

SUPPORT

Job Service of North Dakota 795-3700
1501 28th Avenue South

Mountainbrooke Recovery Center 746-4530
112 North 3rd Street
Offers support and recovery based programs for adults with mental illness

Northlands Rescue Mission 772-6609
420 Division Avenue
Housing, support, and referrals to services in the community

Options Resource Center for Independent Living
318 3rd Street NW East Grand Forks, MN 773-6100
Information & Referral, Skills Training, Equipment Loan Program, Community Education and Outreach, Personal and Systems Advocacy

Protection and Advocacy Project 795-3800
311 South 4th Street Suite 112
Rights protection for persons with a disability

Social Security Administration 1-888-617-0456
402 Demers Avenue

GF Community Based Outpatient Clinic of the Fargo VA
3221 32nd Ave South, Suite 700 701-335-4380
Counseling and support for eligible Veterans

Lutheran Social Services of North Dakota 772-7577
412 DeMers Avenue Grand Forks, ND
Serves newly arrived refugees/asylees within their first 5 years in the US, Immigration services for a nominal fee

The ARC , Upper Valley
2500 DeMers Avenue
Support for people with intellectual and developmental

EDUCATION

Adult Learning Center 795-2773
500 Stanford Road
Refresher classes, GED instruction and testing, assistance in studying for Driver License Exam, English Language Learner

LaGrave Learning Center 795-6300
824 4th Ave S

Kvasager Learning Center 775-2873
1802 Continental Drive
Both centers have computer labs that are open to the public. They have some free and some for pay learning resources.

Grand Forks Public Schools 701-215-2603
Assistance for children experiencing homelessness
Contact: Jennifer Modeen, LCSW School Liaison

Need Assistance?

Call Us

First



CANA

*Community Agency Networking
Association
October 2015*

CANA is a group of individuals and agencies who have joined together to work on the problems of poverty and homelessness in our community by encouraging cooperation among service organizations, educational systems, businesses and individuals in the Greater Grand Forks/East Grand Forks area.

In the event you can't find the service you are looking for on this flyer please call 2-1-1 for referral and crisis management services. Calls are answered 24 hours a day, 7 days a week.

HOUSING AND SHELTER

CVIC (Community Violence Intervention Center)
211 South 4th Street 746-0405
24-hour Crisis Line 746-8900
Shelter and transitional housing for individuals and families leaving domestic violence

Grand Forks Housing Authority 746-2545
1405 1st Avenue North
Housing Assistance Programs

Northlands Rescue Mission 772-6609
420 Division Avenue
Shelter for adult men and women (single or married).
No children

Prairie Harvest Mental Health 795-9143
930 North 3rd Street
Permanent housing, residential and employment support for adults with serious mental illness
By referral from Northeast Human Service Center ONLY

Red River Valley Community Action 746-5431
1013 North 5th Street
Shelter for homeless women and children
Permanent Supportive Housing Tri-Plex

St Joseph's Transitional Housing 795-8614

Valley Memorial Assisted Living 787-7563

Care and Share 218-281-2644
220 E 3rd St, Crookston, MN
Shelter for homeless men, women and children
Transitional Housing

VA HUD/ VASH Housing Program 701-200-1928
3221 32nd Ave South, Suite 700
Housing for eligible Veterans who are homeless

Supportive Services For Veteran Families 746-5431
1013 North 5th Street
Housing/supportive services for eligible Veterans & their families who are homeless

Development Homes, Inc 335-4000
3880 South Columbia Road
Residential and employment services for adults and children with developmental and intellectual disabilities. By referral from Northeast Human Service Center

Northwestern Mental Health Services for Homeless
MN Counties Only- EGF & Crookston 218-281-3940

HEALTH

Altru Financial Program 780-5060
1300 South Columbia Road

Altru Prescription Assistance 780-6116
Medication assistance for uninsured/underinsured Altru patients

Grand Forks County Social Services 787-8500
151 South 4th Street Suite 201
Medical Assistance

Grand Forks Public Health Department 787-8100
151 South 4th Street Suite N301

North Dakota Association for the Disabled 775-5577
Toll Free 1-800-532-6323 2660 South Columbia Road
Medication, medical equipment, medical travel, personal care attendants, Dial-A-Ride assistance, advocacy & referral

St. Joseph's Social Cares and Thrift Store 795-8614
620 8th Avenue South
Prescription assistance, medical related travel

The Salvation Army 775-2597
1600 University Avenue
Monday-Friday 9 am—2:30 pm
Prescription assistance for non-narcotics

Third Street Clinic 772-1263
360 Division Avenue, Suite 200
M-F 9am-4pm Access to healthcare services & medicine for low income residents of the Greater Grand Forks area

Valley Community Health Centers
212 S 4th Street, Suite 301 Grand Forks, ND 757-2100
321 Towner Avenue, Larimore, ND 343-6418
104 North Park Street, Northwood, ND 587-6000
Medical care on a sliding fee scale

Valley Community Health Center Dental Clinic
212 South 4th Street Suite 101 757-2100
Dental care on a sliding fee scale

Valley Health & WIC 775-4251
360 Division Avenue, Suite 200
Confidential reproductive health services for men and women regardless of income or age

Women's Way 1-800-449-6636
151 South 4th Street Suite N301
Breast and cervical cancer screenings for eligible women.

