

CC Resource Guide

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Disclaimer: Listing of resources and websites is for informational purposes only. Inclusion does not indicate endorsement of any resources or websites.

Child Care

Childcare Assistance-Carlton County

218-879-4583

For information on childcare assistance.

Childcare Assistance-Fond du Lac

218-879-1227

For information on childcare assistance.

Childcare Resource & Referral

320 W 2nd St, Room 307

Duluth, MN 55802

218-726-2273 or 1-800-450-0450

Call for available licensed day care services

School Age Childcare (For childcare before or after school for your elementary aged child)

- Barnum – Super Lions (389-3002)
- Carlton – Kids Care (384-4728)
- Cloquet – Kids Corner (879-0929)
- Cloquet – Wee Care (879-1261)
- Esko – Cool Kids (879-4038)
- Moose Lake – Kiddie Academy (485-8520)
- Wrenshall (384-4274)

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Crisis Intervention

Human Development Center

40 – 11th St

Cloquet

218-879-4559 or 1-888-877-0568

Crisis Line 1-800-634-8775

Crisis mental health services available

LSS – Carlton Youth Shelter

531 Slate St

Cloquet

218-879-1527

24 hour crisis care for children birth to age 17

Miller Dwan Crisis Line

Duluth

218-723-0099

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Disability Services

Adults with Disabilities

509 Carlton Ave, Cloquet
218-879-1261

Arc Northland

424 W Superior St, Suite 201, Duluth
218-726-4725

Carlton County Public Health & Adult Social Services

30 – 10th St N, Cloquet
218-879-4511 or 1-888-818-4511
www.co.carlton.mn.us

Courage Duluth

424 W Superior St, Suite 200, Duluth
218-726-4762

A community recreation program for physically disabled youth and adults and their families.

Duluth Regional Care Center – Carlton Program

728 Garfield Av, Duluth
218-722-8180

Epilepsy Foundation of NE MN & N WI

424 W Superior St, Suite 202A, Duluth
218-726-4730

Goodwill Industries

700 Garfield Av, Duluth
218-722-6351

Vocational rehabilitation services.

Minnesota Rehabilitation Services

715 Cloquet Av, Cloquet
218-879-0731

- Vocational counseling, vocational/psychological testing, skill training, job placement
 - Carlton County residents, age 18+, severe disability
 - Free and open to the public
-

North Country R.I.D.E.

Box 312

Esko, MN 55733-0312

218-879-7608

www.northcountryride.com

Therapeutic horseback riding for people with disabilities

Pinewood-Cloquet, Inc.

915 – 18th St, Cloquet
218-879-4566

Special Education – Child Find

Northern Lights Special Education Cooperative

509 Carlton Av, Cloquet

218-879-1283

A program for parents who are concerned about their child's development. Child Find provides FREE educational and developmental screening for children who have delays or disorders, regardless of severity, that may prevent them from learning. The goal of the program is to identify and evaluate all preschool-aged children with special needs as early as possible. Early intervention and advanced planning helps ensure easier transitions into elementary school programs. Connecting families and services for young children (birth to age five) with special needs. Child Find serves the following school districts: Barnum, Carlton, Cloquet, Cromwell/Wright, Esko, Fond du Lac, Hermantown, Lake Superior, Moose Lake, Proctor, and Wrenshall.

State Services for the Blind

Duluth Workforce Center
320 W 2nd St, Duluth
218-723-4600

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Education

Adult Basic Education

AEOA – Area Learning Center

715 Cloquet Avenue, Cloquet
218-879-5588

www.aeoa.org

- Adult basic education
 - GED preparation;
 - Cloquet Literacy Project, which offers free and confidential tutoring for adults who want to learn how to read or improve such basic skills as math, spelling and writing.
-

Coordinated School Health

30 – 10th St N, Cloquet
218-879-4511

The Coordinated School Health Team's vision is to educate, support and equip children and youth with skills, attitudes and practices conducive to a lifetime of good health. Our MISSION is to promote coordinated efforts among schools, families and communities to measurably improve the health, and thereby the learning, of Carlton County's children and youth. There are eight areas of Coordinated School Health.

- School Environment
 - Health Education
 - Nutrition
 - Physical Activity
 - Health Services
 - Mental Health
 - Staff Wellness
 - Parent/Community Involvement
-

ECFE – Early Childhood Family Education

Countywide

Jennifer Kuhlman, Coordinator
218-879-4038

Barnum: 3675 County Rd 140 (218-389-3001)

Carlton: 530 Stine Dr, PO Box 620 (218-384-4728)

Cloquet: 509 Carlton Av (218-879-1261)

Cromwell-Wright: Highway 210 & 73, PO Box 7 (218-644-3716)

Esko: 2 Highway 61 E, PO Box 10 (218-879-4038)

Moose Lake: 316 Elm Av, PO Box 310 (218-485-0476)
Wrenshall: 207 Pioneer Dr, PO Box 68 (218-384-4274)

Family Literacy

509 Carlton Ave, Cloquet
218-879-1261

A program for parents and children birth to school age.

- Books 4 Babies – Home visiting program for families with newborns
 - Abundance of Books for Child Care – Volunteer readers visit day care centers
 - Families Share Learning – Family literacy program
-

Fond du Lac Tribal & Community College

2101 – 14th St, Cloquet
218-879-0800
www.fdl.cc.mn.us

Northern Lights Special Education Cooperative

509 Carlton Av, Cloquet
218-879-1283
www.nlsec.k12.mn.us

Providing by cooperative efforts a comprehensive special education program within the geographical boundaries of the member districts for children having significant special needs in any of the following areas: mental, emotional, social, physical, hearing, speech, vision, and learning.

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Community Education

To find out more about Community Education classes, ECFE and School Readiness, and events for your family call your local Community Education office or click on their name to visit their website.

