



Aitkin County Resource Directory

Directory Funders

Aitkin Lions

Mille Lacs Band of Ojibwe

Mille Lacs Round-Up Program

Lake Country Power

McGregor Lions

Aitkin Moose Lodge

Pamida Foundation

Ken Kellar Foundation

Otto Bremer Foundation

Disclaimer: The resources listed in this directory are not all inclusive. Because of the limited space and size of the directory, not all organizations or agencies could be listed. The committee recognizes, however, that there are many other agencies outside of Aitkin County which serve county residents

Corrections and additions to the directory are encouraged and can be sent to Betty Jacobs at coordinatingcare@gmail.com

 **updated January 2014** 

Emergency Numbers

Ambulance	911
Abuse Reporting (Child & Adult)	911 or 1-800-328-3744
Crisis Line & Referral Service	1-800-462-5525
Crime Victim Services	1-888-422-7347
Domestic Violence Advocate (Local)	218-927-2327 1-888-276-1720
Drug Information	1-800-622-HELP (4357)
Fire	911
First Call For Help (Grand Rapids)	211 or 1-800-422-8565
Hearing Impaired Line	TTY/TDD 218-326-4634
Hospitals	
Aitkin	218-927-2121 or 1-888-270-1882
Brainerd	218-829-2861 or 1-888-829-2861
Crosby	218-546-7000 or 1-888-487-6437
Itasca (Grand Rapids)	218-326-3401
Moose Lake	218-485-4481
Mora	320-679-1212
Onamia	320-532-3154 or 1-877-535-3154
MN Hwy Patrol (Emergency)	Dial 0 ask for Zenith 7000
National Center for Missing & Exploited Children	1-800-843-5678 TDD 1-800-826-7653
National Child Abuse Hotline	1-800-422-4453 TDD 1-800-422-4453
National Domestic Violence Hotline	1-800-799-7233 TDD 1-800-787-3224
National Suicide Hotline	1-800-784-2433 or 1-800-273-8255 TTY 1-800-799-4889
Parenting Hotline	1-800-621-6322
Poison Control Information	Voice, TDD, TTY 1-800-222-1222
Rape, Abuse & Incest National Network	1-800-656-HOPE (4673)
Runaway Switchboard	1-800-786-2929 TTY/TDD 1-800-621-0394
LSS Runaway & Homeless Youth Program	1-888-828-4383
Sexual Assault Advocate	TTY: 711
Itasca Co.	1-866-747-5008
Carlton County	1-800-910-1810
Crow Wing County	1-888-458-0494
Kanabec & Pine Counties	1-800-644-0003
Mille Lacs Co.	320-522-2055
Sheriff	911
Suicide Prevention	
Crow Wing County Crisis Line	1-800-462-5525
Itasca County First Call for Help	218-326-8565

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Abuse Related Services

Advocates Against Domestic Abuse 218-927-2327
Hotline (24 hours) 1-888-276-1720
P.O. Box 153 Aitkin, MN 56431 Fax 218- 927-2048
1-888-276-1720

*Support for victims of domestic violence. 24 hour assistance.
Legal Advocacy – assistance with OFP, Attorney referrals.*

Aitkin County Child Abuse Prevention Council 218-927-7200
P.O. Box 265, Aitkin, MN 56431 1-800-328-3744
*Education and activities regarding the prevention of violence and
child abuse. Promotion of healthy families and communities.*

Aitkin County Health & Human Services 218-927-7200
204 1st St. NW., Aitkin, MN 56431 1-800-328-3744

Aitkin Co. Crime Victim Assistance Program 218-927-7446
217 2 St. NW, Aitkin, MN 56431 Fax 218-927-2549
Courthouse 1-888-900-2138
*Financial claims assistance, escort to court, and information on
criminal justice system & victim's rights.*

Support Within Reach Aitkin 218-927-6226
204 2nd Street NW, Aitkin, MN 56431
Crisis Line (24 Hours) 218-326-1314
Toll Free 1-866-747-5008
*Medical and legal advocacy for sexual assault victims and their
families. Support group, counseling, public and professional
education. Serves Aitkin County.*

Chambers Of Commerce

Aitkin Area Chamber of Commerce 218-927-2316
P. O. Box 127, 10-3rd Street NE, Aitkin, MN 56431 www.
aitkin.com or upnorth@aitkin.com 1-800-526-8342

Hill City Area Chamber of Commerce 218-697-2301
P.O. Box 263, Hill City, MN 55748

McGregor Area Chamber of Commerce 218-768-3692
P.O. Box 68 47987 – 240th Ave 1-877-338-5416
McGregor, MN 55760
www.mcgregormn.com or chamber@mcgregormn.com
*Tourist info center at wayside rest on Hwy 210 E, open Tuesday -
Friday, May to October.*

Mille Lacs Area Tourism 320-676-9972
P.O. Box 286, Isle, MN 56342 1-888-350-2692
www.millelacs.com or vacation@millelacs.com

Palisade Area Chamber of Commerce 218-845-2511
47864 Great River Road, Palisade, MN 56469 218-845-2444

Rivers and Lakes Connection 218-927-2316
Welcoming service for new residents in Aitkin area.

Chemical Dependency

*Find Aitkin Alcoholics Anonymous, Alateen, Alanon and
Narcotics Anonymous in listings under Category: Support Groups*

Aitkin County Health & Human Services 218-927-7200
204 1st St. NW., Aitkin, MN 56431 1-800-328-3744

Chemical Dependency, Cont'd

- Alateen Group** 218-927-6240
322 1st Avenue NE., Aitkin, MN 56431
Meets at Aitkin Alano Club Mondays 6 – 7 p.m. for teens whose parents or friends are alcoholics.
- Avalon** 218-828-1270
12 Washington St, Suite 4, Brainerd Fax: 218-829-9385
www.meridianprograms.com
Chemical Health Assessments & Treatment
- Central Lakes Drug Testing** 218-829-9326
705 S 5th Street, Brainerd, MN 56401
- Mille Lacs Band – East Lake Coordinator** 218-768-2431
- Northland Recovery Center** 218-327-1105
1215 SE 7th Avenue, Grand Rapids, MN 55744 1-800-626-0377
www.northlandrecovery.com
- Riverwood Healthcare Center** 218-927-5194
200 Bunker Hill Drive, Aitkin, MN 56431 218-927-5543
Testing for drug and alcohol use.
- Sobriety Court** 218-927-7449
Aitkin County Courthouse
209 2nd St. NW, Aitkin, MN 56431
Assistance to drunk drivers to complete court process and treatment.
- Test Country.com** 1-866-237-7976
Drug test kits and urinary tests can be purchased.
- Veterans Service Office, Aitkin County** 218-927-7320
209 2nd St. NW., Aitkin, MN 56431 1-888-404-7320
Resources for veterans regarding chemical use and abuse.

Child Care

And Services for Families

Contact Aitkin County Health & Human Services for a listing of licensed and private daycare facilities

After-School Programs

Aitkin – Rippleside EXTRA for Kids 218-927-4338 Ext. 460

Aitkin – Summer School 218-927-2115 Ext. 118

Hill City 218-697-2394

McGregor 218-768-2111

After school programs for K-6 or K-12

Aitkin Children’s Center 218-927-4838 ext. 202

Rippleside Elementary, 225 2nd Avenue SW, Aitkin, MN 56431

Preschool education, preparation for kindergarten. Scholarships available. Family Nights : Thursday, 6:00 p.m. – 7:15 p.m. Call to register

Aitkin Country Health & Human Services 1-800-328-3744

Licensing: Foster and Family Child Care 218-927-7200

Maternal/Child Health Program 218-927-7209

Childbirth/Prenatal Education

Aitkin: Riverwood Healthcare Center 218-927-5318

200 Bunker Hill Drive, Aitkin MN 56431

Group meets for five weeks, Tues, 7:00-9:00 p.m.

Crosby: Cuyuna Regional Medical Center 1-888-487-6437

320 East Main Street, Crosby, MN 56444

Group meets for four weeks, Thurs, 6:30 – 9:00 p.m. (year around).

Child Care, Cont'd

Grand Rapids: Grand Itasca Medical Center 218-326-5000

1601 Golf Course Road, Grand Rapids, MN

Group meets for 5 weeks, Tues 6 – 8 p.m. (quarterly) Express

Weekends for busy parents - 9 – 4, Sat only (also quarterly).

Newborn infant care class - Tues, 6 - 8 p.m. (quarterly) or Express class.

Onamia: Mille Lacs Health System 320-532-2712

200 No. Elm Street, Onamia

Group meets for four weeks, Mondays, 6:00-8:00 p.m.

Child Care Aware 1-800-424-2246

www.ChildCareAware.org

Guidelines in choosing safe and healthy childcare; help in locating referrals.

Child Care Resource & Referral (NE District) 1-800-890-5399

www.mnchildcare.org

Serves a six county region including Aitkin County to assist parents and child care providers in locating and evaluating information on programs and licensing child care. Education and training for parents, grandparents, daycare and foster care providers.

Crisis Nursery - Bridges of Hope, Brainerd 218-825-7682

1-800-462-5525

Short-term safe, nurturing care for children ages 0 - 12 in a family crisis. Service Crow Wing County and surrounding areas.

Early Childhood Family Education (ECFE)

Call local school district or East Lake Center for services and scheduled classes to help parents teach their children. Activities and learning for parents and children (ages 0-5 years). Sibling care may be available. Sliding fees are available on request.

Child Care, Cont'd

Head Start 1-800-832-6082

Lakes & Pines CAC, Inc. 320-832-6082

1700 Maple Ave. E., Mora, MN 55051 (TTY) 320-679-1800

www.lakesandpines.org (Fax) 320-679-4139

Head Start – Preschool development through 4 models: Home Based, Child Care Center, Informal Care and Family Child Care.

Qualifications are based on family income, child's age (0-5 years) and special needs.

PACER Center 1-800-537-2237

8161 Normandale Blvd, Minneapolis, MN 55437 952-838-9000

pacerc@pacerc.org

Free assistance for families with children (preschool to school age) with disabilities.

Promise Land Pre-school Ministry 1-218-927-2728

Westside Church, 810 2nd Street NW, Aitkin, MN 56431

Monday - Friday 7:00 a.m. - 5:30 p.m. Ages infant to 11 years.

Licensed. Paid by fees and childcare assistance.

Remnica House (under AADA) 218-927-2238

P.O. Box 153 FAX: 218-927-2048

111 NW 2nd St. , Aitkin, MN 56431 www.remnicahouse.com

Services to children and adults who have experience family violence.

Intake assessments. Supervised visitation and safe exchange

program. Hours: Tuesday - Friday 2:00 – 7:00 p.m. Saturday 11:00

a.m., – 7:00 p.m., Sunday 4:00 p.m. – 6:00 p.m. (exchanges only)

Stepping Stones Childcare Learning Center 218-927-4767

921 Second St NW, Aitkin, MN 56431

Daycare program with age appropriate groupings of infants through age 12 years. Also, all-day preschool program is provided.

Clothing Assistance

- DAC – Mart** 218-927-1992
308 Minnesota Ave. N., Aitkin, MN 56431
Developmental Achievement Center Resale Shop. Sells used clothing and household items. Employs DAC clients.
- Helping Hands Clothes Closet (IREC)** 320-676-1050
610 Mille Lacs Ave. S., P.O. Box 25 320-676-3101
Isle, MN 56342
Free clothing (primarily children) and household items. Open Mon., 9:00 a.m. – 1:00 p.m. Call to donate.
- Hill City Thrift Shop** 218-697-2424
221 Ione Street, Hill City, MN 55748
*Used clothing, household items, furniture, bedding, etc.
Open Thurs. - Sat., 9:00 a.m. – 5:00 p.m. Weekly sales on special products on Thursdays.*
- McGregor Area Clothing Closet** 218-426-3330
7 Maddy St. (next to NAPA) McGregor, MN 55760
Open 10: a.m – 2:00 p. m. Tues. – Sat.
- One More Time** 866-679-4700
245 W. Main St, Isle, MN 56342 320-676-8295
Open Mon. – Sat., 9 a.m. – 4 p.m.



Collaboratives



Aitkin Child Abuse Prevention Council 218-297-7200
 PO Box 265, Aitkin, MN 56431 1-800-328-3744
*Education and activities regarding the prevention of child abuse.
 Promotion of healthy families and communities. Mini-grants for
 community agencies.*

Elder Care Collaborative Mega Meetings 218-927-4992
 Call Susan Clark Harris sclarkharris@mlecwb.net
 St John's Lutheran, 324 Third St NW, Aitkin, MN 56431
*Second Tuesday of quarterly at 9:30 a.m. January, April, July, October
 Networking of nonprofit agencies and human service organizations.*



Consumer Services



Attorney General's Consumer Protection Division 1-800-622-7772

Attorney General's Office of Minnesota 1-800-657-3787

Attorney Referral Service (statewide) 1-800-292-4152

Better Business Bureau of Minnesota 1-800-646-6222

Charities Review Council 1-800-733-4483

Consumer Product Safety Commission 651-290-3781

Housing Discrimination Hotline 1-800-424-8590

Internal Revenue Service 1-800-829-1040
 www.irs.gov TDD 1-800-829-4059

Legal Aid Service of NE Minnesota 1-800-933-1112
 14091 Baxter Dr #116, Baxter, MN 56401 TTY 218-829-1701
 424 W. Superior St #320, Duluth, MN 55802 1-800-622-7266
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Consumer Services, Cont'd

Legal Services Corporation

www.LawHelpMN.org

www.mncourts.gov/selfhelp

Self-help Center

MN Department of Human Rights

1-800-657-3704

MN Department of Revenue

1-800-652-9094

Mail Station 0065, St. Paul, MN 55146

MN State Bar Association

www.mnfindalawyer.com (lawyer profiles)

MN Women Lawyers

612-338-3205

Northland Mediation Services

1-888-529-2431

314 W. Superior St, Duluth, MN 55802

Mediation for family law, human rights issues, etc. Sliding fee schedule.

