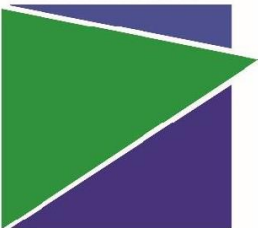


Cook County Services Directory



COOK COUNTY



PUBLIC HEALTH &
HUMAN SERVICES

Cook County Public Health
and Human Services
411 West 2nd Street
Grand Marais, MN 55604
www.cookcountypghs.org
218-387-3620



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This guide was compiled by Cook County Public Health and Human Services. Please contact us at 218-387-3620 or pahs@co.cook.mn.us with any additions or changes. Any reference in this guide to any person, organization, activities, products, or services, does 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 15, 2024.

Children and Family Services

Childcare Assistance

[Cook County Public Health and Human Services \(PHHS\)](#)

411 W. 2nd Street,
Grand Marais, MN 55604
Phone: 218-387-3620 or 800-663-6771
Or apply online through [MNbenefits](#)

Childcare Providers

Please contact [Cook County Public Health and Human Services](#) 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 or 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 or 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- DIAL 911

Mental Health Crisis

Birch Tree Center

4730 Matterhorn Circle
Duluth, MN55811
Phone:218-623-1800

Yellow Leaf Support Center
4720 Burning Tree Road
Duluth, MN 55811
Phone: 218-740-5300

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 & Crisis Lifeline

Phone: 988
Text: 988

The Trevor Project

Phone: 866-488-7386

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.

[Standpoint](#)

Phone: 612-343-9842 or 800-313-2666

Text: 612-743-7397

Attorneys and advocated against domestic and sexual violence.

[Violence Prevention Center](#)

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

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 Good Neighbor 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 W. 3rd St./ PO Box 57
Grand Marais, MN 55604
Phone: 218-387-3411
Including GED prep and exam

[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 West 3rd St.
Grand Marais, MN 55604
Phone: 218-264-9593
Adult Education Programs and Assistance:

[Adult Basic Education \(ABE\)](#)

[Lives in Transition](#)

[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 \(AEOA\)](#)

702 3rd Ave. South
Virginia, MN 55792
Phone: 218-749-2912 or 800-662-5711

[Energy Assistance](#)

[Foreclosure and Homeless Services](#)

[Single Family Rehabilitation](#)

[Weatherization Assistance](#)

[Tax Assistance](#)

300 3rd St. West
Grand Marais, MN 55604
Phone: 218-264-9593

[FAIM](#)

[Lives in Transition](#)

[MFIP](#)

[Cook County Public Health and Human Services \(PHHS\)](#)

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



Or apply online through [MNbenefits](#)
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 at The Hub](#)
Monday through Friday at noon, All ages welcome
\$4.50 per meal for seniors over 60 All others, \$8.00 per meal
Must sign up by 9:30am the day of the meal
The Hub
10 Broadway, Grand Marais
218-387-2660

[AEOA Cook County Food Shelf](#)
Income and residency requirements
Every Monday from 3pm to 5pm
1st Wednesday of the month 5pm to 7pm
Register on site during distribution
First Congregational Church
300 W 2nd St, Grand Marais
218-387-2113

[Free Summer Lunch Program](#)
June 19th-September 1st
Served Monday-Friday at noon
Available to ages 0-18
Must register prior to 9am either over the phone or online
The Hub
10 Broadway Ave, Grand Marais
218-387-2660



[Free or Reduced Meal Program](#)

Parents of school aged children can apply by contacting:
Cook County Schools, 218-387-2271 ext. 406
Great Expectations Charter School, learn@greatexpectationsschool.com
Oshki Ogimaag Charter School, 219-475-2112

[Food Backpack Program](#)

For any family who is enrolled in the Free and Reduced Meal Program
Children K-8th grade
A bag of food will be put in your child's backpack once a week on Fridays and before breaks
Available at ISD 166, GES and Oshki Ogimaag by registering with school

[Grand Marais Farmer's Market](#)

