

# Lake Superior College

## 211 Resource

### Guide



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# **In-House Resources**

## **Lake Superior College**

**218-733-7600 / 1-800-432-2884**

### Administration

President - Dr. Patrick Johns	218-733-7637
V.P. of Finance & Administration – Al Finlayson	218-733-7613

### Academic Affairs

V.P. of Academic & Student Affairs – Mark Magnuson	218-733-7628
Dean of Allied Health & Nursing – Pamela Elstad	218-733-5911
Dean of Business & Industry –	218-733-7609
Dean of Liberal Arts & Sciences – Hanna Erpestad	218-733-7667

### Student Services

Admissions / Advisors / Financial Aid / Records	218-733-7601
Ambassadors	218-733-1056
Disability Services	218-733-7650
Placement Testing	218-733-4922
Career Services Center	218-733-7618
Learning Center Tutors	218-733-5927
Intercultural Center	218-733-7750
Student Life Center	218-733-5935
Technology Support Center	218-733-1016
Student Wellness Center	218-733-7605
Health Services	218-733-1092

# In-House Resources Continued

## Workforce & Community Development

Workforce & Community Development – Steve Wagner 218-733-5934

Customized Training / Continuing Education 218-733-5924

## ERTC

Director – Dave Sarazin 218-733-1077

Main switchboard 218-733-1074

## Miscellaneous Campus Resources

Library 218-733-5912

Dental Hygiene Clinic 218-733-5939

Physical Therapy Clinic 218-733-1093

Massage Therapy Clinic 218-733-5936

Campus Security 218-590-1019 / 218-733-1080

# Emergency Resources

## Campus Security

Cell / Desk 218-590-1019 / 218-733-1080

## Duluth Emergency

Police 911 / 218-730-5400

Fire 911 / 218-730-4400

Animal Control 218-723-3259

## Superior Emergency

Police 911 / 715-395-7234

Fire 911 / 715-394-0227

Animal Control 715-395-7280

## Hermantown Emergency

Police 911 / 218-729-1200

Fire 911 / 218-729-3661

## Proctor Emergency

Police 911 / 218-624-7788

Fire 911 / 218-628-0787

## American Red Cross

2524 Maple Grove Road, Duluth, Mn 55811 218-722-0071

## Salvation Army

215 South 27<sup>th</sup> Avenue West, Duluth, Mn 55806 218-722-7934

## Damiano Center

206 West 4<sup>th</sup> Street, Duluth, Mn 55806 218-722-8708

## Child Care Resources

Arrowhead Childcare Resource and Referral, Duluth, Mn.		218-726-2273
Bethany Crisis Shelter	9239 Idaho St. Duluth, Mn 55806	218-626-1479
Boys and Girls Club of Duluth	2326 W. 2 <sup>nd</sup> St. Duluth, Mn 55806	218-727-1549
Boy Scouts of America	3877 Stebner Rd. Duluth, Mn 55811	218-729-5811
Carlton Co. Human Services Ctr.	1215 Avenue C. Cloquet, Mn 55720	218-879-4583
Carlton Youth Shelter	531 Slate Street. Cloquet, Mn 55720	218-879-1527
Direction Youth Project	Cloquet, Mn. 55720	218-879-8435
First Witness Child Abuse Resource Ctr.	4 W. 5 <sup>th</sup> St. Duluth, Mn 55806	218-727-8353
Girl Scouts of America	424 W. Superior St. Duluth, Mn 55802	218-726-4710
Head Start	2102 Blackman Ave. Duluth, Mn 55811	218-336-8815
Life House	102 W. 1 <sup>st</sup> Street Duluth, Mn 55802	218-724-7431
Lutheran Social Services	9329 Idaho St. Duluth, Mn 55808	218-626-2726
Mn Children with Special Needs	320 W. 2 <sup>nd</sup> St. #703 Duluth, Mn 55802	218-723-2353
Oh No! Eighteen (O.N.E.) Program	219 N. 6 <sup>th</sup> Ave. E. Duluth, Mn 55805	218-722-2075
Renaissance Transitional Living	104 W. 1 <sup>st</sup> Street Duluth, Mn 55802	218-723-8052
Runaway Youth Program	9239 Idaho Street Duluth, Mn 55808	218-626-2726
St. Louis Co. Health Dept. (Child and Teen Checkup Program)		
	325 West 1 <sup>st</sup> St. Ste 300 Duluth, Mn 55802	218-725-5262
St. Louis Co. Social Services – Arrowhead Child Care Resources and Referral		
	320 W. 2 <sup>nd</sup> Street #307 Duluth, Mn 55802	218-726-2273
St. Louis Co. Social Services – Initial Intervention Unit		
	320 W. 2 <sup>nd</sup> Street #307 Duluth, Mn 55802	218-726-2012
Street Outreach Program	104 W. 1 <sup>st</sup> Street Duluth, Mn 55802	218-723-8052