Office of Ombudsman for Long Term Care

1-800-657-3591

Enhance quality of life and services for older adults through advocacy, education, and empowerment. Office hours: Mon. – Fri., 8:00 a.m. – 4:30 p.m.

Service Corps of Retired Exec. (SCORE)

1-800-634-0245

Social Security

1-800-772-1213

TTY 1-800-3250778

2215 6th St S., Brainerd, MN 56401

218-829-7174

400 First Place Bank,

130 W Superior St, Duluth, MN 55802

218-727-1193

www.ssa.gov

open 7:00 a.m. – 7:00 p.m.

Consumer Services, Cont'd

University of Minnesota Extension Office 218-927-7321
Aitkin County Courthouse FAX 218-927-7372
209 2nd St. NW., Aitkin, MN 56431
Aitkin@extension.umn.edu www.extension.umn.edu/county/aitkin

Veterans Service Office, Aitkin County 218-927-7320
209 2nd St. NW., Aitkin, MN 56431 1-888-404-7320

Volunteer Attorney Program 1-888-529-2431
314 W. Superior St, Duluth, MN 55802
Serves low-income people in Aitkin County and others. Call for eligibility for family law issues, bankruptcy, and other civil cases.

Counseling

Aitkin County Health & Human Services 218-927-7200
503 Minnesota N, Aitkin, MN 56431 1-800-328-3744

Clearview Counseling 1-218-330-4303
204 2nd St NW, Aitkin, MN 56431 Contact – Jodi Olson
Outpatient services include Christian counseling, sexual and physical abuse, mood disorders, relationship problems, etc.

Family Support Providers/Counselors
Aitkin High School 218-927-2115
Hill City School 218-697-2394
McGregor School 218-768-2111
Rippleside Elementary School 218-927-4838

Lakeside Counseling 218-678-2859
45176 215th Lane, Aitkin, MN 56431 Contact – Ken Lahmann

Counseling, Cont'd

- Lives In Transition** 218-927-7046
Aitkin Workforce Center
321 Minnesota Ave N., Aitkin, MN 56431
Provides career counseling and assists people in transition to plan for the future.
- Lutheran Social Services** 1-800-582-5260
218-829-5000
The Counseling Center 218-828-7379
523 N 3rd St #4, Brainerd, MN 56401
Outpatient counseling for adults and children. Sliding fee available.
- Mental Health** 24 hour answering 1-800-462-5525
Crisis Line volunteers handle calls and refer to the Mobile Team.
- Northern Pines** 1-800-566-3235
520 Fifth Street, Brainerd, MN 56401 218-829-3235
www.npmh.org
Outpatient mental health.
- Northland Counseling** 24 hour answering 1-800-450-1274
215 SE 2nd Ave, Grand Rapids, MN 55744 218-326-1274
www.northlandcounseling.org
Outpatient mental health services.
- Nystrom & Associates, Ltd.** 218-829-9307
13021 Evergreen Drive, Baxter, MN 56425
Christian counselors from variety of professional fields. Help persons experiencing personal, marital, family, or psychological problems.

Crime Victim Services

See Also: Government for State Services and Support Groups

Advocates Against Domestic Abuse (AADA) 218-927-2327
Hotline (24 hours) 1-888-276-1720
P.O. Box 153 Aitkin, MN 56431 Fax: 218-927-2048
*Support for victims of domestic violence. 24 hour assistance.
Legal Advocacy – assistance with orders for protection, support
groups. Emergency & transitional housing. Resources and referrals
to enable women to become self-sufficient.*

Aitkin County Health & Human Services 218-927-7200
204 1st St. NW., Aitkin, MN 56431 1-800-328-3744

Aitkin Co. Crime Victim Assistance Program 218-927-7446
217 2 St. NW, Aitkin, MN 56431 Fax: 218-927-2549
County Attorney's Office 1-888-422-7347
*Criminal justice system information, support and advocacy,
transport, referrals, assistance with financial remedies; other
crime victim rights by law for all who fall victim to crimes within
Aitkin County.*

Mille Lacs Band of Ojibwe Women's Project
Domestic Violence Shelter 320-495-3514
1-866-867-4006
District 1 Advocate 320-532-4780
1-800-709-6455 ext 4780
District 2 (East Lake) Advocate 218-768-4412
District 3 Advocate 320-630-2678
Sexual Assault (all 3 districts) 320-532-4780
1-800-709-6455 ext 4780
*Crisis call, support & advocacy, emergency shelter, information
& referrals, support groups, transportation. Services are free &
confidential, regardless of race, gender or financial status. Counties
served: Aitkin, Crow Wing, Mille Lacs & Pine.*

Crime Victim Services, Cont'd

MN Crime Victim Reparation Board

1-888-622-8799

Remnica House (under AADA)

218-927-2238

P.O. Box 153

FAX 218-927-2048

111 NW 2nd St, Aitkin, MN 56431

www.remnicahouse.com

Free services to children & adults who have experienced family violence. Supervised visitation & safe exchange program. Intake assessments. Hours: Tuesday – Friday: 2:00 p.m. - 7:00 p.m.; Saturday: 11:00 a.m. - 7:00 p.m.; Sunday: 4:00 p.m. - 6:00 p.m. (exchanges only)

Support Within Reach

Aitkin 218-927-6226

204 2nd Street NW, Aitkin, MN 56431

Crisis Line (24 Hours)

218-326-1314

Toll Free

1-866-747-5008

Medical and legal advocacy for sexual assault victims and their families. Support group, counseling, public and professional education. Serves Aitkin County.

Victim Information & Notification

1-877-664-8453

Notification of offender status.

Crisis Intervention

Advocates Against Domestic Abuse

218-927-2327

24-hour Answering

1-888-276-1720

P.O. Box 153, Aitkin, MN 56431

Fax: 218-927-2048

Support & advocacy, emergency shelter, help with protective orders.

Aitkin County Health & Human Services

218-927-7200

204 1st St. NW., Aitkin, MN 56431

1-800-328-3744

Fax: 218-927-7210

Mental Health (24 hours)

1-800-462-5525

Crisis Intervention, Cont'd

Counseling Center 218-828-7379
St. Joseph's Medical Center TDD 218-829-5339
523 3rd St. N., Brainerd, MN 56401 1-800-828-7379

Crisis Line & Referral Service Office 218-828-4515
Active listening, information and referral 1-800-562-5525
P.O. Box 192, Brainerd, MN 56401 218-828-4357
*Active listening by volunteers. 24 hour information and referral.
Serves as an after-hours connection to emergency mental health
services.*
Yellow Ribbon Ask 4 Help program www.yellowribbonmn.org

Crisis Nursery 1-800-462-5525
Bridges of Hope, Brainerd 218-825-7682
*Short-term safe, nurturing care for children ages 0-12 in a family
crisis.*

First Call for Help (Active Listening) 211 or 1-800-442-8565
24 hour information and referral TDD 218-326-4634
After hours referral line / Parent Hotline (or 211) 1-800-543-7709
Mental Health (24 hours) 218-326-8565
Grand Rapids, MN 55744

Focus Unit – St. Joseph's Medical Center 218-828-7379
523 3rd St. N., Brainerd, MN 56401
Chemical dependency treatment

Gambling Hotline 1-800-437-3641

Support Within Reach Aitkin 218-927-6226
204 2nd Street NW, Aitkin, MN 56431
Crisis Line (24 Hours) 218-326-1314
Toll Free 1-866-747-5008
*Medical and legal advocacy for sexual assault victims and their
families. Support group, counseling, public and professional
education. Serves Aitkin County.*

Crisis Intervention, Cont'd

Mental Health (NAMI - 24 hr answering) 1-888-626-4435 Ext. 6
www.nami.org/namimn

Sexual Assault Services

Aitkin Crisis Line (24 Hours)	1-800-442-8565
Carlton County	1-800-910-1810
Crow Wing County	1-888-458-0494
Kanabec & Pine Counties	1-800-644-0003
Mille Lacs County	320-522-2055

Disability Services

Access Healthcare Inc. 218-927-3801
Mary Hill Manor 1-888-655-0004
215-3rd St SE, Aitkin, MN 56431 FAX 218-927-3862
www.accesshc.com

Support for the highest level of functioning and maximum independence for people of all ages in their homes and in community settings. Customized programs, nursing, rehabilitation, in-home mental health, home health aides, homemakers, respite care, and medication setups.

Access North 218-824-5228
(Center for Independent Living of NE MN) 1-800-390-3681
FAX 218-824-1421
606 NW 5th St, Brainerd, MN 56401 www.accessnorth.net

A disability resource center for all ages. Emphasis on improving quality of life for people with disabilities. Advocacy, independent living skills, information & referral, peer/group support, personal care assistance, transition services for high school students, employment services, & coordination of community supports.

Disability Services, Cont'd

Aitkin County Developmental Achievement Center (DAC)

P.O. Box 176, 181 N. Maddy St.

218-768-4031

McGregor, MN 55760

www.aitkincountydac.com

Education & employment for developmentally disabled individuals.

Aitkin County Adult Day Service (DAC)

218-768-4031

Provides care and activities for adults with special needs to give the caregiver a break. Includes: transportation, health monitoring, activities, meals, & assistance with personal cares. Scholarship fund available when financial difficulties. Mon. - Fri., full or half day.

Aitkin County CARE, Inc.

218-927-1383

P.O. Box 212, Aitkin, MN 56431

CARE provides caregiver consulting and referral services to help seniors and disabled adults stay in their homes.

Aitkin County Health & Human Services

218-927-7200

204 1st St. NW., Aitkin, MN 56431

1-800-328-3744

Community Based Services available to help keep disabled individuals in their homes. Services include home nursing and health aid, homemakers, respite, medical transportation, etc.

Camp New Hope

218-426-3560

Box 578, McGregor, MN 55760

Serves people with multiple challenges.

DAC Mart

218-927-1992

308 Minnesota Ave N., Aitkin, MN 56431

Employment for disabled persons/ Sells used clothing/household items

❧ Disability Services, Cont'd ❧

Disabled American Veterans 218-927-7320
Veterans Services 1-888-404-7320
217-2nd St NW, Aitkin, MN 56431
Veterans Linkage Line™ 1-888-546-5838
Meets once a month at the American Legion in Aitkin. Raises money for disabled vets and other community programs.

Disability Linkage Line 1-888-333-2466
www.Minnesotahelp.info TTY/TDD 711
1-800-327-3529
Statewide information & referral resource for Minnesotans with disabilities or chronic illnesses, family members, service providers. Info & assistance with housing, personal care, transportation, employment, benefits, technology.

Equipment Distribution Program (EDP) 218-723-4964
TTY & Voice 1-888-234-1322
320 W. 2nd Street, Suite 710, Duluth, MN 55842
Assists people who have problems hearing or speaking on the telephone. Qualified people receive special equipment at NO COST.

Head Start 320-679-1800
Lakes & Pines Community Action Council 1-800-832-6082
1700 Maple Ave E, Mora, Mn 55051-1227
Head-Start is a child development program for preschool-aged children who are from low-income families or who have special needs.

Hope for the Future - Drop In Center 218-927-3748
Access North, 218-2nd St NW, Aitkin, MN 56431
Support group for persons with mental illnesses. Use of computers & access to other resources.

❧ Disability Services, Cont'd ❧

Learning Stable 218-927-6137

38759 – 390th Avenue, Aitkin, MN 56431

Offering horse centered programming for all ages & abilities.

Serves physical, mental, emotional, social & recreational needs.

Lighthouse for the Blind 218-624-4828

4505 W. Superior St., Duluth, MN 55807 1-800-422-0833

Rehabilitates and employs persons experiencing blindness.

Lutheran Social Services 1-866-444-3743

Supervised and assisted living services for adults and children with developmental disabilities. Service is located in Baxter, MN.

Mental Health Hotline 1-800-523-3333

24-hour help

Mental Health Consumer Survivor Network of MN

223 N. Jefferson St, Wadena, MN 56482 1-888-478-4418

www.mhcsn.org 218-632-5878

Statewide organization run by people with mental health issues.

Provides education and support to persons with a mental health diagnosis, and to providers and family members regarding mental health. Serving Aitkin, Cass, Wadena, Morrison, Todd and Crow Wing Counties.

