

Support

Community Options 1405 Library Circle, GF, ND Wide variety of supportive services.	701-772-1715
CVIC - Kids First 211 S 4 th St. GF, ND Safe visitation & exchange services.	701-787-5806
F5 Project 311 S 4 th St. Suite. 8, GF, ND A statewide effort to provide services & resources to individuals struggling with incarceration, mental health & addiction.	701-960-9648
Grand Forks Senior Center 620 4 th Ave. S, GF, ND Provides opportunities for older adults to live to the fullest: activities, resource counseling, home delivered meals, senior dining, transportation fare assistance & more.	701-772-7245
Global Friends Coalition 1815 Demers Ave., GF, ND Educating, empowering & embracing New American integration into the Greater Grand Forks community.	701-746-8233
Hope Church Community Care Center 1601 17 th Ave. South, GF, ND Assistance, referrals, outreach, support groups, & community education.	701-504-2640
Legal Services of ND Under Age 60 1-800-634-5263; Age 60+ 1-866-621-9886 215 N 3rd St. Suite 200, GF, ND Legal aid for civil matters for low income & elderly North Dakotans.	
MountainBrooke Recovery Center 112 North 3 rd St. GF, ND Offers a supportive environment for individuals with mental illness. Peer support groups/services, recreational & social events, recovery education, connection to community resources & on-site meals/snacks.	701-746-4530
ND Brain Injury Network 1301 N Columbia Rd, Stop 9037, GF, ND Offers programs that can help people with brain injuries & their family members, professionals, caregivers, & friends.	855-866-1884 www.ndbin.org
NDAD (North Dakota Association for the Disabled) 2660 S Columbia Road, GF, ND Provides financial assistance for prescription medications, out-of-town medical travel expenses, medical equipment, home & vehicle accessibility, personal attendant care & free healthcare equipment loans.	701-775-5577
Options Resource Center for Independent Living 318 3rd St. NW, EGF, MN Information & referral, skills training, equipment loan program, community education & outreach, personal & systems advocacy.	218-773-6100 Text Line: 701-864-0296
The Salvation Army 1600 University Ave. GF, ND Pathway of Hope Program: individualized services & case management to families with children.	701-775-2597

Need Assistance?



CANA
Community Agency
Networking Association
2025
Email: GGFCANA@gmail.com

CANA is a group of individuals & agencies whose mission is to advocate for ending homelessness through community awareness, outreach, prevention & civic engagement in the Greater Grand Forks/East Grand Forks area.
Please note some agencies only serve residents of their state.

In the event you can't find the service you are looking for on this flyer,
please call 211 for referral services.
If you or someone you know is in crisis,
Call or Text 988.
211 & 988 calls are answered 24/7.

Housing & Shelter

CVIC 211 S 4th St, GF, ND Emergency shelter & transitional housing for individuals & families fleeing domestic violence.	701-746-0405
Grand Forks Housing Authority 1405 1st Ave. North, GF, ND Rental Assistance Programs available. Section 8 voucher, property-based, senior & disabled housing available. Case management services for individuals experiencing homelessness.	701-746-2545
High Plains Fair Housing Center Investigates & assists with cases of housing discrimination.	701-792-2878
Homeless Helpers Provides short-term emergency hotel services when no other shelter options are available. Requires case worker/agency referral.	701-772-6600
HUD-VASH 3221 32nd Ave. S, Suite 700, GF, ND Housing assistance & case management for eligible veterans who are experiencing homelessness.	701-335-4380 x 2235
Northlands Rescue Mission 420 Division Ave. GF, ND Emergency shelter for adults.	701-772-6600
Supportive Services for Veterans Families 4212 Gateway Dr, GF, ND Housing/supportive services for eligible Veterans & their families who are experiencing homelessness. The program is within the Red River Valley Community Action.	701-746-5431
The Nest on Fourth 207 S 4 th St. GF, ND Emergency low-barrier shelter for adults, administered by the GF Housing Authority.	701-203-4743 701-792-2880
Youth & Families	
Youth & Young Adults Homeless System Navigators - GFHA & UND TRIO Case management & supportive services for youth/young adults (18-24) experiencing or at risk of experiencing homelessness.	701-317-8589 or 218-779-6485
United Way GF/EGF 1013 N 5th St. GF, ND Families First program offers emergency shelter & case management services.	701-775-8661

