Substance abuse treatment for adult men and women and family programming for the client's support system. Offers outpatient treatment Monday-Thursday from 5 p.m. to 8 p.m. for adults of all genders. Also offers walk-in Rule 25's on Monday and Tuesday mornings and assessments by appointment without a wait Tuesdays – Fridays.

**Narcotics Anonymous**

NLANA

P.O. Box 16934

Duluth, MN 55816

Regional Helpline: 877-767-7676

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

<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/>

**During COVID-19 pandemic, we are working with individuals with Substance Use Disorders via telemedicine. We are doing groups, individual counseling, and assessments.**

**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 receive initial screening at the onset of treatment to determine individualized care needs and may need to be involved in Nystrom and Associates substance use disorder program to receive services.

**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

1507 Tower Avenue, Suite 1810  
Superior, WI 54880  
Phone: 715-392-9300

<https://www.superiortreatmentcenter.net/>

**During COVID-19 only: Offering in-person treatment on a limited basis. Also offering telehealth treatment services.**

Outpatient substance abuse treatment services for adults (18+) on a sliding fee scale. Accepts most insurance programs, along with Medicaid or Medical Assistance.

### **Thrive Range**

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

Free online therapy for mental health and substance problems. Website offers links and videos to 1) a toolbox for stress, addiction and suicide; 2) free therapy 3) therapy designed for men; 4) free 24-hour referrals and information about mental and/or substance use disorders, prevention and treatment. Also offers assistance on suicidal urges, a crisis text line and a suicide prevention hotline.

### **Thunderbird/Wren House**

229 North 4<sup>th</sup> Avenue West  
Duluth, MN 55806

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

Substance abuse treatment, transitional housing or halfway house for Native American 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](http://www.arcnorthland.org)

**During COVID-19 only: Our office is closed to the public and we have suspended all in-person meetings, with the exception of PCA services. Staff continue to provide support to individuals by phone and email, and Extreme Parenting is setting up Zoom meetings to provide an online support group experience.**

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 are 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 are provided.

### **Cradle of Hope**

Phone: 651-636-0637, ext. 104

<https://cradleofhope.org/>

Providing financial, educational and material assistance (including portable cribs) 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. Women's Care Center phone: 218-623-7100
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/>

**During COVID-19 pandemic only: All Community Education enrichment classes in Two Harbors and Silver Bay are canceled through April. This includes adult and youth enrichment classes, such as swimming, sports, arts & crafts, etc. Two Harbors has a few online classes offered and they can be found on our web page: [https://isd381.cr3.rschoolday.com/public/getcategory/program\\_id/6](https://isd381.cr3.rschoolday.com/public/getcategory/program_id/6)**

**Early Childhood Family Education-** ECFE is a program for parents with children ages birth to pre-kindergarten five. Families participate in activities to build social, cognitive and motor skills. Parent education is provided through lively and informative discussions about everyday life as a parent. Registration is required for mixed age session. Fees are based on a sliding fee scale and can be waived if necessary. For more information: 218-226-4437 ext. 8158 or [www.isd381.org](http://www.isd381.org)

**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. 218-226-4437 ext. 8158 or [www.isd381.org](http://www.isd381.org).

**Preschool-**Little Mariner and Little Agates Preschool is available for children ages 3- 5 years old. The goal in preschool is to instill a love of learning, build skills for kindergarten and to have **FUN!** All of our Preschool sites are Parent Aware 4 Star Rated. 218-834-8201 ext. 8230 or 218-226-4437 ext. 8137 or [www.isd381.org](http://www.isd381.org).

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

### **Lake County Health and Human Services**

616 3<sup>rd</sup> Avenue

Two Harbors, MN 55616

Phone: 218-834-8400

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

**Our office is currently closed to the public. We are still providing essential services to residents. Please call us at 218-834-8400 with further questions.**

**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**

4931 East Superior Street

Duluth, MN 55804

Phone: 218-727-3399

Text: "HELPLINE" to 313131 or visit [www.optionline.org](http://www.optionline.org)

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

1823 Belknap Street

Superior, WI 54880

Phone: 715-394-4102

**During COVID-19 only: medical clinics and classes are suspended. Still offering baby and maternity items. Please call for more information.**

Free pregnancy testing, baby and maternity items, free medical clinic, including ultrasounds, and safe sleep classes.

**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/>

**During COVID-19 only: offering case management via telehealth and social distancing walks. Drop-In Center is open for essential services only (meals, pick-up food/health supplies). Housing units are still open.**

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 are Monday, Tuesday, Thursday, Friday 3pm-7pm and Wednesday 3pm-6pm (lunch provided for ages 19-24). Dinner for ages 15-19 are Monday-Friday 3pm – 5:30pm.

**Life House Housing Program**-Over 48 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.

**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.

**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).

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

**Legitimate Hustle Program**-Program gives youth an opportunity to safely earn money while learning entrepreneurial and employment skills. Life House staff guide and mentor each LHP cohort to start and operate their own social enterprise business.

**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).

### **Lutheran Social Services**

424 West Superior Street, #600

Duluth, MN 55802

Phone: 218-529-2222

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

**During COVID-19 only: Maintaining continuity of service operations for critical services. Call for specific information.**

**Bethany Runaway & Homeless Youth Program**-Offers Bethany Crisis Shelter for youth 17 years and younger and provides access to therapy to explore issues. Referral by county social worker, court, or law enforcement.

**Loft Shelter**-10 bed emergency shelter for youth ages 15-19. Located at 102 W First Street, Duluth.

**Host Homes**-Program that matches young people ages 18-24 with caring and consistent adults who have a spare bedroom to offer.

**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.

**LSS Renaissance**-Transitional housing (up to 18 months) for youth 16-21 years old.

**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.

**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 LGBTQ12S youth ages 14-20. The group meets Wednesdays from 4pm-6pm at The Center for Changing Lives Duluth, 1422 East Superior Street.

**Bethany Crisis Nursery**-Located at 1 East 1<sup>st</sup> 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 childcare and early education. More information can be found at <https://northlandfdn.org/special-initiatives/>.