MN Children with Special Health Needs (Dept of Health)

1-800-728-5420

www.health.state.mn.us/divs/fh/mcshn.mcshn.html

MN Ombudsman for Mental Retardation & Mental Illness

1-800-657-3506

1777 Hwy 18 E, Brainerd, MN 56401 218-828-2366

❧ Disability Services, Cont'd ❧

- MN State Services for the Blind or Visually Handicapped** 1-800-652-9000
204 Laurel St., Brainerd MN 56401 1-800-657-3779
320 W. 2nd St, Duluth, MN 55802 1-800-657-3752
- Mounted Eagles - Therapeutic Riding** 1-888-828-9920
www.mountedeagles.org 218-568-5883
A 501(c) Non-Profit, NARHA Premier Accredited Center that provides therapeutic horsemanship and equine assisted activities to individuals who face physical, mental, social and/or emotional challenges. Minimal fees, scholarships available. Trained volunteers.
- National Rehabilitation Consultants, Inc.** 1-800-292-2393
332 W. Superior St., Suite 32, Duluth, MN 55802 218-727-7020
An independent, private disability management and rehabilitation service that addresses medical and vocational issues. Clients typically referred by attorneys, employers or insurers. Assists individuals in achieving medical stability and returning to appropriate employment.
- Oakridge Homes** 218-927-3946
936 2nd St NW, Aitkin, MN 56431 218-927-3267
Brainerd office 218-829-7599
Residential units for adults with disabilities
- Regional Service Center for Deaf & Hard of Hearing People**
320 W. 2nd St., Suite 710, Duluth, MN 55842 218-723-4962
TTY & Voice 1-888-234-1322
Interpreter Referrals 1-877-456-3839
Referral services. Telephone equipment distribution center.
- Rehabilitation Services** 218-327-4480
1215 2nd Ave. SE., Grand Rapids, MN 55744
Vocational rehabilitation services for people with disabilities.

Disability Services, Cont'd

Visually Impaired Communications Center

1-800-652-9000

Disaster Relief

American Red Cross, Northland Chapter

Central Blood Services Local Contacts:

Aitkin – Jan Walkup	218-678-2511
or Lois Schultz	218-927-6190
Hill City – Anne Bjerkness	218-697-2432
McGregor – Lois Holmbo	218-768-3703
Donor Questions	1-800-426-2164

Disaster Services:

On Call 24/7 Cell Phones:	218-590-3140 or 218-590-3142
Duluth Office:	218-722-0071 or 1-800-950-4275
Hibbing Office:	218-263-4455 or 1-800-747-8644
To reach military personnel in an emergency:	1-218-590-3309

The Northland Chapter of the American Red Cross can help you survive a disaster. Free service include: Emergency Housing, Food, Clothing, and other immediate needs following a disaster.

Monday – Friday: 8:00 a.m. – 4:00 p.m.

Salvation Army

Aitkin County	1-218-927-7200
	1-888-900-2138
P.O. Box 681, Grand Rapids, MN 55744	218-326-4847
	Cell Phone: 218-259-3502

Education

Aitkin Children's Center (Pre-school)	218-927-4838 Ext. 202
225 2 nd Ave. SW., Aitkin, MN 56431	Fax: 218-927-4234
<i>Pre-school education, preparation for kindergarten. Scholarships available.</i>	

Education, Cont'd

Aitkin County Health & Human Services 218-927-7200
204 1st St. NW., Aitkin, MN 56431 1-800-328-9744

Aitkin County - U of MN Extension Office 1-218-927-7321
4H Program Fax: 1-218-927-7312
4-H contact: stran017@umn.edu 1-218-927-2538

Provides hands-on activities and education in crafts and fine arts, food and nutrition, shop, animal, gardening, etc. Do not need to live in rural area. No membership fees, meeting requirements. Scholarships for special events.

Aitkin Public Library 1-218-927-2339
110 1st Ave NE, Aitkin, MN 56431
Hours: Monday, Wednesday – Friday 9:30 – 5:30;
Tuesday 9:30 – 7:30; Saturday 9:30 – 3:30
aitkin@ecrl.lib.mn.us

Area Alternative Education Centers 218-927-3421
12 - 7th Ave NW, Aitkin, MN 56431
Box 160, M.O.R.E Bldg., McGregor, MN 55760 218-768-3505
P.O. Box 25, Isle, MN 56342 320-676-3721
Weekly tutoring sessions toward high school diploma for teens and adults.

Arrowhead Economic Opportunity Agency (A.E.O.A) 218-927-7046
Aitkin Workforce Center 1-800-243-3209
321 Minnesota Ave N., Aitkin, MN 56431 aeoa@mlec.mn.net
Adult Basic Education, Computer skills, Basic skills, General Education Development (GED), and life coping skills.

Childbirth/Prenatal Education
Aitkin: Riverwood Healthcare Center 218-927-5318
200 Bunker Hill Drive, Aitkin MN 56431
Group meets for five weeks, Tues, 7:00-9:00 p.m.

Education, Cont'd

Childbirth/Prenatal Education

Crosby: Cuyuna Regional Medical Center 1-888-487-6437

320 East Main Street, Crosby, MN 56444

Group meets for four weeks, Thurs, 6:30 – 9:00 p.m. (year round).

Grand Rapids: Grand Itasca Medical Center 218-326-5000

1601 Golf Course Road, Grand Rapids, MN

Group meets for 5 weeks, Tues 6 – 8 p.m. (quarterly) Express

Weekends for busy parents - 9 – 4, Sat only (also quarterly).

Newborn infant care class - Tues, 6 - 8 p.m. (quarterly) or

Express class.

Onamia: Mille Lacs Health System 320-532-2712

200 No. Elm Street, Onamia

Group meets for four weeks, Mondays, 6:00-8:00 p.m.

Community Education:

Aitkin Community Education 218-927-2115 Ext. 118

306 2nd St NW., Aitkin, MN 56431

Fax: 218- 927-4234

East Lake Community Education 218-768-3311

2090 267th Lane, McGregor, MN 55760

Hill City Community Education 218-697-2394

500 Ione Ave., Hill City, MN 55748

McGregor Community Education 218-768-2121 Ext: 233

P.O. Box 160, McGregor, MN 55760

Early Childhood Family Education

Rippleside, Aitkin, MN 56431 218-927-4838 Ext. 260

East Lake 218-768-3311

Hill City 218-697-2394

Isle 320-676-1050

McGregor 218-768-2111

Education, Cont'd

East Central Regional Library (ECRL) 763-689-7390
244 So Birch St., Cambridge, MN 55008 Fax: 763-689-7389
Reference Help 1-888-234-1293
All ECRL Branches and bookmobile are handicapped accessible.
www.ecrl.lib.mn.us ecregion@ecrl.lib.mn.us

Head Start

Lakes and Pines Community Action Council 1-800-832-6082
1700 Maple Ave.E., Mora, MN 55051 TTY 320-679-1800

East Lake Community 218-768-3311
36666 St. Hwy 65, McGregor, MN 55760 1-877-768-3311
Head-Start is a child development program for preschool-aged children who are from low-income families or who have special needs.

Long Lake Conservation Center 1-800-450-5522
28952 438th Lane, Palisade, MN 56469 218-768-4653
Center for conservation education llcc@mlecmn.net

McGregor Public Library 218-768-3305
P.O. Box 56, Center Ave. & Second St. Fax: 218-768-3305
McGregor, MN 55760 mcgregor@ecrl.lib.mn.us
Hours: Tuesday & Thursday 2:00 p.m. – 7:00 p.m.
Wednesday 10:00 a.m. – 5:30 p.m.
Friday 9:00 p.m. – 4:30 p.m.
Saturday 9:00 a.m. – 1:00 p.m.

M.O.R.E. Building 218-768-2121 ext 233
P.O. Box 160, McGregor, MN 55760
Located at 2nd & Albert, across from the McGregor School
Services include: Adult Basic Education, Alanon, Alternative Education, WIC, Workforce and Aitkin County Health & Human Services.

Education, Cont'd

Northeast Minnesota Office of Job Training 218-927-5623
Aitkin Workforce Center www.jobtrainingmn.org
321 Minnesota Ave N., Aitkin, MN 56431
Office of Job Training gives people an opportunity to train for careers by paying for classroom training (tuition, books, and testing) in programs designed to teach specific occupational skills.

Northern Lights Special Education Group
Cloquet (McGregor) 218-879-1283
Colerane (Hill City) 218-245-3110

Paul Bunyan Special Education Cooperative 218-828-7003
315 Charles St., Brainerd, MN 56401 Fax: 218-828-2148
218-855-5504
1-877-828-7003

Stepping Stones Childcare Learning Center 218-927-4767
921 2nd St. NW, Aitkin MN 56431
All-day preschool program is provided, along with day care programs

Well child Screening (ages 3–5 years) 218-768-2111 Ext. 233
Office at McGregor School; coordinated through area school districts

Education - Schools

Aitkin School District (High School) 218-927-2115
306 Second St NW, Aitkin, MN 56431 Fax: 218-927-4234

Hill City School District 218-697-2394
500 Ione Ave., Hill City, MN 55748 1-800-232-2394

Isle School District 320-676-3146
P.O. Box 25, 730 –5th Ave. S., Isle, MN 56342

Education - Schools, Cont'd

Minisinaakwaang Leadership Academy	218-768-3477
Charter School – East Lake Center 20930 367th Lane, McGregor, MN 55760	
McGregor School District	218-768-2111
148 S. 2nd St., McGregor, MN 55760	Fax: 218-768-2100
Nay-Ah-Shing School	320-532-4695
43651 Oodena Dr., Onamia, MN 56359	
Palisade School	218-845-2406
401 S. 5 th Ave., Palisade, MN 56469	
Rippleside Elementary School	218-927-4838
225 2nd Ave. SW., Aitkin, MN 56431	

Emergency Assistance

Aitkin County First Responders	911
Emergency only	911
American Red Cross	
Disaster Services 24/7	Cell Phone: 218-590-3142
To reach military personnel in an emergency	1-888-590-3309
Emergency Management (Civil Defense)	218-927-7320
Mille Lacs Band Emergency Assistance	218-532-4181 ext 2552
<i>Limited assistance to band members living in the U.S. Includes loans, grocery vouchers, rent/deposit, utility bills paid, clothing, medical/funderal travel.</i>	

Emergency Assistance, Cont'd

Salvation Army

Health & Human Services	218-927-7200
Aitkin County Sheriff	218-927-2138
Grand Rapids	218-326-4847
	218-259-3502

Employment

Aitkin County Development Achievement Center 218-768-4031
Aitkin County Center (DAC)
P.O. Box 176, 181 N. Maddy St., McGregor, MN 55760
Provides training and employment for disabled person.

Aitkin Workforce Center 218-927-7046
321 Minnesota Ave N., Aitkin, MN 56431 1-800-243-3209
Employment & training resources for youth & adults. Training funding, GED, Computer training, Job board, Job seeking workshops, Dislocated worker services, Unemployment applications, Lives in transition program, Youth opportunities, Internet access and Resume development.

Central MN Jobs & Training Services (Real Deal) 1-800-284-7425
312 Minnesota Ave. No., (above the Eye Center)
Aitkin, MN 56431 218-927-2181
Mora Workforce Center (Pennie) 320-679-6490
www.cmjts.org
Monday – Thursday: 9:00 a.m. – 4:00 p.m. Provides training and job opportunities for people 55 or older in local non-profit organizations, libraires, hospitals, etc., while expanding their skills.

Department. of Employment & Economic Development (DEED)
321 Minnesota Ave. N., Aitkin, MN 218-927-7046
For Appointment: 218-828-2450
Specialist meets with disabled veterans at the Aitkin Workforce Center

Employment, Cont'd

Lives in Transition @ Aitkin Workforce Center 218-927-7046
321 Minnesota Ave N., Aitkin, MN 56431 1-800-243-3209
Provides career counseling & assists people with plans for the future.

Mille Lacs Band of Ojibwe
Tribal Employment & Training 320-532-4457
43408 Oodena Dr., Onamia, MN 56359

NE Minnesota Office of Job Training @ Aitkin Workforce Center
321 Minnesota Ave. N., Aitkin, MN 56431 218-927-5623
www.jobtrainingmn.org
Job training & placement for youth and adults. Services for dislocated workers, those who lose their jobs through no fault of their own.

Environment

Aitkin County Environmental Services 218-927-7342
209 2nd St. Mw., Aitkin, MN 56431 Fax: 218-927-4372
Solid Waste office - Free hazardous waste collection in September

Aitkin County Campgrounds 218-927-7364
Courthouse, Aitkin County Land Department
*4 campgrounds in county: Aitkin, Palisade, Jacobson & McGrath.
Call for Reservations.*

Aitkin County Soil & Water Conservation 218-927-6565
130 Southgate Dr., Aitkin, MN 56431
Assists landowners with land questions and property line; tree cuttings and sales; and erosion control.

Environment, Cont'd

MN Department of Natural Resources

Fisheries Division 218-927-3751

P.O. Box 138, Aitkin, MN 56431

Responsible for fish management & applications for dredging.

Forestry Division 218-927-4040

P.O. Box 138, Aitkin, MN 56431

Manages state land, timber sales, fire watches, and land leasing.

Water Division (Wed & Thurs) 218-927-7514

Wildlife Division 218-927-6915

P.O. Box 138, Aitkin, MN 56431

Manages wildlife aspects on public land.

Long Lake Conservation Center 218-768-4653

28952 - 438th Lane, Palisade, MN 56469

Educational programs for students on environment and wildlife

Rice Lake National Wildlife Refuge 218-768-2402

36289 St. Hwy 65, McGregor, MN 55760

Family Planning

Birthright Inc of Brainerd 218-829-8470

4320 Cedardale Lane, Baxter, MN 56425

Pregnancy Support Service, pregnancy testing and counseling.

Hours: Monday, Wednesday, & Friday 9:00 a.m – 11:00 a.m.

Tuesday & Thursday 9:00 a.m. – 4:00 p.m.

Children's Home Society of Minnesota 651-646-6393

2230 Como Ave, St. Paul, MN 55108

Adoption, unplanned pregnancy counseling, post-adoption counseling and infant foster care.