## Child Care Resources Continued

Truancy Action Project	Duluth, Mn 55802	218-529-2244
Valley Youth Center	727 N. Central Ave. Duluth, Mn 55807	218-628-4897
Visitation Center	202 E. Superior St. Duluth, Mn 55802	218-722-2781
Young Parent Program	219 N. 6 <sup>th</sup> Ave. E. Duluth, Mn 55805	218-727-8073

## Clothing Free / Consignment

Child of Ours	321 N. Central Ave. Duluth, Mn 55811	218-628-4030
Damiano Clothing Exchange	206 W. 4 <sup>th</sup> St. #102 Duluth, Mn 55806	218-722-5991
Goodwill Industries	700 Garfield Ave. Duluth, Mn 55802	218-722-3050
Kid's Closet – MacArthur School	725 N. Central Ave. Duluth, Mn 55811	218-624-5701
Lots for Tots	4921 Matterhorn Dr. Duluth, Mn 55811	218-722-2028
Plaza Consignment	1227 E. Superior St. Duluth, Mn 55812	218-728-3997
Salvation Army	2101 W. Superior St. Duluth, Mn 55806	218-722-7723
	1621 Broadway Superior, WI 54880	715-394-5331
Savers	1740 Mall Dr. Duluth, Mn 55811	218-206-9948
Second Hand Rose	102 Ave. C Cloquet, Mn 55720	218-879-1186
The Earth Exchange	1713 Belknap St. Superior, WI 54880	715-392-0620

# Community Calendars

Lake Superior College Highlights Calendar

<http://www.lsc.edu/Calendars/index.cfm>

Duluth, Minnesota Calendar of Events

<http://www.visitduluth.com/events/>

Superior, Wisconsin Community Calendar

<http://www.superiorchamber.org/index.asp>

University of Minnesota, Duluth Events Calendar

<http://www.d.umn.edu/calendar/>

University of Wisconsin, Superior Events Calendar

<http://www.uwsuper.edu/news/calendar.cfm>

College of St. Scholastica Events Calendar

<http://www.css.edu/calendar.xml>

# Disability Services

Courage Center Duluth      424 W. Superior St. #200 Duluth, Mn 55802      218-726-4762

Department of Vocational Rehabilitation

1330 Tower Avenue Superior, WI 54880      715-392-7896

Mn State Offices: Rehabilitation Services

715 Cloquet Ave #1, Cloquet, Mn 55720      218-879-0731

320 W. 2<sup>nd</sup> Street #205, Duluth, Mn 55802      218-723-4730

Superior Vocations Center      2320 Hill Avenue Superior, WI 54880      715-392-6171

# Domestic Abuse

Fond du Lac Indian Reservation (CAIR) Center for American Indian Resources

211 W. 4<sup>th</sup> Street, Duluth, Mn 55806

218-726-1370

Domestic Abuse Intervention Programs

202 E. Superior Street, Duluth, Mn 55802

218-722-2781

Initial Intervention Unit / St. Louis County Social Services / Child Protections Services