### **North Shore Collaborative**

616 3<sup>rd</sup> Avenue

Two Harbors, MN 55616

Phone: 218-834-8403

[http://www.co.lake.mn.us/departments/north\\_shore\\_collaborative\\_board\\_and\\_council.php](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 7<sup>th</sup> Street

Two Harbors, MN 55616

Phone: 218-834-5924

<https://northshorehorizons.org/>

**During COVID-19 only: We continue to provide all our services. The office is open during regular office hours and our crisis line is available 24/7; however, some services (like support groups) are occurring remotely utilizing available technology.**

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](http://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 1<sup>st</sup> Street, Suite 301

Duluth, MN 55802

Phone: 218-302-6879

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

**During COVID-19 only: Maintaining continuity of service operations for critical services. Call for specific information.**

**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 4<sup>th</sup> Street, Room 207

Duluth, MN 55806

Phone: 218-722-5247

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

**During COVID-19 only: The building is closed, and all programs are suspended.**

**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. Hours are Monday, Tuesday, Wednesday and Friday from 9am-3pm.

**Free Store:** Free clothing and household goods. Hours are Monday, Tuesday, Wednesday and Friday from 9am-3pm and Saturdays 10am-2pm.

### **Goodwill**

702 7<sup>th</sup> Avenue

Two Harbors, MN 55616

Phone: 218-834-3804

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

**During COVID-19 only: monitoring situation. Call ahead for shopping and donation hours.**

Sells gently used clothing and household goods.

**Neighbor to Neighbor**

508 7<sup>th</sup> Street

Two Harbors, MN 55616

Phone: 218-834-2972

Monday, Tuesday, Thursday, Friday and Saturday 10am-5pm

Low cost household goods, furniture and clothing.

**North Shore Horizons**

127 7<sup>th</sup> Street

Two Harbors, MN 55616

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

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

**During COVID-19 only: We continue to provide all our services. The office is open during regular office hours and our crisis line is available 24/7.**

Offering clothing, bedding and household items.

**DENTAL**

**During COVID-19 only: Call your dental office for more information.**

**Anderson, Scott DDS**

33 E Chapman Street

Ely, MN 55731

Phone: 218-365-3194

**Ely Family Dental**

40 North 1<sup>st</sup> 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](http://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 2<sup>nd</sup> 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 1<sup>st</sup> 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/>

**Access North will close all offices to the public effective immediately and until further notice. Our Independent Living Specialists and Qualified Professionals remain available to you. Please call 1-800-390-3681 or email your support professional to assist you.**

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](http://www.alz.org/mnnd)

**During COVID-19 only: Staff are working remotely, and operations continue. Meetings, events and participation in other activities will be conducted online or by phone whenever possible. Please check [www.alz.org/mnnd](http://www.alz.org/mnnd) for details on meetings and events. 24/7 around-the-clock care and support are available by calling 1.800.272.3900. Our Chapter offices are available by phone Monday-Friday 9a.m.- 4:30p.m.**

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](http://www.arcnorthland.org)

**During COVID-19 only: Our office is closed to the public and we have suspended all in-person meetings, with the exception of PCA services. Staff continue to provide support to individuals by phone and email, and Extreme Parenting is setting up Zoom meetings to provide an online support group experience.**

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

**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.

**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 are provided.

### **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 2<sup>nd</sup> Avenue

Two Harbors, MN 55616

Phone: 218-834-5767

<http://lcdac.org/>

**We are currently closed until further notice due to the COVID-19 pandemic.**

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 3<sup>rd</sup> Avenue

Two Harbors, MN 55616

Phone: 218-834-8400

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

Provides case management to children and adults with developmental disabilities.

**Our office is currently closed to the public. We are still providing essential services to residents. Please call us at 218-834-8400 with further questions.**

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/>

**During COVID-19 only: Office will be closed to the public until further notice. All services will be done remotely and/or on a case-by-case basis. Our low vision store will also be closed to the public, but we can ship products to folks in Minnesota and Wisconsin. Email [info@lcfvl.org](mailto:info@lcfvl.org) with questions.**

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 Duluth**

4620 West 8<sup>th</sup> Street

Duluth, MN 55804

Phone: 218-624-1330 (Lisa Peterson)

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

**During COVID-19 only: We have temporarily suspended donated goods curbside pick-up and drop-off bin locations until April 13<sup>th</sup>. All walk-in, office visits and in-person events are cancelled until further notice.**

### **Minnesota State Services for the Blind**

402 West 1<sup>st</sup> Street

Duluth, MN 55802

Phone: 218-302-8418

<https://mn.gov/deed/ssb/>

**During COVID-19 only: we are unable to accept new volunteers at this time and are not processing applications.**

**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/>

**During COVID-19 only: offering live-streamed trainings. All in-person classes have been suspended.**

Provides family violence intervention, rehabilitation services and supervised visitation services. Also offers nonviolence classes for men.

**Life House**

102 West First Street

Duluth, MN 55802

Phone: 218-722-7431

Youth Safeline: 800-786-2929

**During COVID-19 only: Housing units are still open.**

<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.

**Sol House**-House for survivors ages 15-20 of sexual exploitation, staffed 24/7, room for six youth.

**North Shore Horizons**

127 7<sup>th</sup> Street

Two Harbors, MN 55616

Phone: 218-834-5924 or 1-866-223-1111 (available 24-7)

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

**During COVID-19 only: We continue to provide all our services. The office is open during regular office hours and our crisis line is available 24/7; however, some services (like support groups) are occurring remotely utilizing available technology.**

Offering emergency housing, transitional and supportive housing, support groups, supervised visitation, 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.

**Stronger Together**-Support group for people who have experienced harmful relationships. Focus is on self-empowerment, healing, coping strategies, and making healthy changes. Group meets Tuesdays from 6pm-7pm at North Shore Horizons.

### **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 1<sup>st</sup> 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.