Family Planning, Cont'd

Family Planning 218-927-7200
(Aitkin Co. Health & Human Services) 1-800-328-3744
204 1st St. NW., Aitkin, MN 56431 Fax: 218-927-7262
*Eligible clients will receive family planning, and counseling.
Clients may receive financial help to pay for doctor's visits and
contraceptives.*

Lakes Area Pregnancy Support Center (LAPS) 218-825-0793
416 Charles St., Brainerd, MN 56401 1-800-395-HELP(4357)
*Free, confidential pregnancy & STD testing, counseling &
education.*

MN Family Planning and STD Hotline

Voice & TTD 1-800-783-2287

*Get the facts on birth control, STD's and affordable statewide clinic
referrals.*

Planned Parenthood of Minnesota 1-800-230-7526
615 Oak St., Brainerd, MN 56401 218-829-1469
1001 E. Central Entrance Ste. 200 218-722-0833
Duluth, MN 55811
811 NE 4th St., Grand Rapids, MN 218-326-6689
*Family planning services in testing & treating STD's. Pregnancy
testing and contraceptives.*

Financial Assistance

Aitkin County Health & Human Services 218-927-7253
204 1st St. NW., Aitkin, MN 56431 1-800-328-3744
*Government programs for medical, food, childcare and cash
assistance.*



Financial Assistance, Cont'd



Lakes & Pines Comm. Action Council 320-679-1800
 1700 Maple Ave E., Mora, MN 55051 1-800-832-6082
Fuel assistance, home rehabilitation/weatherization, 1st month rent, emergency food & shelter, garden seed project, car repairs. Family loan program if working or education.

Lutheran Social Services 1-800-777-7419
 Brainerd, MN & Duluth, MN
 Financial Counseling 1-888-577-2227
Financial assistance (poverty guidelines) with child care, car purchase/repair or tools to help with employment or education. Debt consolidation program. Application required

Mille Lacs Band Emergency Assistance 218-532-4181 ext 2552
Limited assistance to band members living in the U.S. Includes loans, grocery vouchers, rent/deposit, utility bills paid, clothing, medical/funeral travel.

MN Telephone Service 651-296-0406
 MN Public Utilities Commission 1-800-657-3782
 121 7th Place E., Suite 350, St. Paul, MN 55101
 www.lifeline.gov TTY/TDD 1-800-627-3529 or 711
Discount programs to assist in paying for telephone service of landlines or cellphones. Based on income & participation in public assistance programs.

NE Minnesota Office of Job Training 218-927-5623
 Aitkin Workforce Center www.jobtrainingmn.org
 321 Minnesota Ave. N., Aitkin, MN 56431
Assistance with tuition, books and testing during occupational training at certified professional trade schools, technical/community college or in 4-year college. The Office of Job Training can help you with financial assistance for child care, clothing, travel to job interviews, licensure, testing while you are on the path to a new career.



Financial Assistance, Cont'd



Salvation Army

Contact: Health & Human Services 218-927-7200
 Aitkin County Sheriff 218-927-2138
 Grand Rapids office 218-326-4847
 Emergency Only: 218-259-3502

Veterans Service Office, Aitkin County

218-927-7320

209 2nd St. NW., Aitkin, MN 56431

1-888-404-7320

Assistance for veterans including transportation to medical appointments.



Food & Nutrition



Aitkin Community Meal

218-927-2028

First Lutheran Church, 107 2nd St. SE., Aitkin MN 56431

Free Community meal every Monday from 5:30-6:00 p.m.

Aitkin County Extension Office

218-927-7245

217-2nd St. NW, Aitkin, MN 56431

Jolene Gansen, Nutrition Education Assisant

www.extension.umn.edu

ganse011@umn.edu

Nutrition information and counseling.

Aitkin County Women, Infants & Children

218-927-7201

(WIC) Program

1-800-328-3744

204 1st St. NW., Aitkin, MN 56431

Nutrition Education & vouchers provided for eligible children 0-5 years old, and pregnant or nursing mothers.

❧ Food & Nutrition, Cont'd ❧

Commodity Food Program (MAC/NAPS) 1-877-810-7776
For an application call 218-927-1383

Pre-registration is required

MAC(Mothers & Children) free food for children up to age 6 if the family meets certain income guidelines.

NAPS (Nutrition Assistance Program for Seniors) is free food for seniors 60 years or older who meet certain income guidelines.

Monthly food package distribution sites: Aitkin, Hill City, Jacobson, McGrath, and McGregor

Fare For All 1-800-582-4291
www.fareforall.org 218-678-3880

Access to affordable & nutritious foods through food purchasing program.

Grocery Delivery

Aitkin – In Aitkin Only 218-927-1383
877-810-7776

McGregor - Ukura's Big Dollar 218-768-2666

Meals on Wheels (home delivered meals)

Aitkin 218-927-1383

Crosby 218-546-5855

Palisade 218-845-2214

Rural Delivery Service 218-927-1383

Home delivered meals for adults 60 or older.

McGregor Community Meal 218-768-4031
Lions Community Center

41442 State Hwy 65, McGregor, MN 55760

3rd Wednesday each month, year round, 5:30 - 6:00 p.m. Free; open to public. Donations made to ANGELS programs. Served by local groups & churches

❧ **Food & Nutrition, Cont'd** ❧

Mille Lacs Band Emergency Assistance 320-532-4181 ext 2552
Assistance to band members living in U.S. Includes grocery vouchers

Mille Lacs Band Nutrition Programs

Elders 320-532-7494
Home delivered meals, community group dining

Food Distribution Program 320-532-7496
Food Packages

WIC Women, Infants and Children 320-532-7821

MN Food Helpline 1-888-711-1151
Food stamps hotline, food stamps eligibility screening and application help.

Rural Delivery Service 1-877-810-7776
218-927-1383

WIC Women, Infants and Children

Aitkin County Residents 218-927-7201

Mille Lacs Band Members 320-532-7821

Supplemental nutrition program for those who are eligible.

Food Shelves

Aitkin Area Food Shelf 218-927-2702

102 NW 4th Street, Aitkin, MN 56431

(at Aitkin Chiropractic, behind Hometown Lumber)

Contact: Florence Tarr

44910 351st Lane, Aitkin, MN 56431

Open Wed. 10:30 a.m. – 3:00 p.m. Complete intake form. To donate, drop off during hours of operation or by appointment.

Food & Nutrition, Cont'd

Community Food Shelf at First Lutheran

107 2nd St SE., Aitkin, MN 56431

Donations, contact Ruth Nelson

218-927-4044

1st & 3rd Thursday's 9:30:a.m. – 5:00 p.m.

Garrison Food Shelf

320-692-5399

Donations, contact Mary Erickson

320-692-4973

PO Box 336, Garrison, MN 56450

At Community Alliance Church, 1 block west of Highway 169 on Central Avenue. Tuesdays and Thursdays, 1:00 p.m. – 5:00 p.m.

Hill City Food Shelf at Trinity Lutheran Church

Ione & Main St., Hill City, MN 55748

Bonnie & Glen Harcey

218-697-8263

Ron Parker

218-697-2504

Open 3rd Saturday 8:00 a.m. – noon, or by appointment.

Isle Area Food Shelf

205 1st Ave N (*across from post office*)

Isle, MN 56342

Patricia Krol

320-495-3468

Vivian Tideman

320-676-8434

Open 3rd Monday 1-3 p.m. Commodity boxes 1st Tuesday 3:00 p.m.

Jacobson Food Shelf

218-426-4799

Contact – Marcella Gould

218-426-4712

Carmel Lutheran Church

11942 650th West, Jacobson, MN 55752

(3 miles south of town off Highway 65)

1st & 3rd Thursday of each month, 4:00 – 6:00 p.m.

Food & Nutrition, Cont'd

McGregor Area Food Shelf 218-426-3330

Contact– Sharon Bruggman

45898 St. Hwy 65, McGregor, MN 55760

Site is 4 miles north of McGregor on Hwy 65, south end of Century 21 Building. Open: 1st, 2nd & 4th Wednesday, 10:00 a.m. – noon.

Complete an intake form.

St. James Catholic Church Food Shelf 218-927-6581

299 Red Oak Dr., Aitkin, MN 56431

Contact Nancy Kokesh 218-927-2745

Tuesday & Thursday, noon – 3:00 p.m. Emergency Needs.

Tri County Food Shelf

Old Wright School

Friday 3:00 p.m. – 5:30 p.m. Serves Tamarack as well.

Senior Nutrition

A.E.O.A. Senior Nutrition Services 1-800-662-5711

Transportation by bus in Aitkin to Maryhill 1-800-642-6143

Provides a hot, well balanced noon meal in a congregate setting.

Home delivered meals are also available at request. Reservations should be made one day in advance.

Congregate Meal Sites:

Aitkin – Aitkin County CARE, Inc. 218-927-1383

1-877-810-7776

Hill City – Hill Lake Manor 218-697-2348

Isle – Faith Lutheran Church 320-676-3161

Palisade - Palisade Café 218-845-2214

Nutrition Education 218-927-7321

Jolene Gansen, Nutrition Education Assisant

Aitkin County Courthouse ganse011@umn.edu

Provides information & education for low income & food support eligible families in Aitkin County



Government



See Telephone Directory

Federal Offices

Internal Revenue Service

www.irs.gov

1-800-829-1040

TDD 1-800-829-4059

Medicare Hotline (24 Hours)

www.medicare.gov TDY

1-800-633-4227

1-877-486-2048

Social Security Information

2215 6th St. S., Brainerd

130 W Superior St., Duluth, MN 55802

Monday – Friday 7:00 a.m. – 7:00 p.m.

1-800-772-1213

218-829-7174

218-727-1193

TDY 1-800-325-0778

State Offices

Department of Natural Resources

TIP Line

1-888-646-6367

1-800-652-9093

House of Representatives

174 State Office Bldg., St. Paul, MN 55155

www.house.leg.state.mn.us

1-800-657-3550

Minnesota Health Care Programs

www.dhs.state.mn.us

Health coverage for low-income or no insurance. Includes MN

CARE Call Monday – Friday, 8:30 a.m. – 4:30 p.m.

1-800-657-3672

MN Department of Human Rights

1-800-657-3704

MN Department of Revenue

1-800-652-9094

Secretary of State

180 State Office Building, St. Paul, MN 55155

651-296-2803

Government, Cont'd

Senate 1-888-234-1112
231 State Capitol, St. Paul, MN 55155
www.senate.leg.state.mn.us

Victim Information & Notification 1-877-664-8463
Offender information

County Offices

Aitkin County Courthouse
209 2nd St NW, Aitkin, MN 56431

Central Services	218-927-7283
Child Support	218-927-7200
County Administrator	218-927-7276
County Assessor	218-927-7327
County Attorney	218-927-7347
	1-888-422-7347
County Auditor	218-927-7354
County Commissioners	218-927-7276
County Extension Service	218-927-7321
Court Administrator	218-927-7350
Crime Victim Services	218-927-7446
County Attorney's Office	1-888-422-7347
Environmental Services	218-927-7342
Financial Services	218-927-7253
Fraud Investigator	218-927-7239
	1-888-900-2138
Health & Human Services	218-927-7200
	1-800-328-3744
Highway Department (<i>Road & Bridge</i>)	218-927-3741
Human Resources (<i>Personnel</i>)	218-927-7276
Land Department	218-927-7364
License Center	218-927-7057

Government, Cont'd

Planning & Zoning/Environmental	218-927-7342
Probation (<i>Adult & Juvenile</i>)	218-927-7281
Recorder	218-927-7336
Sentence To Serve	218-927-7355
Sheriff	218-927-2138 1-888-900-2138
Sobriety Court	218-927-7448
Soil and Water Conservation	218-927-6565
Treasurer	218-927-7325
Veterans Service	218-927-7320

City Treasurers/Clerks

Aitkin 109 1 st Ave NW., Aitkin, MN 56431	218-927-2527 www.ci.aitkin.mn.us
Hill City 111 Henrietta Ave, Hill City, MN 55748	218-697-2301 www.hillcitymn.com
McGrath P.O. Box 194, McGrath, MN 56350	320-592-3268
McGregor P.O. Box 124, McGregor, MN 55760	218-768-2717
Palisade P.O. Box 14, 47864 Great River Road, Palisade, MN 56469	218-845-2511
Tamarack Box 98, Tamarack, MN 55787	218-768-4125



Health & In-Home Services



See also: Disability Services, Family Planning & Nursing

AIDS Hotline

1-800-248-AIDS(2437)

TTY/TDD 1-888-820-2437

www.mnaidsproject.org (Online Hotline)

Monday – Thursday, 9:00 a.m. –9:00 p.m. MN AIDS Project offers case managers for one-to-one outreach & education. Free tickets to functions & support in homes.

Aitkin County CARE, Inc.

218-927-1383

P.O. Box 212, Aitkin, MN 56431

1-877-810-7776

CARE provides trained respite workers to stay with a loved one.

Available days, evening, weekends or overnights. Cost determined on a sliding fee scale.

Aitkin County Health & Human Services

218-927-7200

204 1st St. NW., Aitkin, MN 56431

1-800-328-3744

Fax: 218-927-7262

Hours: 8:00 a.m. – 4:30 p.m. Monday – Friday

Alzheimer’s Association

1-800-272-3900

www.alz.org/mnnd

American Cancer Society

130 W Superior St, Ste 200, Duluth, MN 55802

1-888-727-7439

2520 Pilot Knob Road #150,

1-866-460-6550

Mendota Heights, MN 55120

3721 23rd Street S., Suite 102

320-255-0220

St. Cloud, MN 56301

www.cancer.org

Dedicated to control eradication of cancer. Provides education, information and a wide variety of services to cancer patients and family. Assists with mileage for traveling to treatment. Referrals by physician. Provides equipment, wigs, and other supplies.

