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# Area Resources Guidebook

Funded in part by a grant from Children's Mental Health Division of the



Minnesota Department of Human Services

**Cass County Health Human and  
Veterans Services**  
**[www.co.cass.mn.us](http://www.co.cass.mn.us)**

**Walker Office**  
**P.O. Box 519**  
**Walker MN 56484**  
**218-547-1340 Phone**  
**218-547-1448 Fax**

**Backus Office**  
**P.O. Box 51**  
**Backus MN 56435**  
**218-947-7530 Phone**  
**218-947-7525 Fax**



## Cass County Health, Human & Veterans Services

The mission of Cass County is to deliver quality public services to the citizens in an effective, professional and efficient manner.

[www.co.cass.mn.us](http://www.co.cass.mn.us)

Walker Office  
P.O. Box 519  
Walker, MN 56484  
218-547-1340  
218-547-1448 HS Fax  
218-547-7232 PH Fax

Backus Office  
P.O. Box 51  
Backus, MN 56435  
218-947-7530  
218-947-7525 Fax

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## Introduction

The Cass County Area Resource Guide is a database of public, non-profit, and some private for profit human services available to Cass County and some surrounding counties residents. Designed and maintained by a staff of Human Service professionals, this guide contains detailed service descriptions, service access criteria, location, language, and contact information for hundreds of organizations providing human services to Cass and surrounding counties.

Please help us make this guide a more useful tool. Please contact us if:

- You can't find what you're looking for
- You believe information has changed or is incorrect
- You know of an organization warranting inclusion
- You have suggestions about how this guide could better meet your needs

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Visit our website at <http://www.co.cass.mn.us/> to download this Resource Guide.

**Also see:** [www.minnesotahelp.info](http://www.minnesotahelp.info) for help in navigating Minnesota's over 10,000 helping agencies. Included is a Crisis Link, which has an extensive listing of contact information for helping organizations and features an online chat service available from 8 a.m. to 4:30 p.m. weekdays to ensure people get to the information they need.

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# ADDICTION - Alcohol & Other Drugs

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Today, everyone is exposed to the temptation of trying drugs. Some people experiment for curiosity, for kicks, because of peer pressure, or to escape emotional problems. The dangers of experimenting could lead to physical illness, having chemicals become a necessary part of your life or death. First time use can result in permanent damage. Binge drinking (chugging) or mixing alcohol with drugs can be fatal. Alcohol/drugs are also addictive. Listed below are several statements. You may have a problem with alcohol or drugs if you agree with ONE of them:

- When I have problems, I drink/do drugs.
- When I am feeling bad, I drink/do drugs.
- When I am mad at others, I drink/do drugs.
- My grades are falling and my work habits are slipping because of my drinking/drug use.
- I try to drink/do drugs less, but I can't do it.
- Before I go to school or work, I drink/do drugs.
- Even when I don't intend to drink/do drugs, I do it anyway.
- Sometimes I have blackouts and can't remember.
- I lie about my drinking/drug use.
- I have gotten into trouble because of my drinking/drug use.
- I feel cool when I drink or get high.

All drugs can sometimes mask the feeling which lets us know we are alive, and prevent us from trying to work out our own problems. There are a lot of alternatives to taking drugs and there is no reason to continue being depressed and unhappy by your drug use. **HELP IS AVAILABLE.**

**Crisis Line 1-800-462-5525**

# ADDICTION - Alcohol & Other Drugs

## CHEMICAL ABUSE - RELATED SERVICES

<b>AA Web Page</b> .....	<a href="http://www.alcoholicsanonymous.com">www.alcoholicsanonymous.com</a>
<b>AA</b> .....	800-462-5525
(check your local paper for the most current meeting sites)	
<b>Accredited Alcohol &amp; Drug Treatment Center</b> .....	800-213-7985
<b>Alcohol and Drug Helpline</b> .....	800-252-6465
<b>Drug Abuse Hotline</b> .....	800-662-4357
<b>Cass County Rule 25 &amp; Chemical Dependency Assessment</b>	
Pine River .....	218-587-8292
Walker .....	218-547-1340
Cass Lake/Leech Lake Tribal Program rule 25 assessment.....	218-335-8382
<b>Focus Unit St. Josephs Medical Center</b> .....	218-828-7374
<b>Heartland Recovery Services, Inc.</b> .....	218-270-3001
(Recovery for young women)	
<b>Hope House</b>	
Men's.....	800-
605-6047	
Women's.....	218-327-9944
<b>Journey in Recovery - CDC Counseling (Nisswa)</b> .....	218-963-3115
<b>Leech Lake Addictions &amp; Dependency Programs</b> .....	218-335-8308/866-216-7245
<b>Leech Lake Outpatient Program</b> .....	218-335-8322
(substance abuse treatment services)	
<b>Leech Lake Opioid Treatment Program</b> .....	218-335-4514
<b>Leech Lake Women's Services</b> .....	218-335-3560
(family violence and women's outpatient)	
<b>Leech Lake Youth Chemical Dependency</b> .....	218-335-8305
<b>Northland Recovery - Grand Rapids</b>	
Men's.....	218-327-1105
Women's.....	218-327-1890
Youth.....	218-327-2570
<b>Pine Manor (Nevis)</b> .....	218-732-4337
Substance abuse treatment services	
<b>St. Joseph Hospital Focus Unit (Brainerd)</b> .....	218-829-2861
Substance abuse treatment services	
<b>Teen Challenge</b>	
Adult & Youth Programs.....	612-373-3366
Duluth.....	218-740-5500
Inpatient.....	612-FREEDOM
<b>Working Together</b> .....	218-330-8129
(A Coalition for Safe and Healthy Communities)	



# ADDICTION - Eating Disorders

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There is a lot of talk about being healthy these days. Maintaining the right weight for your body size and build is a healthy thing to do. Eating well-balanced meals in reasonable amounts is an excellent way to stay healthy. There are a number of resources available for information on healthy eating including your county extensions staff, your doctor, county health nurses, school nurses, etc.

Eating or not eating to feel better about yourself, or to avoid feelings, is not healthy. Misuse of food is called an eating disorder. Two common eating disorders are:

**Anorexia Nervosa** is an eating disorder that can cause severe weight loss, and in extreme cases, *death* from starvation. Young people with anorexia are afraid to gain weight even when they are very slender.

**Bulimia** is a similar eating disorder in which someone starves and then overeats and takes laxatives or vomits to lose weight. This is often done secretly and can make a person feel ashamed and guilty.

Unhealthy obsessions with weight, food, and appearance come from feelings of low self-worth, trying to hard to please others, a feeling of pressure to achieve, high expectations, loneliness, and inner sadness. A person who is suffering with an eating disorder needs to talk to someone who will care and help. **Eating disorders are a potentially life threatening illness.** Without help, eating disorders can lead to serious physical problems, feelings of anxiety, constant tiredness, and a general unhappiness throughout life. For more information concerning eating disorders and referrals call:

**Eating Disorders Hotline ..... 800-511-9225**  
(For primary addictions diagnosis)

**Park Nicollet Melrose Institute, St. Louis Park.....952-993-6200**

# ADDICTION - Gambling

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Compulsive gambling is a serious issue that affects thousands of lives. It's often called the "hidden addiction," however because symptoms can be difficult to detect. But for a problem gambler or those close to them, finding professional resources can literally be a lifesaver. We're contacting you in the hope you will help share free, confidential information with those you serve.

For the past several years, our firm has helped the state of Minnesota's Problem Gambling Program to increase awareness of this important issue and provide free and confidential information to those in need. If you have any questions or could use additional information, just let me know. Thank you in advance for any assistance you can provide.

Information for directory or online listing:

- **800-333-HOPE is a toll-free, 24-hour helpline** that's confidential and will give you information and referral services in your area.
- For information online, <http://www.treatmentdoeswork.com> offers resources to those close to someone with a gambling problem.
- <http://www.nojudgment.com> provides referral services and state-approved treatment providers as area resources.

Sincerely,

Carolyn Fuchsteiner

Russell Herder

[carolyn.fuchsteiner@russellherder.com](mailto:carolyn.fuchsteiner@russellherder.com)

# CHILD SERVICES

## CHILDCARE

If you are receiving cash assistance, or have received cash assistance during the past year, contact your financial worker for information regarding programs available to help you pay for childcare.

If you are not receiving cash assistance contact your county social service for information regarding funding available to help you pay for your child care.