GF Community Based Outpatient Clinic of the Fargo VA
3221 32nd Ave South, Suite 700 701-335-4380
Healthcare services for eligible Veteran's

SERVICES

CHILDREN

Community Violence Intervention Center 746-0405
211 South 4th Street
Individual and group counseling for youth and teens,
safe visitation and exchange services

Grand Forks Head Start 746-2433
3600 6th Ave N Grand Forks, ND 58203
Serves children ages 3-5

EGF Head Start Family Service Center 773-8452
1825 Central Avenue NW EGF, MN 1-888-773-8486
Head Start and Child Care

MSU Early Head Start- Grand Forks 777- 8153
920 Northwestern Drive Grand Forks
Early childhood education services for expectant families
and children 0-3 years of age

Grand Forks County Social Service Center 787-8500
151 South 4th Street Suite 201

Lutheran Social Services of North Dakota 772-7577
DIVERT—provides free, supportive services for youth &
families. Tracking, Intensive in-home services,
Day Report, Adoption & pregnancy counseling.

Polk County Social Services 773-2431
1424 Central Avenue NW East Grand Forks, MN

Women, Infant's and Children (WIC) 775-3667
360 Division Avenue, Suite 200 Grand Forks

Polk County Health and WIC 773-2431
1424 Central Ave NE, EGF, MN

Child Care Aware 1-888-291-9811
Assistance for MN & ND families looking for childcare

The Village Family Service Center 746-4584
1726 South Washington Street Suite 33A
Financial resource center, Intensive in-home family
therapy, Family Group Decision Making

Healthy Families 746-2064
412 DeMers Avenue
Free voluntary support to ease transition to parenthood

CLOTHING

Home Place Thrift Store 795-9704
1811 South Washington
Monday-Friday 9 am—7 pm
Saturday 9 am—6 pm Sunday 12p-5pm
Call Prairie Harvest @ 795-9143 re: vouchers

Rescued Treasures-Northlands Rescue Mission 772-6609
Hours vary. Please call ahead.

Salvation Army Smart Shop 775-7255
3401 South 31st Street (Behind C'Mon Inn)
Monday-Saturday 10 am—6 pm
Vouchers for clothing, furniture and household items
may be obtained at 1600 University Avenue 9am- 2pm

St. Joseph's Social Cares and Thrift Store 795-8614
620 8th Avenue South
M,T, Th, F 9 am—6 pm; W 9am-8pm; Sa 10am-5pm
Vouchers for clothing, furniture and household items

The ARC Thrift Store 772-3855
2500 DeMers Ave
Vouchers for people with intellectual & developmental
disabilities

COUNSELING AND CRISIS

Community Violence Intervention Center 746-0405
24-hour Crisis Line 746-8900
211 South 4th Street

Northeast Human Service Center 795-3000
24- hour Crisis Line 775-0525
151 South 4th Street Suite 401
**ongoing services for ND residents only

The Village Family Service Center 746-4584
1726 South Washington Street Suite 33A

Northwestern Mental Health Center (218) 773-6102
24-hour Crisis Line 1-800-282-5005
1424 Central Ave NE #142 East Grand Forks, MN
Homeless, children, crisis & adult support programming/
services (Kittson, Marshall, RLF, Polk, Norman and
Mahnomen Counties)

Grand Forks Cmty Based Outpatient Clinic of Fargo VA
3221 32nd Ave S, Ste 700 701-335-4380
Services for eligible Veteran's



EMERGENCY

Red River Valley Community Action 746-5431
1013 North 5th Street
Emergency services for low income individuals or families,
Veteran Services, Rent deposits, Energy Share, emergency
shelter for homeless women and children

The Salvation Army 775-2597
1600 University Avenue
Monday-Friday 9 am—3 pm
Rent evictions, utility disconnections, travel and medical
assistance, rent deposits, food pantry and daily baked food
items, vouchers for clothing and household items

St. Joseph's Social Cares and Thrift Store 795-8614
620 8th Avenue South
Rent evictions, utility disconnections,
vouchers for clothing and household items

Tri-Valley Opportunity Council 773-5349
Toll Free 1-866-264-3729
1424 Central Ave NE
East Grand Forks, Minnesota
Monday-Friday 8:00am-4:30 pm
Rent evictions, energy assistance/utility disconnections, rent
deposits



TRANSPORTATION

St. Joseph's Social Cares and Thrift Store 795-8614
620 8th Avenue South
Assistance with medical or funeral related travel only.

The Salvation Army 775-2597
1600 University Avenue
Bus tickets and gas vouchers for medical or funeral related
travel only.



FOOD

FOOD BASKETS

Hours are subject to change. Please call ahead.

East Grand Forks Food Shelf 773-8083
1715 3rd Avenue NW East Grand Forks, Minnesota
Monday and Friday 10 am—2 pm Wednesday 10 am—5

Northlands Rescue Mission 772-6609
Please contact kitchen manager for details.

The Salvation Army 775-2597
1600 University Avenue
Monday-Friday 9 –11:30 am and 1-2:30 pm

St. Joseph's Social Cares and Thrift Store 795-8614
620 8th Avenue South
Monday/Tuesday/Thursday 2 pm—4 pm
Wednesday 5 pm—7 pm

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

Grand Forks County Social Services 787-8500
151 South 4th Street Suite 201

Polk County Social Services 773-2431
1424 Central Avenue
East Grand Forks, Minnesota

HOT MEALS

Northlands Rescue Mission 772-6609
420 Division Avenue
Meals served daily at 7 am, 12 noon, 5 pm

Miscellaneous FOOD SERVICES

Commodity Supplemental Food Program 746-5431
RRVCA 1013 North 5th Street
Persons 60 years of age and older

Red River Valley Community Action (RRVCA)
Free food in office entry daily, see address above
FREE SUMMER LUNCH FOR YOUTH

St Joseph's Social Cares and Thrift Store 795-8614
During June & July. Call for dates and locations.