Health & In-Home Services, Cont'd

American Heart Association 1-800-242-8721
4701 W 77th St., Minneapolis, MN 55435 952-835-3300
Information about heart health and stroke prevention.

Cancer Information Service 1-800-422-6237
Program of National Cancer Institute. Recorded messages 24 hours a day. Hours for personal contact: Mon. – Fri.; 9:00 a.m. – 4:30 p.m.

Cancer Resource Center Rides for Health 218-927-4077
ridesforhealth@gmail.com 1-800-266-8407
Provides drivers for treatment of cancer and other illnesses, if no other transportation is available.
Hours: Monday, Wednesday, Friday, 10:00 a.m. – 2:00 p.m.

East Lake Community Center 1-877-768-3311
2090 267th Lane, McGregor, MN 55760 218-768-3311
218-768-3903
Hours: Monday – Friday 8:00 a.m. – 4:30 p.m.
Community Health Representative assists with assessing health services. Providing services to Native Americans in a Aitkin County. Education, health, nutrition, chemical dependency, parenting and social services and congregate meals (for adults over 55).

Gratton Healthcare 1-800-470-1326
PO Box 976, Brainerd, MN 56401 FAX 218-828-4825
www.grattonhealthcare.com
PCA's & Respite Care Available

Heartland Home Health Care and Hospice 218-829-1252
609 Oak Street, Brainerd, MN 56401 FAX 218-829-1465
Nursing services, hospice under Medicare A, Medicaid & most insurances

Health & In-Home Services, Cont'd

- HomeHealth Partnership** 1-800-698-2311
320 E. Main St., Crosby, MN 56441 218-546-2311
HomeHealth Partnership is a project partnership service of the Riverwood HealthCare Center in Aitkin and the Cuyuna Regional Medical Center in Crosby. Home care, respite, hospice, nursing services.
- Indian Health Services** 320-532-4163
Ne-Ia-Shing Clinic
43651 Oodena Dr., Onamia, MN 56359
- Life Line for Medical Emergencies** 1-800-698-2311
System for reaching help 24 hours a day, under the HomeHealth Partnership program
- Medicare Hotline** 24 hour service 1-800-633-4227
www.medicare.gov TTY 1-877-486-2048
- Mille Lacs Band Elder Medical Social Worker** 320-532-7814
218-786-3311
Assistance with Medicare and insurance issues
- MN Family Planning & STD Hotline** Voice/TTY 1-800-783-2287
Call for facts on birth control & STDs; affordable statewide clinic referrals
- MN Tobacco Helpline** 1-877-270-7867(STOP)

Health & In-Home Services, Cont'd

MN Vision Project

651-746-3525

Salvation Army, MN Vision Project 1-800-456-4483, ext 3525
2445 Prior Ave., Roseville, MN 55113

A statewide program to provide eye exams to people who do not qualify for government health care programs, do not have insurance, cannot afford the exams themselves, and fit income guidelines – A limited variety of frames are available through the vision project; a minimum donation of \$25 is required to receive a pair of prescription eye glasses

National Arthritis Foundation Hotline

1-800-283-7800

Regional Hearing Center for Deaf & Hard of Hearing People

Government Service Building Voice/TTY 1-888-234-1322
320 - 2nd St., Suite 710, Duluth, MN 55802 218-723-4962
Interpreters (referrals and scheduling) 1-877-456-3839

Rural AIDS Action Network (RAAN)

1-800-966-9735

District contacts NW District 218-368-0295
Central District 320-209-1194
www.raan.org NE District 218-398-7115

Free, confidential, oral HIV testing & education. Medical case management. Support groups. Transportation aid for medically related trips: covers reimbursement to the clinic or driver, bus passes, or taxi fares

SAGE (MBCCCP)

1-888-6HEALTH

www.MNSage.com TDD 651-201-5797

Federally funded program to pay for breast & cervical cancer screening in MN – covers exam, pap smears, mammograms for women 40 and older when income or insurance does not pay. Ask medical provider for referral. If you have Medicare or Medical Assistance with a spenddown, you may still be eligible

Health & In-Home Services, Cont'd

Senior Linkage Line™	1-800-333-2433
For services outside Minnesota	1-800-677-1116
STD Hotline (National)	1-800-227-8922
State Health Insurance Program	1-800-232-0707

Hospitals & Nursing Homes

Aitkin

Aicota Health Care Center 218-927-2164
850 Second St NW., Aitkin, MN 56431
Rehabilitation Center 218-927-3062
www.aicota.com
Nursing home, with inpatient and outpatient occupational and physical therapy.

Aitkin Health Services 218-927-5526
301 Minnesota Ave. S., Aitkin, MN 56431 FAX 218-927-5564
www.sfhs.org
Nursing home, with inpatient and outpatient rehabilitation therapy, incontinence eradication and bariatric services.

Riverwood Healthcare Center 218-927-2121
200 Bunker Hill Dr. 1-888-270-1882
Aitkin, MN 56431 Fax 218-927-5575
Riverwood Healthcare Auxiliary 218-927-5508
Community Education 218-927-5552
Community Hospital Foundation Office 218-927-5554
24 hour Nurseline 1-800-630-2200
www.riverwoodhealthcare.com

Health & In-Home Services, Cont'd

Brainerd

Essentia Health (<i>St. Joseph's Medical Center</i>)	218-829-2861
523 3 rd St N., Brainerd, MN 56401	1-888-487-6437
Focus Unit Chemical Dependency	218-828-7374
Grace Unit Psychiatric Care	218-828-7437
Home Health Care/Hospice	218-828-7444
Rehabilitation Services	218-828-7375
2016 S 6th Street, Brainerd, MN 56401	
www.sjmcmn.org	218-828-7555
	TTY 218-829-5339

Crosby

<i>Cuyuna Regional Medical Center</i>	218-546-7000
320 East Main, Crosby, MN 56441	1-888-487-6437
Care Center	218-546-7031
306 East Main, Crosby, MN 56441	
Rehabilitation Services	218-546-2315
www.cuyunamed.org	

Grand Rapids

<i>Grand Itasca Clinic & Hospital</i>	218-326-3401
1601 Golf Course Road, Grand Rapids, MN 55744	
www.granditasca.org	Appointments 218-326-7344

Minneapolis

<i>Shriners Hospital for Children</i>	218-828-9438
www.shrinershq.org/she/twincities/index.html	

Moose Lake

<i>Moose Lake Mercy Hospital & Health Care Center</i>	218-845-4481
P.O. Box 469, 710 Kenwood Ave., Moose Lake, MN 5576	
www.mercymooselake.org	

Health & In-Home Services, Cont'd

Mora

Kanabec County Hospital

1-320-679-1212

301 Hwy 65, Mora, MN 55051

www.kanabechospital.org

Onamia

Mille Lacs Health Systems Hospital and Long Term Care

200 N Elm ST., Box A, Onamia, MN 56359

320-532-3154

Longterm Care

320-532-7970

Lions Rehab Center

320-532-7940

Home Care and Hospice, 417 Main, Onamia

320-532-4127

www.mlhealth.org

TTY 1-800-627-3529

VA Medical Centers

Brainerd

218-855-1115

Minneapolis

612-725-2000

1-866-414-5058

St. Cloud

320-252-1670

1-800-247-1739

Twin Ports (Duluth)

715-392-9711

Clinics

Aitkin

Riverwood Healthcare Center and Clinic

218-927-2157

200 Bunker Hill Drive, Aitkin, MN 56431

1-888-270-1882

Specialty Clinic

218-927-5566

www.riverwoodhealthcare.com

Brainerd

Brainerd Medical Center

218-828-2880

2024 S Sixth St., Brainerd, MN 56401

Appts 1-800-277-8262

www.brainerdmedicalcenter.com

Health & In-Home Services, Cont'd

Crosby

Central Lakes Medical Clinic 218-546-8375
318 E Main St., Crosby, MN 56441 1-800-450-2778
Appts 1-888-420-2778

Garrison

Riverwood Healthcare Clinic 1-888-270-1882
27278 State Hwy. 18, Garrison, MN 56450 320-525-3400
Outpatient Services 320-525-3410

Mille Lacs Health Systems 1-877-535-3154
27378 State Hwy. 18, Garrison, MN 56450 320-692-5599

Grand Rapids

Grand Itasca Clinic and Hospital 218-326-5000
355 River Road, Grand Rapids, MN 55744
Appointments 1-800-326-7344

New Spirit Women's Clinic PA 218-326-9100
P.O. Box 5116, 409 13th St. SE.
Grand Rapids, MN 55744

Isle

Mille Lacs Family Clinic 320-676-3661
375 W Isle St., Isle, MN 56342

McGregor

McGregor Riverwood Healthcare Center Clinic 218-768-4011
1-888-270-1882
2 E Center Ave, McGregor, MN 55760 Fax: 218-768-4814

Moose Lake

Gateway Family Health Clinic 218-485-4491
716 Kenwood Ave., Moose Lake, MN 55767

Health & In-Home Services, Cont'd

Onamia

Mille Lacs Health Care Family Clinic 320-532-3154
200 N Elm St. Box A, Onamia, MN 56359 1-877-532-3154

Ne-Ia-Shing Clinic 320-532-4163
43651 Oodena St., Onamia, MN 56359

Housing

General Housing

Aitkin County Habitat for Humanity 218-927-5656
P.O. Box 281, Aitkin, MN 56431

Non-profit organization that arranges housing ownership for needy families with low incomes. Builds homes with volunteers and provides no interest loans.

Beacon Arch Apartments 218-927-3783
2 Minnesota Ave So., Aitkin, MN 56431

Hill City Apartments (Life Style, Inc.) 507-451-8524
131 Linden Avenue NW, Hill City, MN 55748

Homeline Tenant Hotline (Toll free) 1-800-866-3546
Provides answers and advice concerning evictions, repairs and tenants rights.

Housing, Cont'd

Housing and Redevelopment Authority (HRA) 218-927-2151
215 3rd St. SE., Aitkin, MN 56431 Fax: 218-927-4159

Applications for low-income housing in Aitkin County: Low-rent public housing within Aitkin, McGregor, and Hill City is based on income and family size. Section 8 rental assistance is for low-income families to pay no more than 40% of their rental costs; units must meet housing standards. One & two bedroom apartments are available for elderly or disabled persons.

Lakes and Pines Community Action Council 1-800-832-6082
1700 Maple Ave. E., Mora, MN 55051 TYY 320-679-1800
www.lakesandpines.org

FAX (Energy Assistance Only) 320-679-4139

Foreclosure, eviction prevention. Services; housing, rehab and weatherization services for eligible consumers. Monday - Friday 8:00 am - 4:30 pm.

Lutheran Social Services Financial Services 218-829-5000
716 East Street, Brainerd, MN 56401
Counseling for home ownership, foreclosure prevention, and mortgage issues.

Lutheran Social Services 1-888-828-4399
13401 Birch Drive, Baxter, MN 56425
Journey Transition Living Program for homeless youth ages 16-21.

Mille Lacs Band Energy Programs 320-532-4181 ext 2552
Energy assistance, repairs, weatherization of homes on reservation lands. Those off tribal lands must contact local community action programs before applying.

Ripple River Townhomes 218-927-3521
610 Air Park Dr., Aitkin MN 56431
Subsidized units, 2-3 bedroom , handicapped apartments.

Housing, Cont'd

River Heights Apartments 218-927-3265
1000 Minnesota Avenue, Aitkin, MN 56431
DW Jones Management 1-800-810-2853
P.O. Box 340, Walker, MN 56484
Low to moderate income housing in Aitkin

River Meadows Apartments 218-927-4764
692 Air Park Dr., Aitkin, MN 56431

Rural Development Housing Loans & Grant Program 218-829-5965
512 NE C St., Brainerd, MN 56401 Fax: 218-829-8764
www.rurdev.usda.gov/mn
Home loans are available to families seeking financing to purchase, repair, or improve a home. Low Interest loans and grants are available for income eligible homeowners to make home repairs. Funds can be used for making basic repairs, installing essential features or to remove health and safety hazards.

Transitional Housing for Domestic Violence Victims
AADA 218-927-2327

Homeless Services

Advocates Against Domestic Abuse (AADA) 218-927-2327
Business Line & Hotline (24 Hours) 1-888-276-1720
P.O. Box 153, Aitkin, MN 56431 Fax 218-927-2048
Support for victims of domestic violence. Emergency housing.

Aitkin County Health & Human Services 218-927-7200
204 1st ST. NW, Aitkin, MN 56431 1-800-328-3744
Fax 218-927-7210
Hours: Monday – Friday 8:00 a.m. – 4:30 p.m. Cash assistance & food support.

Housing, Cont'd

Aitkin County Sheriff

218-927-2138

1-888-900-2138

Contact dispatch for short-term motel/hotel assistance.

Housing and Redevelopment Authority (HUD)

218-927-2151

215 - 3rd St. SE, Aitkin, MN 56431

Fax 218-827-4159

Applications & information for low-income and transitional housing.

Lakes & Pines Community Action Council

1-800-832-6082

1700 Maple Ave. E., Mora, MN 55051

TTY 320-679-1800

Fax (Energy Assistance only) 320-679-4139

www.lakesandpines.org

Emergency Food & Shelter program helps individuals & families find temporary shelter using motel/hotel vouchers while seeking permanent housing. Homeless Prevention & Assistance Program helps eligible families that face foreclosure or eviction due to inability to meet housing costs.