Thursdays from 4:30 to 6pm
June through mid-October
Cook County Community Center Parking Lot
317 W 5th St, Grand Marais
218-387-3015

[Grand Portage Congregate Lunches & Meal Delivery](#)

Monday through Friday
11:30am-12:30pm, all ages welcome
Lunches can also be delivered
Must sign up by 9am the day of the meal
Elderly Nutrition Program, 218-475-2655
Grand Portage Community Center
73 Upper Road, Grand Portage

[Grand Portage Food Distribution Program](#)

Income and residency requirements
Monday through Thursday, 8am-4:30pm
Grand Portage Safety Office
101 Store Road, Grand Portage
Tina Deschampe
218-475-2480

[Grand Portage Food Shelf](#)

Income and residency requirements
Open from 8am to 4pm
Monday through Friday
Call ahead
Grand Portage Human Services
2 Casino Drive, Grand Portage
218-475-2453

[Lasagna Love](#)

Anyone welcome to participate
One delivery per month per participant
Receive a volunteer made lasagna or main dish delivered to your home
Availability is based off of volunteer contribution
Can refer yourself or others online or by email
lasagnalove.mn.4@lasagnalove.org
lasagnalove.org

[Lutheran Social Services Meals to Go](#)

Fourteen prepared, frozen meals delivered to your home
Prepared and mailed frozen from the Hilltop Regional Kitchen in Eagle Bend, MN
Shipped anywhere in Minnesota
About \$9 per meal, including shipping
Cost covered for waiver recipients
Lutheran Social Services
800-488-4146

[Minnesota Food Helpline](#)

Monday through Friday
8:30 am-4:30 pm
888-711-1151

[Power of Produce \(PoP\)](#)

Starts mid-July, no income requirement
Children 4 to 12 years of age
Receive a token to purchase \$4 worth of produce at the market every week
Grand Marais Farmer's Market
Cook County Community Center Parking Lot
317 W 5th St, Grand Marais
218-387-3015

[Ruby's Pantry](#)

No income or residency requirement
Second Tuesday of the month
Twenty-five dollar suggested donation per share
Time and location subject to change
rubys@boreal.org
218-387-1314



[Second Harvest Northern Lakes Mobile Food Pantry](#)

Income based
4th Wednesday of the month
Grand Portage Community Center
73 Upper Road, Grand Portage from 11:30 to 12pm
Cook County Community Center
317 West 5th Street, Grand Marais from 1:30 to 2pm
info@northernlakesfoodbank.org
218-336-2305

[Second Harvest Northern Lakes Nutrition Assistance Program for Seniors \(NAPS/CSFP\)](#)

For people aged 60+, income based
First Monday of each month
Pick-up from 12:30 to 1:00pm
Grand Portage Community Center, 73 Upper Road, Grand Portage
First Congregational Church, 300 West 2nd Street, Grand Marais
info@northernlakesfoodbank.org
218-336-2302

[Senior Lunch at Birch Grove](#)

Every Wednesday, 11:30 to 12:30pm
\$5 donation suggestion
No reservation needed
Birch Grove Community Center
9 Good Neighbor Hill, Tofte
toftemn@boreal.org

[SNAP and Market Bucks](#)

How to use SNAP and Market Bucks:
Visit the Welcome Booth with your SNAP/EBT card
You'll be issued wooden tokens to spend at the market, one token = \$1
Each week, you can also access free Market Bucks to match your SNAP benefits
Up to \$10 matched per week in both Market Bucks and Produce Market Bucks
\$10 of SNAP becomes \$30 total
Grand Marais Farmer's Market
Cook County Community Center Parking Lot
317 W 5th St, Grand Marais
218-387-3015

[Supplemental Nutrition Assistance Program \(SNAP\)](#)

For those who meet income guidelines
Apply in person, phone, or [online](#)
Funds are placed on an EBT card
Cook County PHHS, 218-387-3620



411 W. 2nd Street, Grand Marais
GP Human Services
2 Casino Drive, Grand Portage
Minnesota Department of Human Services
218-475-2453

[Together we Grow](#)

Users of the WIC program in Cook County receive a Together We Grow card which they may present at the Market Welcome booth each week to receive 10 tokens for purchases at the market. Each token is worth \$1 and may be spent on any food item at the market.