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

**Yoga Group**-Yoga practices specifically designed for trauma survivors are taught in safe and relaxing environment by a 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 1<sup>st</sup> Street

Duluth, MN 55802

Phone: 218-623-1000

**During COVID-19: continuing to provide services.**

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 10<sup>th</sup> Street  
Two Harbors, MN 55616  
Phone: 218-834-2280

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

**During COVID-19 only: AEOA owned buildings are closed to the public at this time. A number of other buildings in which AEOA provides service are also closed to the public. If you must come for an in-person appointment or to drop off needed documents, call ahead for directions.**

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 10<sup>th</sup> Street, Two Harbors, MN 55616  
Phone: 218-834-2280 or 218-749-2912 ext. 7351

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

**During COVID-19 only: AEOA owned buildings are closed to the public at this time. A number of other buildings in which AEOA provides service are also closed to the public. If you must come for an in-person appointment or to drop off needed documents, call ahead for directions.**

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/>

**During COVID-19 only: The Clair Nelson Center is temporarily closed to the public and has suspended all programs indefinitely, along with the recycling trailer. We will continue to maintain office hours (Tuesdays 10am-4pm, Wednesdays 10am-3pm, Thursdays 10am-3pm, Fridays 10am-4pm.). Staff will available via phone (218-353-0300) and email during this time. The outdoor**

**bathroom and entryway/library area will remain open; people should use these areas one at a time, touch as few surfaces as possible, and leave each area as tidy as you found it. Internet is available and staff can help with printing of documents-we will figure out a safe way to get it to you.**

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 7<sup>th</sup> 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/>

**During COVID-19 pandemic only:** All Community Education enrichment classes in Two Harbors and Silver Bay are canceled through April. This includes adult and youth enrichment classes, such as swimming, sports, arts & crafts, etc. Two Harbors has a few online classes offered and they can be found on our web page: [https://isd381.cr3.schooltoday.com/public/getcategory/program\\_id/6](https://isd381.cr3.schooltoday.com/public/getcategory/program_id/6)

**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. 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/>

**During COVID-19 only: Only open to Tier 1 and 2 families at this time.**

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

### **Life House**

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

<http://lifehouseduluth.org/>

**During COVID-19 only: All educational programs have been suspended.**

**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).

**Legitimate Hustle Program**- Program gives youth an opportunity to safely earn money while learning entrepreneurial and employment skills. Life House staff guide and mentor each LHP cohort to start and operate their own social enterprise business.

### **Lutheran Social Services**

424 West Superior Street, #600

Duluth, MN 55802

Phone: 218-529-2222

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

**During COVID-19 only: Maintaining continuity of service operations for critical services. Call for specific information.**

**Oh No Eighteen! (ONE) Independent Living Skills**-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](http://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 childcare and early education. More information can be found at <http://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 3<sup>rd</sup> Avenue

Two Harbors, MN 55616

Phone: 218-834-8469

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

**During COVID-19 only: All in-person Extension meetings, events and classes are cancelled through May 15.**

**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 3<sup>rd</sup> 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 3<sup>rd</sup> Avenue, Two Harbors, MN 55616 (substations 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/>

**During COVID-19 only: Elective surgeries/nonessential procedures are postponed. The Wellness Center, Boundary Waters Café and the Business Office are closed. No inpatient visitors are allowed**

**and only one visitor to the emergency department for pediatric, vulnerable adult, trauma, or patients requiring communication to a health care team. Curbside and mail service is available.**

### **Lake County Ambulance Service**

421 20<sup>th</sup> Avenue  
Two Harbors, MN 55616 (substation located in Silver Bay)  
Phone: 218-834-7110  
<http://www.lcasmn.com/>

### **Lake County Emergency Preparedness**

616 3<sup>rd</sup> Avenue  
Two Harbors, MN 55616  
Phone: 218-834-8400

### **Lake County Emergency Management**

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](mailto:bj.kohlstedt@co.lake.mn.us) or [emergency@co.lake.mn.us](mailto:emergency@co.lake.mn.us)

### **Lake View Hospital**

325 11<sup>th</sup> Avenue  
Two Harbors, MN 55616  
Phone: 218-834-7300  
<http://www.slhduluth.com/Find-a-Location/Lake-View-Hospital.aspx>

**During COVID-19 only: No visitors are allowed in inpatient units (some exceptions apply).**

### **Lake View Medical Clinic and Urgent Care**

Medical Clinic: 1010 4<sup>th</sup> Street  
Two Harbors, MN 55616  
Phone: 218-834-7700  
Hours: Monday-Friday 8am-5pm

Urgent Care: 325 11<sup>th</sup> 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>

**During COVID-19 only: Offering telehealth visits for patients. All support groups have been cancelled until further notice. No visitors are allowed (some exceptions apply).**

### **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 7<sup>th</sup> Street

Two Harbors, MN 55616

Phone: 218-834-5924 or 1-866-223-1111 (available 24-7)

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

**During COVID-19 only: We continue to provide all our services. The office is open during regular office hours and our crisis line is available 24/7; however, some services (like support groups) are occurring remotely utilizing available technology.**

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](http://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 10<sup>th</sup> Street

Two Harbors, MN 55616

Phone: 218- 834-2280

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

**During COVID-19 only: AEOA owned buildings are closed to the public at this time. A number of other buildings in which AEOA provides service are also closed to the public. If you must come for an in-person appointment or to drop off needed documents, call ahead for directions.**

**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/>

**During COVID-19 only: Our offices are closed until further notice. Staff will be monitoring emails and voicemails. MNsure or SNAP assistance is available by calling (218)726-1665 and dial ext. 227 for Karen or ext. 240 for Caitlin. To ask about a virtual financial coaching appointments, call Randi at (218)726-1665 ext. 218 or email [randi@communityactionduluth.org](mailto:randi@communityactionduluth.org). Tax Site is cancelled. After April 10th, we will reassess the danger of COVID-19 and consider reopening.**

**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 Center**

325 11<sup>th</sup> Avenue

Two Harbors, MN 55616

Phone: 218-834-5520

Office Hours: 8am-4pm

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

**\*\*During COVID-19 only: All programs, including ARMHS, CTSS, TCM, Employment Connection, Psychiatry and Adult Outpatient are offering all visits via telehealth. We are utilizing Microsoft Teams and over the phone is also acceptable if we are unable to connect via Microsoft Teams.**

**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 1<sup>st</sup> Street

Duluth, MN 55802

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

<http://lifehouseduluth.org/>**During COVID-19 only: All programs are temporarily suspended.**

**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.

**Legitimate Hustle Program**-Program gives youth an opportunity to safely earn money while learning entrepreneurial and employment skills. Life House staff guide and mentor each LHP cohort to start and operate their own social enterprise business.

