Cook County Services Directory





Cook County Public Health and Human Services 411 West 2nd Street Grand Marais, MN 55604 www.cookcountyphhs.org





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This guide was compiled by Cook County Public Health and Human Services. Please contact us at 218-387-3603 or phhs@co.cook.mn.us with any additions or changes.

Any reference in this guide to any person, organization, activities, products, or services, do not constitute or imply the endorsement, recommendation, or favoring of Cook County Public Health and Human Services, or any of its employees or contractors acting on its behalf. This guide was updated on March 2, 2021.

Chemical Dependency and Addiction Services

Center for Alcohol and Drug Treatment (CADT)

1402 East Superior Street Duluth, MN 55805 Phone: 218-723-8444

Grand Portage Human Services

PO Box 428 Grand Portage, MN 55605 218-475-2453

Waaban Support group meets Wednesdays at 5:30 pm at Grand Portage Human Services.

Wilderness Outpatient Treatment Program

411 West 2nd Street, Grand Marais, MN 55604 218-387-3620

Toll Free: 800-663-6771

Alcoholics Anonymous and AL-Anon meeting schedules and locations are available by <u>clicking</u> <u>here</u>, or at Cook County Public Health and Human Services. The Grand Marais AA and Al-Anon website can be <u>access here</u>. This includes Zoom meetings.

Children and Family Services

Childcare Assistance

<u>Cook County Public Health and Human Services</u> 411 W. 2nd Street,

Grand Marais, MN 55604

Phone: 218-387-3620 Toll Free: 800-663-6771

Or apply online through ApplyMN

Childcare Providers

Please contact <u>Cook County Public Health and Human</u> <u>Services</u> for a list of current childcare providers in Cook County.

Child and Foster Care Licensing

Cook County Public Health and Human Services

411 W. 2nd Street,

Grand Marais, MN 55604

Phone: 218-387-3620 Toll Free: 800-663-6771

Child Protection and Welfare

Cook County Public Health and Human Services

411 West 2nd Street, Grand Marais, MN 55604 Phone: 218-387-3620



Toll Free: 800-663-6771 In an emergency dial: 911

Child Support Services for Cook County

Carlton County Child Support

14 North 11th Street, Cloquet, MN 55720 Phone: 888-818-4511

Family Home Visiting Program

Sawtooth Mountain Clinic

513 5th Avenue West, Grand Marais, MN 55604 Phone: 218-387-2330

Youth Development and Programs

Cook County YMCA

105 West 5th Street, Grand Marais, MN 55604 Phone: 218-387-3386

Crisis Services

EMERGENCY-DAIL 911

Mental Health Crisis

Birch Tree Center

4720 Burning Tree Road Duluth, MN 55811

Phone: 218-623-1800 or 844-772-4724

Let's Talk (Regional Mental Health Crisis Line)

Phone: 218-623-1800 or 844-772-4724

(Or text "MN" to 741741)

Minnesota Mental Health Crisis Text Line

Text "MN" to 741741

National Suicide Prevention Hotline

Phone: 800-273-8255

The Trevor Project

Phone: 866-488-7386

A national 24-hour crisis intervention and suicide prevention hotline for LGBTQ youth.



Domestic Violence/Sexual Assault Crisis and Assistance

Life House

102 West First Street Duluth, MN 55802 Phone: 218-722-7431

Youth Safeline: 800-786-2929

North Shore Horizons

127 7th Street

Two Harbors, MN 55616

Phone: 218-834-5924 or 800-834-5923

Safe at Home

Phone: 866-723-3035 or MN Relay 7-1-1

Statewide address confidentiality program to help survivors of domestic violence, sexual assault, stalking or others who fear for their safety to maintain a confidential address.

Violence Prevention Center

21 West 2nd Street, Grand Marais, MN 55604 Phone: 218-387-1262

PHONE. 216-367-1202

After Hours Phone: 218-387-3030

Other Crisis Lines

National Runaway Safeline Phone: 800-RUNAWAY

National Center for Missing & Exploited Children

Phone: 800-843-5678

Education

Birch Grove Community School

9 Goodneighbor Hill Road PO Box 2383, Tofte, MN 55615 Phone: 218-663-0170

Cook County Schools ISD 166

101 W 5th Street, Grand Marais, MN 55604 Phone: 218-387-2271

Cook County Higher Education

300 3rd Avenue West PO Box 57 Grand Marais, MN 55604



Phone: 218-387-341

Head Start

100 Blazes Road

Grand Portage, MN 55605 Phone: 218-475-2005

Early Childhood Family Education (ECFE)