320 W. 2<sup>nd</sup> Street #104, Duluth, Mn 55811

218-726-2012

North Shore Horizons 24 Hour Crisis Hotline

218-834-5924

1-800-834-5923

Program to Aid Victims of Sexual Assault 24 Hour Crisis Hotline

218-726-1931

1-866-229-7425

Safe Haven Women's Shelter for Battered Women

218-728-6481

Legal Advocacy

218-728-6481

Women's Coalition

P.O. Box 3558 Duluth, Mn

218-728-6481

# Employment

## Job Placement / Work Training

Damiano Center	206 W. 4 <sup>th</sup> Street, Duluth, Mn 55802	218-722-8708
Department of Rehabilitational Services – Employment for adults with disabilities.		
	320 W. 2 <sup>nd</sup> St. #205 Duluth, Mn 55802	218-723-4698
Duluth Workforce Development	City Hall #332 Duluth, Mn 55802	218-730-5770
GoodWill Industries Vocational Enterprises		
	700 Garfield Ave. #1, Duluth, Mn 55802	218-722-3050
Human Development Center	1401 E 1 <sup>st</sup> Street, Duluth, Mn 55805	218-728-4491
Labor Ready	4402 Grand Avenue, Duluth, Mn 55807	218-624-6222
Lighthouse for the Blind and Visually Impaired		
	4505 W. Superior St. Duluth, Mn 55807	218-624-4828
Mn Resource Center	205 W. 2 <sup>nd</sup> St. #150 Duluth, Mn 55802	218-722-9700
Mn Workforce Center	320 W. 2 <sup>nd</sup> St. #205 Duluth, Mn 55802	218-723-4730
N.E. Entrepreneur Fund, Inc.	424 W. Superior St. #400 Duluth, Mn 55802	218-726-4793
SOAR Career Solutions	205 W. 2 <sup>nd</sup> St. #101 Duluth, Mn 55802	218-722-3126
Superior Vocations Center	2320 Hill Avenue Superior, WI 54880	715-392-6171
Temporary Employment Agencies		
Spherion	332 W. Superior St. #401 Duluth, Mn 55802	218-722-8003
Kelly Services	306 W. Superior St. #101 Duluth, Mn 55802	218-727-5663
Manpower	130 W. Superior St. #516 Duluth, Mn 55802	218-727-8891

# Family Services

CAIR (Center for American Indian Resources) – Family Resources

211 W. 4<sup>th</sup> St. Duluth, Mn 55802 218-726-1370

CHUM – Family Resources 102 W. 2<sup>nd</sup> St. Duluth, Mn 55802 218-720-6521

Carlton County Human Services 1215 Ave C Cloquet, Mn 55720 218-879-4583

Family Planning Services Community Health Center

1010 4<sup>th</sup> St. Two Harbors, Mn 218-834-2240

Planned Parenthood 1001 E. Central Entrance Duluth, Mn 55811 218-722-0833

Relatives as Parents Program 218-525-0808

St. Louis County Social Services 320 W. 2<sup>nd</sup> St. #307 Duluth, Mn 55802 218-726-2101

YMCA 302 W. 1<sup>st</sup> St Duluth, Mn 55802 218-722-4745

9 N. 21<sup>st</sup> St. Superior, WI 54880 715-392-5611

# Financial Assistance / Grants & Loans

## Financial Assistance -

Carlton Co. Human Services            1215 Ave C, Cloquet, Mn 55720            218-879-4583

Consumer Credit Counseling    424 W Superior St #600 Duluth, Mn 55802            218-726-4767

Douglas Co. Dept. of Human Services

1316 N 14<sup>th</sup> St #400, Superior, WI 54880            715-395-1304

Lutheran Social Services / Financial & Credit Counseling / Foreclosure Prevention Program

424 W. Superior St. #600, Duluth, Mn 55802            218-726-4767

Lake Co. Human Services Dept.            616 3<sup>rd</sup> Ave, Two Harbors, Mn 55616            218-834-8400