Beltrami County.....	218-333-8300
Cass County .....	218-547-1340
Crow Wing County.....	218-824-1140
Leech Lake Childcare Services.....	1-800-551-0969
Grants, Monitoring, Licensing Support, Technical Assistance, Childcare Assistance, Professional Development	
Hubbard County.....	218-732-1451

## Child Care Resource & Referral

Free assistance in looking for child care **and** assistance for childcare providers, 800-890-5399 or [www.mnchildcare.org](http://www.mnchildcare.org) and learning more about finding quality child care and community resources

Learning opportunities/workshops, [www.mnstreams.org](http://www.mnstreams.org) statewide listing by County and [www.pinetech.edu/business-and-partners/ccrr](http://www.pinetech.edu/business-and-partners/ccrr)

Community or county child care data & **rates** and general child care information, [www.mnchildcare.org](http://www.mnchildcare.org) and [www.pinetech.edu/business-and-partners/ccrr](http://www.pinetech.edu/business-and-partners/ccrr)

## CHILD SUPPORT

Parenting is a huge responsibility that lasts a lifetime. If you are a parent and the child is not in your custody, you are required to pay child support until the child is 18 or out of school. You may also be required to pay for medical insurance, and portions of both medical bills and childcare.

### Social Services

Adoption, child care, child support, foster care, child protection, mental health, medical and financial assistance.

Cass County.....	218-547-1340
Crow Wing County.....	218-824-1140
Todd County.....	320-732-4500/888-838-4066
Wadena County.....	218-631-7605/888-662-2737

# CASS COUNTY COURTHOUSE DIRECTORY

## COUNTY BOARD AND GENERAL INFORMATION

### County Board and Administrators Office 547-7419

Contact a County Commissioner County Board Meeting Schedule  
Job Opportunities – Openings and Applications  
Chief Financial Officer

## COUNTY OFFICES AT OTHER LOCATIONS

### Health Human & Veterans Services - Walker 547-1340

### Health Human & Veterans Services - Backus 947-7530

### Cass County Highway Department 547-7368

### Cass County Land Department 947-3338

### Historical Society and Museum 547-7251

201 Minnesota Ave West Walker, MN  
Hours are seasonal

### Cass County Extension 4-H 587-8280

330 Barclay Ave W Pine River, MN  
Extension Regional Center – Brainerd 828-2273

### Cass County Economic Development 947-7522

218 Washburn Ave East, Backus MN

### Mississippi Headwaters Board 947-7524

218 Washburn Ave East Backus MN

## DISTRICT COURT

### District Court 547-7200

Criminal (Misdemeanor)	547-7215	Jury	547-7248
Criminal (Felony)	547-7217	Juvenile	547-7453
Criminal (Gross Misdemeanor)	547-7222	Traffic (Resets/Fines)	547-7215
Civil	547-7221	Probate	547-7223
Family	547-7413	Website/Self Help/Court Forms	

[www.mncourts.gov](http://www.mncourts.gov)

# CASS COUNTY COURTHOUSE DIRECTORY

## ENVIRONMENTAL SERVICES

### Environmental Services Department (ESD) 547-7241

Building Permits                      Planning and Zoning  
Land Use and Subdivision Ordinance  
Land Use Variance Applications    Platting and Land Subdivision  
Sanitary Sewer System Permits  
Shore land Alteration Permits      Solid Waste and Recycling Programs  
Water Testing

### Soil and Water Conservation District 547-7399

### Natural Resource Conservation Service 547-7254

## PROPERTY TAXES AND LAND RECORDS VOTER SERVICES – LICENSING – VITAL RECORDS

### Assessor 547-7298

Property Valuation & Classification (Estimated Market Value)      Homestead Applications

### Auditor-Treasurer 547-7260

Pay Property Taxes                      Property Questions & Maps                      Purchase Plat Books  
Tax Delinquency and Forfeiture Assistance  
Register To Vote                      Absentee Ballot Applications                      Voting Information  
Licensing of Alcohol & Tobacco sales, Mass Gatherings, Fireworks, Auctioneers  
Birth & Death Records & Certificates  
Marriage Licenses & Records      Notary Services-Registration

### County Recorder 547-7381

Recording of Deeds and Legal Documents  
Abstract and Torrens Records                      Electronic Record Search Services  
U.S. Passport Applications                      U.C.C. Filings

## PUBLIC SAFETY

### Law Enforcement Center

Non-Emergency 547-1424                      All Emergencies Toll Free Dial 911  
Jail Detention Center 547-2441                      Sheriff's Office Toll Free 1-800-450-2677  
Emergency Management 547-7437

### County Attorney 547-7255

### Probation 547-7212

# COMMUNITY SENIOR SERVICES/ DISABLED RESOURCES

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## CASS COUNTY

Deaf and Hard of Hearing Services.....888-663-8329  
 Retired and Senior Volunteer Program.....800-224-6451  
 Senior Leech Lakers (Senior Center)  
 508 8<sup>th</sup> Street So Walker, MN..... 218-547-1116  
 Faith in Action for Cass County.....218-675-5435 / 866-675-5435  
 homemaking, chore and home repair services, as well as companionship, caregiver respite and support, phone reassurance, and home meal delivery in rural areas.

## CROW WING COUNTY

Deaf and Hard of Hearing Services.....800-456-3690  
 Retired and Senior Volunteer Program.....218-824-1345

## TODD/WADENA COUNTY

Deaf and Hard of Hearing Services.....800-456-7589  
[www.tedprogram.org](http://www.tedprogram.org)  
 Retired and Senior Volunteer Program.....218-385-2900

## VARIOUS PROGRAMS

Access North.....800-390-3681  
 8245 Industrial Park Rd, Suite B, Walker, MN 56484 218-547-2810  
[www.accessnorth.net](http://www.accessnorth.net)  
 Disability Linkage Line.....866-333-2466  
 Disability Outreach.....800-544-9925  
[www.disabilityoutreach.com](http://www.disabilityoutreach.com)  
 Disability Specialists (for social security appeals).....800-642-6393  
[www.disabilityspecialist.net](http://www.disabilityspecialist.net)  
 Elder Care Locator.....800-677-1116  
[www.eldercare.gov](http://www.eldercare.gov)  
 First Call for Help.....800-543-7709/211  
[www.fcfh.org](http://www.fcfh.org)  
 Independent Lifestyles.....888-529-0743  
[www.independentlifestyles.org](http://www.independentlifestyles.org)  
 Long Term Care Ombudsman.....800-657-3591  
[www.mnaging.org](http://www.mnaging.org)  
 Office of Ombudsman for Mental Health and Developmental Disabilities...218-828-2366  
<http://mn.gov/omhdd/about-us/index.jsp>  
 Lutheran Social Service Caregiver Respite & Support Program.....800-488-4146  
 National Fraud Information Center.....202-835-3323  
[www.fraud.org](http://www.fraud.org)

Medicare Information.....800-633-4227  
[www.medicare.gov](http://www.medicare.gov)  
Minnesota Work Incentives Connection..... 800-976-6728

## COMMUNITY SENIOR SERVICES/ DISABLED RESOURCES

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### VARIOUS PROGRAMS *cont.*

Senior Linkage Line..... 800-333-2433  
[www.cmcoa.org](http://www.cmcoa.org)  
Social Security Office..... 800-772-1213  
[www.ssa.gov](http://www.ssa.gov)  
State Services for the Blind..... 800-657-3779  
Walker Adult Day Services.....218-547-1242  
Email: [wads@arvig.net](mailto:wads@arvig.net)

### **Home Care**

Cass County Public Health.....218-547-1340  
Good Samaritan/Nisswa..... 218-963-9452  
Essentia Deer River.....218-246-3012  
Knut Nelson-Park Rapids.....218-237-2350

# DOMESTIC ABUSE

## BELTRAMI COUNTY

- Northwood's Coalition for Battered Women.....218-444-1395/218-751-0211/800-588-6229  
24 hr. shelter for physically or emotionally abused women
- Social Services..... 218-333-8300  
Child protection, counseling, medical and financial assistance

## CASS COUNTY

- Equay Wigamig Domestic Abuse Crisis Center.....218-679-3444/800-943-8997  
Red Lake Reservation, emergency shelter for anyone
- Family Safety Network.....218-547-1636/800-324-8151  
24 hr. services for victims of domestic violence, confidential advocacy services,  
Orders for Protection information and referral, women's support groups,  
emergency transportation, accompaniment
- Northwood's Coalition for Battered Women.....218-751-0211/800-588-6229  
24 hr. shelter for physically or emotionally abused women
- Sexual Assault Services.....218-828-0494/888-458-0494  
Crisis interventions, legal, court and medical advocacy, support counseling for  
survivors of sexual violence, services are free
- Social Services.....218-547-1340  
Child protection, counseling, medical and financial assistance
- Leech Lake Behavioral Health.....218-335-3050  
Men's Domestic Abuse Re-Education Program; provides structured and  
interactive classes to help men identify and change beliefs that support using  
violence.

