

## SUPPORT

**Job Service of North Dakota** 701-795-3700  
1501 28th Ave S GF, ND  
Training, job search, skills and connection.

**Vocational Rehabilitation** 701-795-3100  
1501 28th Ave S, GF, ND  
For individuals with disabilities seeking employment

**Northlands Rescue Mission** 701-772-6600  
420 Division Ave GF, ND  
Housing, support, food, assistance & referrals.

**Legal Services of ND** 701-222-2110 x330  
215 N 3rd St Suite 200, GF, ND  
Legal aid for civil matters for low income and elderly North Dakotans.

**Options Resource Center for Independent Living**  
318 3rd St NW, EGF, MN 218-773-6100  
Information & referral, skills training, equipment loan program, community education & outreach, personal & systems advocacy

**The Arc, Upper Valley** 701-772-3855  
1200 S Washington, GF, ND  
Services for people with intellectual & developmental disabilities.

**Community Options** 701-223-2417  
2300 Library Circle, GF, ND  
Case management, 1915i, Community Connect, NDWorks and more supportive services.

## CHILDREN

**Community Violence Intervention Center (CVIC)** 701-746-0405  
211 S 4th St, GF, ND  
Individual & group counseling for youth and teens, safe visitation & exchange services at Kids First.

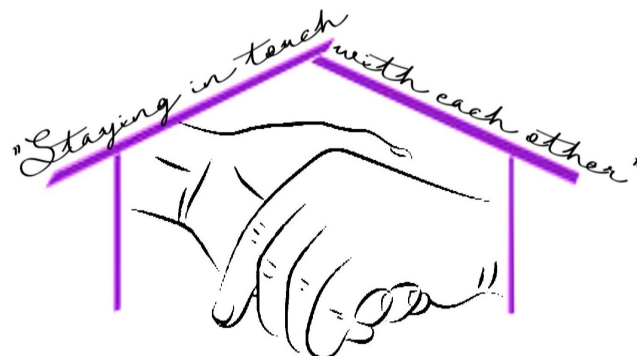
**Grand Forks Head Start** 701-746-2433  
3600 6th Ave N, GF, ND  
Serves children ages 3-5.

**GF County Human Services** 866-614-6005  
151 South 4th St Suite 201, GF, ND

**Women, Infant's and Children (WIC)** 701-775-3667  
360 Division Ave, Suite 200 GF, ND  
Nutrition and breastfeeding program, provides education, healthy foods.

**USpireND/ Healthy Families ND** 701-746-2064  
412 DeMers Ave, GF, ND  
Support and case management to ease transition to parenthood.

## *Need Assistance?*



Community Agency Network Association  
GRAND FORKS / EAST GRAND FORKS

**CANA**  
**Community Agency Networking**  
**Association**  
**2023**  
**Email: GGFCANA@gmail.com**

CANA is a group of individuals and agencies whose mission is "to advocate for ending homelessness through community awareness, outreach, prevention and 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 **2-1-1** for referral & crisis management services. Calls are answered 24 hours a day, 7 days a week.

## HOUSING AND SHELTER

**Community Violence Intervention Center (CVIC)** 701-746-0405  
211 S 4th St, GF, ND  
Shelter & transitional housing for individuals & families leaving domestic violence.

**Grand Forks Housing Authority** 701-746-2545  
1405 1st Ave North, GF, ND  
Housing Assistance Programs  
**GFHA SAMHSA Homeless Case Worker**  
Dacia Nolen 701-746-2545 / 701-317-4512

**Northlands Rescue Mission** 701-772-6600  
420 Division Ave GF, ND  
Shelter for adult men & women.  
Limited family sheltering services.

**Prairie Harvest Mental Health** 701-795-9143  
930 N 3rd St, GF, ND  
Permanent supportive housing, residential & employment support for adults with serious mental illness.

**Homeless Helpers**  
Provide s short-term emergency hotel services when no other shelter options are available. Requires case worker and agency referral.

**VA HUD-VASH** 701-335-4380 x2235  
3221 32nd Ave S, Suite 700, GF, ND  
Housing assistance and case management for eligible veterans who are homeless.

