

## SUPPORT

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

**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

## 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

INFO ON THIS BROCHURE IS SUBJECT TO CHANGE.  
PLEASE DO NOT ALTER THIS BROCHURE WITHOUT  
THE PERMISSION OF CANA.

## *Need Assistance?*

*Call Us*

*First*



### *CANA*

*Community Agency Networking  
Association  
March 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** 701-335-4380  
3221 32nd Ave South, Suite 700  
Housing for eligible Veterans who are homeless

**Supportive Services For Veteran Families**  
1600 University Avenue 775-2597 ext 201  
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—3 pm  
Prescription assistance

**Third Street Clinic** 772-1263  
311 South 4th Street Suite 117  
Monday-Friday 9am-4pm Access to healthcare services for low income & uninsured residents of GF & Polk Counties

**Valley Community Health Centers**  
321 Towner Avenue, Larimore, ND 343-6418  
104 North Park Street, Northwood, ND 587-6000  
212 S 4th Street, Suite 301 Grand Forks, ND 757-2100  
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

**Parents Learning and Understanding Supports**  
225 Centennial Drive 701-213-9945  
Free resource connection for children and families



## 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 9:30 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  
Monday, Tuesday, Thursday , Friday 9 am—6 pm  
Wednesday 9am-8pm Saturday 10am-5pm

## 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  
Rent deposits, energy share and homeless shelter for  
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  
City bus pass and medical travel

**The Salvation Army** 775-2597  
1600 University Avenue  
Bus tickets and gas vouchers for emergencies 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 am—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 or those with disabilities,

**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  
June 1-July 30th. Call for locations.