Grand Marais Farmer's Market
Cook County Community Center Parking Lot
317 W 5th St, Grand Marais
218-387-3015

[Women, Infants, and Children \(WIC\)](#)

Helps those financially eligible who are pregnant or recently pregnant, infants, and children
Nutrition and breastfeeding program

Sawtooth Mountain Clinic
513 West 5th Ave
Grand Marais, MN
218-387-2330

Government/General

[Cook County, Minnesota](#)

411 W 2nd Street, Grand Marais MN 55604

Department Phone Numbers (for a full list please visit <https://co.cook.mn.us>):

[Administration](#): 218-387-3687

[Land Services](#): 218-387-3630

[Assessor](#): 218-387-3650

[Probation](#): 218-387-3672

[Attorney](#): 218-387-3670

[PHHS](#): 218-387-3620

[Auditor](#): 218-387-3640

[Recorder](#): 218-387-3660

[Community Center](#): 218-387-3015

[Sherriff](#): 218-387-3030

[Court Administration](#): 218-387-3610

[Veteran Services](#): 218-387-3639

Cities & Reservation Tribal Council:

[Grand Marais](#)

15 N Broadway
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

Acupuncture:

[Artemisia Acupuncture](#)

1910 Highway 61
Grand Marais, MN 55604
Phone: 218-210-0123

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

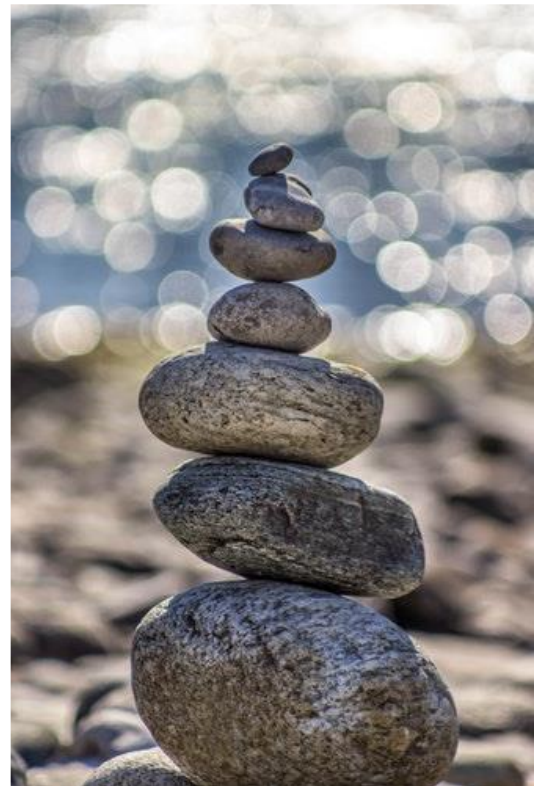
[North Lake Wellness \(Chiropractic & Massage\)](#)

5339 W. Highway 61 Ste. 203
Lutsen, MN 55612
Phone: 218-277-8175

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
218-387-2774

[Oral Health Task Force](#)

PO Box 454
Grand Marais, MN 55604
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 or 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



Pharmacy:

[Sawtooth Mountain Clinic Pharmacy](#)

513 5th Ave West

Grand Marais, MN 55604

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

[Cook County In-Home Support Program](#)

411 W. 2nd Street

Grand Marais, MN 55604

218-387-3620 or 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 or 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 or 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 \(AEOA\)](#)

Amy Renne, AEOA Homeless & Basic Needs Case Manager
Office: 218-623-3033
Cell: 218-410-5317
amy.renne@aeoa.org

702 3rd Ave. South
Virginia, MN 55792
Phone: 218-749-2912 or 800-662-5711

[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 or 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

[Arrowhead Economic Opportunity Agency \(AEOA\)](#)