## CROW WING COUNTY

- Advocates Against Domestic Abuse.....218-927-2327/888-276-1720  
Support groups, emergency shelter for women and children, 24 hr. emergency  
assistance, legal advocacy, assistance with order for protection
- Grace House..... 218-251-0494  
Small, few beds, sexual abuse counseling
- Mid-Minnesota Women's Center .....218-828-1216/888-777-1248  
24 hr. crisis line, emergency shelter, support and advocacy for battered women  
and children



Sexual Assault Services.....218-828-0494/888-458-0494  
 Crisis interventions, legal, court and medical advocacy, support counseling for survivors of sexual violence, services are free

Social Services.....218-824-1140  
 Child protection, counseling, medical and financial assistance

## DOMESTIC ABUSE

### TODD/WADENA COUNTY

Hands of Hope (Todd County).....320-732-2319/800-682-4547  
 Free and confidential services to victims/survivors of sexual assault, battering or child abuse

Social Services (Todd).....320-732-4500/888-838-4066  
 Child protection, counseling, medical and financial assistance

Social Services (Wadena).....218-631-7605/888-662-2737  
 Child protection, counseling, medical and financial assistance

Wadena County Crisis & Referral Program..... 218-631-1127  
 Safe exchange of children, domestic, sexual and crime services

### ALL COUNTIES

Child Abuse Hotline/Child Help USA (all counties)..... 800-422-4453  
 24 hr. information and referral

Circle of Parents..... 218-821-6429  
 Self-help support groups for adults, children and adolescents

Coalition for Battered Women (all counties).....800-289-6177  
 Information of programs and shelters around the state of Minnesota

Domestic Violence Crisis Line (all counties).....866-223-1111  
 Connects all 22 domestic shelters in Minnesota

GLBT - KIDS (all counties)..... 877-452-8543  
 Violence and harassment advocates for gay, lesbian, bisexual and transgender, also information and referral

Girls and Boystown Hotline (all counties).....800-448-3000  
 For ages 10-17, crisis and suicide phone counseling, housing and schooling for minimum of 1 year, runaways

Headwaters Intervention/Battered Women  
 (Cass, Hubbard, Wadena).....218-732-7413/800-939-2199  
 Support and advocacy, safe homes & kid support system

Leech Lake Family Violence Prevention  
 (Cass, Itasca, Hubbard).....218-335-3560/800-442-3912  
 Intervention program for women and children, CD program

Mid-Minnesota Women’s Center (all counties).....888-777-1248  
 24 hr. crisis line, emergency shelter, support and advocacy for battered women  
 and children  
 Minnesota Coalition for Battered Women (all counties).....800-289-6177  
 Information of programs, shelters around the state

## DOMESTIC ABUSE

**ALL COUNTIES *cont.***

Minnesota Adult Abuse Reporting Hotline .....844-880-1574  
 National Domestic Violence Hotline .....800-799-SAFE  
 Sexual Assault of Central Minnesota..... 800-237-5090  
 24 hr information and referral  
 Sexual Assault Program 24 Hour (Cass,Beltrami,Hubbard)..... 800-708-2727  
 Victim support and assistance  
 Support Within Reach (Sexual Violence Resource Center).....800-708-2727



# EDUCATION

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## ADULT BASIC EDUCATION

Brainerd.....	218-454-5400
Cass Lake.....	218-335-8002
Grand Rapids-AEOA.....	218-327-1138
Pillager.....	218-746-2172
Pine River.....	218-587-8087
Remer/Longville.....	218-566-3636
Wadena.....	218-632-2451
Walker.....	218-547-4216

## AREA LEARNING CENTERS (ALC)

Cass Lake.....	218-335-6529
Grand Rapids.....	218-327-4346
Pillager.....	218-746-2112
Pine River.....	218-587-3131
Walker.....	218-547-4377

## EARLY CHILDHOOD EDUCATION

### Backus

Backus Head Start\ EHS.....	218-947-4813
<i>Serves families and Children 0-5</i>	

### Bemidji

Bemidji Early Childhood Family Education (ECFE).....	218-333-8334
<i>Serves families and children 0-5</i>	
Bemidji Early Childhood Special Education (ECSE).....	218-333-8329
<i>Serves families and children 0-5</i>	
Childcare Resource & Referral (CCR&C).....	218-299-7026
Headstart.....	218-751-4631
Help Me Grow (formally IEICS).....	218-333-8330
<i>Early Childhood Spec Education</i>	

### Cass Lake

Early Childhood Family Education.....	218-335-8205
Headstart.....	218-335-8345
Help Me Grow.....	218-751-6622

### Leech Lake Band of Ojibwe

Headstart - Onigum site.....	218-547-1420
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### Pillager

Early Childhood Family Education.....	218-746-2185
Headstart.....	800-332-7135
Help Me Grow.....	218-746-2189

**Pine River/Backus**

Early Childhood Family Education.....218-587-8323  
Help Me Grow.....218-587-8354

**EDUCATION**

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**Remer/Longville**

Early Childhood Family Education (ECFE).....218-566-2353  
Family Center Preschool.....218-566-3636  
Headstart.....800-332-7135  
Help Me Grow.....218-566-2353

**Walker**

Early Childhood Family Education (ECFE).....218-547-4391  
Headstart.....218-547-3438/800-332-7135  
Help Me Grow (AKA PAWN).....218-237-6541

**COMMUNITY EDUCATION**

Bemidji.....218-333-3285  
Brainerd.....218-454-6925/218-454-6926  
Deer River.....218-246-2416  
Pillager.....218-746-2172  
Pine River.....218-587-2080  
Remer.....218-566-2351 ext 2020  
Walker.....218-547-1311

**PARENTING PROGRAMS**

Northland Area Family Center.....218-566-3636  
“Healthy Families”  
Pine River Backus Family Center.....218-587-4292  
“Parents Toolkit”



# EMERGENCY NUMBERS

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## Beltrami County

Sheriff.....	911 or 218-751-9111
Equay Wiigamig (Women Shelter) Red Lake.....	218-679-3443
North Country Regional Hospital.....	218-751-5430
Northwoods Coalition for Battered Women.....	218-444-1395/ 800-588-6229
Sexual Violence Resource Center.....	218-444-9524/ 800-708-2727
Social Services.....	218-333-8300
Victim Assistance Program.....	218-333-8041

## Cass County

Sheriff.....	911 or 218-547-1424
Family Safety Network/Walker (Abuse or Assault).....	218-547-1636
North Country Regional (Bemidji Hospital).....	218-751-5430
Northwoods Coalition/Bemidji ( Abuse or Assault) .....	24 hr. 800-708-2727
PHS Indian Hospital.....	218-335-3200
Native American Only/Except Life or Death	
Sexual Assault - Bemidji.....	24 hr. 800-708-2727
Social Services.....	218-547-1340
St. Joseph's Medical Center (Brainerd Hospital).....	218-829-2861
St. Joseph's Hospital ( Park Rapids Hospital).....	218-732-3311
Women's Shelter.....	218-828-1216/ 24 hr hotline 888-777-1248
Support Within Reach (Sexual Violence Resource Center).....	800-708-2727

## Crow Wing

Sheriff.....	911 or 218-829-4749
AADA - 24 hr. Domestic Abuse.....	888-276-1720
Cuyuna Regional Medical Center.....	218-546-7000
Focus Unit - St. Joseph's Chemical Dependency.....	218-828-7374
Grace Unit - St. Joseph's Psychiatric.....	218-828-7437
Sexual Assault - Office.....	218-828-0494/ 888-458-0494
Social Services.....	218-824-1140
St. Joseph's Medical Center.....	218-829-2861
Women's Shelter.....	24 hr. hotline 888-777-1248/ 218-828-1216

## Hubbard County

Sheriff.....	911 or 218-732-3331
Sexual Violence Resource Center.....	218-444-9524/ 800-708-2727
Social Services.....	218-732-1451
St. Joseph's Hospital.....	218-732-3311

# EMERGENCY NUMBERS

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## Todd County

Sheriff.....	911 or 320-732-2157
Lakewood Health System.....	218-894-1515/800-525-8344
Hands of Hope (Abuse or Assault).....	24 hr. hotline 800-682-4547/320-732-2319
Long Prairie Hospital.....	320-732-2141
St. Michael's Hospital.....	320-352-2221
Social Services - Long Prairie.....	888-838-4066/320-732-4500
Social Services - Staples.....	218-894-3983
Women's Shelter.....	24 hr hotline 888-777-1248/218-828-1216