Lutheran Social Services

1-888-828-4399

13401 Birch Drive, Baxter, MN 56425

1-888-828-4383

Runaway Homeless Youth Program for youth 17 years & younger, with short-term shelter care. Journey Transition Living Program for homeless youth, ages 16 - 21, provides support, resources & arranges housing.

Lutheran Social Services - LLS Housing Options

218-829-5000

716 East Street, Brainerd, MN 56401

Temporary, transitional, and permanent housing with services for homeless families.

Mille Lacs Band Emergency Assistance

320-532-4181, ext 2552

Limited assistance to Band members. Includes loans, grocery vouchers, rent/deposit, utility bill paid, clothing, medical & funeral travel.

Senior & Disabled Housing

- Adult Foster Care** (Aitkin County H&HS) 218-927-7200
204 1st St. NW., Aitkin, MN 56431 1-800-328-3744
Health & Human Services can provide a list of available licensed independent foster care homes.
- Aicota Assisted Living** 218-927-2182
840 2nd St NW, Aitkin, MN 56431
- Aicota Health Care Center** (Nursing Home) 218-927-2164
850 2nd St. NW., Aitkin, MN 56431
www.aicota.com
- Aitkin Health Services** (Nursing Home) 218-927-5526
301 Minnesota Ave S., Aitkin, MN 56431 Fax 218-927-5564
www.ahs.sfhs.org
- Aitkin Manor** 218-927-2440
230 1st Ave NE., Aitkin, MN 56431
40 unit low income senior housing with community room.
- Blackrock Terrace Apartments** 218-927-6807
315 1st Ave SW., Aitkin, MN 56431
51 units, one and two-bedroom apts. for seniors and disabled at market rate. Dining room, lounge, rec. room. Catered meals weekly. Housekeeping service included in rent.
- Boyer's Bay Private Assisted Living** 218-927-4123
42874 Eagle Street, Aitkin, MN 56431 boyersbay@gmail.com
24-hour care and respite services
- CRMC Assisted Living Home Care** 218-545-6265
300 NE 3rd Avenue, Crosby, MN 56441

Housing, Cont'd

- Elder Assisted Living Office** 320-532-7565
*Housing units at East Lake, Hinckley, & Mille Lacs Band elders.
Provides daily living and nursing services, nutrition, and activities.*
- Golden Horizons Assisted Living** 218-927-9996
518 - 7th Avenue NE, Aitkin, MN 56431
Memory Care 218-927-9957
- Hallett Cottages** 218-546-6265
350 4th Street NE, Crosby, MN 56441
*Assisted living facility with home-like atmosphere on Cuyuna
Reginal Medical Campus. Designed for the needs of people with
Alzheimer's disease, memory loss or other cognitive impairments. 24
hour supervision and care.*
- Heartwood Senior Living Community** 218-545-8500
500 Heartwood Drive, Deerwood, MN 56444 218-545-8300
FAX: 218-546-8338
*Independent & assisted living, memory care, community room,
activities*
- Hill Lake Manor (HRA)** 218-927-2151
536 Gill Street S., Hill City, MN 55748
*Low rent housing for elderly and disabled adults with eligible
incomes.*
- Isle View Apartments** 320-676-8624
205 1st Ave. N., Isle, MN 56342
- Lutheran Social Services (Assisted Living)** 1-866-444-3743
*Supervised and living services for adults and children with
developmental disabilities. Service is located in Baxter, MN.*

Housing, Cont'd

- Maryhill Manor** 218-927-2151
215 3rd St. SE., Aitkin, MN 56431
*Low rent housing for income eligible elderly and disabled adults.
Services available include: housekeeping, laundry, personal care,
meal preparation, medication set-up, nursing care, arrangement for
appointments and rides.*
- Maryhill Manor Assisted Living** 218-927-3801
215 3rd St. SE., Aitkin, MN 56431
Provided by Access Healthcare
- Northland Village (Assisted Living)** 218-768-3356
22027 420th Street, McGregor, MN 55760
www.northlandvillage.org
- Oakridge Homes** 218-927-3946
936 2nd St. N.W., Aitkin, MN 56431
Brainerd Office 1-866-321-3245
*Residential units for adults with disabilities, providing supervision
for independent living, life skills training, and community activities.*
- Pioneer Villa (HRA)** 218-927-2151
141 E. 2nd Avenue, McGregor, MN 55760
Low rent housing for income eligible elderly and disabled adults.
- Village Apartments (HRA)** 1-218-927-2151
200 and 250 2nd St SW, Aitkin, MN 56431

Medical Equipment

- Aitkin American Legion Post** 218-927-2965
20 1st Ave NE., Aitkin, MN 56431

Medical Equipment, Cont'd

Aitkin Medical Supply 218-927-3113
12 2nd Street NW, Aitkin MN 56431

American Cancer Society
Minneapolis 1-800-460-6550
Aitkin 1-218-927-2056
Referrals for medical equipment, prostheses, wigs at free or reduced costs.

Brainerd Medical Supply 218-828-2100
206 W Washington Street, Brainerd, MN 56401 1-800-950-6006

Equipment Distribution Program (EDP) 218-723-4964
320 W 2nd St., Suite 710, Duluth, MN 55842
TTY & Voice 1-888-234-1322
*Assists people who have problems hearing or speaking on the telephone. People who qualify can receive special equipment at **no cost**.*

HEAR (Hearing Equipment and Repair) 1-800-370- HEAR (4327)
Pokegama Plaza, Grand Rapids, MN 55744 218-326-5986

Home Health Partnership (Lifeline) 1-800-698-2311
320 E Main, Crosby, MN 56441

McGregor VFW 218-768-3500
McGregor, MN 55760

Regional Service Center for Deaf & Hard of Hearing 1-888-234-1322
320 W 2nd St., Suite 710, Duluth, MN 55842 218-723-4962
Telephone equipment distribution center

Specialty Home Medical 218-828-4710
7938 College Road, Brainerd, MN 56401 1-800-450-4710

Medical Equipment, Cont'd

Wheelchairs: Miracle on Wheels 1-800-749-8778
Senior Wheels 1-800-246-6010

Mille Lacs Band Of Ojibwe

Mille Lacs Reservation Tribal Office (Gov't Center)
43408 Oodena Dr., Onamia, MN 56359 320-532-4181
East Lake Center Office 320-768-3311 Ext. 226
www.millelacsobjibwe.org Fax 320-532-4209
Non-Native Americans are welcome.

AA Groups District 1 320-532-7583
East Lake Center 218-768-2431

District 2 Administrator *East Lake* 1-877-768-3311

East Lake Community Center 218-768-3311
2090 267th Lane, McGregor, MN 55760 1-877-768-3311
Social Services 218-768-3903
Social Services, health, Head Start, education, chemical dependency services, etc.

Elder Assisted Living Unit 320-532-7565
Housing units at East Lake, Hinckley, & Mille Lacs for Mille Lacs Band elders. Provide daily living and nursing services, nutrition, and activities.

Emergency Assistance with limitations 320-532-4181 ext 2552
Assistance to band members living U.S. Includes loans, grocery vouchers, rent/deposit, utility bill paid, clothing, medical/funeral travel.

Mille Lacs Band Of Ojibwe, Cont'd

Health & Human Services 320-523-4354

Housing Authority 320-532-4191

Legal Aid 320-532-7798
1-800-709-6445

Wednesday 1:00 p.m. – 4:30 p.m. Walk-in or appointments

MLB of Ojibwe Women's Project 320-532-7793

Domestic Violence Shelter 320-495-3514

1-866-867-4006

District 1 Advocate 320-532-4780

1-800-709-6445 ext 4780

District 2 (*East Lake*) Advocate 218-768-4412

District 3 320-630-2678

Sexual Assault 320-532-4780

1-800-709-6445 ext 4780

Crisis calls, advocacy, emergency shelter, information & referrals, suport groups, transportation. Services are free & confidential, regardless of race, gender, financial status. Covers: Aitkin, Crow Wing, Mille Lacs, Pine Counties.

Mille Lacs Community Center 320-532-4734

Minisinaakwaang Leadership Academy 218-768-3477

Charter School, East Lake Center

36666 State Hwy 65, McGregor, MN 55760

Nay-Ah-Shing School 320-532-4695

43651 Oodena Drive, Onamia, MN 56359

Grades K–12. The library is open to community members after school.

Mille Lacs Band Of Ojibwe, Cont'd

Ne-Ia-Shing Clinic 320-532-4163
43651 Oodena Drive, Onamia, MN 56359 1-888-622-4163
Nurse Direct Line 320-532-4163 ext 2555
Open Monday –Friday, 8:00 a.m. – 5:00 p.m.

Nutrition Programs

Elders 320-532-7494
Home delivered meals, community group dining
Food distribution Program 320-532-7496
Food packages
WIC (*Women, Infants, Children*) 320-532-7821

Tribal Employment and Training 320-532-4457

Mille Lacs Band of Ojibwe, Onamia, MN 56359
Services include: planning, vocational counseling, pre-employment skills, job skills training, counseling, wage subsidies, and supportive services.

Nursing

Access Health Care

215 3rd Street SE, Aitkin, MN 56431 218-927-3801
1891 E Hwy 2, Grand Rapids, MN 55744 218-326-0004
Homemaker, home healthcare, and skilled nursing. Paid for by insurance.

Aitkin County CARE 1-877-810-7776

218-927-1383

Respite Care, Support, Education

Barnabas Health Care 1-800-434-7225

223 Washington Street, Brainerd, MN 45401 218-829-0901
www.barnabaserves.com

❧ Nursing, Cont'd ❧

Good Neighbor Home Health Care 218-829-9238
555 Edgewood Dr N., Baxter, MN 56425
www.gnhomecare.com

Heartland Home Health Care 218-829-1252
609 Oak Street, Brainerd, MN 56401 FAX 218-829-1365
Nursing services, hospice under Medicare A, Medicaid & most insurances

Home Health Partnership 1-800-698-2311
320 E Main, Crosby, MN 56441 218-546-2311
www.cuyunamed.org
Partnership of Riverwood HealthCare Center in Aitkin and Cuyuna Regional Medical Center in Crosby. Home care, respite, hospice & nursing services available

Home Instead Senior Care 1-877-824-0077
108 S 6th Street, Brainerd, MN 56401 218-824-0077

Itasca Hospice and Pallative Care 218-327-8780
126 SE 1st Avenue, Grand Rapids, MN 55744

Lake Country Home Care 218-326-7568
126 SE 1st Ave., Grand Rapids, MN 55744

Mercy Home Health 1-800-760-4808
710 S Kenwood Ave., Moose Lake, MN 55767 218-485-5506

Mille Lacs Band Home Health Care 320-532-7776 ext 2411
Home health care aides provide personal care and light housekeeping

Mille Lacs Home Care 320-532-4127
200 N Elm St., Onamia, MN 56359

Nursing, Cont'd

Parish Nurses/Health Ministry *Help and support for church families*

Aitkin United Methodist	218-927-3242
Bethel Lutheran Brethren (Aitkin)	218-927-2823
Bethesda Lutheran (Isle)	320-684-2846
First Lutheran Church (Aitkin)	218-927-2028
Grace Lutheran (McGregor)	218-426-3343
Malmö Evangelical Free Church	320-684-2201
Pine Lake United Methodist	218-927-3242
St. James Catholic Church (Aitkin)	218-927-6581
St. John's Lutheran (Aitkin)	218-927-3170
St. John's Lutheran (Cedarbrook)	218-927-3511
Westside Calvary (Aitkin)	218-927-2728

St. Joseph's Home Care & Hospice 218-828-7444
303 Kingwood, Brainerd, MN 56401

Villa Vista Care Center 218-644-3331
PO Box 98 – 1197 Villa Vista Circle
Cromwell, MN 55726

Senior Clubs

Aitkin Golden Age Club *Meets on the 4th Friday every month*
1:30 p.m. at Maryhill Manor, Aitkin

Forever Young Club
Meets on the 3rd Thursday of the month at noon, at Glory Baptist Church, Glen area.

Hill City Golden Age
Meets the 2nd Wednesday on the month at 1:30 p.m. at the Hill Lake Manor.

Senior Clubs, Cont'd

Jacobson Seniors

Meets each Thurs. 10:00 a.m. – 2:00 p.m. at the Jacobson Community Center, 3 miles South of Hwy 200 on Great River Road (Aitkin County Road 10)

McGrath Area Seniors

Meets every Monday at 1:00 p.m. at the McGrath Senior Center.

Rice River Seniors

Meets the 1st Tuesday of the month, at 2:00 p.m. at the Rice River Town Hall.

Tamarack Golden Age

Meets the 2nd Tuesday of the month at 1:00 p.m. at the Tamarack Snowflakers Building.

Up North Golden Age

Meets at noon, the 1st Monday of every month at the Waukenabo Community Center.

Senior Services

Adult Day Service

218-927-9996

Golden Horizons

FAX 218-927-7005

518 7th NE Ave Aitkin, MN 56431

www.goldenhorizons.org

Available: Mon. – Fri. half or full day. Open 9:00 a.m. – 3:00 p.m.

Provides care and activities for adults with special needs while the caregiver is away. Service includes: transportation, health monitoring, activities, meals & assistance with personal cares. Scholarship fund available.

Senior Services, Cont'd

A.E.O.A. (Arrowhead Economic Opportunity Agency)

1-800-662-5711 ext 7323

Senior dining sites and home delivered meals. Call at least one day prior for a reservation for a noon meal. Donation basis. For more information, call AEOA Senior Nutrition Programs.