St. Louis Co. Public Health & Human Services Financial Assistance Division

320 W. Second St., Duluth, Mn 55802            218-726-2101

## Grants & Loans & Scholarships-

LSC Intercultural Center / Emergency Loans / Emergency Grant / Scholarships

2101 Trinity Road, Duluth, Mn 55811            218-733-7678

LSC Foundation Office / Emergency Loans / Scholarships

2101 Trinity Road, Duluth, Mn 55811            218-733-7607

## Food & Nutrition

CHUM Emergency Food Shelf	120 N. 1 <sup>st</sup> Ave. Duluth, Mn 55802	218-727-2391
	4831 Grand Ave. Duluth, Mn 55806	218-624-0333
Damiano Center Soup Kitchen	206 W. 4 <sup>th</sup> St. Duluth, Mn 55802	218-726-0500
Duluth Community Garden Program	206 W. 4 <sup>th</sup> St. #214 Duluth, Mn 55806	218-722-4583
Duluth Farmer's Market / Summer Hours Only / Wednesday & Saturday		
	14 <sup>th</sup> Ave. E. on 3 <sup>rd</sup> Street Duluth, Mn 55812	7am-12pm
Fond du Lac Reservation / Human Services Division		
	927 Trettel Lane Cloquet, Mn 55720	218-879-1227
Salvation Army	316 Carlton Ave. Cloquet, Mn 55720	218-879-1693
	215 S. 27 <sup>th</sup> Ave. W. Duluth, Mn 55806	218-722-7934
Two Harbors Food Shelf	520 S. Ave. Two Harbors, Mn 55616	218-834-2280
		1-800-223-1850
Union Gospel Mission	219 E. 1 <sup>st</sup> St. Duluth, Mn 55802	218-722-1196
Whole Foods Community Co-Op	610 E. 4 <sup>th</sup> St. Duluth, Mn 55805	218-728-0884
WIC / Women, Infant & Children Nutrition Program		
	320 W. 2 <sup>nd</sup> St. #108 / Gov't. Services Building Duluth, Mn 55802	218-725-5211
	2231 Catlin Ave. Superior, WI 54880	715-394-2750

# Health & Hygiene

AIDS Information Duluth	219 N. 6 <sup>th</sup> Ave. E. Duluth, Mn 55805	218-720-6385
Birthright	407 E. 3 <sup>rd</sup> St. Duluth, Mn 55805	218-723-1801
Carlton Co. Health & Human Services		
	1215 Avenue C Cloquet, Mn 55720	218-879-4583
Cloquet Community Memorial Hospital		
	512 Skyline Blvd. Cloquet, Mn 55720	218-879-4641
Community Health Center, Inc.	1010 4 <sup>th</sup> St Two Harbors, Mn 55616	218-834-7207
Dove, Inc	1416 Cumming Ave #2B Superior, WI 54880	715-392-3133
Fond du Lac Center for American Indian Resources		
	211 W. 4 <sup>th</sup> Street, Duluth Mn 55806	218-726-1370
Health Care Access Office	4325 Grand Ave. Duluth, Mn 55807	218-722-9650
Heartland PCA	1700 Mall Drive Duluth, Mn 55811	218-727-0990
Lake Superior Community Health Center		
	4325 Grand Ave. Duluth, Mn 55807	218-722-9650
	3600 Tower Ave. Superior, WI 54880	715-392-1955
Lake Superior Life Care Center		
	206 E. 4 <sup>th</sup> St. #202 Duluth, Mn 55802	218-727-3399
	2231 Catlin Ave. Superior, WI 54880	218-394-4102
Lake View Memorial Hospital	325 11 <sup>th</sup> Ave. Two Harbors, Mn 55616	218-834-7309
Miller Dwan Medical Center	502 E. 2 <sup>nd</sup> St. Duluth, Mn 55805	218-786-2646
Minnesota AIDS Project	400 E. 3 <sup>rd</sup> St. Duluth, Mn 55802	218-786-8128
Minnesota Care		1-800-657-3672



## Health & Hygiene – Continued

LSC Dental Clinic	2101 Trinity Road Duluth, Mn 55811	218-733-5939
LSC Physical Therapy Clinic	2101 Trinity Road Duluth, Mn 55811	218-733-1093
LSC Massage Therapy Clinic	2101 Trinity Road Duluth, Mn 55811	218-733-5936