[Barnum](#): 218-389-0108

[Carlton](#): 218-384-4464

[Cloquet](#): 218-879-1261

[Cromwell-Wright](#): 218-644-3737

[Esko](#): 218-879-4038

[Moose Lake](#): 218-485-0476

[Wrenshall](#): 218-384-4274

Link to Carlton County Chambers of Commerce:

http://www.co.carlton.mn.us/Tourism/Chamber_Commerce.htm

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Early Childhood Family Education

Fatherhood Program
315 Walnut Avenue
PO Box 150
Carlton, MN 55718-0150
218-384-9550

Contact Rebecca Ahlstrand or Dennis LeGarde

Young Parents Class is a collaborative effort of Carlton County Prenatal /Early Childhood Coalition. It is funded by a grant from the Carlton County Children and Family Services Collaborative.

Classes meet weekly and are co-facilitated by a Public Health Nurse and an ECFE Instructor.

The goals of the class are:

- to receive education and support from staff and peers in a supportive environment
- help parents connect with community resources.
- Targeted areas of learning are in the following areas:
 - attachment/bonding
 - healthy relationships

- health & nutrition
- parent educational goals
- infant/child development
- social-emotional needs
- confidence in parenting
- self-sufficiency

Parents attending class may be eligible for these benefits:

- Credit towards high school graduation. If you are still in high school you can earn one half credit per year. If you start later in the year we will work with your school counselor to help you plan how you can obtain the credit needed.
- Talk with your MFIP worker about how Young Parents Class might fit into your workplan.
- HELPING PARENTS . . .
 - feel supported
 - learn and grow
 - have fun
 - play with their children
 - meet friends
 - find resources
 - become better parents

Young Parents Class is now located at one location at Fond du Lac Tribal and Community College in Cloquet on Thursday evenings from 5:00-7:00 pm.

- 5:00 – Meet in commons/amphitheatre area for dinner
- 6:00 – Children meet in Lil Thunder Child Care
- Parents meet in Room 188

Quotes from class participants:

- "It's my main night out each week"
- "I really look forward to the class"
- "It's great to be with other parents who really understand what I'm facing"
- "I want to be the best parent for my child, this class is helping me to do that"

