

## Other Services

Dave Ramsey Online Resources  
[www.daveramsey.com](http://www.daveramsey.com)

Resources and education on budgeting, eliminating debt and planning for the future

MN Adult & Teen Challenge  
612-464-2866

Locations in Minneapolis, Alexandria, Brainerd, Duluth and Rochester.

Volunteer Lawyers Network (VLN)  
612-752-6677, [www.vlnmn.org](http://www.vlnmn.org)

Statewide civil and criminal expungement legal services available for low-income people through volunteer attorneys

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

Help for low-income people with a broad range of civil (non-criminal) legal matters.

Legal Aid Service of Northeastern MN: 218-623-8100  
[www.lasnem.org](http://www.lasnem.org)

424 W Superior St, 302 Ordean Bldg., Duluth

Post abortion counseling

Beauty For Ashes – one on one and group meetings through a bible-based curriculum. 218-727-3399

The Emily Program: 888-364-5977 [www.emilyprogram.com](http://www.emilyprogram.com)  
26 E Superior St, Suite 315, Duluth, MN 55802 assistance for eating disorders.

## Pregnancy Resource Centers

New Beginnings  
218-246-2010  
17 1st Street NE  
Deer River, MN

Family Life Center  
218-262-5768  
802 E Howard St, Ste. 3  
Hibbing, MN

Family Life Center  
218-262-5768  
820 N 9th St, Suite 130  
Virginia, MN

Northern Options For Women  
218-285-7673  
923 5th St.  
International Falls, MN

Lake Superior LifeCare Center  
715-394-4102  
4915 E Superior St  
Duluth, MN

## Emergency Services

National Domestic Violence Hotline 24/7  
800-799-7233 Text BEGIN to 88788

Day One MN 1-866-223-1111 (24-hours)  
<https://dayoneservices.org/>  
Help and resources for victims of general crime, domestic violence, sexual assault, trafficking.

Friends against Abuse-friendsagainstabuse.com  
24 Hour Phone Service, International Falls, MN  
1-888-344-3264, in Baudette, MN call: 218-634-3233

Safe Haven: 24-hour crisis line: 218-728-6481; domestic abuse hotline and shelter  
Safe Haven Resource Center: 218.623.1000;  
[www.safehavenshelter.org](http://www.safehavenshelter.org); 414 W 1st St, Duluth

24/7 Mental health crisis and suicide prevention line  
Text 988

National Suicide Prevention line 1-800-273-8255

Warm Line (844) 739-6369  
[mnwitw.org/mnwarmline](http://mnwitw.org/mnwarmline)  
5pm - 9am (7 days a week/365 days a year)

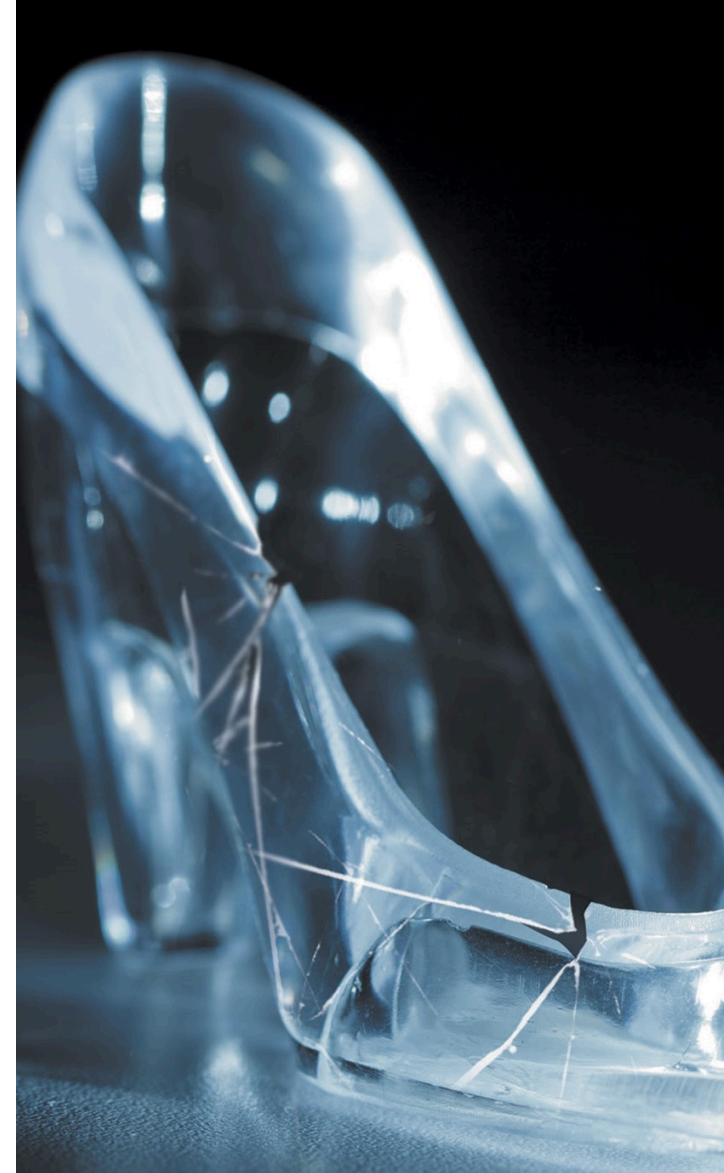
<https://fasttrackermn.org/> Search tool for real time information and availability for behavioral/mental health services.