Aitkin County CARE, Inc.

218-927-1383

503 Minnesota Ave N

1-877-810-7776

P.O. Box 212, Aitkin, MN 56431 aitkincountycare@gmail.com

Our Mission: To enhance and promote the independence, dignity, value, and well-being of older and disabled adults and those who care for them.

Aitkin County Health & Human Services

1-800-328-3744

204 1st St. NW., Aitkin, MN 56431

218-927-7200

Fax: 218-927-7210

Aitkin County TRIAD

Aitkin County Sheriff

218-927-7435

Aitkin County CARE

1-877-810-7776

218-927-1383

Crime prevention education for senior adults.

ANGELS (Area Neighbors Giving Elderly Live-in Services)

A Living At Home /Block Nurse Programs

1-888-655-0004

PO Box 35, 7 S Maddy St., McGregor, MN 55760

218-768-2762

Provides volunteer and professional assistance to enable elders to remain in their homes with independence, dignity and choice.

Services: transportation, friendly visits and phone calls, minor home repairs, home-making services, yard work, snow removal, help with forms, referrals. Connections with Access Healthcare Services for in-home health care, respite care, assisted living services and caregiver support. Serves residents in Palisade area as well as the McGregor area.

angelsofmcgregor.wordpress.com

Senior Services, Cont'd

Bone Builders Class (RSVP)

First Lutheran Church 218-927-1383

107 2nd St SE, Aitkin, MN 56431.

Tuesday & Thursday mornings - 10 a.m. - 11 a.m.

Blackrock Terrace Apartments

315 1st Ave SW, Aitkin, MN 56431.

Tuesday & Thursday mornings - 11:30 a.m. - 12:30 p.m.

Malmo Evangelical Free Church of Malmo

21927 322nd Ave, Isle, MN 56342

Wednesday Mornings - 10:00 a.m. - 11:00 a.m.

Bethesda Lutheran Church of Malmo

21590 State Hwy 47, Isle, MN 56342

Friday Mornings - 10:00 a.m. - 11:00 a.m.

RSVP Bone Builders Program reduces osteoporosis risk through proper exercise and nutrition to maintain independence and quality of life. Results include having healthier bones, reducing the risk of falling, increasing strength and improving balance. Trainers lead the sessions. There is no cost. Bring your own weights

Central MN Jobs & Training Services (Real Deal) 1-800-284-7425

Above EyeCare Center 218-927-2181

312 Minnesota Ave North #2000, Aitkin, MN 56431

Mora Workforce Center (Pennie) 320-679-6490 www.cmjts.org

Provides training and job opportunities for people 55 or older in local non-profit organizations, libraries, hospitals, etc., while expanding their skills. Monday - Thursday, 8:30 a.m. - 4 p.m.

Senior Services, Cont'd

Chore Services for seniors or disabled individuals:

Developmental Achievement Center	218-768-4031
McGregor Kids Plus	218-768-2040
Aitkin County CARE, Inc.	218-927-1383
ANGELS - McGregor	218-768-2762

Providing a sincere service for people who are on a fixed income and in need of a little help. Affordable handyman services. If we cannot do the job, we will help you find someone who can do it, at an affordable cost.

Clarity Hearing Center

511 West 6th Street (800) 654-4296
Duluth, MN 55806

Hearing Specialist available 1st & 3rd Wednesdays above the Aitkin Eye Care Center. Call for appointment.

Cummings Treasured Time Adult Day Center

22401 State Hwy 6 218-546-5071
Deerwood Mn 56444 Fax 218-546-5071
Cell 218-232-7557

treasuredtime@emabrqmail.com www.TreasuredTimeADC.com

*Available M-F Participant hours variable. Office hours 8:30-4:30
Providing care for the dependant adult and respite for the caregivers. RN on duty, transportation, financial assistance, socializing, activities, noon meal and snacks, outings and much more.*

East Lake Community Center

1-877-768-3311

36666 State Hwy 65, McGregor, MN 55760 218-768-3311

Community health staff assists Native Americans with accessing health services, education, nutrition, chemical dependency, social services, etc.

Senior Services, Cont'd

- Foster Grandparents** (contact Marcia Ferris) 218-839-6650
Older adults (60+) provide individual attention to children in grade schools, Head Start and preschools. Paid stipend, mileage, & liability insurance.
- Helping You Hear** TDD 218- 855-1247
314 Charles St., Brainerd, MN 56401
- Home Health Partnership (HHP)** 1-800-698-2311
320 E Main Street, Crosby, MN 56441
Home care, respite, hospice & nursing services, lifeline.
- Lakes & Pines Community Action Council** 1-800-832-6082
1700 Maple Ave. E., Mora, MN 55051 320-679-1800
Fuel assistance, home rehabilitation/weatherization, emergency food and shelter, garden seed project.
- Legal Aid Services**
Duluth – Sr. Law Project 218-623-8100
Aitkin County CARE 1-877-810-7776
218-927-1383
Brainerd – St. Law Project 1-800-933-1112
Phone intake – Monday & Tuesday. Low income, non-criminal
- Lifeline for Medical Emergencies (HHP)** 1-800-698-2311
- Lighthouse for the Blind** 1-800-422-0833
4505 W Superior St., Duluth, MN 55807 218-624-4828
- Medicare Hotline** (24 hour service) 1-800-633-4227
www.medicare.gov TTY 1-877-486-2048
- Mille Lacs Band Elder Services** 320-532-7494
Provides lawn mowing and snow shoveling to elders free of charge.

Senior Services, Cont'd

Minnesota Board on Aging 1-800-882-6262
www.mnaging.org TTY 1-800-627-3529

Gateway to services for MN seniors and their families, provides a spectrum of services, including Senior LinkAge Line™, Insurance counseling, etc.

NAPS (Nutrition Assistance for Seniors) 1-877-810-7776
927-1383

Food commodities for over 60 years and income eligible

Office of Ombudsman for Long Term Care 1-800-657-3591

P.O. Box 64971, St. Paul, MN 55164-0971

Hours: Mon. – Fri., 8:00 a.m. – 4:30 p.m. (TTY) 711

Brainerd (*serves Aitkin County*) 218-825-2005

www.mnaging.org/admin/oom.htm

Information and consultation about long term care. Advocates for quality of care in nursing homes, assisted living, foster care, and homecare services. Investigates and resolves complaints about health, safety, welfare, and rights of long-term care consumers, at no charge to the consumer.

Regional Service Center for Deaf & Hard of Hearing People

Mon.–Fri., 7:30 a.m.–4:30 p.m. (TTY & Voice) 1-888-234-1322

(Interpreter referrals) 1-877-456-3839

320 W 2nd St., Suite 710, Duluth, MN 55842 218-723-4962

Referral services. Telephone equipment distribution center.

Respite for Caregivers 1-877-810-7776

Aitkin County CARE 218-927-1383

Education, support groups, information & assistance, respite service.

Senior Services, Cont'd

RSVP (Retired and Senior Volunteer Program) 1-888-419-1235
Volunteer Services of Carlton County 218-897-9238
1219 - 14th St, Suite D, Cloquet, MN 55720 www.vscii.com
Volunteers (age 55+) participate in community organizations and agencies to make a difference. Mileage reimbursement and supplemental insurance.

Senior Companion Program 1-877-810-7776
218-927-1383

Adults (over 55) provide transportation to medical appointments and assist seniors to shop. Program pays stipend, mileage, liability insurance coverage.

Senior LinkAge[®] 1-800-333-2433
To meet with an insurance counselor call:
CARE Office in Aitkin 218-927-1383
ANGELS in McGregor 218-768-2762

www.MinnesotaHelp.info

Information and assistance regarding services and housing for older adults in Arrowhead Region. Free health insurance counseling for Medicare beneficiaries & pre-retirees.

Seven County Senior Federation 1-866-679-4700
47 N. Park Street, Suite 7, Mora, MN 55051 320-679-4700
www.7countyseniors.com

Offices open Mon-Fri, 8-4:30 p.m. Resource and referral for senior services. Defensive Driving courses for over 55. Free guidance on Medicare issues and help with tax preparation. Prescription Partnership Program. Senior Partners Care waives co-insurance fees for low/moderate-income Medicare recipients. Advocacy for legislative issues. Thrift clothing stores in downtown Isle and Mora,

Senior Services, Cont'd

Social Security Information 1-800-772-1213
2215 6th St. S., Brainerd, MN 56401 218-829-7174
130 W Superior St., Duluth, MN 55802 218-727-1193
TTY 1-800-325-0778
Mon-Fri, 7:00 a.m.-7:00 p.m.

State Health Insurance Program (SHIP) 1-800-333-2433

Treasured Time Adult Day Center 218-546-5071
22401 State Hwy 6, Deerwood, MN 56444 1-888-404-7320
treasuredtime@embarqmail.com
Mon-Fri, 8:00 a.m.-4:30 p.m. Activities, meals, and supervision for adults needing assistance during the day. Financial assistance and transportation are available.

Veterans Service Office, Aitkin County 218-927-7320
209 2nd St. NW., Aitkin, MN 56431 1-888-404-7320

Support Groups

Alcoholics Anonymous / Alanon/Alateen

www.aameetinglocator.org

Adult Children of Alcoholics (ACA) (Club) 218-927-6240
322 1st Ave NW., Aitkin, MN 56431 (Nancy) 218-927-2745
See Aitkin Alano Club for schedule of meetings

Aitkin Alcoholics Anonymous

Club 218-927-6240
AA (Nancy) 218-927-2745
Alanon 218-549-3237

Support Groups, Cont'd

- Aitkin Alano Club** 218-927-2651
322 1st Ave NW., Aitkin, MN 56431
Open Group (Club) 218-927-6240
(Nancy) 218-927-2745
Women's Meetings (Kim) 218-926-6546
Sunday, 5:30 p.m. - Women's Meeting
Tuesday, 8:00 p.m. - Open Meeting
Wednesday, 7:00 p.m. - Women's Meeting
Thursday, 9:00 a.m. & 8:00 p.m. - Open Meeting
- Aitkin Alanon Group** 218-927-6240
322 1st Ave NE, Aitkin, MN
Thursday, 6:30 p.m.,
- Alateen Group** 218-927-6240
322 1st Ave NE., Aitkin, MN 56431
Brainerd 218-829-3740
For teens whose parents or friends are alcoholics.
- Brainerd AA/Alanon** Call for meeting times: 218-829-3740
217 S 8th Street, Brainerd 218-829-8840
218-828-7757
302 4th Avenue NE www.area35.org 218-828-4811
Temple Baptist, 923 Oak Street (non smoking) 218-851-3637
1601 Oak Street, Brainerd 218-825-3770
Heritage Assembly of God
13242 Berrywood, Brainerd (nonsmoking)
St. Joseph's Medica Center, 4th Floor, Brainerd 218-828-7543
www.area35.org www.aameetinglocator.org
- Crosby/Ironton Alanon** 218-546-8284
249 Curtis Avenue, Ironton
Call for locations & meeting times.

Support Groups, Cont'd

- East Lake AA** 218-768-2431
36666 State Highway 65, McGregor, MN 55760
Meets 6:00 p.m., Monday & Thursday at East Lake ALU
Alateen meets 3:30 p.m. at East Lake ALU
- Garrison AA and Alanon** Carol & Ray 320-692-4574
Meets 7:30 p.m., Monday at the Garrison City Office Building and
7:30 p.m., Wednesday at the Alliance Church.
- Grand Rapids AA and Alateen** 211 or 218-326-8565
Call First Call for Help 1-800-442-8565
for meeting times and locations
- Hill City AA** 218-697-2558
218-328-5768
8:00 p.m. on Mondays at United Methodis Church, Hill City
- Isle AA** (Doney) 320-676-8621
Wahkon at Sacred Heart Catholic Church
- Malmo AA and Alanon**
Bethesda Lutheran Malmo 320-684-2123
21590 Highway 47, Isle, MN 56342
AA: Mike 320-532-4333
Russ 320-676-8742
Alanon: Carol 218-678-3563
Meetings are at 7:00 p.m. on Mondays; Handicapped Accessable

Support Groups, Cont'd

McGregor

Sandy Lake/McGregor
Alanon Building on Big Sandy Lake
20395 487th Street, McGregor

AA:

Rick 218-426-3558

Kenton 218-768-3811

McGregor – Alateen:

Ramona 218-426-3344

Lynda 218-426-4370

*AA meets 9:00 a.m. on Saturday, noon on Tuesday, 7:30 p.m. on
Wednesday. Alanon meets noon on Thursday*

Mille Lacs Band AA 320-532-4163

Palisade AA

Bethel Lutheran Church 218-845-2429

411 Main Street, Palisade, MN 56469 (Wayne) 218-845-2580

7 p.m. on Monday (non smoking)

Wright AA

Bethel Lutheran Church (Andy) 218-357-2177

General Support Groups

Adoption Support Kim: 218-855-1373

Brainerd Lakes Area

Meets 6:30 - 8:00 p.m. 3rd Tuesday of the month. Call for location

AIDS Support RAAN 1-800-966-9735

Minnkota, Brainerd 218-877-4636

Support Groups, Cont'd

Alzheimer's Support Group 1-877-810-7776
218-927-1383

American Diabetes Association 1-800-232-4044
303 Kingwood St., Brainerd, MN 56401
Support group with monthly meetings.