## Housing/Shelter

AEOA Duluth –Energy Assistance and Weatherization Program

3112 Truck Ctr. Dr. #B Duluth, Mn 55807 218-624-7625

Accessible Space, Inc. / Superior View Apartments

1022 Junction Ave. Duluth, Mn 55811 218-724-4868

Bethany Crisis Shelter & Crisis Nursery

9239 Idaho Street Duluth, Mn 55808 218-626-2726

CHUM Emergency Shelter 125 N. 1<sup>st</sup> Ave. W. Duluth, Mn 55805 218-726-0153

CHUM Family Shelter 214 N. 2<sup>nd</sup> Ave. E. Duluth, Mn 55802 218-720-6521

City of Duluth Building Inspection 210 City Hall Duluth, Mn 55802 218-723-3301

Center City Housing 105 ½ W. 1<sup>st</sup> Street Duluth, Mn 55802 218-722-7161

Community Action Duluth – Housing Advocates

19 N. 21<sup>st</sup> Ave. W. Duluth, Mn 55806 218-726-1665

Dabinoo'igan Shelter (AICHO) Indian Women & Children Shelter 218-722-2247

Duluth Tenants Union 206 W. 4<sup>th</sup> Street Duluth, Mn 55802 218-722-6525

Endion School Apartments 1802 E. 2<sup>nd</sup> St. Duluth, Mn 55812 218-628-0311

Fairmont – Section 8 6517 Redruth Ave. Duluth, Mn 55807 218-624-5379

Habitat for Humanity 2002 W. Superior St. #9 Duluth, Mn 55806 218-722-3875

47 4<sup>th</sup> Street Cloquet, Mn 55720 218-879-9759

Housing Connection 206 W. 4<sup>th</sup> Street Duluth, Mn 55802 218-722-2814

HRA of Duluth, Inc. 222 E. 2<sup>nd</sup> Street Duluth, Mn 55802 218-529-6300

Legal Aid of N.E. Mn 424 W. Superior St. #300 Duluth, Mn 55802 218-726-4800

Life House – Teens to 22 31 W. 1<sup>st</sup> Street Duluth, Mn 55802 218-722-7431

NHS of Duluth, Inc. 224 E. 4<sup>th</sup> Street Duluth, Mn 55805 218-727-8604

## Housing/Shelter Continued

Oski-waaka'gan – Indian Women's Transitional Housing		218-722-7225
Pine Grove Apartments – TBI & Mobility Impaired Adult Housing		
4082 Haines Road Duluth, Mn 55805		218-727-1705
Redruth Valley – PCA services for Adults with Disabilities		
6801 Redruth Ave. Duluth, Mn 55805		218-727-8080
SafeHaven Shelter – Women & children leaving a violent situation		218-728-6481
St. Louis Co. Social Services – Utility Assistance & Housing Deposits Emergency Assistance		
320 W. 2 <sup>nd</sup> St. #307 Duluth, Mn 55802		218-726-2101
Salvation Army – Transitional Housing		
215 S. 27 <sup>th</sup> Ave. W. Duluth, Mn 55806		218-722-7934
316 Carlton Ave Cloquet, Mn 55720		218-879-5447
Shelter for Battered Women		218-728-6481
Spirit Valley Citizens Neighborhood Development Association		
Home Improvement Assistance		218-624-2317
Community Living Project	1730 E. Superior St. Duluth, Mn 55812	218-728-5192
Loaves and Fishes	1712 Jefferson St. Duluth, Mn 55812	218-728-0629
The Vine – Men's Transitional Housing		
1828 E. Superior St. Duluth, Mn 55812		218-724-5916
Union Gospel Mission	219 E. 1 <sup>st</sup> St. Duluth, Mn 55802	218-722-1196
Women's Transitional Housing Coalition		
1401 W. 2 <sup>nd</sup> St. #A Duluth, Mn 55805		218-726-6437
YWCA	202 W. 2 <sup>nd</sup> Street Duluth, Mn 55802	218-722-7425