101 West 5th Street, Grand Marais, MN 55604 Phone: 218-387-2000 Ext. 616

Great Expectations School

550 East 5th Street PO Box 310, Grand Marais, MN 55604 Phone: 218-387-9322

Oshki Ogimaag Charter School

73 Upper Road PO Box 320, Grand Portage, MN 55605 Phone: 218-475-2112

Employment

Arrowhead Economic Opportunity Agency (AEOA)

300 W 3rd Street

Grand Marais, MN 55604 Phone: 218-879-5004

Adult Education Programs and Assistance:

Adult Basic Education (ABE)
Dislocated Worker Program

Veterans Employment Programs

820 9th St N Ste 250 Virginia, MN 55792-2346 Phone: 218-735-3740

Employment and Help Wanted Ads:

Boreal Classified Ads
Cook County News Herald Classified Ads
Grand Portage Employment Ads



Emergency Services and Law Enforcement

EMERGENCY-DAIL 911

Cook County Law Enforcement Center

143 Gunflint Trail Grand Marais, MN 55604

Phone: Non-Emergency: 218-387-3030

Emergency: 911

Cook County Emergency Management

143 Gunflint Trail,

Grand Marais, MN 55604

Phone: Non-Emergency: 218-387-3059

Emergency: 911

North Shore Health - Emergency/EMS-Ambulance

515 5th Ave West,

Grand Marais, MN 55604

Phone: Non-Emergency: 218-387-3040

Emergency: 911

Financial Resources and Supports

Arrowhead Economic Opportunity Agency (AEOA)

300 W 3rd Street,

Grand Marais, MN 55604 Toll Free: 1(800) 662-5711

Energy Assistance

Cook County Public Health and Human Services

411 W. 2nd Street,

Grand Marais, MN 55604 Phone: 218-387-3620 Toll Free: 800-663-6771

Or apply online through ApplyMN

Diversionary Work Program

General Assistance

Minnesota Family Investment Program

Minnesota Supplemental Aid

Minnesota Unemployment Insurance

Phone: 877-898-9090

Salvation Army

Phone: 651-746-3406



Food and Nutrition Support

AEOA Senior Dining and Meals on Wheels

The Hub/Grand Marais Senior Center 10 N Broadway Ave Grand Marais MN 55604

Phone: 218-387-2660

Cook County Food Shelf

First Congregational Church 300 W 2nd Street Grand Marais, MN 55604

Phone: 218-387-2113

Mondays 3-5 pm and 1st Wednesday of the Month from 5-7 pm

Grand Portage Elderly Nutrition Program

PO Box 428,

Grand Portage, MN 55605 Phone: 218-475-2655, Email: gpenp@boreal.org

Grand Portage Food Distribution Program

101 Store Road

Grand Portage, MN 55605 Phone: 218-475-2480 Fax: 218-475-2254

Email: fdp@boreal.org

Grand Portage Food Shelf

Grand Portage Human Services 2 Casino Drive Grand Portage, MN 55605 Phone: 218-475-2453

Free or Reduced Meals Program

Contact your school:

Sawtooth Mountain Elementary/ CCHS 218-387-2271 Great Expectations School 218-387-9322 Birch Grove Community School 218-663-0170 Oshki Ogimaag Charter School 218-475-2112

Minnesota Food Helpline

Monday – Friday, 8:30 am – 4:30 pm

Phone: 888-711-1151



Nutrition Assistance Program for Seniors (NAPS)

Second Harvest Northern Lakes Food Bank Delivered to Cook County Food Shelf in Grand Marais

Phone: 888-727-5653

Ruby's Pantry

Cook County Community Center 315 W 5th Street Grand Marais, MN 55604 2nd Tuesday of every month from 5-6:30 pm

Phone: 218-387-1314

Snacks and Packs Program

Cook County Schools 101 W 5th Street Grand Marais, MN 55604 Phone: 218-387-2271, Ext. 406

<u>Supplemental Nutrition Assistance Program (SNAP)</u>

Cook County Public Health and Human Services

411 W 2nd Street,

Grand Marais, MN 55604 Phone: 218-387-3620 Toll Free: 800-663-6771

Or apply online through ApplyMN

Women, Infants, and Children (WIC)

Sawtooth Mountain Clinic 513 5th Ave West Grand Marais, MN 55604

Phone: 218-387-2330



Cook County, Minnesota

411 W 2nd Street, Grand Marais MN 55604

Department Phone Numbers (for a full list please visit www.co.cook.mn.us):