**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&reg=MN>

Find a list of agencies that provide employment assistance.

**Northeast Minnesota Office of Job Training: NEMOJT**

Minnesota Workforce Center

402 W 1<sup>st</sup> 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

**During COVID-19 only: All services are temporarily suspended.**



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 10<sup>th</sup> Street  
Two Harbors, MN 55616  
Phone: 218-834-2280  
<http://www.aeo.org/>

**During COVID-19 only: AEOA owned buildings are closed to the public at this time. A number of other buildings in which AEOA provides service are also closed to the public. If you must come for an in-person appointment or to drop off needed documents, call ahead for directions.**

**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 1<sup>st</sup> to May 31<sup>st</sup>.

**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/>

**During COVID-19 only: Our offices are closed until further notice. Staff will be monitoring emails and voicemails. MNsure or SNAP assistance is available by calling (218)726-1665 and dial ext. 227 for Karen or ext. 240 for Caitlin. To ask about a virtual financial coaching appointments, call Randi at (218)726-1665 ext. 218 or email [randi@communityactionduluth.org](mailto:randi@communityactionduluth.org). Tax Site is cancelled. After April 10th, we will reassess the danger of COVID-19 and consider reopening.**

**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.

**Lake County Health and Human Services**

616 3<sup>rd</sup> 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>

**Our office is currently closed to the public. We are still providing essential services to residents. Please call us at 218-834-8400 with further questions.**

**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/>

**During COVID-19 only: Maintaining continuity of service operations for critical services. Call for specific information.**

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).

## **FOOD**

### **Arrowhead Senior Dining and Meals on Wheels Program (AEOA)**

325 11<sup>th</sup> 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>

**During COVID-19 only: Two Harbors Meals on Wheels has no change; senior dining is takeout only.**

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](http://www.communitypartnersth.org)

**During COVID-19 only: We continue to offer grocery shopping/delivery. Participants should call Community Partners between 9am-12pm on Tuesdays; delivery will be Wednesdays. You must sign up in advance for this program. Our office hours have temporarily changed to 9am to 3pm M-F.**

**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 Center**

206 West 4<sup>th</sup> Street

Duluth, MN

Phone: 218-722-8708

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

**During COVID-19 only: providing bagged meals in the parking lot during regular mealtimes for the Community Kitchen; and at the 2<sup>nd</sup> Avenue W entrance during Kids' Kitchen hours. The building and all other programs are closed.**

**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. Monday through Thursday 3pm-6pm (meal is served at 5pm). Go to the 2<sup>nd</sup> 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/>

**During COVID-19 only: Services remain available. Call for specifics. Food delivery may be available if you are in a high-risk category and are isolating.**

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 7<sup>th</sup> 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

**During COVID-19 only: We are providing 'Grab & Go' style meals to children throughout our district from 9am-11am M-F. Meals will contain food for breakfast, lunch and a snack. If children have a specific allergy, notify the staff handing out the food. Families that lack transportation or have a medically fragile child, contact your local school administrative assistant to sign up for meal delivery. Sites are as follows:**

- **Minnehaha Elementary School – Door 2**
- **Two Harbors High School – Door 1**
- **William Kelley Schools – Anchor Door**
- **Clair Nelson Community Center Parking Lot (Finland)**
- **Green Door Parking Lot (Beaver Bay)**

- **Hugo's Parking Lot (Brimson)**
- **Knife River Rec Center Parking Lot (Knife River)**
- **Duluth Township Hall Lower Parking Lot off Homestead (Duluth Township)**

**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 3<sup>rd</sup> 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>

**Our offices are currently closed to the public. We are still providing essential services to residents. Please call us at 218-834-8400 with further questions.**

**\*\*Silver Bay Food Shelf (during the COVID-19 pandemic only): Please phone 218-226-4443 to set-up an appointment in advance or call from the parking lot to pick-up your food. Curbside delivery from 9am to 3pm.**

**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 Help Line**

<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&reg=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/>

**During COVID-19 only: Meals on Wheels has no change; senior dining is curbside takeout only.**

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

**During COVID-19 only: please call each location for more information.**

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/>

**During COVID-19 only: Program has been suspended. See Lake Superior School District for free phone information.**

**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/>

**During COVID-19 only: Please call for more information as the delivery system has changed.**

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 9am-3pm

**\*\*Silver Bay Food Shelf (during the COVID-19 pandemic only): Please phone 218-226-4443 to set-up an appointment in advance or call from the parking lot to pick-up your food. Curbside delivery from 9am to 3pm.**

### **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](http://www.thfoodshelf.org)

**\*\*During COVID-19 only: The Two Harbors Area Food Shelf is currently closed to the public; however, food can be picked up at their curb during Tuesday distribution 10am-3:45pm (no appointment needed). ANYONE needing food in ALL of Lake County will be served. Emergency boxes (20 lbs of non-perishables) are available Monday-Thursday. It is strongly recommended to call ahead for these as office hours are limited when it's not a regular "Food Shelf Tuesday."**

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. Emergency boxes of food are available Monday through Thursday by contacting Michelle at 218-391-8191.

**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 visiting the Two Harbors Area Food Shelf or by visiting their website: <http://thfoodshelf.org/about/community-garden/>.

### **Union Gospel Mission**

219 East 1<sup>st</sup> Street  
Duluth, MN 55802  
Phone: 218-722-1196  
<https://www.duluth-ugm.org/>

**During COVID-19 only: no breakfasts will be served; all other meals available curbside. No food shelf at this time.**

Breakfast: Monday-Friday 7:30am-8:15am

Lunch: Monday-Friday 12pm-12:45pm

Dinner: Monday-Friday and Sunday 5pm-5:45pm

**Client Services**-Mondays from 1:30pm-2:45pm. Food boxes are handed out to MN residents (must show Minnesota picture ID and a piece of mail to prove MN residency). Hygiene kits are given out once per year.

