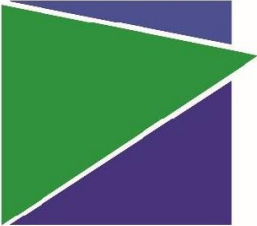


# Cook County, MN Resource Guide

Supporting the health, safety, and  
wellbeing of our community.

Accountability · Respect · Integrity  
Honesty · Partnership

COOK COUNTY



PUBLIC HEALTH &  
HUMAN SERVICES

Cook County Public Health  
and Human Services  
411 West 2<sup>nd</sup> Street  
Grand Marais, MN 55604  
[www.cookcountypghs.org](http://www.cookcountypghs.org)  
218-387-3620

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Scan for  
linked  
resources

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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](mailto: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 favor of Cook County Public Health and Human Services, or any of its employees or contractors acting on its behalf. This guide was updated on 11/12/25.*

## ***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 5<sup>th</sup> Avenue West,  
Grand Marais, MN 55604  
Phone: 218-387-2330

### **Youth Development and Programs**

[Cook County YMCA](#)

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

[North Point](#)

17 1st Ave. West | PO Box 71



Grand Marais, MN 55604  
(218) 888-7511  
[info@npyouth.org](mailto:info@npyouth.org)

## ***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 5<sup>th</sup> 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 3<sup>rd</sup> 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 9<sup>th</sup> 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 5<sup>th</sup> Ave West,  
Grand Marais, MN 55604  
Phone: Non-Emergency: 218-387-3040  
**Emergency: 911**



## ***Financial Resources and Supports***

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

702 3<sup>rd</sup> 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 3<sup>rd</sup> 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](#)

[Diversionsary 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 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

[AEOA Meals on Wheels](#)

Monday through Friday delivery within a five mile radius of  
Grand Marais  
Call the Hub to sign up  
218-387-2660

[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

[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](mailto: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

### [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

### [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 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

### [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

\$25 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

#### [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

#### [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 5<sup>th</sup> Ave  
Grand Marais, MN  
218-387-2330

## ***Government/General***

### Cook County, Minnesota

411 W 2<sup>nd</sup> 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 4<sup>th</sup> Ave East  
Grand Marais, MN 55604  
Phone: 218-877-7484

### [Grand Marais Public Library](#)

104 2<sup>nd</sup> 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 1<sup>st</sup> Ave W  
Grand Marais MN 55604  
Phone: 218-387-2383

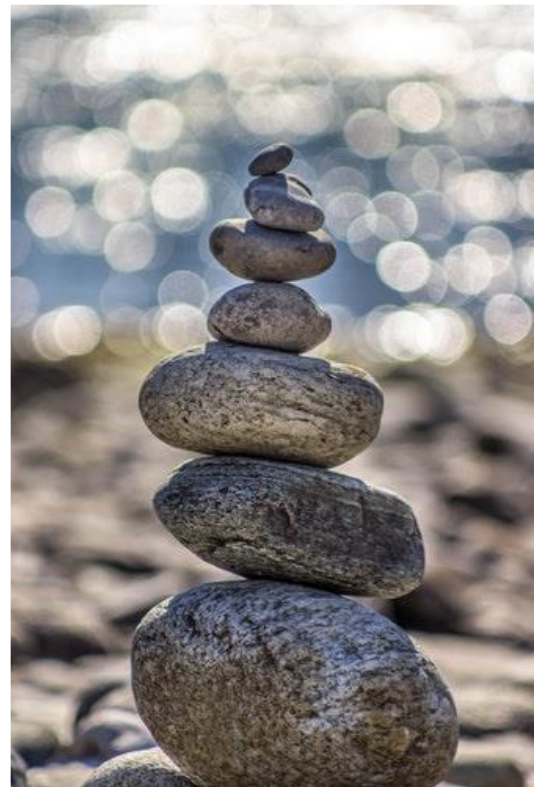
[North Lake Wellness \(Chiropractic & Massage\)](#)

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 5<sup>th</sup> 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 5<sup>th</sup> 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 5<sup>th</sup> Avenue West

Grand Marais, MN 55604

Phone: 218-387-3788

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

411 W. 2<sup>nd</sup> 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 5<sup>th</sup> Avenue West

Grand Marais, MN 55604

Phone: 218-387-3040



[Minnesota Aging](#)

[Pathways](#)

Phone: 800-333-2433

*Minnesota Aging Pathways 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](mailto:amy.renne@aeoa.org)

702 3<sup>rd</sup> Ave. South

Virginia, MN 55792

Phone: 218-749-2912 or 800-662-5711

[Homeless Services](#)