Anorexia and Bulimia
Eating Disorders, Lord of Life Church, Baxter 218-824-0010
Overeaters Anonymous Support Group 218-829-0449
First Congregational Church, Brainerd

Arthritis 218-829-2861 Ext. 7375
6523 N 3rd St., Brainerd, MN 56401 1-800-333-1380

Breast Cancer Support Groups:

Riverwood Breast Health 218-429-3795
Sister to Sister Support Group
Men's Support Group
*Meets 6:30 - 8:00 p.m. on the 4th Monday of the Month at
Riverwood Healthcare Center, 200 Bunker Hill Drive, Aitkin*

Caregiver/Memory Loss Support Group 1-877-810-7776
Contact – Tricia Martin 218-927-1383
*Aicota Rehabilitation Center, 850 2nd Street NW, Aitkin
1:00 p.m. on 1st Wednesday of month
Adult Day Services, 181 Maddy Street, McGregor
3:00 p.m. on 3rd Tuesday of month*

Support Groups, Cont'd

- Diabetes Support Group** 218-927-8281
Riverwood Diabetes Center
Outpatient Services, 601 Bunker Hill Drive, Aitkin, MN 56431
5:00 - 6:00 p.m. 2nd Thursday of the month
Riverwood Clinic, 2 East Center, McGregor, MN 55760
9:00 - 10:00 a.m. on 1st Wednesday of the month
- Domestic Violence (AADA)** 218-927-2327
1-888-276-1720
Call for time and place. Childcare & transportation may be arranged.
- Empty Arms** 218-828-4402
Emotional support regarding pregnancy loss.
- Fibromyalgia**
Call Northern Pines 320-632-5255
Independent Out-patient Therapy 1-800-951-6648
- Gamblers Anonymous** 1-800-541-4557
Bethel Lutheran Church Pastor: 218-845-2429
411 Main Street, Palisade, MN 56469
After 9:00 p.m. call Mary 218-83-2762
Meets 7:00 p.m. on Thursday.

Support Groups, Cont'd

GLBT - Support Hotline 1-800-800-0350
Christy 218-829-4261
PFLAG (Parents & Friends of Lesbians & Gays) 1-877-871-4636
PO Box 2503, Baxter, MN 56425
GLBT Kids 1-877-452-8543
Information and referral to support groups

Gay Men's Group brainerdmensgrp@aol.com

Grief Support Programs

First Lutheran Church, Aitkin 218-927-2028
1:00 p.m. on 2nd & 4th Wednesdays
Grace Lutheran Church, McGregor 218-426-3343
218-426-3491
Riverwood HealthCare Center, Aitkin 218-927-5524
Meets Thursday evenings spring & fall with individual sessions available
Cuyuna Regional Medical Center, Crosby 218-546-5863
HUGS – Hope and Understanding for Grief Stricken
St Joseph's Medical Center, Brainerd 218-829-2561
Suicide grief support

Hope for the Future Support Group 218-927-3748
Drop In Center at Access North
210 2nd Street NW, Aitkin, MN 56431
Support group for persons with mental illnesses. Use of computers and access to other resources. Call for location and times.

H.U.G.S. 218-546-8077
Cuyuna Regional Medical Center 218-546-5863
Crosby, MN 56441 218-546-6970
A grief support group. 218-927-4177

Lupus 952-746-5151
1-800-645-1131

Support Groups, Cont'd

Mental Health Consumer Survivor Network of MN 1-888-478-4418
223 N Jefferson Street, Wadena, MN 56482 218-639-2010
Statewide mental health group run by people with mental health diagnoses. Provides education and support to persons with mental health issues, and to providers and family members regarding mental health. www.mhcsn.org

Mental Health - Artistic Expressions

United Methodist Church
Albert Avenue & 1st Street, McGregor, MN 55760
Ronda 218-768-3269
Debbie 218-426-5604
Rose 218-426-4230
Self enhancement & mental health support group held 1:00 - 3:00 p.m. on the 2nd and 4th Fridays. Crafts and activities.

Mothers Against Drunk Driving (MADD) 1-877-623-3435
Brainerd 218-828-5055

Multiple Sclerosis Cindy Davies 218-927-4929
Access North, 210 2nd Street NW, Aitkin
1:00 p.m. 3rd Monday, 7:00 p.m. 3rd Wednesday

NAMI (Mental Illness)
Brainerd & Grand Rapids 1-888-473-0237

Narcotics Anonymous 218-828-4811
Aitkin Public Library
110 1st Avenue NE, Aitkin, MN 56431 Bob: 218-839-1245
6:00 p.m. Sunday 7:00 p.m. Wednesday Shane: 320-684-2130

Support Groups, Cont'd

Narcotics Anonymous, cont'd

Brainerd Guy: 218-825-0334
McGregor/Big Sandy Lake
20395 487th Street
7:00 p.m. Fridays at Alanon Building

Parents Support Group

218-829-4017
218-927-2327

Family Support Network - Helps improve parent-child relationships and seeks to prevent potentially abusive situations. .

Parkinson Support Group

218-828-4770
218-828-7786

Prostate Cancer Support Group

Aitkin (218) 927-5552
Crosby (218) 546-2342
Education and support for prostate cancer patients and their partners. Meets 5:30-7:30 p.m. at Riverwood Healthcare Center in Aitkin and Heartwood Senior Living in Crosby, rotating locations every other month on Thursdays.

PSTD for Vets

218-828-3131

SADD (Students Against Drunk Driving)

Aitkin 218-927-2115
McGregor 218-768-2121

Sex Addicts Anonymous

Write for information: PO Box 454, Ironton, MN 56455

Support Groups, Cont'd

Sexual Assault (Aitkin) 218-927-6226

Weekly groups for adult victims. Call for schedule. 1-877-233-1231

TOPS *Weight reducing support groups*

Aitkin at First Lutheran Church Tuesday at 4:30 p.m.

Garrison at the Alliance Church: Thursday at 9:00 a.m.

Isle at the Baptist Church: Tuesday at 9:00 a.m.

McGrath Fire Hall or Senior Center Monday at 6:00 p.m.

McGregor Thursday at 5:30 p.m.

Minnewawa Sportsmens Club: Thursday at 5:30 p.m.

Vietnam Vets 218-828-3131

St. Joseph's Medical Center – Focus Unit

Weight Loss 218-927-2121

Riverwood Healthcare Center, Aitkin

Crosby 1-888-546-4343

One-on-one counseling.

Weight Watchers

Bethel Lutheran Brethren Church, 218-927-2407

112 1st Ave SW, Aitkin, MN 56431

Thursday 5:30 p.m. Weigh-in 1/2 hour before meeting.

Hallet Community Center, 218-546-2616

470 8th St. NE, Crosby, MN 56441

Tuesday 5:45 p.m. Weigh-in 1/2 hour before meeting.

McGregor High School 218-426-5566

Tuesday 5:30 p.m. Weigh-in 1/2 hour before meeting.

Riverwood Healthcare Center 218-426-5566

Wednesday noon. Weigh-in 1/2 hour before meeting.

Transportation

A.E.O.A. – Arrowhead Transit Toll Free/TDD 1-800-862-0175
702 3rd Ave. S., Virginia, MN 55792 218-741-0724
421 SE 13th Street, Grand Rapids, MN 218-326-3505
Please call for information, 218-327-1454
reservations, or cancellations. 1-800-642-6143

*Serving Aitkin County – Service is open to the public with no age or income restrictions. All buses are handicap accessible. Please call for information, reservations, or cancellations. Bus will **NOT** stop at a location without a reservation.*

Aitkin Dial-A-Ride Monday – Friday, 10 a.m. – 2 p.m. For McGregor area please call before noon Mon. & Wed. to schedule a ride. For the Minnewawa Area the 1st & 3rd Thursdays. There must be a minimum of 5 passengers for the route to go.

Aitkin County Volunteer Drivers Program 218-927-7200
1-800-328-3744

Provides medical transportation to eligible individuals and medical assistance recipients.

ANGELS (Serving McGregor & Palisade Areas) 218-768-2762

Bay Lake Lions 218-678-2206
Lions mobility bus, Contact Barb Burt 218-678-9090
Gives rides to Aitkin, Crosby, Deerwood, Garrison & Brainerd for medical appointments.

Care Cab (Brainerd) 1-218-829-1099
Ambulatory patients, wheelchairs and stretcher service.

Lakes & Pines CAC 1-800-832-6082
Vehicle repair loan – max \$500, must be employed or in school.

MediVan 218-828-1860 or 1-800-422-0976
Ambulatory, wheelchair, and stretcher van services. Private Pay or medical assistance. 24 hours.

Transportation, Cont'd

Rides for Health 218-927-4077
*Office hours are Monday, Wednesday and Friday 10 a.m. – 2 p.m.
Rides for necessary medical appointments for anyone in Aitkin
County*

Veterans Service Office, Aitkin County 218-927-7320
209 2nd St. NW., Aitkin, MN 56431 1-888-404-7320
*Provides van rides for veterans and their spouses to medical
appointments.*

Youth

Aitkin County 4-H Program 218-927-2538
Center for Youth Development Fax: 218-927-7374
Room 134, 217 2nd Street NW, Aitkin, MN 56431-1270
Beth Haasken, Coordinator stran017@umn.edu
www.extension.umn.edu

Aitkin County Juvenile Diversion 218-927-7448
Courthouse, Aitkin 1-888-900-2138 Ext. 448

Aitkin Youth Center
Located at Westside Church 218-927-2728 #4
Contact Steve Olson 218-927-6171

Alateen World Service 1-888-425-2666

Boy Scouts of America
Troop 52, Aitkin 218-927-4610
Palisade 218-845-2657

Youth, Cont'd

Girl Scouts

Aitkin/Deerwood

218-851-7149

Kids Plus

Aitkin

218-927-2115 Ext. 118

Hill City

218-697-2394

McGregor

218-768-2040

Educational, recreational, service learning, training opportunities.

Long Lake Conservation Center

218-768-4653

28952 – 438th Lane, Palisade, MN 56469

Environmental education opportunity for youth.

Lutheran Social Services (24 hours – toll free)

1-888-828-4383

Journey Transitional Living Program

218-29-4399

Runaway Homeless Youth Program serves youth 17 years and under.

NE Minnesota Office of Job Training at Aitkin Workforce Center

218-927-5623

321 Minnesota Ave., Aitkin, MN 56431

www.jobtrainingmn.org

*New Futures, real work, real learning and all-around support for
ages 14-21.*

University of MN Extension Office

218-927-7321

4H program. Information on other youth issues.

Youth, Cont'd

Peer Helpers & SADD

Aitkin

218-927-2115

Hill City

218-697-2394

Student-to-Student helping group.

Run-away Switchboard

1-800-786-2929

Aitkin County Resource Directory

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Veterans Services

Aitkin County Persian Gulf Support Group 218-927-6119
Carroll & Joy Janzen
Meetings in Aitkin to provide support for soldiers and their families.

Department of Employment & Economic Development (DEED)
321 Minnesota Ave. N., Aitkin, MN 218-927-7046
For Appointment: 218-828-2450
Specialist meets with disabled veterans at the Aitkin Workforce Center

Department of Veterans Affairs Regional Office 1-800-827-1000
1 Federal Drive, St. Paul, MN 55111
Call for status on VA claims, services available to veterans.

Disabled American Veterans 1-218-927-2332
Meets once a month at the American Legion in Aitkin. Raises money for disabled vets and other community programs.

Lutheran Social Services 1-888-881-8261
(Brainerd, Duluth, St. Cloud)

www.lssmn.org/veterans

*Free services for military personnel, veterans, and families:
relationship or financial counseling, debt or stress management,
deployment & reintegration support, care giver support, resources
& referrals*

Veterans Services, Cont'd

NAMI Vet Connection groups 1-888-NAMI-HELPS
www.nami.org

Helplines: 1-877-877-3647 or 1-888-LINKVET

For all veterans interested in learning coping tools or approaches to re-integration issues.

PTSD support group for Veterans 1-800-247-1739 ext. 6322
VA Clinic, 722 NW Seventh St, Brainerd, MN 56401

Regional Veterans Office 1-800-827-1000

VA Medical Centers

St. Cloud 320-252-1670

1-800-247-1739

Minneapolis 1-612-725-2000

1-866-414-5058

VA clinics

Brainerd 1-218-855-1115

Twin Ports (Duluth area) 1-715 392 9711

Veterans LinkAge Line 1-888-LINKVET (546-5838)

MN Dept of Veterans Affairs www.MinnesotaVeteran.org

Vets One Stop Link www.minnesotareturn.org

Services for returning veterans.

Veterans Service Office, Aitkin County 1-888-404-7320

Aitkin County Courthouse, 217 Second St NW 218-927-7320

Aitkin, MN 55431

VA benefits for medical care, disability compensation, pension, burial, temporary disability, dependent assistance. Chemical dependency resources;

Veterans Services, Cont'd

Transportation for medical appointments 1-218-927-7276

at Minneapolis & St. Cloud VA Centers

Office hours: Mon-Fri, 8 a.m.-4:30 p.m.

McGregor 218-927-7320

ANGELS office, 7 S. Maddy Street 1-888-404-7320

McGregor, MN 55760

make appointments for once a month, 3rd Thurs from 10 - noon

Veterans Suicide Prevention Hotline 1-800-SUICIDE

(784-2433)

& Lifeline's Veterans Website (24 hrs) 1-800-273-TALK

press 1 for Vets Hotline (272-8255)

Online crisis support for veterans with VA crisis counselors

www.suicidepreventionlifeline.org/Veterans