



# Community Resources

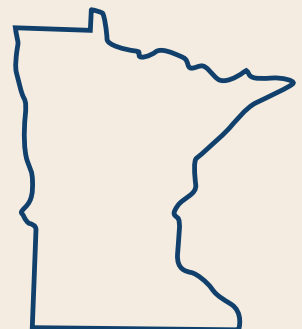
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[familiesfirstminnesota.org](http://familiesfirstminnesota.org)

## *Serving:*

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- Beltrami County
- Cass County
- Cass Lake
- Clearwater County
- Hubbard County
- Red Lake





# Beltrami County

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## Baby Café

Phone: (218) 333-6033

Paul Bunyan Center

3300 Gillett Dr NW

Bemidji, MN 56601

Free resource for pregnant and breastfeeding mothers offering lactation support from certified lactation consultants. This group offers support for all aspects related to breastfeeding and its impact on daily life spanning from initiation to weaning.

- Mondays: 12pm to 2pm, registration is not required, feel free to join whenever it works for you
- Follows Bemidji Area School District for closures

## Beltrami County Public Health

Phone: (218) 333-8140

616 America Ave NW

Suite 130

Bemidji, MN 56601

[www.co.beltrami.mn.us](http://www.co.beltrami.mn.us)

- **Women, Infants, Children (WIC)** - Nutrition program providing nutrition education and food benefits for income-eligible families, and post-partum women and their children, age's birth through 5.
- **Lactation Support** - Breastfeeding/Chestfeeding counseling and resources for parents and infants for mothers and infants.
- **Family Home Visiting** - This family home visiting program provides valuable information on parenting and prenatal care to pregnant women and new parents in Beltrami County through home visits.
- **Child and Teen Checkups** - Health check-ups for children and teens, birth to 21 years who are enrolled in Medical Assistance, PrimeWest, or BluePlus.
- **Car Seat Program** - Car seats available to those on PrimeWest or BluePlus Insurance. Child Passenger Safety Seat Technicians provide instruction on proper use of car seats and will assist with installation of car seats for infants and children.
- **Pregnancy Testing** - Lab-quality urine pregnancy testing and education at no cost.
- **Immunization Clinic** - Immunizations available for eligible infants, children, and adults. (Please contact for eligibility guidelines)
- **Cradle of Hope** - Safe sleep education and Pack & Play cribs available to families without a safe sleep space for their child.

## Beltrami County Human Services

Phone: (218) 333-8300

616 America Ave NW

Bemidji, MN 56601

[www.co.beltrami.mn.us](http://www.co.beltrami.mn.us)

Promoting community and family strength, and work to ensure the safety and well-being of all Beltrami County residents. Assisting every child, adult, and family get the resources they need to be safe, healthy and independent.

- **Social Services** - Children and family services: adoption, child care, children's mental health, foster care, child protection, First Steps to Healthy families, parent support.
- **Economic Assistance** - Food support, health care, child care, cash assistance, child support, emergency assistance.
- **Public Health** - WIC, immunizations, family home visiting, breastfeeding support, child and teen checkups, clinic services.



# Beltrami County

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## Bemidji Community Food Shelf

Phone: (218) 444-6580

1260 Exchange Ave SE

Bemidji, MN 56601

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

An emergency food shelf, providing services to income eligible residents of Beltrami County and the Bemidji School District (call or stop in to see if you qualify). Open Monday, Wednesday, Friday: 10:00 am – 3:00 pm.

## Bi-Cap

Phone: (218) 751-4631 or 1-(800) 332-7161

6603 Bemidji Ave N

Bemidji, MN 56601

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

- **Head Start** - Early childhood education in home and out of the home. Assistance for families in keeping children up to date with health, dental and nutrition needs. Referrals and support services for families.
- **Energy Assistance** - Provides financial assistance to households to help pay a portion of their home energy and heating bills.
- **Supportive Housing** - Utilizes a variety of funding sources like HUB, MN Housing and DHS. Services range from one-time assistance to on-going case management and rental subsidies.

## Community Resource Connections (CRC)

Phone: (218) 333-0880

750 Paul Bunyan Dr NW

Bemidji, MN 56601

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

CRC's mission is to improve access to and the effectiveness of community services through collaboration, coordinators and integration. CRC staff serve as navigators for people searching for resources to address home, family, employment, and other self-sufficiency issues.

- **MNSure Navigator** - A CRC staff member certified by the State of Minnesota to provide MNSure navigation. They can explain how the MNSure program works, they will help you establish an online account so that you can track your eligibility status, they will walk through the health insurance application question by question, advocate for you if things don't go as planned, and provide follow up support for as long as it is needed.
- **Service Access Specialist** - A CRC staff member available to the public, as well as area professions, for the purpose of providing information about area services. Service Access Specialists are trained to assist the public on a wide spectrum of service options including but not limited to: Social Security Disability, Medicare, housing services, mental health services, Financial assistance, and more.