## Wadena County

Sheriff.....	911 or 218-631-7600
Lakewood Health System.....	800-525-8344/218-894-1515
Social Services.....	888-662-2737/218-631-7605
St. Joseph's Hospital - Park Rapids.....	800-566-3311/218-732-3311
Tri-County Hospital - Wadena.....	800-631-1811/218-631-3510
Wadena County Crisis Line.....	218-631-1127
Women's Shelter.....	24 hr. hotline 888-777-1248/218-828-1216

## Misc. Emergency Numbers

Domestic Violence Crisis Hotline.....	866-223-1111
Connects all 22 domestic violence shelters in Minnesota	
Lakes Area Pregnancy Support Center (LAPS).....	24 hr. hotline 800-395-4357
Local Crisis Line & Referral (Brainerd).....	800-462-5525/218-828-4357
Minnesota 1 <sup>st</sup> Call for Help.....	211/800-442-8565
MN Relay Service (TDD).....	800-627-3529
National Youth Crisis Line.....	800-543-7709
Poison Control Center.....	800-222-1222

[MinnesotaHelp.info](http://MinnesotaHelp.info), the state's comprehensive website for services, resources and information, helps in navigating Minnesota's over 10,000 helping agencies. Included is a [Crisis Link](#), which has an extensive listing of contact information for helping organizations.

**TXT4Life Program:** For Minnesotans experiencing crisis or contemplating suicide, help is now a text message away. TXT4Life allows people to use a medium they already trust to work through moments of crisis. **Help is obtained by texting "Life" to 61222.**

# EMPLOYMENT

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## **Bemidji**

Bi-County Cap.....	218-751-4631
Youth Building 2715 15 <sup>th</sup> St NW	
Northwest Indian OIC.....	218-759-2022
Occupational Development Center.....	218-751-5538
MN Dept of Economic Security/Job Service Offices.....	800-569-4196
616 America Ave	
MN Dept of Economic Security/Rehabilitative Services.....	218-333-8205
1819 Bemidji Ave	
Rural MN CEP.....	218-333-8200
616 America Ave	

## **Brainerd**

Experience Works, Inc.....	218-454-0610
Program for persons 55 and older	
MN Dept of Economic Security/Job Service Offices.....	218-828-2450
1919 S 6 <sup>th</sup> St	
MN Dept of Economic Security/Rehabilitative Services.....	218-828-2450
1927 S 6 <sup>th</sup> St	
Rural MN CEP.....	218-828-2450
1919 S 6 <sup>th</sup> St	

## **Cass Lake**

Leech Lake NEW Program.....	866-638-7738
MN Chippewa Tribe Employment Services.....	218-335-8586/888-903-8543

## **Grand Rapids**

AEOA Employment Resource Center.....	800-422-0312
421 SE 13 <sup>th</sup> St	
Lives in Transition/AEOA.....	218-327-6760
200 1 <sup>st</sup> Ave NW	
MN Dept of Economic Security/Job Service Offices.....	218-327-4480
410 13 <sup>th</sup> St SE	
MN Dept of Economic Security/Rehabilitative Services.....	218-327-5977
410 11 <sup>th</sup> St SE	
Occupational Development Center.....	218-326-8574
401 1 <sup>st</sup> St SE	
Small Business Development Center.....	218-327-2241
19 3 <sup>rd</sup> St NE	

# EMPLOYMENT

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## Wadena

Experience Works.....218-631-3483/800-450-JOBS  
    Job program for persons 55 and older  
MN Dept of Economic Security/Job Service Offices..... 218-631-7660  
    311 N Jefferson  
MN Dept of Economic Security/Rehabilitative Services..... 218-631-7664  
    311 N Jefferson  
Rural MN CEP..... 218-631-7660

## Other

MN Department of Human Rights.....800-657-3704  
Peace Corps..... 800-424-8580  
Vista..... 800-424-8867





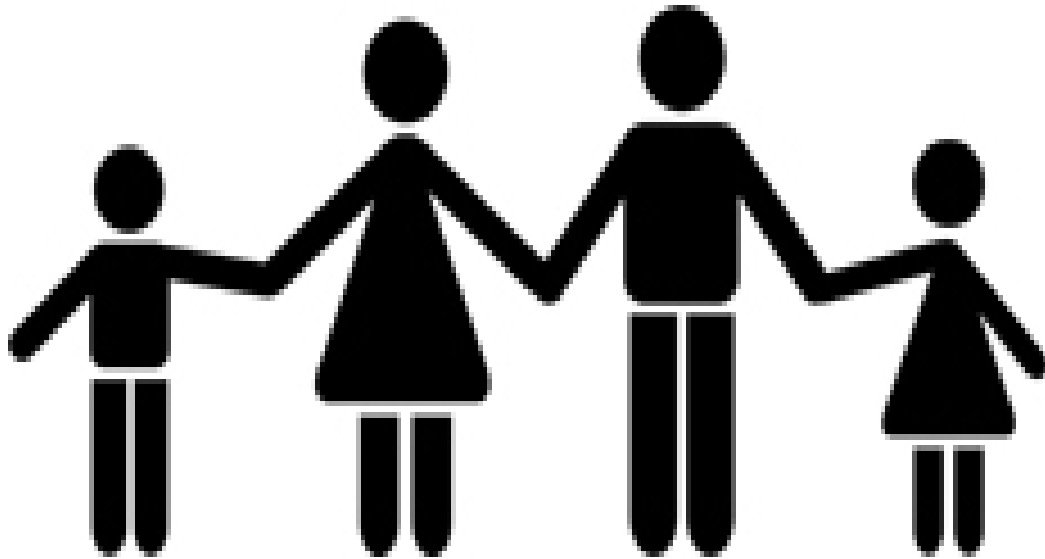
# FAMILY CENTERS

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**NORTHLAND AREA FAMILY CENTER.....218-566-3636**  
320 Eagle Ave, Remer

**PILLAGER (Alice)..... 218-746-4009**  
**(Betty)..... 218-746-2185**  
305 Fir Ave, Pillager, MN 56473

**PINE RIVER-BACKUS..... 218-587-4292**  
245 Barclay Ave, Pine River, MN 56474



# SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

<b>FOOD SUPPORT\FOOD SHELVES</b>
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**AKELEY**

First Lutheran Church (Tues 9-11) .....218-652-3335

**BEMIDJI**

Bemidji Community Food Shelf (M,W,F, 10-3:30).....218-444-6580

**CASS LAKE**

Cass Lake Area Food Shelf (Wed. 10-3).....218-556-4387  
Located in the LL Food Dist Center

**EMILY**

Emily City Hall(3<sup>rd</sup> Wed 9:30-11 & by appt.).....218-763-3097

**DEER RIVER**

Goodall Resource Center (Th 10-1).....218-246-2500

**GRAND RAPIDS**

2<sup>nd</sup> Harvest North Central Food Bank.....218-326-4420

**HACKENSACK**

Share-n-Care Bldg (2<sup>nd</sup> and 4<sup>th</sup> Mondays 5-7pm).....218-675-5862  
Union Church - Free community meal every Wednesday .....5:30 p.m.

**LONGVILLE**

4837 Hwy 84 (every Wed 11-3 and 1<sup>st</sup> Thurs 11-3).....218-363-3949

**Minnesota Food HELPLINE**.....1-888-711-1151

A free, statewide resource to connect individuals and families who are having a difficult time making ends meet with food resources. The HelpLine is answered 8:30-4:30 Monday through Friday, and can also be reached by email ([minnesotafoodhelpline@hungersolutions.org](mailto:minnesotafoodhelpline@hungersolutions.org)) and by chat.