FREE OF CHARGE

- "Family Style" meals, Parent-Child "Together Time" and free child care provided. "Parent Talk" time includes interesting guest speakers, topics of interest, fun projects and activities for children and parents.

~~~~~CLOQUET~~~~~

Session II:

Thursdays

January 21 – May 27

(no class April 1 or April 8)

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For more information you may contact:

- Barnum Community Education: (218) 389-0108
- Karla Line – ECFE parent educator: (218) 644-1115
- Cindy Kellett – Public Health Nurse: (218) 878-2843
- Carlton County Public Health
30 North 10th Street
Cloquet MN. 55720
218-878-4511 Ext. 843
Fax: 218-878-2845
- For parents in their teens and early twenties and their children. Pregnant and parenting couples, singles, and partners all welcome!
- Classes meet at Fond du Lac Tribal Community College on Thursdays from 5:00—7:00 pm

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Libraries

Arrowhead Library System
701 – 11th St, Virginia
1-800-257-1442
www.arrowhead.lib.mn.us
Bookmobile Service
Mail-A-Book

Carlton Public Library
310 Chestnut, Box 309, Carlton
218-384-3726

Cloquet Public Library
320 – 14th St, Cloquet
218-879-1531
www.cloquet.lib.mn.us

Services and items available at the Cloquet Public Library include books, magazines, newspapers, reference materials, books on tape, music on tape/CD, videos/DVD's, meeting rooms, computers, internet, computers for children, toys, playing and meeting space for children, story time for preschoolers, LapSit story time for toddlers, summer reading incentive programs, author visits, cultural events, collaborative efforts with community and schools, Sister Library, Sister Library Club, tax forms, website, and much more.

Cromwell-Wright Library
Cromwell-Wright School, Hwys 210 & 73, Cromwell
218-644-3716
www.cromwellwright.k12.mn.us/librarylinks.htm

Open Library for students and the general public is available from 3:30 pm to 6:00 pm Monday thru Thursday on regular school days. The public is welcome to come and check out books, videos, magazines and use the computer labs for Internet access during open library hours. We also provide a Paperback Exchange rack.

Moose Lake Public Library
313 Elm Av, Moose Lake
218-485-4424
www.moose-lake.lib.mn.us

Weekly story hour for children, summer reading program, job training partnership program for at-risk youth.

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Other Educational Opportunities

AEOA – Area Learning Center

715 Cloquet Avenue, Cloquet
218-879-5588

www.aeoa.org

- Adult basic education
 - GED preparation;
 - Cloquet Literacy Project, which offers free and confidential tutoring for adults who want to learn how to read or improve such basic skills as math, spelling and writing.
-

Coordinated School Health

30 – 10th St N, Cloquet
218-879-4511

The Coordinated School Health Team's vision is to educate, support and equip children and youth with skills, attitudes and practices conducive to a lifetime of good health. Our MISSION is to promote coordinated efforts among schools, families and communities to measurably improve the health, and

thereby the learning, of Carlton County's children and youth. There are eight areas of Coordinated School Health.

- School Environment
 - Health Education
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 - Physical Activity
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 - Mental Health
 - Staff Wellness
 - Parent/Community Involvement
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ECFE – Early Childhood Family Education

Countywide

Jennifer Kuhlman, Coordinator

218-879-4038

Barnum: 3675 County Rd 140 (218-389-3001)

Carlton: 530 Stine Dr, PO Box 620 (218-384-4728)

Cloquet: 509 Carlton Av (218-879-1261)

Cromwell-Wright: Highway 210 & 73, PO Box 7 (218-644-3716)

Esko: 2 Highway 61 E, PO Box 10 (218-879-4038)

Moose Lake: 316 Elm Av, PO Box 310 (218-485-0476)

Wrenshall: 207 Pioneer Dr, PO Box 68 (218-384-4274)

Family Literacy

509 Carlton Ave, Cloquet

218-879-1261

A program for parents and children birth to school age.

- Books 4 Babies – Home visiting program for families with newborns
 - Abundance of Books for Child Care – Volunteer readers visit day care centers
 - Families Share Learning – Family literacy program
-

Fond du Lac Tribal & Community College

2101 – 14th St, Cloquet

218-879-0800

www.fdl.cc.mn.us

Northern Lights Special Education Cooperative

509 Carlton Av, Cloquet

218-879-1283

www.nlsec.k12.mn.us

Providing by cooperative efforts a comprehensive special education program within the geographical boundaries of the member districts for children having significant special needs in any of the following areas: mental, emotional, social, physical, hearing, speech, vision, and learning.

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Schools

Barnum ISD #91 – Administration Office & High School

3675 County Rd 140, PO Box 227

218-389-6978

www.barnum.k12.mn.us

Barnum ISD #91 – Community Education Office

3675 County Rd 140, PO Box 227

218-389-0108

www.barnum.k12.mn.us

Barnum ISD #91 – ECFE & School Readiness
3675 County Rd 140, PO Box 227
218-389-0108
www.barnum.k12.mn.us

Barnum ISD #91 – Elementary School
3813 E North St, PO Box 227
218-389-6976
www.barnum.k12.mn.us

Barnum ISD #91 – Family School Support Worker (Sam Burch)
3813 E North St, PO Box 227
218-389-6976
www.barnum.k12.mn.us

Barnum ISD #91- High School Principal
3675 County Rd 140, PO Box 227
218-389-3272
www.barnum.k12.mn.us

Carlton ISD #93 – Administration Office
405 School Av, PO Box 310
218-384-4225
www.carlton.k12.mn.us

Carlton ISD #93 – Community Education Office
405 School Av, PO Box 310
218-384-3227
www.carlton.k12.mn.us

Carlton ISD #93 – ECFE & School Readiness
530 Stine Dr, PO Box 620
218-384-4728
www.carlton.k12.mn.us

Carlton ISD #93 – Family School Support Worker (Jim Kneeland)
530 Stine Dr, PO Box 620
218-384-4278
www.carlton.k12.mn.us

Carlton ISD #93 – High School
405 School Av, PO Box 310
218-384-4226
www.carlton.k12.mn.us

Carlton ISD #93 – Indian Liaison Officer
405 School Av, PO Box 310
218-384-4220
www.carlton.k12.mn.us

Carlton ISD #93 – South Terrace Elementary School
530 Stine Dr, PO Box 620
218-384-4728
www.carlton.k12.mn.us

Cloquet ISD #94 – Administration Office
302 – 14th St
218-879-6721
www.cloquet.k12.mn.us

Cloquet ISD #94 – Churchill Elementary School
515 Granite St
218-879-3308
www.cloquet.k12.mn.us