## Early Childhood Family Education (ECFE)

Phone: (218) 333-8329

Paul Bunyan Center

3300 Gillett Drive NW

Bemidji, MN 56601

[www.bemidji.k12.mn.us/early-childhood-special-education/homebased/](http://www.bemidji.k12.mn.us/early-childhood-special-education/homebased/)

ECFE provides In-school or School Readiness programs that are administered by the Minnesota Department of Education.

# Beltrami County

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These programs are provided through public schools, including charter schools, and provide early childhood education with a goal of preparing children for kindergarten. Strengthening families with young children (0-5 years) through education, support, and fun.

## Early Intervention Program

Phone: (218) 333-3119

502 Minnesota Ave NW

Bemidji, MN 56001

[www.bemidji.k12.mn.us/early-childhood-special-education/homebased/](http://www.bemidji.k12.mn.us/early-childhood-special-education/homebased/)

The Early Intervention Program is a free service for children birth to three years old. Their services are provided within the child's natural environments. Early Interventions professionals will provide coaching to parents and caregivers to help promote and help improve all areas of development including cognitive/thinking, communication, social-emotional, motor and self-help.

## Family Advocacy Center

Phone: (218) 333-6011

1000 Paul Bunyan Dr NW

Suite 118

Bemidji, MN 56601

[www.facnm.net](http://www.facnm.net)

FACNM is an abuse assessment center that offers comprehensive medical care and treatment and a coordinated victim centered response to those who have been physically or sexually abused. Their three programs provide comprehensive and compassionate care to people of all ages and experiences.

- **The Children's Advocacy Center** - A highly trained and compassionate multidisciplinary team that serves children (and their non-offending caregivers) who are alleged victims of crime and abuse.
- **The Sexual Assault Nurse Examiner Program** - They offer 24/7 medical evaluation for children, adolescents and adults who have been sexually assaulted.
- **The Intimate Partner Violence Program** - Offers safe and confidential medical exams and all-in-one to any adult's who's been physically harmed by an intimate partner.

## The Green Stork Doulas and Lactation Services

Phone: (218) 308-6818

1900 Division St W #4

Bemidji, MN 56001

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

At The Green Stork, they are a team of dedicated professionals passionate about empowering families through the transformative journey of birth. They believe in providing personalized, holistic care that honors your unique needs and supports you every step of the way through the following services offered:

- Midwifery Care
- Lactation Services
- Craniosacral Therapy/Myofascial Unwinding
- Doula Services
- Placenta Encapsulation



# Beltrami County

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- Childbirth Classes
- Doula Workshops

## Mewinzha Ondaadiziike Wiigaming

Phone: (218) 444-4323

Email: [info@mewinzha.com](mailto:info@mewinzha.com)

802 Paul Bunyan Dr S

Suite 12

Bemidji, MN 56601

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

Mewinzha Ondaadiziike Wiigaming provides Anishinaabe-led health and wellness services for mothers, children, and families in northern Minnesota. Valuing wellness, a commitment to lifelong learning, culturally safe care and honoring choice through providing the following:

- Cultural teachings and practices in pregnancy, labor, birth, and postpartum
- Prenatal education, information, resources and referrals
- Postpartum education, information, support, resources and referrals
- Labor and birth support
- Lactation support

## Minnesota Milk Moms

Phone: (763) 259-8824

Email: [orders@milk moms.com](mailto:orders@milk moms.com)

13783 Ibis St NW

Suite 200

Andover, MN 55304

[www.milk moms.com](http://www.milk moms.com)

Milk Moms specializes in insurance billing of breast pumps with the goal of helping each mom achieve success with her breastfeeding journey by providing the best nursing tools and highest quality of service.

- **Breast Pumps** - Milk Moms is an accredited and authorized DME provider. Most insurance plans cover a breast pump following the Affordable Care Act guidelines. They contact your insurance to verify your coverage and eligibility. They ship, free of charge, nationwide via UPS (1-5 business days) for all pump orders!
- **Milk Storage Bag Resupply** - They send you 180 milk storage bags each month for 12 months, or longer if needed. We will then bill your insurance for these bags. Shipping is free so there is no cost to you. Available to those on PrimeWest and BluePlus.

## Northwest Indian Community Development Center-Family Services

Phone: (218) 759-2022

1819 Bemidji Ave N

Bemidji, MN 56601

<https://www.nwicdc.org>

# Beltrami County

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Their family service department, Waaziswan “The Nest” is composed of a team of family home visitors, Anishinaabe birth specialists who provide family reunification services, family advocacy and community connections. They work collaboratively to provide one to one support to members who are seeking to strengthen their family systems. Their programs are rounded in traditional Anishinaabe approaches to family structure, practices and living.