**Supportive Services For Veterans Families** 701-746-5431  
4212 Gateway Dr., GF, ND  
Housing/supportive services for eligible Veterans & their families who are homeless. The program is within the Red River Valley Community Action.

### Youth and Families

**Youth and Young Adults Homeless System Navigators**

Case management and supportive services for youth/young adults experiencing or at risk of experiencing homelessness.

**Skyler Berdahl– GF Public Schools** 218-779-6485

**Wendy Dahlberg– UND TRIO** 701-317-8589

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



## HEALTH

**Altru Health System** 701-780-5000  
1300 S Columbia Road, GF, ND

**Grand Forks Human Service Zone** 866-614-6005  
151 S 4th St Suite 201, GF, ND  
Apply for state Medicaid, Medicare Savings Program and Long Term Care.

**ND Aging and Disability Resource LINK** 1-855-462-5465  
Aging and disability services, caregiver support, home and community-based services and referrals

**North Dakota Association for the Disabled (NDAD)** 701-775-5577  
2660 S Columbia Road, GF, ND  
Medication, medical equipment, medical travel, personal care attendants, Dial-A-Ride assistance, & referral

**Spectra Health** 701-757-2100  
212 S 4th St, Suite 301, GF, ND 701-343-6418  
321 Townner Avenue, Larimore, ND  
Medical, behavioral health, dental care, and case management on a sliding fee scale.

**MyAlly Health** 701-775-4251  
4700 S Washington St Suite C, GF, ND  
Confidential reproductive health services for men and women regardless of income or age.

**GF Community Based Outpatient Clinic - Fargo VA** 701-335-4380  
3221 32nd Ave S, Suite 700, GF, ND  
Healthcare services for eligible Veterans.

**Options Resource Center for Independent Living** 218-773-6100  
318 3rd St NW, EGF, MN  
Information & referral, skills training, equipment loan program, community education & outreach, personal & systems advocacy

**GF Withdrawal Management Center (Social Detox Center)** 701-203-4742  
207 S 4th St, GF, ND  
Overnight and day stays for individuals detoxing.

**Women's Way** 800-449-6636 or 701-328-3398  
151 S 4th St Suite N301, GF, ND  
Breast & cervical cancer screenings for eligible women.

# SERVICES

## EDUCATION

### **Adult Learning Center** 701-795-2773

500 Stanford Road, GF, ND  
Refresher classes, GED instruction & testing, driver license exam studying assistance, English language learner.

### **Grand Forks Public Library** 701-772-8116

2110 Library Circle, GF, ND  
Free access to internet, computers, and books.

### **GF Public Schools-- Head Start** 701-746-2433

3600 6th Ave N, GF, ND  
Education and schooling that serves children ages 3-5.

### **LaGrave Learning Center** 701-795-6300

824 4th Ave S, GF, ND  
Free access to computer lab.

### **NDSU Extension-- GF County** 701-780-8229

151 S 4th St Suite 302, GF, ND  
Offers free parent education classes.

### **UND Educational Opportunity Center** 701-777-3418

McCannel Hall 3rd Floor, Stop 9207, GF, ND  
Works with adults or students with GED, financial literacy, enrollment in education, career exploration, mentoring and more.

## CLOTHING/TRANSPORTATION

### **The Arc, Upper Valley** 701-772-6191

1200 S Washington GF, ND  
Vouchers for people with intellectual & developmental disabilities

### **Love in Action** 701-330-8775

414 University Ave, GF, ND  
Limited clothing closet for individuals and families.

### **United Way GF/EGF** 701-775-8661

1013 N 5th St, GF, ND  
Kidz Closet applications for donated clothing.

### **Spectra Health** 701-757-2100

212 S 4th St Ste 200, GF, ND  
Limited transportation assistance. Call for an appointment.

### **Salvation Army Smart Shop** 701-775-7255

3401 S 31st St , GF, ND  
Open T-Sat 10a-5:30p  
Vouchers for clothing, furniture & household items may be obtained at 1600 University Avenue 9 am– 2 pm.

### **St. Joseph's Social Care** 701-795-8614

620 8th Ave S, GF, ND  
Vouchers for clothing, furniture & household items. Assistance with medical or funeral related travel only. Call for appointment.