Family School Support Worker (Andy Fena)

Cloquet ISD #94 – Cloquet Area Alternative Education Programs
302 – 14th St
218-879-0115
www.cloquet.k12.mn.us
Family School Support Worker (Lucy Dietrick)

Cloquet ISD #94 – Cloquet Public School Indian Education
509 Carlton Av
218-879-1457
www.cloquet.k12.mn.us

Cloquet ISD #94 – Community Education Office
509 Carlton Av
218-879-1261
www.cloquet.k12.mn.us

Cloquet ISD #94 – ECFE & School Readiness
509 Carlton Av
218-879-1261
www.cloquet.k12.mn.us

Cloquet ISD #94 – High School
1000 – 18th St
218-879-3393
www.cloquet.k12.mn.us
Family School Support Worker (Dianne Barkos)

Cloquet ISD #94 – Middle School
509 Carlton Av
218-879-3328
www.cloquet.k12.mn.us
Family School Support Worker (Dianne Barkos)

Cloquet ISD #94 – Washington Elementary School
801 – 12th St
218-879-3369
www.cloquet.k12.mn.us
Family School Support Worker (Lisa Edmundson)

Cloquet Pre-K – Little Pine Nursery School
47 – 4th St
218-879-8813

Cloquet Pre-K – Our Redeemer Lutheran Preschool
515 Skyline Blvd
218-879-3380

Cloquet Pre-K – Our Savior’s Lutheran Preschool
615 – 12th St
218-879-7138

Cloquet Pre-K – Queen of Peace Catholic Preschool
401 Avenue G
218-879-8516

Cloquet Pre-K – St. Paul’s Academy Preschool
933 – 18th St
218-879-2536

Cloquet Pre-K – Zion Lutheran Preschool
1000 Washington Av
218-879-4647

Cromwell/Wright ISD #95 – Administration Office
Highway 210 & 73, PO Box 7
218-644-3737
www.cromwellwright.k12.mn.us

Cromwell/Wright ISD #95 – Community Education Office
Highway 210 & 73, PO Box 7
218-644-3716
www.cromwellwright.k12.mn.us

Cromwell/Wright ISD #95 – ECFE & School Readiness
Highway 210 & 73, PO Box 7
218-644-3716
www.cromwellwright.k12.mn.us

Cromwell/Wright ISD #95 – Family School Support Worker (Karen Milbrath)
Highway 210 & 73, PO Box 7
218-644-3737
www.cromwellwright.k12.mn.us

Cromwell/Wright ISD #95 – Schools
Highway 210 & 73, PO Box 7
218-644-3716
www.cromwellwright.k12.mn.us

Esko ISD # 99 – Administration Office
2 Highway 61 E, PO Box 10
218-879-2969
www.esko.k12.mn.us

Esko ISD # 99 – Community Education Office
2 Highway 61 E, PO Box 10
218-879-4038
www.esko.k12.mn.us

Esko ISD # 99 – ECFE & School Readiness
2 Highway 61 E, PO Box 10
218-879-4038
www.esko.k12.mn.us

Esko ISD # 99 – Family School Support Worker (Karen Milbrath)
2 Highway 61 E, PO Box 10
218-879-3361
www.esko.k12.mn.us

Esko ISD # 99 – High School
2 Highway 61 E, PO Box 10
218-879-4673
www.esko.k12.mn.us

Esko ISD # 99 – Winterquist Elementary School
2 Highway 61 E, PO Box 10
218-879-3361
www.esko.k12.mn.us

Esko Pre-K – Bright Beginnings for 3's
2 Highway 61 E, PO Box 10
218-879-4038

Esko Pre-K – Little Eskomo Nursery
14 Canosia Rd
218-879-3626

Fond du Lac – Administration Office
49 University Rd, Cloquet
218-878-4648

Fond du Lac – Early Childhood Special Education
1720 Big Lake Rd, Cloquet
218-879-0943

Fond du Lac – Even Start
1720 Big Lake Rd, Cloquet
218-878-7597

Fond du Lac – Head Start
1720 Big Lake Rd, Cloquet
218-879-0943

Fond du Lac – Little Black Bear Elementary School
49 University Rd, Cloquet
218-878-4691

Fond du Lac – Ojibwe School (Grades 6-12)
49 University Rd, Cloquet
218-878-4642

Fond du Lac Pre-K – FACE
Cloquet
218-878-4671

Fond du Lac Tribal & Community College
2101 – 14th St, Cloquet
218-879-0800
www.fdl.cc.mn.us

Head Start
Lakes & Pines Community Action Council
1700 Maple Av E, Mora
1-800-832-6082
www.lakesandpines.org
Home based and child care option.

Moose Lake ISD #97 – Administration Office
413 Birch Av, PO Box 310
218-485-4435
www.mooselake.k12.mn.us

Moose Lake ISD #97 – Community Education Office
316 Elm Av, PO Box 310
218-485-0476
www.mooselake.k12.mn.us

Moose Lake ISD #97 – ECFE & School Readiness
316 Elm Av, PO Box 310
218-485-0476
www.mooselake.k12.mn.us

Moose Lake ISD #97 – Elementary School
413 Birch Av, PO Box 310
218-485-4834
www.mooselake.k12.mn.us

Moose Lake ISD #97 – Family School Support Worker (Sam Burch)
413 Birch Av, PO Box 310
218-485-4834
www.mooselake.k12.mn.us

Moose Lake ISD #97 – High School
413 Birch Av, PO Box 310
218-485-4622
www.mooselake.k12.mn.us

Moose Lake Pre-K – Hope Nursery
Hope Lutheran Church
2nd & Elm
218-372-3848

Northern Lights Special Education Cooperative
509 Carlton Av
218-879-1283
www.nlsec.k12.mn.us

Providing by cooperative efforts a comprehensive special education program within the geographical boundaries of the member districts for children having significant special needs in any of the following areas: mental, emotional, social, physical, hearing, speech, vision, and learning.

Private Schools – Queen of Peace
102 – 4th St, Cloquet
218-879-8516

Private Schools – St. Paul’s Academy
933 – 18th St, Cloquet
218-879-2536

Special Education – Child Find
Northern Lights Special Education Cooperative
509 Carlton Av, Cloquet
218-879-1283

A program for parents who are concerned about their child’s development. Child Find provides FREE educational and developmental screening for children who have delays or disorders, regardless of severity, that may prevent them from learning. The goal of the program is to identify and evaluate all preschool-aged children with special needs as early as possible. Early intervention and advanced planning helps ensure easier transitions into elementary school programs. Connecting families and services for young children (birth to age five) with special needs. Child Find serves the following school districts: Barnum, Carlton, Cloquet, Cromwell/Wright, Esko, Fond du Lac, Hermantown, Lake Superior, Moose Lake, Proctor, and Wrenshall.

Wrenshall ISD #100 – Administration Office
207 Pioneer Dr, PO Box 68
218-384-4274
www.wrenshall.k12.mn.us

Wrenshall ISD #100 – Community Education Office
207 Pioneer Dr, PO Box 68
218-384-4274
www.wrenshall.k12.mn.us

Wrenshall ISD #100 – ECFE & School Readiness
207 Pioneer Dr, PO Box 68
218-384-4274
www.wrenshall.k12.mn.us

Wrenshall ISD #100 – Family School Support Worker (Jim Kneeland)
207 Pioneer Dr, PO Box 68
218-384-4274
www.wrenshall.k12.mn.us

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Emergency Assistance

Carlton County Human Services

1215 Avenue C, Cloquet
218-879-4583 or 1-800-642-9082
www.co.carlton.mn.us

Satellite office located in Moose Lake (1-888-485-8520)

Lakes & Pines Community Action Council

1700 Maple Av E, Mora

1-800-832-6082

www.lakesandpines.org

Assists low-income families and individuals in their efforts to become self-sufficient. Available services include:

- Weatherization Program – prevention from heat escaping and from cold entering homes
 - Housing Rehabilitation Program – basic and necessary improvements to make a home more livable, accessible and energy efficient
 - Special Projects – Emergency Food and Shelter Program, Homeless Program, and Case Management
-

LSS – Carlton Youth Shelter

531 Slate St, Cloquet

218-879-1527

24 hour crisis care children birth to age 17

Salvation Army Social Services

316 Carlton Av, Cloquet

218-879-1693

Emergency assistance for food, shelter, clothing, utilities, rent, mortgage assistance, lodging, and household items

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Employment Preparation

AEOA (Arrowhead Economic Opportunity Agency)

715 Cloquet Av, Suite 1, Cloquet

218-878-4414

www.aeo.org

- Employment, training, and adult basic education
 - Food Stamp Employment and Training Program (FSET) and Food Stamp Support Program
 - Dislocated Worker Program, job search, career counseling, training opportunities toward self-sufficiency
 - Lives In Transition program for displaced homemakers
 - Minnesota Family Investment Program (MFIP)
 - Local Intervention Grant for Self-Sufficiency (LIGSS)
-

Minnesota Chippewa Tribe (MCT)

715 Cloquet Av, Cloquet

218-879-1977

Employment and training services such as assessments, job search, placement, and assistance with training/education

NEMOJT (NE Minnesota Office of Job Training)

715 Cloquet Av, Suite 2, Cloquet

218-879-5185

- Workforce Investment Act (WIA) – Prepare youth 14-21 and adults to enter labor force
- Dislocated Worker Program – Job search, career counseling, training opportunities toward self-sufficiency
- Minnesota Family Investment Program (MFIP) – Employment and training service
- Free and open to the public

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Energy Assistance

AEOA

6526 Grand Av, Duluth

218-624-7625

www.aeo.org

For St. Louis County residents

Lakes & Pines Community Action Council

1700 Maple Av E, Mora

1-800-832-6082

www.lakesandpines.org

Assists low-income families and individuals in their efforts to become self-sufficient. Weatherization Program assists in prevention from heat escaping and from cold entering homes

Salvation Army Social Services

316 Carlton Av, Cloquet

218-879-1693

Emergency assistance for food, shelter, clothing, utilities, rent, mortgage assistance, lodging, and household items

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Financial Assistance

Carlton County Human Services

1215 Avenue C, Cloquet

218-879-4583

www.co.carlton.mn.us

Lutheran Social Services (LSS)

424 W Superior St, Suite 600, Duluth

218-726-4767

www.lss.mn.org

Consumer credit counseling

University of Minnesota Extension Service

Civic Center

PO Box 307, Carlton

218-384-3511 or 1-800-862-3760

www.extension.umn.edu

A partnership of county, state and federal governments providing informal/research-based information for everyday living and working. INFO-U (1-800-525-8636) is a 24-hour phone message service for information/brochures/faxes on over 400 topics including child/ youth/family development; nutrition/food/health; horticulture; crop systems; dairy/livestock; community resources; environmental/natural resources; financial/business management; and leadership/citizenship education.

Carlton County Human Services

1215 Avenue C

Cloquet, MN 55720

218-879-4583 or 1-800-642-9082

www.co.carlton.mn.us

Satellite office located in Moose Lake (1-888-485-8520)

Fond du Lac Human Services

927 Trettel Lane

Cloquet, MN 55720
218-879-1227

Salvation Army Social Services

316 Carlton Avenue
Cloquet, MN 55720
218-879-1693

Emergency assistance for food, shelter, clothing, utilities, rent, mortgage assistance, lodging, and household items

Southern Carlton County Family Center

Box 310
Moose Lake, MN 55767-0310
218-485-8520 or 1-888-485-8520

Child support and collections; income maintenance; social services; public health services; Early Childhood Family Education; Early Childhood Special Education; Head Start; and childcare.

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Alcohol, Drugs, and Gambling Addiction Services

Alcoholics Anonymous-Cloquet

Community Memorial Hospital, Basement Classroom
512 Skyline Blvd
Cloquet
218-879-4641
Wednesday 7:00 pm

Alcoholics Anonymous-Cloquet

Our Saviors Lutheran Church
615 – 12th St, Cloquet
218-879-1535
Friday 8:00 pm

Alcoholics Anonymous-Cloquet

Cloquet Alano Club
103 – 10th St, Cloquet
218-879-9884
Every day 8:00 pm

Alcoholics Anonymous-Esko

Washington Community Center
1 N Cloquet Rd W, Esko
218-879-1489 or 879-9719
Sunday 8:00 pm

Alcoholics Anonymous-Esko

Esko Apostolic Lutheran Church
25 Church Rd
218-879-3882
Monday 8 pm

Alcoholics Anonymous-Intergroup

331 E 1st St, Duluth

218-727-8117

Twin Ports Area Intergroup. Call for information on meetings, etc.

Alcoholics Anonymous-Moose Lake

Evangelical Covenant Church

700 – 5th St, Moose Lake

218-485-4800

Thursday 6:30 pm

Alcoholics Anonymous-Moose Lake

Holy Angels Catholic Church

60 Hartman Dr, Moose Lake

218-485-8214

Friday 7:00 pm

Alcoholics Anonymous-Sawyer

Mash-ka-Wisen Treatment Center

1150 Mission Rd

Sawyer

218-879-6731

Saturday 7:00 pm

Carlton County Al-Anon Society

103 – 10th St, Cloquet

218-879-9884

Carlton County Public Health & Adult Social Services

30 – 10th St N, Cloquet

218-879-4511

www.co.carlton.mn.us

Rule 25 chemical dependency assessment.

Gambler's Anonymous

Our Saviors Lutheran Church

615 – 12th St, Cloquet

218-879-1535

Mondays 7:00 pm

Human Development Center

40 – 11th St, Cloquet

218-879-4559

www.hdchrc.com

- Adolescent Chemical Health Services
- Chemical Use Assessments-Rule 25 (available in Cloquet office and at Mercy Hospital, Moose Lake)
- Individual and family therapy services working on issues associated with emotions, behaviors, and chemicals (available in Cloquet office and at Mercy Hospital, Moose Lake)
- Brief Adolescent Substance Abuse Program
- Minor consumption alcohol education for adolescents 18 and 19 years of age
- Coordination of referral process and services focused on adolescent and chemical usage
- Adolescent After Care Services
- Information and referral services in the area of adolescent chemical use

MI/CD Group:

- Support group for persons with mental illness and chemical dependency
 - Referrals taken from providers to screen for appropriateness
 - No charge
-

Lake Superior Area Family Services/Gamblers Intervention Services