- **Perinatal and Infant Health** - Building community and cross-system collaboration for referrals and care, raising awareness of our children’s intrinsic value, encourage and support parents to do better--so children do better. Learn how to have a healthy pregnancy, how to keep baby safe, healthy and happy after delivery. Learn about the developmental stages your baby will go through
- **Family Spirit and Family Home Visiting** - An early intervention, voluntary program to help strengthen families and to address risk factors leading to child maltreatment and to decrease the disparities American Indian families experience in child welfare outcomes. Starting with prenatal care at 28 weeks gestation and continues through childhood development to the age of 3.
- **Strong Beginnings** - Focuses on improving birth outcomes, reducing health disparities and perinatal loss for Native American women by aiding them with support services. Learning how to confidently parent your child to ensure the best start to life.
- **Women’s Culturally Responsive Recovery Services** - Serves mothers who are pregnant or recently gave birth and are struggling with addiction.
- **Additional Services** - Doula services (at no cost), lactation support, condoms, Plan B, pregnancy tests, harm reduction supplies, limited kinship support, family reunification support, resources to support those going through recovery experiencing grief and trauma along with hosting in house workshops.
- **General Programming** - Youth drum on Monday nights with a meal served at 6pm, a variety of sewing project workshops are offered as well (most of the supplies are provided).

## Northwoods Pregnancy Center

Phone: (218) 444-3035

2300 Bemidji Ave N

Bemidji, MN 56601

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

Northwoods has well-trained and caring staff that provide physical, emotional, and spiritual support for women, men and the family as a whole. They provide free and confidential services to Bemidji and the surrounding areas since, understanding that each individual’s circumstances are unique. Services provided include:

- Pregnancy testing
- Ultrasounds
- Pregnancy counseling
- Material Assistance (clothing, bottles, diapers, wipes)
- Post abortion support
- Adoption referrals
- Community assistance referrals
- Parenting education and support
- Motherhood and fatherhood support group



# Beltrami County

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- STI and UTI testing
- Abortion Pill Reversal

## Nurture and Knowledge

Email: [nutureandknowledge.contact@gmail.com](mailto:nutureandknowledge.contact@gmail.com)

Instagram: [nuture.and.knowledge](https://www.instagram.com/nuture.and.knowledge)

Eliza Michaelson, RN, BSN, PHN, CLC offers evidence-based resources and holds childbirth, breastfeeding and newborn care courses and consults. She provides both in-person and virtual options.

## Oshkiimaajitahdah- Bemijigamaag

Phone: (218) 444-2883

520 4th St NW

Bemidji, MN 56601

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

A tribal program that is committed to education families to discover their strengths as individuals. They promote the economic and social well-being of families, children, individuals and community with funding, strategic partnerships, guidance and technical assistance.

- **TANF** - Is a human service program that provides assistance to Red Lake Nation enrolled members as well as other federally-recognized tribal member with children within Beltrami County. TANF is a temporary program to provide cash and food assistance for families to cover basic needs. The program helps the family gain education, training and job experience to gain self-sufficiency.
- **SNAP** - Provide Helps Minnesotans with low incomes get the food they need for nutritious and well-balance meals, this program is not intended to meet all of your household's needs but instead is a supplement and provides support to your household food budget.
- **Public Law 102-477** - Provides general cash assistance to cover basic needs, supportive services for those seeking employment, and higher education through scholarship opportunities.
- **TERO** - Is a program that helps create employment, employment training, and education opportunities for Red Lake Tribal Members.

## Planned Parenthood

Phone: (218) 751-8683

2504 Hannah Ave NW

Bemidji, MN 56601

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

The Planned Parenthood motto is: Care, no matter what and their goal is to provide the high-quality inclusive and comprehensive sexual and reproductive health care services all people need and deserve with respect and compassion. Services include:

- Women's & men's health care
- Mental health services
- Birth control and the morning-after pill
- Pregnancy testing & services
- Pregnancy options education

# Beltrami County

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- Pregnancy/fertility education
- Primary care
- STD testing, treatment, and vaccines
- HIV services
- Abortion referrals

## Sanford Health of Bemidji- Behavioral Health Services

Phone: (218) 333-2035

1705 Anne Street NW

Unit 3

Bemidji, MN 56601

When you aren't feeling like yourself, they have resources and support to help you improve your mental health and well-being by providing compassionate care for a variety of behavioral and mental health concerns including:

- Addiction or substance abuse
- Anxiety
- Bullying
- Depression
- Family distress
- Gender or sexual identity concerns
- Job stress and burnout
- Parenting struggles
- Relational stress
- Trauma

Specialties include:

- Psychiatry
- Psychology
- Counseling
- Chemical Dependency
- Eating disorders
- Occupational therapy

## Sanford Health of Bemidji- Car Seat Technicians

Phone: (218) 333-6453

If you are needing your car seat checked by a certified technician, please call, and leave a voicemail on the recorded line. A technician will call you back to make an appointment with you. Car seat checks take about 45 minutes to complete. They are happy to meet with families before or after delivery of the newborn.