## Learning Resources / Community Education

Adult Learning Center	215 N. 1 <sup>st</sup> Ave. E. Duluth, Mn 55802	218-336-8790
Department of Rehabilitation Services - Training for Adults with Disabilities		
	320 W. 2 <sup>nd</sup> St. #205 Duluth Mn 55805	218-723-4698
Duluth Workforce Development - Job training, youth work program, tuition assistance.		
	City Hall #322 Duluth, Mn 55802	218-730-5770
Job Corp – Job Training	215 N. 1 <sup>st</sup> Ave. E. Duluth, Mn 55802	218-720-3451
Project SOAR	205 W. 2 <sup>nd</sup> St. #101 Duluth, Mn 55805	218-722-3126
Senior Aid – Job placement for income eligible people 55+		
	City Hall #332 Duluth, Mn 55802	218-730-5770

## Legal Assistance

Arrowhead Lawyers Care	802 Torrey Building Duluth, Mn 55802	218-723-4055
Better Business Bureau		1-800-832-6428
Guardian Ad Litem	Carlton Co. Courthouse Carlton, Mn 55718	218-384-4281
Indian Legal Assistance	107 W. 1 <sup>st</sup> St. Duluth, Mn 55802	218-727-2881
Legal Advocacy – Persons with Disabilities		
	416 Board of Trade Duluth, Mn 55802	218-722-5625
Legal Aid	302 Ordean Building Duluth, Mn 55802	218-726-4800
Minnesota Client’s Council	206 E. Superior St. Duluth, Mn 55802	218-726-6808

# Libraries

Cloquet	320 14 <sup>th</sup> Street Cloquet, Mn	218-879-1531
Downtown Duluth	520 W. Superior St. Duluth, Mn 55802	218-723-3800
Mount Royal, Duluth	105 Mt. Royal Shopping Ctr. Duluth, Mn 55810	218-723-3844
Superior, WI	1530 Tower Ave. Superior, WI 54880	218-394-8860
West Duluth	59 <sup>th</sup> Ave. W. & Grand Avenue Duluth, Mn 55805	218-723-3801

# Pet Care

## Emergency Services-

Affiliated Emergency Vet Services

2314 W. Michigan St. Duluth, Mn 55806 218-302-8000

Animal Allies Humane Society

4006 Airport Road Duluth, Mn 55811 218-722-5341

Animal Humane Officer

Superior, WI 54880 715-395-7280

Animal Rescue Federation

1225 Tower Ave. Superior, WI 54880 715-394-7327

Animal Shelter (Pound)

2627 Cortland St. Duluth, Mn 55806 218-723-3259

Salvation Army – (emergency pet food)

2101 W. Superior St. Duluth, Mn 55806 218-722-7723

## Veterinary Offices-

Airport Animal Hospital

4259 Haines Road Duluth, Mn 55811 218-727-0128

Cloquet Animal Hospital

122 2<sup>nd</sup> Street Cloquet, Mn 55720 218-879-9280

Dougherty Veterinary Clinic

215 E. 14<sup>th</sup> St. Duluth, Mn 55812 218-722-3963

Duluth Veterinary Clinic

2015 London Rd. Duluth, Mn 55812 218-728-3616

Grand Ave. Veterinary Clinic

5503 Grand Ave. Duluth, Mn 55805

218-628-0301

Northland Veterinary House Calls

For the Duluth Area Only

218-722-8125

Superior Animal Hospital & Boarding Suites

36 E. 2<sup>nd</sup> St. Superior, WI 54880

715-392-6211

Vet Center

405 E. Superior St. Duluth, Mn 55802

218-722-8654

# Places of Worship

## Synagogues-

Adas Israel Congregation	302 E. 3 <sup>rd</sup> St. Duluth, Mn 55802	218-722-6459
Beth Yeshua Twin Ports	3311 Hammond Ave. Superior, WI 54880	715-392-1500
Chabad Lubavitch of Northern Mn	332 N 34 <sup>th</sup> Ave. Duluth, Mn 55812	218-722-3517
Temple Israel	1602 E. 2 <sup>nd</sup> Street Duluth, Mn 55812	218-724-8857