**MOTLEY**

Motley Food Shelf.....218-352-6344

**PEQUOT LAKES**

Lakes Area Food Shelf ( Tues & Th 9-12).....218-568-8474

**PILLAGER**

Family Center (Thurs 12-3).....218-746-4009/218-746-4069

**PINE RIVER**

Family Center (Tues and Friday 10-2).....218-587-4292

**REMER**

Harvest Church Fathers Hearts and Hands (Wed 1-2).....218-566-2782

**WALKER**

By Sanford Clinic (Tues. 12-2 / 4<sup>th</sup> Tues 4 - 7) .....218-547-1713

**WIC**  
**Women, Infant, Children Nutritional Program**

Beltrami County.....	218-333-8140
Cass County.....	218-547-1340
Crow Wing County.....	218-824-1073
Kooch-Itasca.....	218-327-6705 ext. 2705
Leech Lake Reservation.....	218-335-8315

**MEALS ON WHEELS/NUTRITION SITE**

Cass Lake.....	218-335-8314/218-335-8316
Nutrition Site and Meals on Wheels	
Pine River.....	218-587-2921
Nutrition Site and Meals on Wheels	
Walker.....	218-547-4181
Nutrition Site and Meals on Wheels	

**NUTRITION ASSISTANCE PROGRAM FOR SENIORS (NAPS)**

**Who is NAPS for?**

- Men and women over age 60

**What food does NAPS provide?**

A free, nutritious, monthly supplemental package:

- Canned fruits, vegetable & juices
- Nonfat dry & canned evaporated milk, cheese
- Canned meat and peanut butter or dry beans
- Cereal & rice or pasta

**Who qualifies?**

Minnesota residents who meet these income guidelines

- MAC: 185% of poverty level
- NAPS: 130% of poverty level

# SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

## NUTRITION ASSISTANCE PROGRAM FOR SENIORS (NAP)

Cass County Nutrition Education Program.....	218-547-1340
Leech Lake Reservation Food Distribution Program.....	218-335-2676
Longville Center (Northland Area Family).....	218-363-3348
Pillager Family Center (Alice).....	218-746-4009
Pine River/Backus Family Center.....	218-587-4292
Walker (Bi-Cap/Keith).....	218-547-3438
Second Harvest North Central, Grand Rapids Food.....	218-326-4420

### FOOD DISTRIBUTION at :

**BRAINERD ARMORY** 2<sup>nd</sup> Tuesday of every month (except Dec) **11:00-12:30**

(doors open at 10:30 am) **More info? Call 320-629-7400**

**MENAGHA** First English Lutheran Church 3<sup>rd</sup> Saturday of every month

**10:00-11:30** (doors open at 9:30 am) **More info? Call 218-564-4501**

- Everyone who gets hungry qualifies
- \$20 **CASH** donation
- You receive \$50-\$150 worth of groceries
- Sponsored by area churches
- Hand up not a hand out
- Not income based



**BRING MULTIPLE BASKETS,  
TOTES OR COOLERS FOR FOOD!**

# HEALTHCARE RESOURCES

## CLINICS/HOSPITALS

### BEMIDJI

Bemidji Sanford Health (formally MeritCare).....	800-942-4923
Lake Region Bone & Joint.....	800-446-0198
Lutheran Social Service.....	218-751-1305
Sanford Medical Center.....	800-833-8979

### BLACKDUCK

Sanford Clinic.....	218-835-4222
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### BRAINERD

Brainerd Medical Center.....	800-677-8262
Brainerd Regional Hospital.....	218-828-2201
Lakes Area Urology.....	218-828-1418
Lakeland Psychiatry Clinic.....	218-828-7394
Northern Orthopedics.....	218-829-7812
Northern Pines Mental.....	218-829-3235
St. Joe's Hospital.....	888-829-2861
VA Outpatient.....	218-855-1115

### CASS LAKE

Sanford Health-Cass Lake (formally MeritCare).....	218-335-2559
Cass Lake Indian Hospital.....	888-257-8067

### CROSBY

Central Lakes Medical Clinic.....	800-450-8375
Cuyuna Range Hospital.....	888-487-6437

### CROSS LAKE

Cross Lake Family Clinic.....	218-692-1010
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### DEER RIVER

St. Mary's Duluth Clinic-Deer River.....	218-246-8275
Deer River Health Care Center.....	218-246-2900
Homestead Nursing Home.....	218-246-3007

### DULUTH

St. Mary's Duluth Clinic.....	218-726-4000
St. Mary's Medical Center.....	218-727-8762
St. Luke's Hospital.....	218-726-5555

# HEALTHCARE RESOURCES

## CLINICS/HOSPITALS *cont.*

### FARGO

Sanford Clinic .....	800-437-4010
Roger Maris Cancer.....	800-437-4010
Essentia Hospital.....	800-437-4054
VA Hospital.....	800-410-9723

### GRAND RAPIDS

Grand Itasca Clinic & Hospitals.....	218-999-1000
New Spirit Women's Clinic.....	218-326-9100
Northern Pines Ortho.....	218-326-6677
Project Care – Free Clinic.....	218-263-8549
(Free clinic that provides basic medical care to patients who are uninsured or underinsured)	

### LONGVILLE

Longville Lakes Clinic.....	218-363-3300
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### MINNEAPOLIS

Abbott NW Hospital.....	612-863-4000
Children's Hospital.....	612-813-6100
Fraser Clinic.....	612-331-9413
<i>Children, adolescents &amp; adult special needs</i>	
Gillette.....	800-719-4040
<i>Children's Speciality Healthcare</i>	
Minnesota Children With Special Needs.....	800-728-5420
MVNA.....	612-617-4600
North Memorial.....	763-520-5200
Sister Kenny Inst.....	612-863-4495
U of M patient info.....	612-626-6000
VA Clinic.....	612-725-1984
VA Hospital.....	612-725-2000

### PARK RAPIDS

Essentia Clinic.....	218-732-2800
Erickson Clinic.....	218-732-7760
St. Joseph's Hospital.....	800-566-3311
Upper Mississippi M.H.....	218-732-7266

### PEQUOT LAKES

Pequot Lakes Essentia Health.....	218-568-4416
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# HEALTHCARE RESOURCES

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## CLINICS/HOSPITALS *cont.*

### **PILLAGER**

Lakewood Clinic.....	218-746-4550
Pillager Family Clinic.....	218-746-4527

### **PINE RIVER**

Pine River Family Clinic.....	218-587-4416
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### **REMER**

Remer Community Clinic.....	218-566-1441
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### **ROCHESTER**

Mayo Clinic.....	507-284-2511
Methodist Clinic.....	507-266-7890
St. Mary's Hospital.....	507-255-5123

### **STAPLES**

Lakewood Clinic.....	800-525-1033
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### **ST. CLOUD**

St. Cloud Hospital.....	800-835-6652
VA Clinic.....	320-252-1670

### **WADENA**

Tri County Hospital.....	218-631-3510
Wadena Clinic.....	218-631-1360

### **WALKER**

Essentia Clinic.....	218-547-3452
Sanford Health Clinic (formally MeritCare).....	218-547-3938
Walker Area Pregnancy Support Center.....	218-547-5433

# HEALTHCARE RESOURCES

## DENTAL

**Dental Clinic at Central Lakes College - Brainerd**.....218-855-8272  
Accepts patients including those on Medical Assistance and MN Care. They take appointments on Monday, Wednesday and Friday.

**Lakes Mobile Dental**.....877-562-7874  
Available to anyone including those on Medical Assistance, MN Care, etc with limited locations including Little Falls. Please call for more information and an appointment.

**Park Rapids Dental Clinic**.....218-732-4436

**Smile Center - Deerwood**.....800-477-7645

**Northern Dental Access Center - Bemidji** ..... 218-444-9646  
Accepts patients including those on MA & MN Care

## DRUG STORES

### Bemidji

Target..... 218-759-0133  
Med Shoppe.....218-759-1222  
Iverson Corner Drug.....218-751-4357  
Thrifty White.....218-751-5030

### Brainerd

Med Shoppe.....800-498-0347  
Thrifty White.....800-325-5334  
Walmart.....800-962-6232

### Pequot Lakes

Pfeiffer.....218-568-4011

### Pine River

Lakes Area Pharmacy.....218-587-3222



# HEALTHCARE RESOURCES

## DRUG STORES *cont.*

### Walker

Thrifty White.....	218-547-1016
Thrifty White (by clinic).....	218-547-4734

## HEALTHCARE

**Care Connections**.....877-405-3463

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

Provides information on public & private healthcare coverage, especially for Minnesotans without health insurance & low income Minnesotans who may be eligible for public healthcare coverage

**Discount Prescription Card**.....888-884-7713

The discount card provides from 13 to 25% savings on the cost of prescription drugs at pharmacies which accept the card

**Minnesota Healthcare Guide**.....

Medical Publishing, LLC provides a link to valuable healthcare information at:

[www.mn-hospitals.com](http://www.mn-hospitals.com)

**National Organization For Rare Disorders**.....800-999-NORD

NORD administers programs of last resort for certain prescription pharmaceuticals; call for specifics

**PFIZER Helpful Answers**.....866-706-2400

Provides prescription help to ANYONE who does not have healthcare insurance regardless of age or income. Families earning less than \$31,000 can qualify for free medicines

**Prescription Drug Assistance Program**.....573-996-3333

For a \$5 fee per drug request, fully refundable if a patient doesn't qualify, Free Medicine Foundation will wade through the paperwork and coordinate free

drug distribution to eligible applicants through their personal physicians. More than 100 pharmaceutical companies have these free prescription programs.