### **United Church**

531 3<sup>rd</sup> Avenue  
Two Harbors, MN 55616

**During COVID-19 only: free dinners are suspended until June.**

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

**During COVID-19 only: Department Specific updates are located here:**

<http://cms5.revize.com/revize/twoharbors/COVID%20Update%203272020.pdf>

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

**Community Building:** 417 South Avenue, Two Harbors

**Two Harbors Helgeson Municipal Airport:** 608 Airport Road, Two Harbors

**Animal Control:** 415 20<sup>th</sup> 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/>**During COVID-19 only: City Hall is Closed to the Public, but all ESSENTIAL SERVICES WILL CONTINUE. Please call us with any questions 365-3224.****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](http://www.silverbay.com)**During COVID-19 only: all Silver Bay city offices are closed until further notice.****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

Two Harbors, MN 55616

Phone: 218-834-5621

24 Shopping Center

Silver Bay, MN 55614

Phone: 218-226-3076

**During COVID-19: office is temporarily closed. Due to open up on April 13, but date is subject to change.**

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

**During COVID-19 only: Closed to visitors and not accepting owner surrenders.**

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 3<sup>rd</sup> 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

**Our office is currently closed to the public. We are still providing essential services to residents. Please call us at 218-834-8400 with further questions.**

**Parks and Recreation**

Two Harbors: 218-834-5631  
<http://www.twoharborsmn.gov/>

Silver Bay: 218-226-4214  
[www.silverbay.com](http://www.silverbay.com)

**During COVID-19: All programs are temporarily suspended.**

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

**Post Offices:**

**During Covid-19 only: please call individual office for more information.**

**Beaver Bay** (phone: 218-226-4129)  
 1014 Main Street, Beaver Bay, MN 55601

**Ely** (phone: 218-365-3210)  
 34 South 2<sup>nd</sup> 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

**During COVID-19 only: Fitness center is temporarily closed.****Arrowhead Emergency Services Chaplains (Lake County)**

Phone: 218-834-8504

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. Assistance is offered 24/7.

**Blustin Optical Center**802 11<sup>th</sup> Street, Suite A

Two Harbors, MN 55616

Phone: 218-834-8070

<https://www.blustinoptical.com/>**During COVID-19 only: Office is open with modified hours of operation. Please call for more information.****Bodies In Balance**

1451 Highway 2

Two Harbors, MN 55616

Phone: 218-834-2586

<http://bodiesinbalancemn.com/>**During COVID-19 only: Fitness center is temporarily closed.**

Fitness center and classes available.

**CAIR (Center for American Indian Resources)**

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

**During COVID-19 only: All routine, non-urgent appointments have been postponed. Human Services division has adjusted hours. Prescriptions are available curbside only.**

*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/>

**During COVID-19 pandemic only: All Community Education enrichment classes in Two Harbors and Silver Bay are canceled through April. This includes adult and youth enrichment classes, such as swimming, sports, arts & crafts, etc. Two Harbors has a few online classes offered and they can be found on our web page: [https://isd381.cr3.schooltoday.com/public/getcategory/program\\_id/6](https://isd381.cr3.schooltoday.com/public/getcategory/program_id/6)**

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/>

**During COVID-19 only: Elective surgeries/nonessential procedures are postponed. The Wellness Center, Boundary Waters Café and the Business Office are closed. No inpatient visitors are allowed and only one visitor to the emergency department for pediatric, vulnerable adult, trauma, or patients requiring communication to a health care team. Curbside and mail service is available.**

**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 ensure 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 3<sup>rd</sup> 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 11<sup>th</sup> Street (Super One Foods location), phone 218-834-7202 or in Silver Bay, 99 Edison Blvd., phone 218-226-3829.

**During COVID-19 only: Essentia, Two Harbors, has delivery options available M,W,F; drive thru remains open. Essentia, Silver Bay, offers curbside pick-up, delivery services available through North Shore Area Partners, and after hours pick-up may be available.**

### **Friends of the Finland Community**

Clair Nelson Center  
6866 Cramer Road  
Finland, MN 55603

<https://friendsoffinland.org/>

**During COVID-19 only: The Clair Nelson Center is temporarily closed to the public and has suspended all programs indefinitely, along with the recycling trailer. We will continue to maintain office hours (Tuesdays 10am-4pm, Wednesdays 10am-3pm, Thursdays 10am-3pm, Fridays 10am-4pm.). Staff will available via phone (218-353-0300) and email during this time. The outdoor bathroom and entryway/library area will remain open; people should use these areas one at a time, touch as few surfaces as possible, and leave each area as tidy as you found it. Internet is available and staff can help with printing of documents-we will figure out a safe way to get it to you.**

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 Services**

616 3<sup>rd</sup> Avenue  
Two Harbors, MN 55616  
Phone: 218-834-8400

Hours: Monday–Friday 8am-4pm

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

**Our office is currently closed to the public. We are still providing essential services to residents. Please call us at 218-834-8400 with further questions.**

**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)

Open Monday-Friday, 8am-5pm; walk-ins welcome.

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

3600 Tower Avenue

Superior, WI

Phone: 715-392-1955 (Medical)

Phone: 715-394-5411 (Dental)

Phone: 715-395-5360 (Health Care Access)

**During COVID-19 only: Call prior to coming to the Health Center. Offering telehealth visits. Dental emergencies are available at Duluth location only. Call to set-up appointment.**

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.

**Substance Abuse**-Phone: 715-395-5380. Located at 1500 N 34<sup>th</sup> Street, Suite 200, Superior, WI. Open Monday-Friday, 8am-5pm.

### **Lake Superior Life Care Center**

4931 East Superior Street

Duluth, MN 55804

Phone: 218-727-3399

Text: "HELPLINE" to 313131 or visit [www.optionline.org](http://www.optionline.org)

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

1823 Belknap Street

Superior, WI 54880

Phone: 715-394-4102

**During COVID-19 only: medical clinics and classes are suspended. Still offering baby and maternity items. Please call for more information.**

Free pregnancy testing, baby and maternity items, free medical clinic, including ultrasounds, and safe sleep classes.

**Medical Clinic** (for those without insurance)-Free, non-emergency medical clinic that includes ultrasounds. Must make an appointment.