## Mosques-

The Islamic Center of Twin Ports	145 W Winona St, Duluth, Mn 55803
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## Interfaith Worship-

Duluth Superior Friends (Quaker – all are welcome!)		
	1802 E 1st St, Duluth, Mn 55812	218-724-2659
Universalist / Unitarian (All faiths are welcome!)		
	835 W College St, Duluth, Mn 55811	218-728-1648

## Senior Programs & Resources

Association for Retired Citizens	502 Granite St. Cloquet, Mn 55720	218-879-6833
Carlton Co. Elderly Outreach	1003 Cloquet Ave. #102 Cloquet, Mn 55720	218-879-9238
Carlton Co. Social Services	30 10 <sup>th</sup> St. & Ave. B Cloquet, Mn 55720	218-879-4511
Carlton Co. Human Services	1215 Ave. C Cloquet, Mn 55720	218-879-4583
Carlton Co. Senior Citizens	Po Box 409 Cloquet, Mn 55718	218-384-3330
Carlton Co. Telecare	1003 Cloquet Ave. Cloquet, Mn 55720	218-879-9238
Catholic Charities	1416 Cummings Ave Superior, WI	715-394-6617
Cloquet Senior Center	214 7 <sup>th</sup> Street Cloquet, Mn 55720	218-879-4476
Center for Independent Living of NE Mn		
	205 W. 2 <sup>nd</sup> Street Duluth, Mn 55802	218-722-8911
Central Hillside Senior Center	12 E. 4 <sup>th</sup> Street Duluth, Mn 55802	218-723-3455
Duluth Bethel Society	23 Mesaba Avenue Duluth, Mn 55811	218-727-3828
Fond du Lac Elderly Nutrition Program		
	105 University Rd. Cloquet, Mn 55720	218-879-4593
Food Stamp Outreach for Seniors	206 W. 4 <sup>th</sup> Street Duluth, Mn 55802	218-722-8708
Gary-New Duluth Senior Center	1104 Commonwealth Ave Duluth Mn 55806	218-626-3376
Health Care Access	2 E. 5 <sup>th</sup> Street Duluth, Mn 55802	218-722-9650
King Manor	222 E. 2 <sup>nd</sup> Street Duluth, Mn 55802	218-722-2533
Medicare Social Security Adm.	227 W. 1 <sup>st</sup> Street Duluth, Mn 55802	1-800-722-1213
Midtowne Manor	2011 W. 2 <sup>nd</sup> Street Duluth, Mn 55806	218-727-6716
Min No Aya Win Human Services Center		
	927 Trettel Lane Cloquet, Mn 55720	218-879-8378
Older American Information & Assistance		
	1718 N. 13 <sup>th</sup> Street Superior, WI 54880	715-392-8693

Piedmont Hts. Senior Center	2302 W. 23 <sup>rd</sup> St. Duluth, Mn 55802	218-723-3460
Portman Senior Center	4601 McColloch St. Duluth, Mn 55812	218-525-5542
Project Soar	205 W. 2 <sup>nd</sup> Street Duluth, Mn 55802	218-722-3126
St. Louis Co. Meals on Wheels		218-726-2063
St. Louis Co. Social Services	320 W. 2 <sup>nd</sup> Street Duluth, Mn 55802	218-726-2063
St. Louis Co. Telecare	216 N. 2 <sup>nd</sup> Ave. E. Duluth, Mn 55802	218-727-7692
Senior Aide Employment Program	#332 City Hall Duluth, Mn 55802	218-730-5770
Senior Dining/Meals on Wheels	1400 Washington Ave. Cloquet, Mn 55720	218-879-5870
Senior Federation NE Coalition	231 E. Superior St. #201 Duluth, Mn 55802	218-727-0207
Social Security Administration	130 W. Superior St. #400 Duluth, Mn 55802	218-727-1193