## HEALTHCARE RESOURCES

### HEALTHCARE *cont.*

**Rxconnect**.....800-333-2433  
Service to help people find, choose and apply for drug discount options such as; drug manufacturer patient assistance programs, Medicare approved drug discount cards, transitional assistance and other cost savings options.

**Trinity Lutheran Church**.....218-760-8217/218-760-2253  
We take in any donated medical equipment & loan it out free of charge.

### Medica

**Health Options-MNDHO**.....612-676-6830  
Voluntary managed care program which connects individuals who have disabilities with the services they need.

**Walker Area Pregnancy Support Center**.....218-547-5433  
Free pregnancy tests, education, alternatives, and referrals.

### HEALTH INFORMATION

AIDS MN..... 800-248-AIDS  
Alzheimers Association..... 800-232-0851  
ALS Association..... 888-672-0484  
American Cancer Society..... 800-227-2345  
American Red Cross..... 800-426-2164  
    Cass County.....800-560-7641  
Arthritis Foundation.....800-333-1380  
Asthma Center.....800-222-5864  
Diabetic Association.....800-DIABETES  
Epilepsy Association..... 800-779-0777  
Family Plan STD Line..... 800-78-FACTS  
Lutheran Social Service Caregiver Respite  
    And Support Program.....800-488-4146  
Mental Health Association..... 800-862-1799  
Poison Center.....800-222-1222

United Blood Services..... 800-917-4929  
 VD Silent Tx..... 800-227-8922

## HEALTHCARE RESOURCES



### PUBLIC HEALTH Public Health Prevent. Promote. Protect.

Aitken County..... 218-927-2141  
 Beltrami County..... 218-333-8100  
 Cass County..... 218-547-1340  
     Family Planning (Clinic in Pine River)  
     For more information or an appointment call ..... 877-275-6123  
     Community Mahube Otwa Community Action Partnership  
     [www.familyplanningcentralmn.org](http://www.familyplanningcentralmn.org)  
 Crow Wing County..... 218-824-1080  
 Hubbard County..... 866-588-4552  
 Leech Lake ..... 800-282-3389  
 Morrison County..... 320-632-6664  
 Todd County..... 320-732-4440  
 Wadena County..... 218-631-7632

### VISION & HEARING

Listening Tapes.....516-883-8280/888-724-6423  
 Services for the Blind.....800-652-9000/218-828-2490  
 DHS-Telephone Equipment Distribution.....800-657-3663  
     Deaf, hard of hearing, deaf blind, speech impaired or physical  
     disability needing adaptive equipment for phone use.

# Hospice Care Services

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**Good Samaritan Hospice..... 1-877-828-7016**  
24090 Smiley Road, Suite 200, Nisswa, MN 56468  
1-218-963-9452  
Fax-1-218-963-9746

**Heartland Hospice Care..... 1-888-650-1136**  
609 Oak Street Brainerd, MN 56401  
1-218-829-1252  
Fax-1-218-829-1365



[Hospice - HCR ManorCare](#)



# MENTAL HEALTH/SUPPORT GROUPS

Emotional problems aren't hopeless or incurable; a troubled person can get help. *Asking for help is a sign of strength, not a sign of weakness.* Counseling is an opportunity to discuss personal issues. Most often, people talk with a counselor to get help with a decision they are trying to make. You can explain to the counselor how you're feeling and why. In the process of explaining those feelings, you learn to understand yourself better and can make a better decision. Counselors treat these conversations as very private and confidential. Most counselors charge fees, but some will adjust their fees to what you and your family can afford to pay. Don't let anything keep you from getting the help you deserve when you need it.

## BELTRAMI COUNTY

ARC Headwaters Parent Connection.....	218-759-0097/800-450-7338
<i>Serves parents of children with special needs</i>	
North Homes.....	218-751-0282
Stellher Human Services .....	218-444-2845
Planned Parenthood.....	218-751-8683
Upper Mississippi Health Center.....	218-751-3280
Wildgen, Wilimek & Associates.....	218-751-0887

## CASS COUNTY

Birch Lake Counseling.....	218-675-5101
Lutheran Social Services.....	218-751-1305
<i>Many services available including counseling</i>	

## CROW WING COUNTY

Brainerd Regional Human Services Center.....	218-828-2201
Bridges of Hope.....	218-825-7682/888-750-7682
<i>Works to network human service and faith community resources so hurting families and children receive help. They link available resources, access immediate mental health services and provide family support and education</i>	
Center for Personal Counseling.....	218-828-4602
<i>General counseling for adults, children and teens</i>	

# MENTAL HEALTH/SUPPORT GROUPS

## CROW WING COUNTY *cont.*

CORE Psychology Services.....	218-829-7140/ 800-350-7140
<i>Counseling for adults, children, adolescents; sexual assault issues, psychological assessments, ADHD testing</i>	
The Counseling Center.....	218-828-7379
<i>Outpatient counseling for adolescents and children affiliated with Lutheran Social Services, sliding fee</i>	
Families Anonymous.....	218-568-5668
<i>Gloria Day Lutheran Church</i>	
Families First.....	320-632-4950
<i>Catholic charities – intensive in-home counseling for family members</i>	
Grace Unit.....	218-828-7437
<i>Adolescent, adult, and geriatric acute inpatient psychiatric care</i>	
Healing Center.....	218-838-7707
<i>Hope and healing for people with physical, emotional sickness, addictions or abuse</i>	
Holistic Psychological Services.....	218-829-1063
<i>Program emphasizes health in body, spirit and relationships, for adults and children</i>	
Lakes Area Counseling.....	218-828-6274
<i>Therapy for ADHD, anxiety, depression, anger, etc</i>	
Lutheran Social Services.....	218-829-5000
<i>Many services available including counseling</i>	
Mary Kay Verkennes.....	218-963-2657
<i>Individual, couple and family counseling for depression, anxiety, sexual abuse</i>	
Minnesota Psychological Resources.....	218-568-4500
<i>Counseling for all ages</i>	
Northern Pines Mental Health Centers.....	218-829-3235/ 800-566-3235
<i>Broad spectrum of mental health services</i>	
Nystrom & Associates.....	218-829-9307
<i>Christian based counseling serving all ages</i>	
Planned Parenthood.....	218-829-1469/ 800-632-3077
Teen Survivors of Sexual Violence.....	218-828-0494

## HUBBARD COUNTY

Lake Country Associates.....	218-366-9229
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## ITASCA COUNTY

North Homes Grand Rapids.....218-327-3000

## MENTAL HEALTH/SUPPORT GROUPS

## TODD COUNTY

Liberty Counseling Services.....320-732-3041

*Family counseling with a Christian perspective*

Northern Pines Mental Health Centers.....320-732-6602

*Broad spectrum of mental health services*

## WADENA COUNTY

Caritas Family Service/ Catholic Charities.....800-830-8254

*Family counseling services*

Neighborhood Counseling Center.....218-631-1714

## ALL COUNTIES

ARC United.....218-759-0097

*Serves any age w/cognitive/physical disability in NW Minnesota*

Community Action Council.....877-275-6123

*Family Planning Program*

Crisis Line and Referral Service.....218-828-4515/800-462-5525

*Service that helps people when they are in crisis. Serving Aitkin, Cass, Crow Wing, Morrison, Todd & Wadena*

Don't Cut.....800-DON'T-CUT

*People who injure self*

The Hope House..... 218-851-6728

*Is a "Child Safety Center" where contact between a non-custodial parent and one or more children can take place in the presence of a third person responsible for observing and seeking to ensure the safety of those involved. Centrally located to serve the Crow Wing, Cass and surrounding counties. Open 7 days a week from 9AM to 9PM.*

Kinship.....877-730-5437

*Nonprofit youth mentoring organization serving families in Crow Wing and southern Cass counties by providing positive role models to youth in out communities*

Lutheran Social Services.....800-582-5260

*Many services available including counseling*

Pacer Center.....952-838-9000

*Minnesota nonprofit organization that provides services without a fee to families of children and young adults with **all** disabilities*

Yellow Ribbon Suicide Prevention Program.....800-462-5525

Father Project (CHI St Joseph's Health).....218-255-2063  
*A program to assist fathers in overcoming the barriers that prevent them from supporting  
Their children economically & emotionally*

## MONEY MANAGEMENT/LEGAL ASSISTANCE

### FAMILY RESOURCE MANAGEMENT

#### TRUSTWORTHY EDUCATION FOR INFORMED FINANCIAL DECISIONS

**Family Resource Management** provides extension education on subjects such as; managing a budget, credit and debt, family business, preparation for retirement, culture and money and teaching children about money. Sound money management is important for people of all income levels and all ages.