Health

Altru Health System 1200 S Columbia Rd, GF, ND Wide range of health services including outpatient social work/case management.	701-780-5000
Alzheimer's Association 1375 S Columbia Rd. Suite C1, GF, ND Free support, education, & resources are available for individuals affected by Alzheimer's disease or other forms of dementia, including those concerned about memory loss & their care partners.	701-775-8544
Arkos Health 3425 S Washington St. Suite B, GF, ND Health services, care support & community resources for ND Medicaid Expansion &/or NextBlue Members.	701-237-1228
Grand Forks Human Service Zone 151 S 4th St. Suite 201, GF, ND Apply for state benefits such as Medicaid, Medicare Savings Program & Long-Term Care. Customer Support Center applyforhelp@nd.gov 1-866-614-6005	701-787-8500
Grand Forks Public Health 151 S 4 th St. Suite N301, GF, ND Programs including adult home visits, Women's Way (breast & cervical cancer screenings), Ryan White Program (health support services for those with HIV/AIDS), & immunizations.	701-787-8100
Grand Forks VA Clinic 3001 32 nd Ave. Suite 6, GF, ND Healthcare services for eligible Veterans.	701-620-1448
MyAlly Health 4700 Washington St. S, Suite C, GF, ND Confidential reproductive health services for men & women regardless of income or age.	701-757-2559
ND Aging & Disability Resource LINK Aging & disability services, caregiver support, home & community-based services & referrals.	855-462-5465
NDAD (North Dakota Association for the Disabled) 2660 S Columbia Road, GF, ND Provides financial assistance for prescription medications, out-of-town medical travel expenses, medical equipment, home & vehicle accessibility, personal attendant care & free healthcare equipment loans.	701-775-5577
Spectra Health 212 S 4th St. GF, ND 321 Towner Ave. Larimore, ND Primary medical care, behavioral health, dental care, addiction services, optometry, chiropractic care & care coordination on a sliding fee scale.	701-757-2100

Education

Grand Forks Public Schools 701-746-2200
2400 47th Ave. S, GF, ND

Grand Forks Head Start 701-746-2433
3600 6th Ave. N, GF, ND
Preschool program serving children ages 3-5 years.

NDSU Extension– GF County 701-780-8229
151 S 4th St. Suite 302, GF, ND
Offers free parent education classes. nutrition classes & more.

UND Educational Opportunity Center 701-777-3809
2891 2nd Ave. N, Stop 9027, GF, ND
Support services to individuals who want to earn a diploma/GED or pursue college education. Contact for eligibility.

Clothing

Love in Action 701-330-8775
818 University Ave. GF, ND
Limited clothing closet for individuals & families.

Salvation Army 701-775-2597
Thrift Store: 3401 S 31st St. GF, ND
Vouchers for thrift store may be obtained at 1600 University Ave. office by appointment.

St. Joseph’s Social Care 701-795-8614
620 8th Ave. S, GF, ND
Vouchers for clothing, furniture & household items.
Call for appointment.

United Way GF/EGF 701-775-8661
1013 N 5th St. GF, ND
Kidz Closet appointments for donated clothing.

Transportation

Dial a Ride / Senior Rider 701-787-9120
Ride reservations for riders over 62 or pre-approved disabled. Runs Mon-Fri 6a-10p & Sat 8a-10p.

NDAD (North Dakota Association for the Disabled)
2660 S Columbia Road, GF, ND 701-775-5577
Financial assistance available for out-of-town medical travel & local paratransit. Wheelchair accessible van loans available in Grand Forks for full-time wheelchair users.

Counseling & Crisis

CVIC Office 701-746-0405
24-hour Crisis Line 701-746-8900
211 S 4th St. GF, ND
Crisis intervention, emotional support, advocacy & therapy services for children & adult victims of violence.

Northeast Human Service Center Office 701-795-3000
24–hour Crisis Line 988
151 S 4th St. Suite 401, GF, ND
Mental health & substance use care. Walk in hours Mon-Fri 8am –5 pm.

GF VA Clinic 701-620-1448
3001 32nd Ave. S, Suite 6, GF, ND
Behavioral health services for eligible Veterans.