## Sanford Health of Bemidji- OBGYN Clinic

Phone: (218) 333-5289

1233 34th St NW

Bemidji, MN 56601



# Beltrami County

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Providing care for individuals needing:

- Preconception counseling
- Fertility care and support
- Family planning services
- Prenatal care
- Prenatal ultrasounds
- Maternal Fetal Medicine visits on site
- Postpartum depression resources
- Breastfeeding support
- Postpartum support
- High Risk OB Care Coordinator

## Sanford Health of Bemidji- Pediatric Clinic

Phone: (218) 333-4710

1611 Anne Street NW

Bemidji, MN 56601

Providing care for individuals needing:

- Regular wellness checkups
- Preventative health including immunizations, developmental and behavioral screenings
- Pediatric specialist referrals
- Care for a variety of illnesses and injuries
- Health education
- Breastfeeding support with one-on-one appointments with a lactation consultant
- Parenting support for a variety of child-related issues, illnesses, and concerns

# Cass County

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## Cass County Human Resources

Phone: (218) 547-1340 or 1-800-450-3307

400 Michigan Ave W

Walker, MN 56484

[www.casscountymn.gov/1240/Health-Human-Veteran-Services-HHVS](http://www.casscountymn.gov/1240/Health-Human-Veteran-Services-HHVS)

Delivering quality public services to the citizens in an effective, professional and efficient manner.

- **Public Health Services** - Helping citizens with car seats, medical check-ups, family home visiting programs, immunizations and family planning.
- **Human Services** - Helping citizens with financial assistance, social services and child support.
- **Transportation Services** - Providing citizens on Medical Assistance with rides, contact the Cass County Transportation Coordinator at (218) 547-6865 to access transportation.

## Cass County Women, Infants and Children (WIC)

Phone: (218) 547-6872

400 Michigan Ave W

Walker, MN 56484

[www.casscountymn.gov/1501/WIC---Women-Infants-and-Children-Special](http://www.casscountymn.gov/1501/WIC---Women-Infants-and-Children-Special)

WIC is a nutrition and breastfeeding program that helps young families eat well and be healthy. WIC helps pregnant women learn about nutritious foods for a healthy pregnancy and birth. WIC promotes breastfeeding and has lactation specialists to support new moms. WIC provides nutritious foods to women and their young children, so they are healthy, happy and ready to learn.

## Walker Area Pregnancy Support Center

Phone: (218) 547-5433 or 1-800-712-4357

Email: [walkerpsc@arvig.net](mailto:walkerpsc@arvig.net)

102 8th St N

Walker MN 56484

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

The PSC is committed to meeting the needs of the whole person physically, emotionally and spiritually. Serving clients regardless of age, sex, religion, nationality, disability or other arbitrary circumstances. Providing medically accurate information about birth control, pregnancy and abortion through their offered services:

- **Pregnancy Testing** - Provide you with a free pregnancy test so you can get the answers you need.
- **Options Counseling** - Provide free counseling and support as you go through the decision-making process, and give you access to the type of information you'll need as you determine your next step(s).
- **Referrals** - Refer you to professionals in the area to have your needs addressed.
- **Incentive Program** - Moms and dads have the opportunity to receive coupons to use toward needed baby items such as a stroller or crib, diapers etc. Coupons are earned through attending support meetings and participating in classes.
- **Pregnancy Loss Through Miscarriage** - Provide free counseling to help explore unresolved feelings of grief and some times guilt surrounding a miscarriage.
- **Abortion Recovery** - Provide free counseling to help men and women through their grief and unresolved issues surrounding a past abortion.
- Help connecting you with a more experienced mentor to build an ongoing relationship.



# Cass Lake

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## Cass Lake Maternal Child Health

Phone: (218) 335-4556

420 Grant Utley Ave NW

Cass Lake, MN 56633

Facebook: Leech Lake Maternal Child Health

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

Made up of registered nurses that provide support and education to IHS eligible pregnant women and children up to the age of three years old; along with the following services:

- Rides to appointments
- Family Planning
- Drug dependency support
- Child growth and development support
- Immunizations
- Home safety assessments
- Lactation support
- Community resources and referrals

## Family and Me Tobacco Free Program

Phone: (218) 335-3293

Pharmacy Hours: 8am to 6pm (closed the first Thursday of the month from 1pm to 4pm)

A program for pregnant women and mothers of children under the age of two who are wanting assistance with quitting smoking. They have an incentive program available to receive free diapers, if participants quit smoking.