1111 Cloquet Av, Cloquet
218-722-2273

www.gamblersintervention.mn.org

Mental Health and EAP Services – Counseling/diagnostic services for individuals, couples, and families.
Gambling Outreach Counseling & Treatment – Education, intervention, diagnosis, counseling, and outpatient treatment for persons and families affected by gambling problems

Lake Venoh

Box 600, Carlton
218-384-3548

Liberalis Women's Program

810 – 3rd St, Suite 102, Carlton
218-384-4106 or 1-800-657-3875

Inpatient and outpatient chemical dependency treatment services for women.

Mash Ka Wisen Treatment Center

1150 Mission Rd, Sawyer
218-879-6731

Minnesota Council/Compulsive Gambling

Statewide
1-800-541-4557

Minnesota Problem Gambling Helpline

Statewide
1-800-437-3641
24-hour seven-day-a-week service and information.

Narcotics Anonymous Info Line

Duluth
218-728-3199

Narcotics Anonymous-Carlton

Liberalis
810 – 3rd St, Carlton
Monday 7:00 pm (women's group)

Narcotics Anonymous-Cloquet

Bethany Evangelical Covenant Church
601 Carlton Av, Cloquet
218-879-5919
Thursday 7:00 pm

Phoenix Treatment Center

40 – 11th St, Cloquet
218-879-1223

- Chemical dependency information, treatment and counseling
- Programs include: adult outpatient, aftercare, adolescent, and primary and relapse

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Government Offices

City and Tribal

Cloquet/Carlton County Chamber of Commerce

225 Sunnyside Dr, Cloquet
218-879-1551 or 1-800-554-4350
www.cloquet.com

Moose Lake Area Chamber of Commerce

Box 110, Moose Lake
218-485-4145 or 1-800-635-3680
www.mooselake-mn.com
Brookston Community Center
4849 Hwy 31, Brookston
218-453-5675

Center for American Indian Resources
211 W 4th St, Duluth
218-726-1370

Cloquet Drop In Center
105 University Rd, Cloquet
218-878-2640

Cloquet Elderly Apartment Complex
1580 Big Lake Rd, Cloquet
218-878-0391

Community Sports Center
1720 Big Lake Rd, Cloquet
218-878-7510

Education Administration
49 University Rd, Cloquet
218-878-7571

Even Start
1720 Big Lake Rd, Cloquet
218-878-7597

Fond du Lac Child Development Center
2101 – 14th St, Cloquet
218-879-0830

Fond du Lac Police
1720 Big Lake Rd, Cloquet
218-878-8040

Fond du Lac Tribal & Community College
2101 – 14th St, Cloquet
218-879-0800

Food Distribution
105 University Rd, Cloquet
218-878-7505

Head Start
1720 Big Lake Rd, Cloquet
218-879-0943

Housing Division
932 Trettle Ln, Cloquet
218-878-8050

Little Black Bear Elementary
49 University Rd, Cloquet
218-878-7551

Mash ka Wisen Treatment Center
1150 Mission Rd, Sawyer
218-879-6731

Min No Aya Win Human Services Center
927 Trettel Ln, Cloquet
218-879-1227

Fond du Lac public health nursing (same services as offered by Carlton County Public Health);
medical/dental clinic; pharmacy; social services; mental health; chemical dependency; child care
assistance; and transportation to medical appointments.

Ojibwe School
49 University Rd, Cloquet
218-878-7558

Reservation Business Committee
1720 Big Lake Rd, Cloquet
218-879-4593

Resource Center
1720 Big Lake Rd, Cloquet
218-879-7513

Sawyer Community Center
3243 Moorhead Rd, Sawyer
218-879-3712

Tribal Center
1720 Big Lake Rd, Cloquet
218-879-4593

Tribal Court
104 University Rd, Cloquet
218-879-4593

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County

Adult Social Services

30 – 10th St N, Cloquet

218-879-4511

www.co.carlton.mn.us

- Licensing of Adult Foster Care Homes – Provides home inspection, background checks, and education training for prospective foster parents.
 - Adult Protection – Provides assessment and protective social services for the purpose of preventing further maltreatment and to safeguard the welfare of maltreated vulnerable adults.
 - Adult Mental Health – Provides assessment, intake, information and referral, and case management for individuals with mental health issues.
 - Chemical Dependency – Provides evaluation of drug and alcohol use and is a referral for multiple services.
 - Developmental Disabilities – Provides case management services to persons with developmental disabilities ages birth to adult and to assist individuals in gaining access to needed social, medical, education, and other support and services.
-

Carlton County Child Support and Collections

315 Walnut St, Carlton

218-384-9550

www.co.carlton.mn.us

- Locate Parents
 - Establish Parentage
 - Enforce Court Orders
 - Enforce Support when one parent does not live in Minnesota
 - Establish Court Orders for child support, medical support, and child care support
 - Fraud investigations
 - Review and adjust court orders
 - Cost of living index adjustments
 - Collect and process payments
 - Probate
-

Carlton County Public Health

30 – 10th St N, Cloquet

218-879-4511

www.co.carlton.mn.us

- Child and Teen Check-ups – Provides physical check-ups for children and teens birth to 21 enrolled in Medical Assistance or Minnesota Care.
 - Environmental Health – Provides information regarding environmental concerns that adversely affect the public's health.
 - Health Education – Provides wellness programs at work sites, schools, and health fairs.
 - Home Care and Services for Seniors – Provides a cost effective alternative to a prolonged hospital or nursing home stay.
 - Immunizations and Disease Prevention – Provides low cost immunizations and education regarding infectious diseases, surveillance, and prevention strategies.
 - Parent and Child Health – Provides promotion of the health of pregnant women, parents, and babies.
 - WIC (Woman, Infants, and Children) – A nutritional education program providing supplemental foods which promote good health.
 - Coordinated School Health – Provides coordination and development of services that link health to learning in all school districts.
-

Children and Family Services

1215 Avenue C, Cloquet

218-879-4583

www.co.carlton.mn.us

- Adoption Services for “Minnesota Waiting Children” – Provides home studies for families who are interested in adoption of older children with physical disabilities and/or emotional difficulties.

- Alternative Response Program – Provides family assessment approach to examine child safety and maltreatment risks but also to identify family strengths and needs.
- Children’s Mental Health Case Management – Provides services to address needs of youth with severe emotional disturbances and their families to obtain the supportive services needed to help youth reach their full potential.