Administration:218-387-3687Land Services:218-387-3630Assessor:218-387-3650Probation:218-387-3672Attorney:218-387-3670PHHS:218-387-3620Auditor:218-387-3640Recorder:218-387-3660

Court Administration: 218-387-3015

<u>Court Administration</u>: 218-387-3610 <u>Veteran Services:</u> 218-387-3639 Recycle Center: 218-387-3044

Sherriff: 218-387-3030



<u>Cities & Reservation Tribal Council:</u>

Grand Marais

15 N Broad way PO Box 600, Grand Marais, MN 55604 Phone: 218-387-1848

Grand Portage Reservation Tribal Council

PO Box 428

Grand Portage, MN 55605 Phone: 218-475-2277

Hovland

Fire Dept/Town Hall PO Box 238 Hovland MN 55606 Phone: 218-475-2352

Lutsen

PO Box 151 Lutsen, MN 55612 Phone: 218-663-7002

Schroeder

PO Box 60 Schroeder, MN 55613 Phone: 218-663-7559

Tofte

PO Box 2293 Tofte, MN 55615 Phone: 218-370-0763

General:

Arrowhead Animal Rescue

PO Box 1274 Grand Marais, MN 55604 Phone: 218-387-1781

Driver's Licenses/Vehicle Registration

407 4th Ave East

Grand Marais, MN 55604 Phone: 218-877-7484



Grand Marais Public Library

104 2nd Avenue West Grand Marais, MN 55604 Phone: 218-387-1140

Post Offices:

Grand Marais 117 E Highway 61 Grand Marais, MN 55604 Phone: 218-387-1020

Grand Portage 77 Mile Creek Rd Grand Portage, MN 55605 Phone: 218-475-2303

Hovland 12 Arrowhead Trail Hovland, MN 55606 Phone: 218-475-2286

Lutsen 5321 W Highway 61 Lutsen, MN 55612 Phone: 218-663-7323

Schroeder 7940 W Highway 61 Schroeder, MN 55613 Phone: 218-663-7568

Tofte 7223 Tofte Park Rd Tofte, MN 55615 Phone: 218-663-7985

United Way (Head of the Lakes)

424 West Superior Street Duluth, MN 55802 Phone: 218-726-4770 or 2-1-1

For information and referral to local agencies assisting those in need.



Health and Wellness Services

Chiropractic:

Grand Marais Wellness Center (Chiropractic)

101 West Highway 61 Grand Marais, MN 55604 Phone: 218-387-9494

Malin E. Aseby-Gesch, DC (Chiropractic) 109 1st Ave W Grand Marais MN 55604

Phone: 218-387-2383

Clinics:

Sawtooth Mountain Clinic

513 5th Avenue W. Grand Marais, MN 55604 Phone: 218-387-2330 Emergency: 911

Grand Portage Health Services

2 Casino Drive Grand Portage, MN 55605 Phone: 218-475-2235 Emergency: 911

Dental:

Grand Marais Family Dentistry

303 East 3rd Street Grand Marais, MN 55604 Phone: 218-387-2774

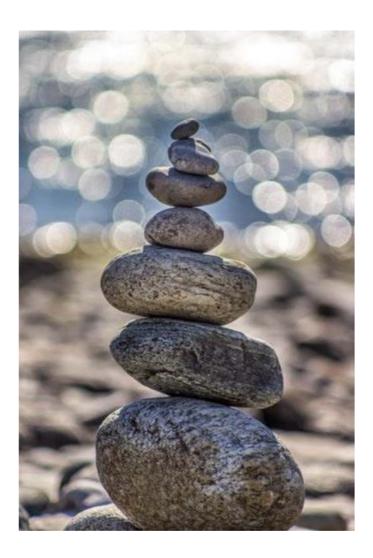
Oral Health Task Force

PO Box 454 Grand Marais, MN 55604 Phone: 218-387-2334

Health and Wellness:

Cook County Public Health and Human Services

411 W. 2nd Street Grand Marais, MN 55604 Phone: 218-387-3620 Toll Free: 800-663-6771



Cook County YMCA

105 5th Street

Grand Marais, MN 55604

Phone: 218-387-3386

Grand Portage Human Services

62 Upper Road

Grand Portage, MN 55605 Phone: 218-475-2453

Hospital:

North Shore Health Hospital and Care Center

515 5th Avenue W Grand Marais, MN 55604

Phone: 218-387-3040 Emergency: 911



Sawtooth Mountain Clinic Pharmacy

513 5th Ave West Grand Marais, MN 55604 Phone: 218-877-8277

Phone: 218-877-8277



Home and Community Based Services and Supports

Vulnerable Adult Reporting

Phone: 844-880-1547 In an emergency call: 911

Mandated Reporter Online Form

Care Partners of Cook County

513 5th Avenue West Grand Marais, MN 55604 Phone: 218-387-3788

PHOHE. 210-307-3700

Cook County In-Home Support Program

411 W 2nd Street Grand Marais, MN 55604

Phone: 218-387-3620 Toll Free: 800-663-6771



Adult and Home Community Based Services

Cook County Public Health and Human Services

411 W. 2nd Street Grand Marais, MN 55604

218-387-3620

Toll Free: 800-663-6771

Intellectual and Developmental

Disabilities Supports

Cook County Public Health and Human Services

411 W. 2nd Street Grand Marais, MN 55604 218-387-3620

218-387-3620

Toll Free: 800-663-6771

Disability Hub

Phone: 866-333-2466

Disability Hub MN is a free statewide resource network that helps you solve problems, navigate the system and plan for

your future.

North Shore Home Health

515 5th Avenue West Grand Marais, MN 55604 Phone: 218-387-3040

Senior LinkAge Line

Phone: 800-333-2433

The Senior LinkAge Line is a free service of the state of Minnesota that connects older

Minnesotans and their families with the help they need.

Housing and Utilities

Homelessness Services

Arrowhead Economic Opportunity Agency (AEOA)

300 W 3rd Street

Grand Marais MN 55604 Phone: 218-387-4547 Homeless Services

Budd House Board and Lodge (formerly Safe Harbor)

426 1st Avenue

Two Harbors, MN 55616 Phone: 218-834-0712





Cook County Public Health and Human Services

411 W. 2nd Street Grand Marais, MN 55604 218-387-3620

Toll Free: 800-663-6771

Churches United in Ministry (CHUM)

102 West 2nd Street Duluth, MN 55802 Phone: 218-720-6521

Grand Portage Housing Authority

21 Townsite Road Grand Portage, MN 55605 Phone: 218-475-2552

Lutheran Social Services

424 West Superior Street, #600, Duluth, MN 55802

Phone: 218-529-2222

Housing

<u>Arrowhead Economic Opportunity Agency (AEOA)</u>

300 W 3rd Street

Grand Marais MN 55604 Phone: 218-735-6895

Birchwood Apartments

801 W 5th Street Grand Marais, MN 55604

Phone: 800-810-2853 (DW Jones Management)

Grand Marais Apartments

315 1st Ave E. Grand Marais, MN 55604 800-728-7911 (Neta Property Management)

Harbor View Apartments

11 East 3rd Street, Grand Marais, MN 55604

Phone: 218-387-2163

Grand Portage Housing Authority 21 Townsite Road, Grand Portage, MN 55605

Phone: 218-475-2552



Sawtooth Ridges Apartments (Senior Housing)

701 W 5th Street

Grand Marais, MN 55604 Phone: 218-387-9247

Utility Assistance

Arrowhead Economic Opportunity Agency (AEOA)

300 W 3rd Street

Grand Marais MN 55604 Phone: 1-844-568-0149

Energy Assistance

Weatherization Assistance

<u>CenturyLink Discount Phone Service</u> (landline)

855-954-6546

PC's for People (Discount Computers and

Internet)

Phone: 651-354-2552

Assurance Wireless (Discount/free cell phone

service)

Phone: 1-888-321-5880

<u>Safelink Wireless</u> (Discount/free cell phone

Service -must have own unlocked phone)

Phone: 1-800-723-3546

Legal Aid (Free)

Legal Aid Services of Northeast Minnesota

Cook County Courthouse: Third Tuesday of each month from 1:30pm - 4pm Cook County Senior Center: Third Tuesday of each month from 12-1pm

Phone: 855-204-1697

Volunteer Attorney Program

314 W. Superior Street Duluth, MN 55604

Phone: 218-723-4005



Mental Health Services

Care Coordination:

Cook County Public Health and Human Services

411 W. 2nd Street

Grand Marais, MN 55604 Phone: 218-387-3620 Toll Free: 800-663-6771

Grand Portage Human Services 62 Upper Road Grand Portage, MN 55605 218-475-2453

Counseling/Therapists:

Accend Services, Inc.