## Family Spirit and Empowerment Program

Phone: (218) 335-4500

16641 69th Ave NE

Cass Lake, MN 56633

[www.llojibwe.org/health/familyspirit.html](http://www.llojibwe.org/health/familyspirit.html)

The Family Spirit and Empowerment Program is an evidence based and culturally specific “Home Visiting” Program for Native Americans. The Leech Lake Program is designed to be delivered by Tribal Paraprofessionals with a core strategy to support and educate Native American families in daily life skills in a specific manner. The program supports Native American women who are pregnant, or women pregnant with Native American babies, fathers, or any families raising Native American babies and children from pregnancy to three years postpartum. The program’s objectives are to:

- Increase parenting knowledge and skills, including car seat and safe sleep education
- Provide birth planning services and breast feeding education/support
- Address maternal psychosocial skills to promote positive child rearing
- Promote optimal development for children 0-5 years old

# Cass Lake

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- Prepare children and parents for early school success
- Educate parents on well-child visits, immunizations and overall health
- Connect families to community services and cultural events/education
- Promote life skills and cultural outcomes across the lifespan
- Address substance abuse, domestic violence, legal or financial challenges

## Leech Lake Band of Ojibwe Women, Infants, and Children (WIC)

Phone: (218) 335-8291

312 1st St NW

Cass Lake, MN 56633

[www.llojibwe.org/health/wic.html](http://www.llojibwe.org/health/wic.html)

Serves families with infants and children up to age five (including foster) along with pregnant and postpartum women. All families are welcome at WIC, including dads, grandparents, foster parents and working families. WIC services help provide families nutrition education, health foods and health services. WIC can conduct nutrition assessments, education and one-to-one counseling on food, nutrition, and breastfeeding. Services also include healthy food vouchers and referrals to health and social services. In person appointments are currently available at Ball Club and Cass Lake. Apply online or call to schedule.

## Leech Lake Early Childhood Development

Phone: (218) 335-8345

190 Sailstar Dr

Cass Lake, MN 56633

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

The Leech Lake Band of Ojibwe Early Childhood Development program serves children and families of Leech Lake on and off the reservation. The program consists of five service areas focused on preparing children for success in school and support families with their children. ECD and sub-programs are almost entirely grant funded by federal, state, and other sources.

Programs offered are:

- Leech Lake Head Start
- Leech Lake Early Head Start
- Leech Lake Child Care Services
- MN Tribal Resources for Early Childhood Care (MN TRECC)
- SNAP-Ed
- Expectant Mothers Program

## Leech Lake Car Seat Program

Phone: (218) 335-4502

312 1st St NW

Cass Lake, MN 56633

[www.llojibwe.org/health/carseat.html](http://www.llojibwe.org/health/carseat.html)

The Car Seat Program is operated at the Health Division for Leech Lake Band of Ojibwe families with children who are approximately 0-8 years of age. The child, parent or caregiver must be enrolled at Leech Lake. The program will provide education, hands on installation instruction and educational materials with the car seat. Call for more information and



# Cass Lake

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eligibility requirements.

- **Family Home Visiting** - This family home visiting program provides valuable information on parenting and prenatal care to pregnant women and new parents in Beltrami County through home visits.
- **Child and Teen Checkups** - Health check-ups for children and teens, birth to 21 years old who are enrolled in Medical
- **Family Home Visiting** - This family home visiting program provides valuable information on parenting and prenatal care to pregnant women and new parents in Beltrami County through home visits.
- **Child and Teen Checkups** - Health check-ups for children and teens, birth to 21 years old who are enrolled in Medical Assistance, PrimeWest, or BluePlus.
- **Car Seat Program** - Car seats available to those on PrimeWest or BluePlus Insurance. Child Passenger Safety Seat Technicians provide instruction on proper use of car seats and will assist with installation of car seats for infants and children.
- **Pregnancy Testing** - Lab-quality urine pregnancy testing and education at no cost.
- **Immunization Clinic** - Immunizations available for eligible infants, children, and adults. (Please contact for eligibility guidelines)
- **Cradle of Hope** - Safe sleep education and Pack & Play cribs available to families without a safe sleep space for their child.

# Clearwater County

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## Clearwater County Human Services

Phone: (218) 694-6164

216 Park Ave NW

Bagley, MN 56621

[www.co.clearwater.mn.us/human-services](http://www.co.clearwater.mn.us/human-services)

Delivering quality public services to the citizens in an effective, professional and efficient manner

- **Public Health Services** - Helping citizens with car seats, medical check-ups, family home visiting programs, immunizations and family planning.
- **Human Services** - Helping citizens with financial assistance, social services and child support.
- **Transportation Services** - Providing citizens on Medical Assistance with rides, contact the Cass County Transportation Coordinator at (218) 547-6865 to access transportation.

## Bagley Early Childhood Family Education (ECFE)

Phone: (218) 694-3232

Bagley Community Education

202 Bagley Ave NW

Bagley, MN 56621

[www.bagley.k12.mn.us/page/early-childhood-family-education](http://www.bagley.k12.mn.us/page/early-childhood-family-education)

ECFE provides In-school or School Readiness programs that are administered by the Minnesota Department of Education. These programs are provided through public schools, including charter schools, and provide early childhood education with a goal of preparing children for kindergarten. Strengthening families with young children (0-5 years) through education, support, and fun.

## Clearbrook-Gonvick Early Childhood Family Education

Phone: (218) 776-3112

Clearbrook-Gonvic School

16770 Clearwater Lake Rd

Clearbrook, MN 56634

[www.clearbrook-gonvick.k12.mn.us](http://www.clearbrook-gonvick.k12.mn.us)

ECFE provides In-school or School Readiness programs that are administered by the Minnesota Department of Education. These programs are provided through public schools, including charter schools, and provide early childhood education with a goal of preparing children for kindergarten. Strengthening families with young children (0-5 years) through education, support, and fun.