24-Hour Hotlines
National Suicide & Crisis Text or Dial 988
LGBTQIA+ National Hotline 888-843-4564
Veteran’s Crisis Line Dial 988 & Press 1
Report Child Abuse or Neglect in ND 833-958-3500
Report Child Abuse or Neglect in MN 651-431-4661

Treatment & Recovery

ACP Project– Syringe Service Program 701-335-6051
212 S 4th St, GF, ND on 1st Flr
Syringe exchange, sharps disposal, naloxone, connection to harm reduction & primary care services.

Cambian Behavioral Health 701-213-8031
Mental health services, substance use treatment & DUI evaluation, nursing & social work case management.

Centre Inc. 701-746-6303
201 S 4th St, GF, ND
SUD & Crisis Units managed by NEHSC. DOCR transitional unit on 2nd floor.

MountainBrooke Recovery Center 701-746-4530
112 North 3rd St. GF, ND
Offers a supportive environment for individuals with mental illness-peer support groups/services, recreational & social events, recovery education, connection to community resources & on-site meals/snacks

Northeast Human Service Center 701-795-3000
151 S 4th St, Suite 401, GF, ND
Walk-in services Mon-Fri 8a-5p.

North Dakota Behavioral Health Division 701-328-2310
Support for mental health, substance use, peer support, education & prevention. Programs like Free Through Recovery & Community Connect.

Spectra Health 701-757-2100
212 S 4th St. Ste 301, GF, ND
Medication Assisted Treatment (MAT), Chemical Dependency Evaluations, Level 1 Outpatient Groups.

Emergency

Red River Valley Community Action 701-746-5431
4212 Gateway Dr, GF, ND
Emergency services for income eligible individuals or families, energy share, & cooling assistance.

Society of St. Vincent De Paul 218-280-2692
200 3rd St. NW, EGF, MN
Rent evictions, rent deposits & utility disconnections; miscellaneous assistance not covered by other programs.

St. Joseph’s Social Care 701-795-8614
620 8th Ave. South, GF, ND
Rent evictions & utility disconnections.

The Salvation Army 701-775-2597
1600 University Ave. GF, ND
Rent evictions, utility disconnections & rent deposits by appointment.

Tri-Valley Opportunity Council 1-800-201-3475
1424 Central Ave. NE, EGF, MN
Rent evictions, energy assistance/utility disconnections, rent deposits for MN residents.

United Way GF/EGF 701-775-8661
1013 N 5th St. GF, ND
Families First program can offer emergency shelter, housing, utility assistance & case management for families experiencing homelessness.

Help is 3
Numbers Away



Food

Hope Church Community Care Center & Food Pantry 701-757-3480
1726 S Washington St. Suite S11, GF, ND
Call Mon or Tues 9a-4p to schedule appointment for that week.

Grand Forks Senior Center 701-772-7245
620 4th Ave. S, GF, ND
Delivers Meals on Wheels program, frozen meals, & Senior Dining breakfast & lunch (60+).

Northlands Rescue Mission 701-772-6600
420 Division Ave. GF, ND
Food Baskets are available Tuesdays 12p-6p & Fridays 12p-4p.

The Salvation Army 701-775-2597
1600 University Ave. GF, ND
Food pantry is open Mon-Thurs 9am-11:15a & 1p-2:15p.

St. Joseph’s Social Care 701-864-0108
620 8th Ave. S, GF, ND
Tues/Wed/Thurs Call between 10a-12p on day of your request to reserve a food box.

Hot Meals

Northlands Rescue Mission 701-772-6600
420 Division Ave. GF, ND
Meals served to the community daily at 12 pm & 5 pm.

Love in Action 701-330-8775
818 University Ave. GF, ND
Open Monday-Thursday 10-3p. Hot meals 11-1p during open hours.

Free Summer Lunch for Youth
St. Joseph’s Social Care 701-795-8614
Served during June & July. Call for dates & locations.

Employment

Job Service of North Dakota 701-795-3700
1501 28th Ave. S, GF, ND
Job search assistance, training & employment programs, unemployment insurance, specialized programs, veterans’ services & business services.

Vocational Rehabilitation 701-795-3100
1501 28th Ave. S, GF, ND
Employment support for individuals with disabilities.