**Safe Sleep Classes**-Call either location for dates and times.

**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.

**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.

**During COVID-19 only: No visitors are allowed in inpatient units (some exceptions apply). Fitness Center are closed.**

**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 4<sup>th</sup> Street  
Two Harbors, MN 55616  
Phone: 218-834-7700  
Pharmacy Phone: 218-834-7799

**During COVID-19 only: Delivery services available for current customers (you must set-up account and pay by credit card).**

<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/>

**During COVID-19 only: Maintaining continuity of service operations for critical services. Call for specific 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.

**MNsure**

Phone: 855-366-7873  
Hours: Monday-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/>

**During COVID-19 only: Offering in-person, phone and virtual appointments.**

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

**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>

**During COVID-19 only: Clinic is open; offering telehealth visits. Visitors are not allowed at this time (some exceptions apply).**

**Stout Chiropractic**

5722 Homestead Road #A  
Duluth, MN 55804  
Phone: 218-525-3100

**Thomas Chiropractic**

Dr. Cory S. Thomas  
Dr. John W. Pepelnjak  
408 17<sup>th</sup> Avenue  
Two Harbors, MN 55616  
218-834-3053

**Vision Pro Optical**

1028 7<sup>th</sup> Avenue  
Two Harbors, MN 55616  
Phone: 218-834-3937  
<https://visionprooptical.com/locations/two-harbors-mn.html>

**During COVID-19 only: all offices are temporarily closed. Staff members are available by phone.**

## **HOME HEALTH AND PERSONAL CARE PROVIDERS**

**During COVID-19 only: call each provider for specific information.**

### **ACCRA**

1932 London Road  
Duluth, MN 55812  
Phone: (218) 724-2800  
<http://www.accracare.org/>

### **Arc Northland**

424 W Superior Street  
Duluth, MN 55802  
Phone: 218-726-4725  
<http://arcnorthland.org/>

### **Access North: Center for Independent Living**

118 East Superior Street  
Duluth, MN 55802  
Phone: 218-625-1400  
<http://www.accessnorth.net/>

### **Cherish, LLC**

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

### **Circle of Life Home Care Anishinaabe (COLHCA)**

1131 East 4<sup>th</sup> Street, Suite A  
Duluth, MN 55805  
Phone: 218-724-5158  
<https://www.circleoflifehc.com/anishinaabe/>

### **CustomCARE Homecare**

5265 Edina Industrial Blvd.  
Edina, MN 55439  
Phone: 952-914-0269  
<http://www.customcarellc.com/>

### **Elite Home Care, Inc.**

1533 University Avenue, Suite 110  
St. Paul, MN 55104  
Phone: 651-644-5355  
<http://elitehomecare.org/>



**Essentia Health St. Mary's Hospice & Palliative Care**330 East 2<sup>nd</sup> 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/>**Heartland PCA**

1700 Mall Drive

Duluth, MN 55811

Phone: 218-727-0990

<http://www.heartlandpca.com/>**Lakeshore at Home**

4002 London Road

Duluth, MN 55804

Phone: 218-625-7848

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

Grand Rapids, MN 55744

Phone: 218-326-1179

**My Brother's Keeper**

136 Holmes Street

Shakopee, MN 55379

Phone: 952-496-0157

<http://www.mybrotherskeeper.org/>**Recover Health**

306 W Michigan Street, Suite 301

Duluth, MN 55802

Phone: 218-733-3485

<https://www.recoverhealth.org/>**Regency Home Healthcare**

4961 Rice Lake Road, Suite 105

Duluth, MN 55803

Phone: 218-727-4105

<http://regencyhhc.com/>

**St. Luke's Home Care**220 North 6<sup>th</sup> 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**

Phone: 2-1-1

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

Find resources specifically relevant to low income housing, housing for persons with disabilities and housing for seniors.

**American Indian Community Housing Organization (AICHO)**202 West 2<sup>nd</sup> Street

Duluth, MN 55802

Phone: 218-722-7225

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

<https://www.aicho.org/#/>**Arrowhead Economic Opportunity Agency (AEOA)**

Norlen Industrial Park

2124 10<sup>th</sup> Street

Two Harbors, MN 55616

Phone: 218- 834-2280

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

**During COVID-19 only: AEOA owned buildings are closed to the public at this time. A number of other buildings in which AEOA provides service are also closed to the public. If you must come for an in-person appointment or to drop off needed documents, call ahead for directions.**

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>

**During COVID-19 only: AEOA owned buildings are closed to the public at this time. A number of other buildings in which AEOA provides service are also closed to the public. If you must come for an in-person appointment or to drop off needed documents, call ahead for directions.**

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 1<sup>st</sup> Avenue  
Two Harbors, MN 55616  
Phone: 218-834-2728

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

**During COVID-19 only: Limiting building entry to building residents. If you have any questions or would like an application, please call as office is open M, W, F by phone. Not doing outreach at this time.**

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 1<sup>st</sup> Avenue  
Two Harbors, MN 55616  
Phone: 218-834-0712

**During COVID-19 only: Fully operational.**

### **Churches United in Ministry (CHUM)**

102 West 2<sup>nd</sup> Street  
Duluth, MN 55802  
Phone: 218-720-6521

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

**During COVID-19 only: Open with limited services.**

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 3<sup>rd</sup> Avenue  
Two Harbors, MN 55616  
Phone: 218-834-5441  
Hours: Monday-Thursday, 8am-12:30pm

**During COVID-19 only: Office hours are the same. Community Room is closed. Move-in and check-outs are not being processed.**

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.

**Hearth Connection**

2446 University Avenue West

Suite 150

St. Paul, MN 55114

Phone: 651-645-0676

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

**During COVID-19 only: Hearth Connection's office is currently closed to the public. Staff can be contacted by phone or email.**

Works with qualified social service agencies to provide coordinated support services along with rental assistance support. The goal is to break the cycle of long-term homelessness and achieve housing stability.

**Housing and Redevelopment Authority of Duluth**

222 East 2<sup>nd</sup> Street, 1<sup>st</sup> Floor

Duluth, MN 55816

Phone: 218-529-6300

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

**During COVID-19 only: HRA central office is closed to the public but is available by phone. See website for documents library.**

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/>

**During COVID-19 only: Housing units are still open.**

**Life House Housing Program**-Over 48 units of housing with supportive case management. 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).