## Clearwater County Food Shelf

Phone: (218) 694-6400

114 Main Ave N

Bagley, MN 56621

Hours: Wednesdays 10am to 2pm

Providing emergency food to families or individuals who have short-term, emergency food needs. Service is provided to residents of Clearwater County and areas of the sponsoring churches.



# Clearwater County

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## Clearwater County Nursing Services

Phone: (218) 694-6581

Public Health Building

212 Main Ave N

Bagley, MN 56621

[www.co.clearwater.mn.us/public-health](http://www.co.clearwater.mn.us/public-health)

- **Women, Infants, Children (WIC)** - Nutrition program providing nutrition education and food benefits for income-eligible families, and post-partum women and their children, age's birth through 5.
- **Lactation Support** - Breastfeeding/Chestfeeding counseling and resources for parents and infants for mothers and infants.

# Hubbard County

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## Early Childhood Family Education (ECFE)

Phone: (218) 237-6600

501 Helten Ave

Park Rapids, MN 56470

[www.parkrapids.k12.mn.us/domain/692https://century.parkrapids.k12.mn.us/early-childhood/ecfe](http://www.parkrapids.k12.mn.us/domain/692https://century.parkrapids.k12.mn.us/early-childhood/ecfe)

ECFE provides In-school or School Readiness programs that are administered by the Minnesota Department of Education. These programs are provided through public schools, including charter schools, and provide early childhood education with a goal of preparing children for kindergarten. Strengthening families with young children (0-5 years) through education, support, and fun.

## Hubbard County Food Shelf

Phone: (218) 732-1282

Email: [hubbardcountyFS@arvig.net](mailto:hubbardcountyFS@arvig.net)

308 Pleasant Ave S

Park Rapids, MN 56470

[hubbardcountyfoodshelf.org](http://hubbardcountyfoodshelf.org)

The mission of the Hubbard County Food Shelf is to provide food for our clients in order to solve short-term emergency needs. They carry out this mission with respect for the dignity of the families by keeping information about the clients we serve confidential at all times. Services available free of charge, to eligible low-income residents of Hubbard County and the Park Rapids School District.

- **Hours of Operation** - Monday, Wednesday, and Friday 10:00am to 3:30pm (closed on holidays or due to weather).
- **Free Home Delivery** - Doorstep drop off is available, call to schedule a delivery as staffing allows.

## Hubbard County Human Services

Phone: (218) 732-1451

205 Court Ave

Park Rapids, MN 56470

[www.co.hubbard.mn.us/human\\_services](http://www.co.hubbard.mn.us/human_services)

The purpose of Hubbard County Human Services is to plan and administer an array of programs and services that are intended to protect and support families and individuals.

- **Social Workers** - Provide child and adult protective services, and assists vulnerable and disabled persons to achieve independence.
- **Financial Assistance** - Assist eligible residents of Hubbard County with cash, food, and medical assistance.
- **Child Support** - Assist with obtaining an order for support, establishing parentage, enforcement of existing orders, and collection of payments.

## MAHUBE-OTWA: Community Action Partnership, Inc.

Phone: (218) 732-7204 or 1-888-458-1385

120 N Central Ave



# Hubbard County

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Park Rapids, MN 56470

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

The MAHUBE-OTWA mission is “To empower people to achieve self-sufficiency”. With a Whole Family-Whole Community approach, they help individuals and families from birth through the senior years through:

- Connecting with child care programs and assisting with finding/paying for child care
- Housing resources/referrals
- Energy assistance
- Emergency financial assistance
- Locating transportation resources for appointments
- Helping find food resources
- Assisting with child custody and support

## Pregnancy Resource Center of the Park Rapids Area

Phone: (218) 732-5212

Email: [director@prcparkrapids.org](mailto:director@prcparkrapids.org)

200 6th St W

Park Rapids, MN 56470

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

Hours of operation: Monday, Wednesday, and Thursday 10:30am to 4:00pm; Tuesday 10:30am to 5:30pm

Providing compassionate care when you need it most, all pregnancy resources are confidential and free of charge. Services include:

- Pregnancy testing
- Options consultations
- Abortion information
- Pregnancy support
- Parenting classes and education
- Abortion pill reversal
- Support for men
- Abortion recovery
- Sexual health education
- Adoption Information

## St. Joseph's Community Health

Phone: (218) 732-5464

1415 First St E

Suite 2

Park Rapids, MN 56470

[www.chisjh.org/services/community-health](http://www.chisjh.org/services/community-health)

# Hubbard County

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- **Women, Infants, Children (WIC)** - Nutrition program providing nutrition education and vouchers for nutritious foods for income-eligible expectant mothers, and post-partum women and their children, age's birth through 5.
- **Family Home Visiting** - This family home visiting program provides valuable information on parenting and prenatal care to pregnant women and parents in Hubbard County through home visits. Contact: (218) 255-1272
- **Child and Teen Check Ups** - Health check-ups for children and teens, birth to 21 years who are enrolled in Medical Assistance (MA), PrimeWest (PW), or Blue Plus (BP). Contact: (218) 237-5487
- **Car Seat Program** - Car seats available to those on Prime West (PW) or Blue Plus (BP) Insurance. Child passenger Safety Seat Technicians provide instruction on proper use of car seats and will assist with installation of car seats for infants and children.
- **Lactation Support** - Breast feeding support for mothers and infants.