# Support Groups / Hot Lines

## Support Groups-

AIDS	1-800-248-2437
Alcoholic's Anonymous Office	218-727-8117
Al-Anon/Alateen Information	218-624-2764
ALS Support Group	218-725-5360
American Cancer Society	218-727-7439
American Diabetes Association	1-800-232-4044
Arthritis Support Group	218-727-4730
Breast Cancer Support Group	218-722-8364
Child Abuse	1-800-422-4453
Crime Victim's Reparation Board	1-800-247-0390
Community Support Program	218-728-5101
Crisis Line – Miller Dwan	218-723-0099
Domestic Violence Hotline	1-800-333-SAFE
Fetal Alcohol Syndrome	218-726-4725
Fraud	1-800-424-5454
Gambler's Anonymous	1-800-541-4557
Genesis 24 Hour Sexual Assault Crisis Line	218-723-1716
Hospicelink	1-800-331-1620
Human Rights/Housing and Urban Development	1-800-669-9777
Immigration and Naturalization	218-720-5207
Manic Depressive	218-726-0793
Medicare	1-800-444-3423
Men's Domestic Rights Coalition	1-612-774-7010

Minnesota Compulsive Gambling	1-800-437-3641
Mother's Against Drunk Driving	1-800-487-6233
National Grief Support	1-800-445-4888
Poison Control	218-726-4500
Post-Polio	218-729-9635
Program for Aid to Victims of Sexual Assault (PAVSA)	218-726-1442
Red Cross	218-722-5385
Runaway	1-800-621-4000
Spinal Cord Injury	218-722-8911
St. Luke's Education & Support Groups	218-726-5376
St. Mary's Grief Support Center	218-726-4402
Take Off Pounds Sensibly	1-800-932-8677
Women's Coalition – Shelter Home of Battered Women	218-728-6481
Youth Crisis	1-800-448-4663

# Transportation

Arrowhead Transit- (Serves NE MN General Public)	1-800-223-1850
Cloquet	218-879-6400
Courtesy Cab, Inc.	218-590-9222
Dial-A-Ride Cloquet	218-879-9742
DTA / Duluth Transit Authority	218-722-SAVE
Go Green Taxi Cab – Eco friendly cab service & courier service	218-722-8090
Greyhound Bus Lines	1-800-231-2222
Northern Access                      1317 Kenwood Ave Duluth, Mn 55812	218-728-5464
Skyline Shuttle- (Mpls Airport / Mall of America / Grand Casino Hinckley)	218-724-4676
STRIDE – (Serves Disabled Riders)	218-722-3327
Yellow Cab of Duluth	218-727-1515

# Treatment Centers

Center for Alcohol and Drug Treatment

314 W. Superior St. #400 Duluth, Mn 55802 218-722-4996

Duluth Detoxification Center 1402 E. Superior St. Duluth, Mn 55812 218-723-8444

Lake Superior Treatment Center (Methadone)

14 E. Central Entrance #B Duluth, Mn 55811 218-786-0223

Minnesota Teen Challenge 2 E. 2<sup>nd</sup> Street Duluth, Mn 55802 218-740-5500

SMDC Adolescent Treatment Chemical Dependency Services

502 E. 2<sup>nd</sup> Street Duluth, Mn 55802 218-786-2850

The Superior Treatment Center

209 W. 1<sup>st</sup> Street Duluth, Mn 55802 218-336-9300

Wren Half Way House for Women

229 N. 4<sup>th</sup> Ave. W. Duluth, Mn 55802 218-722-2703

# Veteran's Resources

Duluth Vets Center	405 E. Superior Street Duluth, Mn 55802	218-722-8654
Lake Superior College Veterans Center	2101 Trinity Road #1016 Duluth, Mn 55811	218-733-7604
Mn Assistance Council for Veterans	101 W. 2 <sup>nd</sup> Street #102 Duluth, Mn 55802	218-722-8763
Veterans Outreach North	101 W. 2 <sup>nd</sup> Street #221A Duluth, Mn 55802	218-722-8763