- Child Protection/Child Welfare Services – Provides government mandated services that ensure response to concerns of harm or risk to children.
- Court-ordered Custody Evaluations – Provides evaluation and recommendations when divorcing parents are unable to agree on a custody plan for their children.
- Diversion Program (Crisis Counseling/Parent Support) – Provides crisis counseling and intervention services to families experiencing difficulties with children and teens.
- Family-based Services – Provides free parenting education and counseling for families in their homes.
- Family/School Support Program – Provides family friendly supportive services to families with children in schools, communities or in the home.
- Licensing of Child Foster Care Homes – Provides home inspection, background checks, and education training for prospective foster parents.
- Licensing Family Day Care Homes – Provides licensing as Minnesota law requires persons to be licensed if providing care for children from more than one family unrelated to the provider.

Financial Assistance

1215 Avenue C

Cloquet

218-879-4583

www.co.carlton.mn.us

- Cash Assistance Programs – General Assistance, Minnesota Family Investment Program, Minnesota Supplemental Aid, Group Residential Housing.
- Minnesota Health Care Programs – General Assistance/Medical Care, Medical Assistance, Minnesota Care, QMB/SLMB, Prescription Drug Program
- Food Stamp Program – Provides food costs and emergency assistance program for eligible families facing evictions, utility shut-offs, etc.
- Child Care Assistance – Provides help with cost of child care for eligible families.

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Health

Carlton County Public Health

30 – 10th St N, Cloquet

218-879-4511 or 1-888-818-4511

www.co.carlton.mn.us

Parent and child health nurses are available through home visits or by phone for consultation.

Information/programs are provided regarding: pregnancy; child/teen checkups; youth tobacco cessation; parenting; communicable diseases; child growth/ development; immunizations; health education; nutrition; breast feeding; prenatal/postpartum care home visits; and WIC (a special supplemental nutrition program for pregnant, breastfeeding or postpartum women, infants and children, up to the age 5, that provides free healthy foods and nutrition information to eligible individuals).

Same services offered to American Indian people through FDL Human Services at 879-1277.

Cloquet Community Memorial Hospital & Nursing Home

512 Skyline Blvd, Cloquet

218-879-4641

- 24-hour physician staffed emergency room services
- Six-week childbirth education classes for parents and siblings on nutrition, labor/delivery and newborn care

- Birth center – friendly, private, family-focused
 - Therapy – physical, occupational, respiratory, speech, cardiac and chemo
 - Works in partnership with Raiter Clinic, Puumala Clinic and Min No Aya Win Health Services
 - Convalescent and Nursing Care Center
-

Community Memorial Hospital Home Respiratory Care Services & Equipment
512 Skyline Blvd, Cloquet
218-878-7043
After hours: 218-879-4641

Duluth Community Health Center
2 E 5th St, Duluth
218-722-6239

Family Planning for Carlton County
1003 Cloquet Av, Suite 113, Cloquet
218-879-3990
Counseling and birth control service; free pregnancy testing; sexually transmitted disease testing; and information/referral.

Fond du Lac Human Services
927 Trettel Ln, Cloquet
218-879-1227
Parent and child health nurses are available through home visits or by phone for consultation. Information/programs are provided regarding: pregnancy; child/teen checkups; youth tobacco cessation; parenting; communicable diseases; child growth/ development; immunizations; health education; nutrition; breast feeding; prenatal/postpartum care home visits; and WIC (a special supplemental nutrition program for pregnant, breastfeeding or postpartum women, infants and children, up to the age 5, that provides free healthy foods and nutrition information to eligible individuals).

Fond du Lac Indian Reservation
1580 Big Lake Rd, Cloquet
218-878-0391

Gateway Family Health Clinic
South Hwy 61, PO Box 250, Moose Lake
218-485-4491

Mercy Hospital & Health Care Center
710 S Kenwood, Moose Lake
218-485-4481
Ambulance service; general surgery; maternity services; child birth education, pediatrics; intensive coronary care; chemotherapy; home health and hospice; rehabilitative services; health care center; elderly housing; and X-ray services.

Minnesota Poison Control Center
Statewide
1-800-222-1222

Puumala Clinic
40 – 12th St, Cloquet
218-879-7923

Raiter Clinic
417 Skyline Blvd, Cloquet
218-879-1271

St. Luke's Home Care
810 E 4th St, Duluth
218-279-6111

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Domestic Abuse Services

Abuse Related Services

Advocates Against Domestic Abuse

1-800-652-3551

24 hour hotline

Carlton County Domestic & Sexual Abuse Program

Box 190

Carlton, MN 55718-0190

218-384-8927 or 1-800-910-1810

Direct services to victims of domestic abuse – 24-hour emergency assistance; temporary safe shelter for the victim and her children; assistance in filing an Order of Protection; legal advocacy (includes accompanying victim to court hearings); community based support groups for victims; violence prevention programs for elementary/secondary schools; audio visual resources; and opportunities for volunteers.

Carlton County Human Services

1215 Avenue C, Cloquet

218-879-4583

www.co.carlton.mn.us

Child Abuse

Lutheran Social Services

424 W Superior St

Duluth, MN 55802

218-726-4767 or 1-800-777-7419

Miller Dwan Crisis Line

Duluth

218-723-0099

Women's Coalition

Duluth

218-728-6481

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Chemical Dependency

Alcoholics Anonymous-Cloquet

Community Memorial Hospital, Basement Classroom

512 Skyline Blvd

Cloquet

218-879-4641

Wednesday 7:00 pm

Alcoholics Anonymous-Cloquet

Our Saviors Lutheran Church

615 – 12th St, Cloquet
218-879-1535
Friday 8:00 pm

Alcoholics Anonymous-Cloquet

Cloquet Alano Club
103 – 10th St, Cloquet
218-879-9884
Every day 8:00 pm

Alcoholics Anonymous-Esko

Washington Community Center
1 N Cloquet Rd W, Esko
218-879-1489 or 879-9719
Sunday 8:00 pm

Alcoholics Anonymous-Esko

Esko Apostolic Lutheran Church
25 Church Rd
218-879-3882
Monday 8 pm

Alcoholics Anonymous-Intergroup

331 E 1st St, Duluth
218-727-8117
Twin Ports Area Intergroup. Call for information on meetings, etc.