# Red Lake

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## Community Health Nursing Services

Red Lake Comprehensive Health Services: (218) 679-3316

Little Rock Health Station: (218) 679-3717

Redby Health Station: (218) 679-3391

Ponemah Health Station: (218) 554-7384

[www.redlakenation.org/comprehensive-health/](http://www.redlakenation.org/comprehensive-health/)

Community Health Nursing Services provides health services to meet the assessed health needs of individuals and families in our four communities. Services are provided in hospital, clinic, home, school and community settings. The major services they provide include:

- Public health nursing services
- Home-based patient care services
- High risk adult supervision
- Maternal child health services
- Health promotion/disease prevention
- Discharge planning
- Home care services
- Safety planning
- Cultural teaching circles

## Equay Wiigamig (Women's Shelter)

Phone: (218) 679-3433

PO Box 909

Red Lake, MN 56671

Crisis Line: (218) 679-3737 or 1-800-943-8997

[www.redlakenation.org/womens-shelter/](http://www.redlakenation.org/womens-shelter/)

At Equay Wiigamig they provide support to victims of domestic violence. Each woman and her children who receive our services will be treated with respect and courtesy that recognizes the inherent dignity of each human being. We will provide shelter and supportive service to every woman who requests them, excluding no one. Services are available to any women who requests them including:

- 24/7 advocacy services
- Safety planning
- Cultural teaching circles
- Cultural health, smudging, and self-care group support
- Emergency shelter
- Crisis intervention
- Transportation
- Education (sexual abuse, healthy living, cycle of abuse, support groups)

## Family and Children Services

Phone: (218) 679-2122

# Red Lake

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PO Box 427

Red Lake, MN 56671

[www.redlakenation.org/family-and-children-services/](http://www.redlakenation.org/family-and-children-services/)

## Family Spirit Program

Phone: (218) 679-3316

Email: [susan.ninham@redlakenation.org](mailto:susan.ninham@redlakenation.org)

PO Box 249

24760 Hospital Drive

Red Lake, MN 56671

The Family Spirit Program is an evidence based and culturally specific “Home Visiting” Program for Native Americans. The Red Lake Program is designed to be delivered by Tribal Paraprofessionals with a core strategy to support and educate Native American families in daily life skills in a specific manner. The program supports Native American women who are pregnant, or women pregnant with Native American babies, fathers, or any families raising Native American babies and children from pregnancy to three years postpartum. The program’s objectives are to:

- Increase parenting knowledge and skills, including car seat and safe sleep education
- Provide birth planning services and breast feeding education/support
- Address maternal psychosocial skills to promote positive child rearing
- Promote optimal development for children 0-5 years old
- Prepare children and parents for early school success
- Educate parents on well-child visits, immunizations and overall health
- Connect families to community services and cultural events/education
- Promote life skills and cultural outcomes across the lifespan
- Address substance abuse, domestic violence, legal or financial challenges

## Mental Health/Social Services

Phone: (218) 679-3316 or (218) 679-3992

[www.redlakenation.org/comprehensive-health/](http://www.redlakenation.org/comprehensive-health/)

## Mino’ayaan

Phone: (218) 679-3197

24795 Hospital Dr

Red Lake, MN 56671

Hours: Monday to Friday 10am to 4pm

Mino’ayaan (Be Well) is a walk in mental health crisis support program by Red Lake Comprehensive Health Services for adults, youth and children.

## Oshkiimaajitahdah- Redby

Phone: (218) 679-3350



# Red Lake

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15525 Mendota Ave

Redby, MN 56670

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

A tribal program that is committed to education families to discover their strengths as individuals. They promote the economic and social well-being of families, children, individuals and community with funding, strategic partnerships, guidance and technical assistance.

- **TANF** - Is a human service program that provides assistance to Red Lake Nation enrolled members as well as other federally-recognized tribal member with children within Beltrami County. TANF is a temporary program to provide cash and food assistance for families to cover basic needs. The program helps the family gain education, training and job experience to gain self-sufficiency.
- **SNAP** - Provide Helps Minnesotans with low incomes get the food they need for nutritious and well-balance meals, this program is not intended to meet all of your household's needs but instead is a supplement and provides support to your household food budget.
- **Public Law 102-477** - Provides general cash assistance to cover basic needs, supportive services for those seeking employment, and higher education through scholarship opportunities.
- **TERO** - Is a program that helps create employment, employment training, and education opportunities for Red Lake Tribal Members.