702 3rd Ave. South
Virginia, MN 55792
Phone: 218-749-2912 or 800-662-5711

2124 10th St.
Two Harbors, MN
218-623-3033

[Birchwood Apartments](#)

801 W 5th Street
Grand Marais, MN 55604
Phone: 320-269-6440 x224 (Van Binsbergen & Associates)

[Grand Marais Apartments](#)

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

[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](#)

[CenturyLink Discount Phone Service](#) (landline)

855-954-6546

[PC's f or People](#) (Discount Computers and Internet)

Phone: 651-354-2552

[Assurance Wireless](#) (Discount/free cell phone service)

Phone: 888-321-5880

[Safelink Wireless](#) (Discount/free cell phone

Service -must have own unlocked phone)

Phone: 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

[Amberwing](#)

Intensive Outpatient Programming
Essentia Health-330 Building
Duluth, MN 55811
Phone: 218-355-2100
Email: amberwing@essentiahealth.org

[Arrowhead Psychological Clinic, PA](#)

715 Central Entrance
Duluth, MN 55811
Phone: 218-723-8153

[Fast Tracker MN](#)

Phone: 651-426-6347

[HP Psychological Associates, PC](#)

4815 Burning Tree Rd. Ste. 200
Duluth, MN 55811
Phone: 218-464-0908

Kelly Hawsen, Steps of Change
PO Box 283
Grand Marais, MN 55604
Phone: 218-370-8773
Email: Stepsofchange@yahoo.com

[Human Development Center](#)

Two Harbors
Duluth
Phone: 218-728-4491

[Kalina Counseling Services](#)

Two Harbors
Silver Bay
Phone: 218-595-7997
Email: info@kalinaCounseling.com

[MAP Behavioral Health Center](#)

324 West Superior St.
Duluth, MN 55802
Phone: 218-606-1797

[Mental Health Minnesota](#)

Phone: 651-288-0400

[NAMI Minnesota](#)

Phone: 651-645-2948

[Sawtooth Mountain Clinic](#)

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

[Two Rivers Counseling](#)

Phone: 218-606-1100

[Up North Therapy](#)

Silver Bay
Two Harbors
Duluth
Phone: 218-220-9699

Hotlines and Warmlines:

[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/Mental Health Crisis Hotline](#)

Phone: 988

[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 a live 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 \(AEOA\)](#)

702 3rd Ave. South

Virginia, MN 55792

Phone: 218-749-2912

Toll Free: 800-662-5711

[Senior Dining Services \(The Hub in Grand Marais\)](#)

[Senior Partners Care](#)

[The Hub \(formerly Grand Marais Senior Center\)](#)

218-387-2660

[Care Partners of Cook County](#)

513 5th Avenue West

Grand Marais, MN 55604

Phone: 218-387-3788

[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 exam.

[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](#)

Substance Use Disorder 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 or 800-663-6771

[YourPath](#)

Phone/ Text: 612-712-4357

Cook County AA and AL-ANON Meetings

Location	Coordinator Information	Day of the Week	Time	Notes
Lutsen Town Hall 116 Caribou Trail Lutsen, MN	Samantha McQuatters 218-663-7002	Wednesday	7pm-8:30pm	Al-Anon Family Group
		Sunday	6:30pm-7:30pm	AA
First Congregational UCC of Grand Marais 300 West 2nd Street Grand Marais, MN Fireside Room, left of the west entrance from the parking lot	Rev. Enno K. Limvere 218-387-2113	Monday	7pm	Al-Anon Family Group
		Thursday	Noon	Women's Only AA
		Friday	7am	AA
		Friday	7:30pm	AA
Grand Marais Evangelical Free Church 120 E. 5th Street Grand Marais, MN	Cathy Wilson 218-310-3177	Thursday	5:30pm Dinner 6:00pm Large Group 7:00pm Small Groups	Celebrate Recovery
Trinity Lutheran Church 957 East Highway 61 Hovland, MN	218-475-2439	Saturday	7pm	AA Zoom Option Available

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 or 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)

