

Other Services

Dave Ramsey Online Resources
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

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

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
424 W Superior St, 302 Ordean Bldg., Duluth

www.freewill.com to complete a free will that after notarization is legal binding

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 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; 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
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;
bethanycs@lssmn.org provides emergency childcare and diapers.

North East



Single Parents
Resources & Support

For additional resources, to find a local
single parent group, or events
www.sprs.life

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
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

Life House: 218-722-7431
www.lifehouseduluth.org

Food

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

CHUM: 218.720.6521; www.chumduluth.org
Salvation Army: 218-722-7934
Second Harvest: 218-727-5653
www.northernlakesfoodbank.org
Vineyard Church of Duluth: 218-525-3462;
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
HealthPartners Insurance- freecarseat.org

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

Kids Closet of Duluth:218.722.4533;
www.kidsclosetofduluth.org; 2431 W 3rd St, Duluth

Basic Needs

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 emergency food supply, personal items, and baby items

Salvation Army: 218-740-3051

Community Action in Duluth: 218-726-1665
www.communityactionduluth.org
2424 W 5th St. Duluth, MN 55806

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

Energy

**Find your local Community Action Partnership for help with heating and cooling
www.minncap.org