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Bethany Crisis Shelter: 218-626-2726 [www.lssmn.org](http://www.lssmn.org);  
[bethanycs@lssmn.org](mailto:bethanycs@lssmn.org) provides emergency childcare and diapers.

For additional resources or  
to find a local Single  
Mom's group contact  
Amanda Jaeger-  
[skoldamanda@yahoo.com](mailto:skoldamanda@yahoo.com)



# Single Mom Resources

North East

## Housing

HRA by county look up

<https://www.hud.gov/states/minnesota/renting/hawebsites>

<https://www.mnhousing.gov/>

links to home ownership programs and rental programs.

<https://www.housinglink.org/>

Searchable website for subsidized housing

CommonBond Communities

<https://commonbond.org/>

Searchable website for affordable or supported housing.

Affordable Housing Online

[www.affordablehousingonline.com](http://www.affordablehousingonline.com)

Searchable website for affordable housing, Public Housing, Section 8, also has signup for alerts for wait list openings.

Center Housing Supportive Services:  
218-728-6437

Housing & Redevelopment Authority of Duluth:  
218-529-6300  
[www.duluthhousing.com](http://www.duluthhousing.com)

Life House: 218-722-7431  
[www.lifehouseduluth.org](http://www.lifehouseduluth.org)

## Food

Fare for All

<https://www.thefoodgroupmn.org/groceries/fare-for-all>

Ruby's Pantry

<https://www.rubyspantry.org/find-location>

CHUM: 218.720.6521; [www.chumduluth.org](http://www.chumduluth.org)

Salvation Army: 218-722-7934

Second Harvest: 218-727-5653

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

Vineyard Church of Duluth: 218-525-3462;

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

## For Kids

Help Me Connect

"A navigator connecting expectant families, families with young children (birth-8years old)

<https://www.thinksmall.org/> State Early Learning Scholarships 651.641.6604 Financial support up to \$5000 to help pay for high-quality early care and education

Imagination Library

<https://imaginationlibrary.com/check-availability/>  
Receive free books for children from birth to age 5, no matter their family income.

\*\*All PMAP and Minnesota Care policies have a car seat program. Call the number on the back of the child's card and ask 🍷

UCare Insurance-[ucare.org/health-wellness/pregnancy-children-teens/seats-program](http://ucare.org/health-wellness/pregnancy-children-teens/seats-program)  
HealthPartners Insurance- [freecarseat.org](http://freecarseat.org)

Toys for Tots

<https://www.toysfortots.org/find-your-local-chapter/>

Kids Closet of Duluth:218.722.4533;  
[www.kidsclosetofduluth.org](http://www.kidsclosetofduluth.org); 2431 W 3rd St, Duluth

## Basic Needs

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

Helping with health care, legal aid, food pantries, food delivery, housing transportation, counseling, dental care and more.

Bridge to benefits

<https://www.bridgetobenefits.org/ScreeningTool>  
Website that takes basic information and determines eligibility for state and federal programs. Option to enter contact information and resources will contact you.

<https://minncap.org/local-agencies#interactivemap>  
Community Action Partnerships offer a variety of programs including energy assistance, food support, housing, etc.

United Way 211 or 1-800-543-7709

Free, confidential help to find information for housing, food, clothing, tax assistance, family resources, healthcare, legal services, and much more!

Union Gospel Mission: 218-722-1196  
[www.duluth-ugm.org](http://www.duluth-ugm.org) emergency food supply, personal items, and baby items

Salvation Army: 218-740-3051

Community Action in Duluth: 218-726-1665  
[www.communityactionduluth.org](http://www.communityactionduluth.org)  
2424 W 5th St. Duluth, MN 55806

Damiano Center: 218-722-8708;  
[www.damianocenter.org](http://www.damianocenter.org)  
206 W 4th St #214, Duluth, MN 55806  
Work clothing, bus tokens, gas, meals.