- Financial Security in Later Life is a series of workplace trainings that employers can purchase for their employees.
- RentWise is a tenant education certificate curriculum that takes an active-learning approach and stresses tenant responsibility.
- Resource Management for Daily Life is training for professionals to provide tools for their clients' basic needs and to achieve a sense of security and financial stability.
- Youth and Money provides education for teachers that teach teens about budgeting, income, spending, credit, debt, insurance, and the time value of money.

#### Contact Information

**Patricia Olson**, Area Program, Leader  
Family Resource Management  
University of Minnesota Extension Service  
College of Human Ecology  
32 McNeal Hall, 1985 Buford Ave  
St. Paul MN 55108

Phone: 612-624-1786  
Fax: 612-625-6285  
[pdolson@umn.edu](mailto:pdolson@umn.edu)



# MONEY MANAGEMENT/LEGAL ASSISTANCE

## LEGAL ASSISTANCE

### BEMIDJI

Northwest MN Legal Services.....218-751-9201/800-450-9201  
210 6<sup>th</sup> St NW, PO Box 1883

### BRAINERD

Legal Aid Services of NE Minnesota.....218-829-1701/800-933-1112  
324 South 5<sup>th</sup> Street, Suite A, PO Box 804

### CASS LAKE

Anishinabe Legal Services.....218-335-2223/800-422-1335  
411 1<sup>st</sup> St NW, PO Box 157

## MONEY MANAGEMENT

BI-CAP Bemidji.....218-751-4631  
BI-CAP Walker.....218-547-3438  
Cass County Extension Office (4H).....218-587-8280  
Consumer Credit Counseling Service.....888-577-2227  
Home Savers USA/HART ( Foreclosure Assistance).....800-453-2194  
Northland Area Family Center.....218-566-3636  
Rural MN CEP –Bemidji.....800-569-4196  
Rural MN CEP – Brainerd.....218-828-2450/800-664-3595

## NEED A PHONE? NEED HELP WITH YOUR MONTHLY PHONE BILL?

Minnesota Telephone Discounts can help! Three discounts are available with one simple application:

1. **LINK-UP:** A discount on telephone installation charges
2. **LIFELINE:** A federally-funded discount on your monthly bill
3. **TELEPHONE ASSISTANCE PLAN (TAP):** A Minnesota-funded discount on your monthly bill.
4. **To qualify for these discounts:**
5. Telephone service must be in your name
6. You must participate in at least one of the qualifying assistance programs (Energy Assistance, MFIP, Food Stamps, and others) OR
7. Your income must be at or below 135% of the federal poverty guidelines
8. For an application or more information:
  - \* Contact your local phone company
  - \* Visit [www.puc.state.mn.us](http://www.puc.state.mn.us) or [www.lifeline.gov](http://www.lifeline.gov)
  - \* Call the Minnesota Public Utilities Commission at 651-296-0406 or 1-800-657-3782
  - \* E-mail [consumer.puc@state.mn.us](mailto:consumer.puc@state.mn.us)

Telephone Equipment Distribution (TED) Program: Free telephones for people who are hard of hearing, deaf, speech impaired or physically disabled. Call 800-456-7589 or <http://mn.gov/dhs/ted-program>

## SOCIAL SERVICES

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### CLOTHING

#### AKELEY

Corner Clothing Store (Akeley Community Center).....218-652-3508

#### BEMIDJI

Goodwill Store.....218-759-2147

Twice But Nice.....218-751-4241

#### BRAINERD

Goodwill Industries.....218-829-8493

Salvation Army.....218-829-1120

LAPS (Maternity and Infant clothing) .....218-825-0793/1-800-395-HELP

#### CASS LAKE

Cass Lake Family Center (Open Wednesday).....218-335-7837

#### GRAND RAPIDS

Goodwill Store.....218-326-6843

Salvation Army.....218-326-4847

#### HACKENSACK

Share and Care Clothing & Furniture.....218-675-5862

#### LONGVILLE

Tossed and Found.....218-363-3949

#### PARK RAPIDS

Barely Used.....218-237-6114

#### PINE RIVER/BACKUS

Hidden Jewels Thrift Store.....218-587-4292

#### WADENA

Once Again.....218-632-6003

#### WALKER

DAC.....218-547-1121

The Clothing Depot (Open Tuesdays).....218-547-1713

Bargain Bin Thrift Store...(willing to take vouchers).....218-547-2447

# SOCIAL SERVICES

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## ENERGY ASSISTANCE

### Bi-County CAP

Bemidji..... 218-751-4631  
Walker..... 218-547-3438/1-800-332-7135

**Leech Lake Reservation..... 218-335-3704**

### Salvation Army (Heat Share)

Cass County.....1-800-842-7279  
Grand Rapids.....218-326-4847

**Rural Renewable Energy Alliance (RREAL)..... 218-587-4753**

Website ..... <http://www.rreal.org>

RREAL delivers solar heat for low-income families on energy assistance as a lasting solution to fuel poverty. RREAL's pioneering program reduces poverty and empowers families for decades with a clean, domestic energy source. **(MUST OWN YOUR HOME)**

## FURNITURE

Cass County Transfer..... 218-587-3455  
Habitat for Humanity..... 218-454-8517  
Hackensack Transfer..... 218-675-6807  
Pine River Recycling.....218-587-2425/888-910-2425

## HOUSING

### Beltrami County

Bemidji Management.....218-751-6881  
Bi-County Cap.....218-751-4631/1-800-332-7161  
Churches United..... 218-444-1380  
    414 Lincoln Ave SE (12pm-4pm M-F)  
Evergreen House..... 218-751-8223  
Habitat for Humanity (Bemidji)..... 218-751-4649  
Housing & Redevelopment Authority (Bji)..... 218-444-4522  
Lakes Area Habitat for Humanity (Cass, Crow Wing, Hubbard)..... 218-828-8517  
Property Professionals (listing of available housing)..... 218-751-2689  
Servants of Shelter (Nov - Mar)..... 218-209-2767

# SOCIAL SERVICES

## HOUSING

*Cont.*

Village of Hope (Emergency Shelter)..... 218-751-0722  
(Families w/children and Single pregnant women)

### Cass County

Aspen Apartments.....800-728-7911/701-293-7909  
Senior Housing  
Bi-County Cap.....218-547-3438/1-800-332-7135  
Home improvements, weatherization, transitional housing, homeless assistance  
Cass County Housing & Redevelopment Authority (Backus)..... 218-947-3993  
Cass Lake Housing & Redevelopment Authority.....218-335-2674  
Comstock Court Apartments.....218-246-3015  
Senior Housing  
Four Seasons Apartments..... 218-335-2674  
Gamma Jo's House..... 218-547-2221  
Senior Residential Care  
DW Jones..... 218-547-3307  
Rental Units in Walker, Bemidji, Park Rapids, Grand Rapids & Hackensack  
Heartland Apartments.....218-587-2840  
Highland Apartments.....218-751-6881  
Senior Housing  
Housing Improvement Program (Leech Lake Reservation)..... 218-335-3785  
Housing & Redevelopment Authority/Heartland Apts.....218-547-1822  
Lakes Area Senior Transition..... 218-587-2269  
From decisions, to move planning and settling in – We are there!  
Lakeview Terrace Townhomes..... 218-547-3307  
Leech Lake Homeless Shelter.....218-335-7271  
Located 1 block behind the DQ in Cass Lake  
Leech Lake Housing Authority.....218-335-8280  
May Creek Senior Living Campus..... 218-547-4515  
Mayview Manor Apartments.....218-547-3307  
Minnesota Chippewa Tribe Home Loan.....218-335-8582  
New Pathways.....877-295-1897/218-454-0460  
Northland Apartments..... 952-935-0359  
Senior Housing  
Homeless Shelter for At-Risk Families from Central Minnesota  
Pine River Elderly/Low Income Housing..... 218-587-4929  
Riverside Villa Apartments..... 218-587-4433  
Walker Housing and Redevelopment Authority..... 218-547-1822