### **North Dakota Association for the Disabled** 701-775-5577

2660 S Columbia Road, GF, ND  
Transportation assistance available for medical appointments and travel..

## TREATMENT AND RECOVERY

### *Medication Assisted Treatment (MAT)* **Spectra Health** 701-757-2100

212 S 4th St Ste 301 GF, ND  
MAT Appointments by availability

### **Northeast Human Service Center** 701-795-3000

151 S 4th St, Suite 401, GF, ND  
Open Access for services M-F 8a-2:30p

### **Mountainbrooke Recovery Center** 701-746-4530

112 N 3rd St, GF, ND  
Offers support, social engagement, and recovery based programs for adults with mental illness.

### **North Dakota Behavioral Health Division** Support for mental health, substance use, promotion and prevention. Programs like Free Through Recovery and Community Connect available to apply for.

### **ACP Project-- Syringe Service Program** 701-335-6051

212 S 4th St, GF, ND on 1st Flr  
M 3-5p, Th 4-7p, Friday 10-5p

### *Narcotics Anonymous* **Living in Recovery** 701-775-4745

University Lutheran Church  
2122 University Ave, GF, ND

### *Alcoholics Anonymous* **We Do Recover** 701-772-2952

401 N 7th St, GF, ND Antenna Building (upstairs)



## EMERGENCY

### **Red River Valley Community Action** 701-746-5431

4212 Gateway Dr, GF, ND  
Emergency services for income eligible individuals or families, veteran services, rent deposits, energy share, and cooling assistance.

### **The Salvation Army** 701-775-2597

1600 University Ave, GF, ND  
Rent evictions, utility disconnections, rent deposits, food pantry, vouchers for clothing & household items.

### **St. Joseph's Social Care** 701-795-8614

620 8th Ave South, GF, ND  
Rent evictions, utility disconnections, vouchers for clothing & household items.

### **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 and case management for homeless families.

## COUNSELING AND CRISIS

### **CVIC** 701-746-0405

**24-hour Crisis Line** 701-746-8900  
211 S 4th Street, GF, ND

### **Northeast Human Service Center** 701-795-3000 **24-hour Crisis Line** call 211

151 S 4th St Suite 401, GF, ND  
Mental health & substance use care for ND residents only  
Open Access 8 am –2:30 pm Mon-Fri

### **Grand Forks VA Clinic** 701-335-4380

3221 32nd Ave S, Ste 700, GF, ND  
Services for eligible Veterans

### 24-Hour Hotlines

**National Suicide and Crisis** Dial 988  
**LGBTQ+ National Hotline** 1-888-843-4564  
**Veteran's Crisis Line** Dial 988 and press 1

## FOOD



### **East Grand Forks Food Shelf** 701-773-8083

1715 3rd Ave NW, EGF, MN  
Mon & Wed 10 am—5 pm and Fri 10a-2p

### **Hope Church Community Care Center & Food Pantry** 701-757-3480

1726 S Washington St, Suite S11, GF, ND  
Wed 10 am-5 pm & Thurs 5 pm-8 pm

### **Northlands Rescue Mission** 701-772-6600

420 Division Ave, GF, ND  
Food Baskets are available Mon-Fri 10 am-4 pm.  
Wed 10 am-7 pm

### **The Salvation Army** 701-775-2597

1600 University Ave, GF, ND  
Mon-Fri 9am-11:15a and 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.

### **Red River Valley Community Action** 701-746-5431

4212 Gateway Dr, GF, ND  
Food Pantry: Tue 9 am-Noon; 1:30 pm-4:30 pm & Thurs 5 pm-7 pm  
Commodities: Persons 60 years of age & older

## HOT MEALS

### **Northlands Rescue Mission** 701-772-6609

420 Division Ave, GF, ND  
Meals served to the community daily at 12 pm & 5 pm

### **Love in Action** 701-330-8775

414 University Ave, GF, ND  
Hot meals M-Th served 11-1p

### Free Summer Lunch for Youth

### **St Joseph's Social Care** 701-795-8614

Served during June & July. Call for dates and locations.