**Loft Shelter**-10 bed emergency shelter for youth ages 15-19. Located at 102 W First Street, Duluth.

**Host Homes**-Program that matches young people ages 18-24 with caring and consistent adults who have a spare bedroom to offer.

### **Lutheran Social Services**

424 West Superior Street, #600

Duluth, MN 55802

Phone: 218-529-2222

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

**During COVID-19 only: Maintaining continuity of service operations for critical services. Call for specific information.**

**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.

**LSS Renaissance**-Transitional housing (up to 18 months) for youth 16-21 years old.

**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 7<sup>th</sup> Street

Two Harbors, MN 55616

Phone: 218-834-5924 or 1-866-223-1111 (available 24-7)

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

**During COVID-19 only: We continue to provide all our services. The office is open during regular office hours and our crisis line is available 24/7; however, some services (like support groups) are occurring remotely utilizing available technology.**

Offering emergency, transitional and supportive housing.

### **Two Harbors Housing and Redevelopment Authority (HRA)**

505 1<sup>st</sup> Avenue

Two Harbors, MN 55616

Phone: 218-834-2728

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

**During COVID-19 only: Limiting building entry to building residents. If you have any questions or would like an application, please call as office is open M, W, F by phone. Not doing outreach at this time.**

Owens, 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 9<sup>th</sup> 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 13<sup>th</sup> 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 13<sup>th</sup> Avenue

Two Harbors, MN 55616

Phone: 218-728-1189

### **DRCC-Cedar**

421 4<sup>th</sup> Avenue

Two Harbors, MN 55616

Phone: 218-722-8180

### **DRCC-Burlington**

1531 15<sup>th</sup> Street

Two Harbors, MN 55616

### **DRCC-Silver Creek**

1815 Highway 61

Two Harbors, MN 55616

### **Maple View Adult Foster Care**

1729 9<sup>th</sup> Avenue

Two Harbors, MN 55616

Phone: 218-834-8853

## **ASSISTED LIVING**

### **Barross Manor**

414 1<sup>st</sup> Avenue

Two Harbors, MN 55616

Phone: 218-834-6174

### **Barross Cottage**

401 South Avenue

Two Harbors, MN 55616

Phone: 218-834-8018

### **Barross Cottage II**

806 13<sup>th</sup> Avenue

Two Harbors, MN 55616

Phone: 218-834-8098

**Carefree Living**

36 Bell Circle  
Silver Bay, MN 55614  
Phone: 218-226-3524  
[www.spectrumhealthcos.com](http://www.spectrumhealthcos.com)

**Waterview Shores**

409 13<sup>th</sup> Avenue  
Two Harbors, MN 55616  
Phone: 218-834-0849  
<https://monarchmn.com/the-waterview-shores/>

**NURSING HOMES****The Waterview Shores**

409 13<sup>th</sup> 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 1<sup>st</sup> 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 3<sup>rd</sup> Avenue  
Two Harbors, MN 55616  
Phone: 218-834-8330  
<http://www.mncourts.gov/Find-Courts/Lake.aspx>

**During COVID-19 only: If you have a court case scheduled in Lake County, call 218-834-8330 to determine if your case will be heard or scheduled to a future date.**

**Lake County Probation (Arrowhead Regional Corrections)**

Lake County Courthouse  
601 3<sup>rd</sup> Avenue  
Two Harbors, MN 55616  
Phone: 218-834-8366

**During COVID-19: Office is closed to the public.**

**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, contract disputes, home repair disputes and warranty enforcement. Also provides 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/>

**During COVID-19 only: Questions or complaints should be submitted by phone or email.**



**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.

**MENTAL HEALTH****Accend Services**

115 7th Street

Two Harbors, MN 55616

Phone: 218-724-3122

[www.accendservices.com](http://www.accendservices.com)

**During COVID-19 only: Continuing to provide services; offering telehealth. Still taking referrals for all services; call for an appointment.**

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 7<sup>th</sup> Street

Two Harbors, MN 55616

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

**During COVID-19 only: offering telehealth therapy. Groups may be available via Zoom.**

\*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](http://www.amberwing.org)

**During COVID-19 only: All services are offered via telehealth.**

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/>

**During COVID-19 only: Therapy appointments are conducted over the phone or via video sessions. In-person sessions may be available; call for more information.**

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](http://www.birchtreeduluth.com)

**During COVID-19 only: We are not providing mobile crisis assessments and interventions. The crisis phone line and residential services are open and operating 24/7.**

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/>

**During COVID-19 only: Suspended programming services. Continue to provide mental health services, some via telehealth.**

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 4<sup>th</sup> Street, Room 209

Duluth, MN

Phone: 218-722-8708

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

**During COVID-19 only: The building is closed, and all programs are suspended.**

**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 on Wednesdays at 7pm in the Community Kitchen; women's meetings are Sundays at 7pm in room 205; men's meetings are Mondays at noon in room 205.

### **Essentia Health Duluth Behavioral Health Services**

502 East 2<sup>nd</sup> Street

Duluth, MN 55805

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

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

**During COVID-19 only: offering telehealth services.**

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.

### **Fast Tracker MN**

<https://fasttrackermn.org/>

Fast Tracker is a virtual community and health care connection resource. We connect individuals, families, mental health and substance use disorder providers, physicians, care coordinators, and others with a real-time, searchable directory of mental health and substance use disorder resources and their availability within Minnesota.

### **Fresh Start**

1610 East 1<sup>st</sup> Street

Duluth, MN 55812

Phone: 218-724-2945

Addiction treatment and rehab services for adults. Accepts cash, self-payments and Medicaid.

### **GLAD (Group for people Living with Anxiety and Depression)**

[nsmentalhealth@gmail.com](mailto:nsmentalhealth@gmail.com)

**During COVID-19 only: Group has been temporarily suspended.**

Confidential peer support group meeting second and fourth Mondays at 6:30 pm at the UP Church, Silver Bay.

### **Greater Minnesota Family Services**

34 S. 2<sup>nd</sup> 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](mailto: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](mailto:bskramstad@greaterminnesota.org).