101 W 2nd Street Duluth, MN 55802 Phone: 218-724-3122

Fax: 218-724-4041

Kelly Hawsen, Steps of Change PO Box 283

Grand Marais, MN 55604 Phone: 218-370-8773

Email: Stepsofchange@yahoo.com

Sherri Moe, Psychotherapist 121 1st Avenue West Grand Marais, MN 55604 Phone:218-387-1795

Email: Sherri_moe@yahoo.com

Sawtooth Mountain Clinic

513 5th Avenue W. Grand Marais, MN 55604

Phone: 218-387-2330 Emergency: 911

Hotlines and Warmlines:

Birch Tree Center

4720 Burning Tree Road Duluth, MN 55811

Phone: 218-623-1800 or 844-772-4724



Cook County Community Support Line (Non-Crisis)

Phone: 218-877-7071

Let 's Talk (Regional Mental Health Crisis Line)

Phone: 218-623-1800 or 844-772-4724 (Or text "MN" to 741741)

Minnesota Mental Health Crisis Text Line

Text "MN" to 741741

National Suicide Prevention Hotline

Phone: 800-273-8255

The Trevor Project
Phone: 866-488-7386

Wellness in the Woods Peer Support MN Warmline

Phone: 1-844-739-6369

Senior Services

211 First Call for Help

Phone: 211

Find assisted living facilities, independent living communities, public housing and senior housing resources specifically relevant to seniors. Offers live a chat with a referral specialist.

Arrowhead Area Agency on Aging

221 West First Street Duluth, MN 55802 Phone: 218-722-5545

Strives to foster independence for elder persons through the development and coordination of community-based, long-term care services.

Arrowhead Economic Opportunity Agency (AEOA)

300 W 3rd Street, Grand Marais MN 55604

Senior Dining Services

1-800-662-5711

Senior Services

1-800-662-5711, Ext. 6899

The Hub (formerly Grand Marais Senior Center)

218-387-2660

Care Partners of Cook County

513 5th Avenue West Grand Marais, MN 55604





Cook County Public Health and Human Services

411 W. 2nd Street

Grand Marais, MN 55604

218-387-3620 Toll Free: 800-663-6771

Eldercare Locator Line

Phone: 800-677-1116

Helps families and friends find information about community services for older people anywhere

in the United States and its territories

Eye Care America Helpline

Phone: 800-222-3937

Provides care to eligible seniors 65+ with a medical eye exam at no out-of-pocket cost, and up to one year of physician services for follow-up care for any condition diagnosed during the initial

ехат.

Grand Portage Elderly Nutrition Program

PO Box 428

Grand Portage, MN 55605 Phone: 218-475-2655 Email: gpenp@boreal.org

Grand Portage Human Services

62 Upper Road

Grand Portage, MN 55605 Phone: 218-475-2453

Nutrition Assistance Program for Seniors (NAPS)

Second Harvest Northern Lakes Food Bank Delivered to Grand Marais Food Shelf

Phone: 888-727-5653

North Shore Care Center

515 5th Avenue West Grand Marais, MN 55604 Phone: 218-387-3040

North Shore Home Health

515 5th Avenue West Grand Marais, MN 55604 Phone: 218-387-3040

Senior LinkAge Line

Phone: 1-800-333-2433

The Senior LinkAge Line is a free service of the state of Minnesota that connects older Minnesotans and their families with the help they need.



Senior Rides

Care Partners 513 5th Ave W Grand Marais, MN 55604

Phone: 218-387-3788

Email: seniorrides@boreal.org

Sawtooth Ridges Apartments (Senior Housing)

701 W 5th Street Grand Marais, MN 55604

Phone: 218-387-9247

Vulnerable Adult Reporting

Phone: 844-880-1547 In an emergency call: 911

Mandated Reporter Online Form



Transportation

Clean Ride Taxi & Shuttle Service

4860 W Highway 61 Lutsen, MN 55612 218-439-0219



Cook County Public Health and Human Services

Health Care Access-Medical Transportation Reimbursement for MA Enrollees

411 W. 2nd Street

Grand Marais, MN 55604

218-387-3620 Toll Free: 800-663-6771

Dial-A-Ride

Arrowhead Transit

Phone: 1-800-862-0175, option 8

Harriet Quarles Transportation

Phone: 218-370-9164

Email: harrietq@boreal.org

Senior Rides

Phone: 218-387-3788

Email: seniorrides@boreal.org

Veteran Services

Cook County Veterans Services Officer

411 W 2nd Street

Grand Marais, MN 55604 Phone: 218-387-3639 Cell: 218-264-9092



Tribal Veterans Services Officer

PO Box 117

Grand Portage, MN 55605 Phone: 218-475-2780

US Department of Veterans Affairs

Phone: 844-698-2311

Minnesota Veteran Linkage Line Phone: 866-Linkvet (546-5838)

Last Updated: May 3, 2019

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