## Pregnancy Free Tobacco Program

Phone: (218) 679-2825

Pharmacy Hours: 8am to 6pm (closed Thursdays from 1pm to 2pm)

A program for pregnant women and mothers of children under the age of two who are wanting assistance with quitting smoking. They have an incentive program available to receive free diapers, if participants quit smoking.

## Pregnant Women and Families Program

Phone: (218) 679-3331

PO BOX 114

Red Lake, MN 56671

[www.redlakenation.org/chemical-health/](http://www.redlakenation.org/chemical-health/)

Providing services for mothers struggling with substance abuse disorder. Services include individualized treatment plans and counseling. Along with alcohol and chemical dependency education, Rule 25 assessments, mental health referrals, spirituality guidance, art therapy, relapse prevention education, fetal alcohol spectrum prevention education. Transportation is available for group counseling and 24/7 on call services.

## Red Lake Chemical Health Programs

Phone: (218) 679-3995

PO BOX 114

Red Lake, MN 56671

[www.redlakenation.org/chemical-health/](http://www.redlakenation.org/chemical-health/)

# Red Lake

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The mission of the Red Lake Chemical Health Programs is to enhance the wellbeing of all Red Lake Tribal Band Members through alcohol and drug abuse prevention, education, intervention, and treatment. All programs are based in Anishinaabe culture and philosophy to strengthen the minds, bodies, and spirits of Red Lake Reservation members, families and communities.

## Red Lake General Crime Victim Service Program

Phone: (218) 679-1902

Hours: Monday to Friday from 8am to 4:15pm

24/7 Crisis Line: (218) 679-3737 or 1-800-943-8997

This is a program designed to provide advocacy, support and safety for victims of crime on the Red Lake Indian Reservation.

The services they provide:

- **Crisis Intervention** - Immediate support for emotional and physical needs.
- **Emergency Services** - Provide assistance with safety planning, court advocacy with follow up, empathetic listening, referrals to tribal, state or federal agencies, and assistance with filling out applications for emergency funds
- **Court Related Services** - Nutrition Providing transportation and accompaniment to court during trial, provide information about legal resources and assistance with filling out restraining orders and or an order for protection

## Red Lake Homeless Shelter

Phone: (218) 679-3171

Service Center: (218) 679-3228

15855 Main Avenue

PO Box 280

Red Lake, MN 56671

[www.redlakenation.org/homeless-shelter/](http://www.redlakenation.org/homeless-shelter/)

The Red Lake Homeless Shelter provides emergency shelter to families and single adults over the age of 18 inside the homeless shelter providing beds, meals, showers and transit transportation with case management to look for housing and other resources residents may be eligible to receive. The shelter is drug and alcohol free and is staffed 24 hours a day for safety and assistance. Shelter members are expected to participate in daily chores, cooking and cleaning. The shelter is family centered and includes a children's area. Case managers are available to connect families with chemical dependency services, supportive housing services, childcare assistance, and financial assistance.

## Red Lake Indian Health Services

Phone: (218) 679-3912 or (218) 679-0225

24760 Hospital Dr

Red Lake, MN 56671

Working in a patient centered care model creating whole team approach to women's health, prenatal and postpartum care including:

- Fertility care
- Pre-conception consultation
- High-risk pregnancy outreach clinic
- Recovery Care Bridging Program



# Red Lake

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- Tobacco-Free Pregnancy Program
- Car seat safety technicians
- Safe sleep and SIDS prevention education
- Lactation counseling services
- Group prenatal classes (offered monthly in addition to routine care)

## Red Lake Pharmacy- Over the Counter Medication Services

Phone: (218) 679-0168

Hours: Monday to Friday from 9am to 5pm, closed daily from 12pm to 1pm

## Red Lake Transit (Community Bus)

Phone: (218) 679-2395

[www.redlakenation.org/public-transit/](http://www.redlakenation.org/public-transit/)

## Red Lake Transportation (Medical only)

Phone: (218) 679-3327 (Red Lake)

Phone: (218) 554-7347 (Ponemah)

[www.redlakenation.org/comprehensive-health/](http://www.redlakenation.org/comprehensive-health/)

## Red Lake Women, Infants and Children (WIC)

Phone: (218) 679-3134

[www.redlakenation.org/comprehensive-health/](http://www.redlakenation.org/comprehensive-health/)

Serves families with infants and children up to age five (including foster) along with pregnant and postpartum women. All families are welcome at WIC, including dads, grandparents, foster parents and working families. WIC services help provide families nutrition education, health foods and health services. WIC can conduct nutrition assessments, education and one-to-one counseling on food, nutrition, and breastfeeding. Services also include healthy food vouchers and referrals to health and social services. In person appointments are currently available at Ball Club and Cass Lake. Apply online or call to schedule.

# Notes

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# Notes

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*Enhancing Maternal Health in Rural Minnesota*

