

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

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

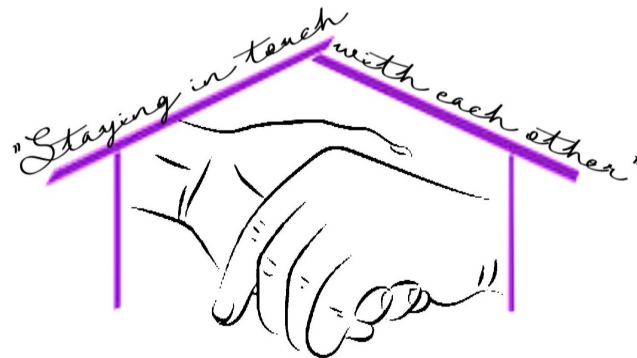
Grand Forks Head Start 701-746-2433
3600 6th Ave N, GF, ND
Serves children ages 3-5.

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

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
4212 Gateway Dr., GF, ND 701-746-5431
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
Services include Outpatient Social Work/Case Management.

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

NDAD (North Dakota Association for the Disabled) 701-775-5577

2660 S Columbia Road, GF, ND
Information and referral, prescription medications, medical equipment, out of town medical travel, personal attendant care, Dial-A-Ride assistance, home and vehicle accessibility, adaptive recreation, Healthcare Equipment Loan Program, and more .

Spectra Health
212 S 4th St, Suite 301, GF, ND 701-757-2100
321 Towner Avenue, Larimore, ND 701-343-6418
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
318 3rd St NW, EGF, MN 218-773-6100
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 community 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.

NDAD (North Dakota Association for the Disabled) 701-775-5577
2660 S Columbia Road, GF, ND
Transportation assistance available for medical appointments and travel.. Assistance with Dial-a-Ride applications.

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 & Wed 8am-12p
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.