# SOCIAL SERVICES

## HOUSING

*Cont.*

### Crow Wing County

Habitat for Humanity.....	218-828-8517
Housing & Redevelopment Authority (Brainerd).....	218-828-3705
Housing & Redevelopment Authority (Crosby).....	218-546-5088
USDA Farmers Home Administration.....	218-829-9273

### Hubbard County

Housing & Redevelopment Authority (Detroit Lakes).....	218-732-9118
Mahube Community Action Council.....	218-732-7204

### Itasca County

Grand Rapids Housing Authority.....	218-326-9515
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### Wadena County

DW Jones - Blueberry Hills Apartments (Menahga).....	218-547-3307
Farmers Home Administration.....	218-631-4336

## SOCIAL SECURITY

Bemidji.....	1-866-258-6345
2900 Hannah Ave	Fax 218-759-9107

Payee Central: A representative payee program  
for Social Security recipients.....320-763-4943

### Home Line

#### A non profit Minnesota tenant advocacy organization

**HOME** Line provides free legal, organizing, education and advocacy services so that tenants throughout Minnesota can solve their own rental housing problems. We work to improve public and private policies relating to rental housing by involving affected tenants in the process. If you are a tenant in Minnesota (outside of Minneapolis and St. Paul) and you are interested IN YOUR RENTER RIGHTS, YOU CAN REACH OUR Tenant Advocates for legal advice at:

(612) 728-5767

Or call us toll-free from Greater MN at:

(866) 866-3546

On Line: [www.homelinemn.org](http://www.homelinemn.org)

Answers and advice on questions about:

- Evictions-Repairs-Security and damage deposits
- Tenants right to privacy-Applications-More

# TRANSPORTATION

## Faith in Action for Cass County

Physical Address:  
**201 State 371 S  
Hackensack, MN 56452**

Mailing Address:  
**PO Box 512  
Hackensack, MN  
56452**

Phone: **866-675-5435**  
Fax: **218-675-5632**

[cassfia@uslink.net](mailto:cassfia@uslink.net)

*Faith in Action isn't intended to replace the help of available friends, family or neighbors; nor to replace the help you can afford to hire. However, when these resources are not available to you, that's when Volunteers with Faith in Action step in to help.*

While donations are always accepted with gratitude, there are no charges for this service.

[Contact us](#) today to learn more information!



Transportation will be provided to those who meet eligibility requirements:  
60 years old or better;  
resident of Cass County; and must **NEED** the service and have no other transportation available to them (no one in the household that would be able to drive them, no car, or not able to drive a car due to medical reasons)

## Cass County Volunteer Driver Program and Senior Transportation Program

Serving persons 60 years of age or better who have no other transportation available to them.

**YOU MUST BE REGISTERED AS A RIDER WITH THE PROGRAM TO USE THIS SERVICE**

**TO REGISTER AS A RIDER Or FOR MORE INFORMATION CONTACT:**

**PROGRAM COORDINATOR:**

**Jessi Babb**

**Cass County Health, Human and Veterans Services**

**P.O. Box 51  
Backus, MN 56435**

**218-947-7530**

# Pine River Ride With Us Bus Dial-A-Ride

Public Transportation serving the City of Pine River and  
up to 3 miles outside the city limits.



Hours of Operation: 8:15 am – 3:45 pm Tuesday, Wednesday and Thursday

- \$1.00 per trip within the city limits and 25 cents for each additional mile. (up to the 3 mile limit)
- Service is available to all residents.
- Handicapped accessible.

**To schedule a ride or for additional information please  
call:**

**1-866-925-7433 (Toll Free)**

**or**

**218-825-7433**

## **ROAD TO RECOVERY**



**For Minnesotans getting treatment for cancer, not having a car or being too sick to drive can be a huge challenge. The American Cancer Society’s “Road to Recovery” program provides volunteer drivers who donate free transportation to and from treatment appointments. Chante Thurmond of the American Cancer Society of Minnesota says this can be a real life-line.**

**Anyone over 18 with a driver’s license, their own car and insurance, and some extra time can volunteer as a driver. Training is provided. The need for volunteers is greatest in rural Minnesota, where the distance to treatment is often greater, says Thurmond. However, volunteer drivers are needed in all parts of the state. Prospective volunteers, and people who need help getting to their medical appointments, can call “Road to Recovery” at 1-800-227-2345.**

**According to the American Cancer Society, cancer related deaths in Minnesota are on the decline due to more sophisticated treatment options, and earlier diagnosis. However, Thurmond says more people undergoing treatment means an increased demand for volunteer drivers.**

***CUT 66133:11 “The need for cancer patients to get to and from their appointments has gotten greater over these last few years, and with the current status of our volunteers, we cannot provide all these rides to cancer patients.”***

**Thurmond says people of all ages are encouraged to volunteer, because many of Minnesota’s “Road to Recovery” drivers are getting older, and are starting to retire. A-C-S estimates there will be more than 23-thousand new cancer cases.**



# VETERANS SERVICES

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## Veterans Services Overview

The Veterans Services Division is part of the Health, Human, and Veterans Services Department. Our goal is to provide unparalleled customer service to the veterans of Cass County, with an emphasis on individual needs and personalized benefits counseling. Our customers have paid in advance for these services and deserve only the best. An individual's right to privacy and confidentiality is always respected. We are happy to assist veterans and/or their dependents on a walk-in or by appointment basis and we also offer service in several [outreach locations](#) throughout the county. Please contact us for details at (218) 947-7531, or visit your local Veterans Service Officer.



This Division is responsible for providing the following services to eligible veterans and their dependents in Cass County:

1. Assisting in claims processing for veterans' benefits to the Department of Veterans Affairs. Veterans and their dependents may be entitled to the following benefits and services through federal and state programs:

### **Federal Benefits (US Department of Veterans Affairs)**

- [Disability compensation](#) (service-connected disabilities)
- [Non service-connected \(NSC\) disability pension](#)
- [Medical care and prescriptions from VA hospitals](#)
- [Vocational rehabilitation](#)
- [VA Home Loan Guaranty Program](#)
- [Education benefits](#)
- [Burial and death benefits](#)
- [Agent Orange benefits](#)

### **State Benefits (Minnesota Department of Veterans Affairs)**

- [Subsistence](#) (short term disability)
- [Dental & optical assistance](#)
- [State veterans homes](#) (nursing home and domiciliary care)
- [Veterans & war orphans education benefits](#)
- [Veterans preference and MN Veterans Licensure and Certification Program](#)
- [State veterans cemetery](#) (Little Falls, MN)

# VETERAN SERVICES

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2. Coordinating VA medical appointment [transportation](#) for veterans.
3. Communicating with county and local nursing homes, chemical dependency centers, medical centers, and clinics whenever veterans require assistance.
4. Disseminating updated information on veterans' benefits to county service organizations.
5. Assisting veterans in obtaining military discharge documents.

Our office also works with the [veterans service offices of other Minnesota counties](#). If you have recently moved to Cass County from another county in Minnesota, or if you are planning to move to another Minnesota county, please contact us and we will arrange to have your records moved to ensure a smooth transition of service. Check our [“What’s News”](#) page to learn about the latest developments for veterans.

## CONTACT US:

Veteran Services Officer: 218-947-7534  
Assistant Veteran Services Officer: 218-947-7531  
Mailing Address: PO Box 51, Backus MN 56435



Caregivers are the family members and loved ones who provide care for Veterans who are living with the effects of war, disability, chronic illness, or aging. They deserve VA’s highest level of support. On February 1, 2011, the Department of Veterans Affairs (VA) is opening a toll-free National Caregiver Support Line

housed at the Canandaigua VA Medical Center campus in Canandaigua, New York. The support line will serve as a primary resource/referral center to assist caregivers, Veterans and others seeking caregiver information to help in the care of our Nation’s Veterans. Calls to The National Caregiver Support Line will be answered by VA employees who are licensed clinical social workers.

The Support Line will provide information on VA/ community caregiver support resources and “warm” referral to dedicated Caregiver Support Coordinators located in every VA Medical Center; emotional support for the caregiver will be an integral component of this service. The National Caregiver Support Line is also available to respond to inquiries about the caregiver benefits associated with Public Law 111-163, Caregivers and Veterans Omnibus Health Services Act of 2010.

**The National Caregiver Support Line will be open Monday through Friday 8:00 a.m. to 11:00 p.m. and Saturday 10:30 a.m. to 6:00 p.m. Eastern Time. The National Caregiver Support Line Toll-Free number is 1-855-260-3274.**

Please also see VA’s updated caregiver website: [www.caregiver.va.gov](http://www.caregiver.va.gov)