[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 3<sup>rd</sup> Ave. South

Virginia, MN 55792

Phone: 218-749-2912 or 800-662-5711



[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 for 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

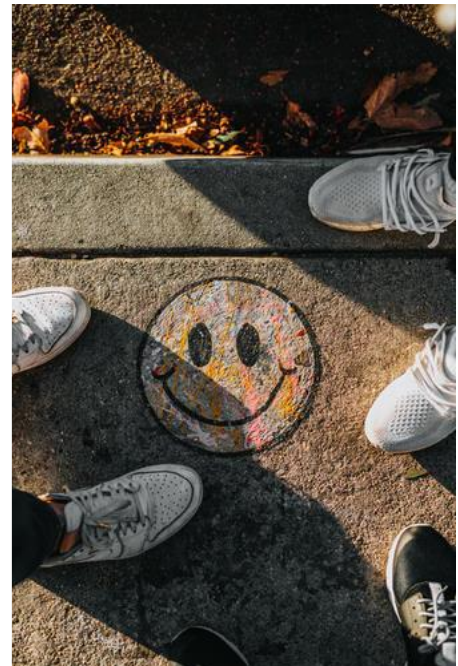
Email: [amberwing@essentiahealth.org](mailto:amberwing@essentiahealth.org)

#### [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](mailto:Stepsofchange@yahoo.com)

[Human Development Center](#)

[Two Harbors](#)

Phone: 218-834-5520

[Duluth](#)

Phone: 218-728-4491

[Kalina Counseling Services](#)

Two Harbors

Silver Bay

Phone: 218-595-7997

Email: [info@kalinaCounseling.com](mailto: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

[Owl Moon Therapy](#)

Zachary Campbell

Phone: 218-300-2547

[Sawtooth Mountain Clinic](#)

513 5th Avenue W.

Grand Marais, MN 55604

Phone: 218-387-2330

Emergency: 911



**Sawtooth Mountain Clinic**

Together Through Life

[Two Rivers Counseling](#)

Phone: 218-606-1100

[Up North Therapy](#)

Silver Bay

Two Harbors

Duluth

Phone: 218-220-9699

[Birch Tree Center](#)

4720 Burning Tree Road

Duluth, MN 55811

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

[Yellow Leaf Support Center](#)

Duluth, MN

Phone: 218-740-5300

**Hotlines and Warmlines:**

[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 3<sup>rd</sup> 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 5<sup>th</sup> 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](mailto: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 5<sup>th</sup> Avenue West  
Grand Marais, MN 55604  
Phone: 218-387-3040

[North Shore Home Health](#)

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

[Minnesota Aging Pathways](#)

Phone: 1-800-333-2433  
*Minnesota Aging Pathways 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

*On-demand comprehensive assessments and treatment support*

[Cook County NA, AA, AL-ANON, Welbriety, and Other Supports](#)

Location	Coordinator Information	Day of the Week	Time	Notes
<b>Lutsen Town Hall</b> 116 Caribou Trail Lutsen, MN	Samantha McQuatters  218-663- 7002	Wednesday	7pm-8:30pm	Al-Anon Family Group
		Sunday	6:30pm- 7:30pm	AA
<b>First Congregational UCC of Grand Marais</b> 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

<b>Grand Marais Evangelical Free Church</b> 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
<b>Trinity Lutheran Church</b> 957 East Highway 61 Hovland, MN	218-475-2439	Saturday	7pm	AA Zoom Option Available
<b>HUB</b> 10 N. Broadway Grand Marais, MN		Wednesday	7pm	NA
<b>Grand Portage Clinic Lobby</b>	Jessica S 218- 994-4613 Jennifer K 651-508-7342	Tuesday	6pm-7pm	NA

Location	Coordinator Information	Day of the Week	Time	Notes
<b>Grand Portage Log School</b>		Sunday	4pm	Welbriety
<b>Grand Portage Human Services (lunch provided)</b>		Friday	noon	Waabun

## ***Transportation***

Clean Ride Taxi & Shuttle Service  
4860 W Highway 61  
Lutsen, MN 55612  
218-439-0219

Boreal Partners  
Medical transportation for ages 65+  
Wheelchair lift  
218-387-3620

[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

[MTM](#)

Medical Transportation Management

1-866-467-1724

MN Non-Emergency Medical Transportation Reimbursement for MN Health Care Program enrollees. The program can cover mileage, parking, meals, and lodging. Requests must be processed in advance of the appointment.

[Senior Rides](#)

Phone: 218-387-3788

Email: seniorrides@boreal.org

***Veteran Services***

[Cook County Veterans Services Officer](#)

411 W 2<sup>nd</sup> 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)

[Veteran Resilience Project](#)

Phone: 763-358-2275



Your ride.