### **HP Psychological Associates, PC**

4815 Burning Tree Road

Duluth, MN 55811

Phone: 218-464-0908

[www.hpppsychological.com](http://www.hpppsychological.com)

**During COVID-19 only: Offering telehealth sessions; in-person appointments are still available.**

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

### **Human Development Center (HDC)**

325 11<sup>th</sup> Avenue

Two Harbors, MN 55616

218-834-5520

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

[www.humandevlopmentcenter.org](http://www.humandevlopmentcenter.org)

1401 East 1<sup>st</sup> Street

Duluth, MN 55805

218-728-4491

99 Edison Blvd

Silver Bay, MN 55614

218-834-5520

**\*\*During COVID-19 only: All programs, including ARMHS, CTSS, TCM, Employment Connection, Psychiatry and Adult Outpatient are offering all visits via telehealth.**

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.

### **Lake County Health and Human Services**

616 3<sup>rd</sup> 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.

**Our office is currently closed to the public. We are still providing essential services to residents. Please call us at 218-834-8400 with further questions.**

### **Lake View Medical Clinic**

1010 4<sup>th</sup> Street

Two Harbors, MN 55616

Phone: 218-834-7700

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

**During COVID-19 only: Offering telehealth visits for patients. All support groups have been cancelled until further notice. No visitors are allowed (some exceptions apply).**

Medical treatment for minor and major psychiatric illnesses.

**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 1<sup>st</sup> Street

Duluth, MN 55802

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

<http://lifehouseduluth.org/>

**During COVID-19 only: offering case management via telehealth and social distancing walks.**

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.

**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 2<sup>nd</sup> 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>

**During COVID-19 only: offering virtual visits.**

24-hour walk-in services for urgent behavioral health concerns for adults and adolescents. Also offers adult partial hospitalization, intensive outpatient and inpatient adult programming, adolescent partial hospitalization and pediatric inpatient programming.

**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 Lines**

Text “MN” to 741741 or

Call “274747” from your cell phone

<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/>

**During COVID-19 only: Clubhouse is temporarily closed.**

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/>

**During COVID-19 only: Residential programming is still operational; day treatment is offering via telehealth or by phone. Little Learners is open.**

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 9<sup>th</sup> Street  
 Duluth, MN 55807  
 Phone: 218-628-0237  
<http://northwoodchildren.org/>

**During COVID-19 only: Residential programming is still operational; day treatment is offering via telehealth or by phone.**

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>

**During COVID-19 only: Residential programming is still operational; day treatment is offering via telehealth or by phone.**

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](http://www.nystromcounseling.com)

**During COVID-19 pandemic, we are working with individuals with Substance Use Disorders via telemedicine. We are doing groups, individual counseling, and assessments.**

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.

**Paradigm Therapy Services**

4328 E Superior Street  
Duluth, MN 55804  
Phone: 218-302-4901 (both locations)

1102 Cloquet Avenue  
Cloquet, MN 55720

**During COVID-19 only: Continuing to offer in-person therapy; offering telemedicine.**

Provides individual and family therapy, school-based therapy, diagnostic and trauma assessments, chemical health assessments, anger management groups, custody evaluations, mediation, parenting education and parenting time expediting.

**Range Mental Health Center**

624 13<sup>th</sup> Street South  
Virginia, MN 55792  
Phone: 218-749-2281  
Crisis Line: 218-288-2100 or 218-749-2881 (option 2)

<http://rangementalhealth.org/>

**During COVID-19 only: Offering telehealth services.**

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 5<sup>th</sup> 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 1<sup>st</sup> 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 6<sup>th</sup> 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.



**Thrive Range**

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

Free online therapy for mental health and substance problems. Website offers links and videos to 1) a toolbox for stress, addiction and suicide; 2) free therapy 3) therapy designed for men; 4) free 24-hour referrals and information about mental and/or substance use disorders, prevention and treatment. Also offers assistance on suicidal urges, a crisis text line and a suicide prevention hotline.

**Tradewinds Residence Inc.**

1601 North 16<sup>th</sup> 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](http://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

**\*\*During COVID-19 only: Waterfront Center will be open for people to grab a snack or an activity (ie color and activity books) but will be unable to congregate inside the building.**

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.

**WebMed**

925 E Superior Street, Suite 113

Duluth, MN 55802

Phone: 218-310-8896

[Info@WebMedMN.com](mailto:Info@WebMedMN.com)

**During COVID-19 only: We are not offering any in-person appointments in our Cloquet location. We are providing all visits including group therapy via telehealth. We are offering limited in-person appointment in our Duluth office. We will provide laptops for residential facilities, board and lodges, group and skilled nursing homes with four or more residents needing services.**

**Wellness in the Woods**

Phone: 844-739-6369

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

Available every day from 5 p.m. to 9 a.m.

Peer to peer telephone support offers a safe and supportive place for people to call and speak with peers who are there to listen and support adults experiencing emotional distress.

**TRANSPORTATION****Arrowhead Transit**

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

<http://arrowheadtransit.com/services/lake-county/>**During COVID-19 only: Free bus fares through May 4<sup>th</sup>****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.

**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.

**Volunteer Drivers****Community Partners (Two Harbors Area)** (phone: 218-834-8024). \$15 suggested donation for rides to Duluth. **During COVID-19 only: We continue to offer rides to essential medical**

**appointments to Two Harbors and Duluth. Our office hours have temporarily changed to 9am to 3pm M-F.**

**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. **During COVID-19 only:** All in-person educational, social, and volunteer activities have been suspended. Our office is closed to the public; employees working remotely are maintaining normal office hours. We are still providing transportation to medically necessary appointments (not emergencies).

## **VETERAN SERVICES**

### **Celebrate Recovery**

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

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

**During COVID-19 only: offering “Open Share” groups on Thursday nights.**

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.

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

### **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 3<sup>rd</sup> 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.mn.gov/mdva)

[http://www.co.lake.mn.us/departments/veterans\\_services/index.php](http://www.co.lake.mn.us/departments/veterans_services/index.php)

**During COVID-19 only: Office is closed to the public. Can be reached by phone.**

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/>

**During COVID-19: Continues to offer services, most will be provided remotely.**

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/>

**During COVID-19 only: Adopted a restricted visitor policy. Call with any questions.**

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 41<sup>st</sup> 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](mailto:Trisha.Scamehorn@co.lake.mn.us) with any additions or changes.*