Alcoholics Anonymous-Moose Lake

Evangelical Covenant Church
700 – 5th St, Moose Lake
218-485-4800
Thursday 6:30 pm

Alcoholics Anonymous-Moose Lake

Holy Angels Catholic Church
60 Hartman Dr, Moose Lake
218-485-8214
Friday 7:00 pm

Alcoholics Anonymous-Sawyer

Mash-ka-Wisen Treatment Center
1150 Mission Rd
Sawyer
218-879-6731
Saturday 7:00 pm

Carlton County Al-Anon Society

103 – 10th St, Cloquet
218-879-9884

Carlton County Public Health & Adult Social Services

30 – 10th St N, Cloquet
218-879-4511
www.co.carlton.mn.us
Rule 25 chemical dependency assessment.

Gambler's Anonymous

Our Saviors Lutheran Church
615 – 12th St, Cloquet
218-879-1535
Mondays 7:00 pm

Human Development Center

40 – 11th St, Cloquet
218-879-4559

www.hdechrc.com

- Adolescent Chemical Health Services
- Chemical Use Assessments-Rule 25 (available in Cloquet office and at Mercy Hospital, Moose Lake)
- Individual and family therapy services working on issues associated with emotions, behaviors, and chemicals (available in Cloquet office and at Mercy Hospital, Moose Lake)
- Brief Adolescent Substance Abuse Program
- Minor consumption alcohol education for adolescents 18 and 19 years of age
- Coordination of referral process and services focused on adolescent and chemical usage
- Adolescent After Care Services
- Information and referral services in the area of adolescent chemical use

MI/CD Group:

- Support group for persons with mental illness and chemical dependency
 - Referrals taken from providers to screen for appropriateness
 - No charge
-

Lake Superior Area Family Services/Gamblers Intervention Services

1111 Cloquet Av, Cloquet
218-722-2273

www.gamblersintervention.mn.org

Mental Health and EAP Services – Counseling/diagnostic services for individuals, couples, and families.
Gambling Outreach Counseling & Treatment – Education, intervention, diagnosis, counseling, and outpatient treatment for persons and families affected by gambling problems

Lake Venoah

Box 600, Carlton
218-384-3548

Liberalis Women's Program

810 – 3rd St, Suite 102, Carlton
218-384-4106 or 1-800-657-3875

Inpatient and outpatient chemical dependency treatment services for women.

Mash Ka Wisen Treatment Center

1150 Mission Rd, Sawyer
218-879-6731

Minnesota Council/Compulsive Gambling

Statewide
1-800-541-4557

Minnesota Problem Gambling Helpline

Statewide
1-800-437-3641
24-hour seven-day-a-week service and information.

Narcotics Anonymous Info Line

Duluth
218-728-3199

Narcotics Anonymous-Carlton

Liberalis
810 – 3rd St, Carlton
Monday 7:00 pm (women’s group)

Narcotics Anonymous-Cloquet

Bethany Evangelical Covenant Church
601 Carlton Av, Cloquet
218-879-5919
Thursday 7:00 pm

Phoenix Treatment Center

40 – 11th St, Cloquet
218-879-1223

- Chemical dependency information, treatment and counseling
- Programs include: adult outpatient, aftercare, adolescent, and primary and relapse

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Mental Health

Bridgehouse
221 N 1st Av W, Duluth
218-725-7785

Provides crisis and support services to adult mentally ill in NE Minnesota.

Carlton County Adult Social Services

30 – 10th St N, Cloquet
218-879-4511 or 1-888-818-4511

www.co.carlton.mn.us

Adult protection assessments and services; adult mental health case management; developmentally disabled adults and children services; family based counseling and parenting education; adult chemical dependency assessments; etc.

Carlton County Human Services

1215 Avenue C, Cloquet
218-879-4583 or 1-800-642-9082

www.co.carlton.mn.us

Family financial assistance programs for cash, medical, emergency, food, utilities, rent and/or childcare needs; children’s mental health case management; child protection/welfare services; family based therapy services; diversion program; chemical dependency assessments; child abuse assessments; paternity establishment services; etc.

Satellite office located in Moose Lake (1-888-485-8520)

Fond du Lac Human Services

927 Trettel Ln, Cloquet
218-879-1227

Human Development Center

40 – 11th St, Cloquet
218-879-4559 or 1-888-877-0568
24-hour regional emergency services (1-800-634-8775)

- Individual, family and couple's therapy – depression; anxiety; anger; grief; pain; family strife; eating disorders; behavioral problems; sexual/physical/emotional abuse; stress management and relationships problems
 - Specialized groups – survivors of sexual abuse, parents of ADHD children, domestic violence
 - Psychological evaluations – behavior and intelligence testing, personality and neuropsychological screening
 - Psychiatric services – evaluation, treatment and medication management
 - Services for persons with serious and persistent mental illness – community support services, outreach center and day treatment
 - Consultation, education and training
-

Lake Superior Area Family Services

Gamblers Intervention Services

1111 Cloquet Av, Cloquet

218-722-2273

www.gamblersintervention.mn.org

Mental Health and EAP Services – Counseling/diagnostic services for individuals, couples, and families.

Gambling Outreach Counseling & Treatment – Education, intervention, diagnosis, counseling, and outpatient treatment for persons and families affected by gambling problems.

Mental Health Association

205 W 2nd St, Suite 412, Duluth

218-726-0793

www.mentalhealthmn.org

Miller Dwan Medical Center

Crisis Line

218-723-0099

Outreach Center

1610 Cloquet Av

218-879-0303

The Outreach Center's mission is to provide a safe and supportive environment for individuals with mental health issues. The Center is open to all adult residents of Carlton County but primarily focuses on the needs of individuals with mental illness.

- Information/Education
 - Recreational and Socialization Events
 - Women's Group
 - Men's Group
 - Bingo
 - Craft Group
 - Employment Opportunities for Consumers
 - Meal Program Twice a Week
-

Safe Transitions

Cloquet and Moose Lake

An adult foster care treatment program for the mentally ill. 24-hour staff supervision and transportation.

Cloquet – 1315 Harner Ln (878-1364)

Moose Lake – 924 Lakeshore Dr (485-4889)

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Public Health Programs

Adult Social Services

30 – 10th St N, Cloquet

218-879-4511

www.co.carlton.mn.us

- Licensing of Adult Foster Care Homes – Provides home inspection, background checks, and education training for prospective foster parents.
 - Adult Protection – Provides assessment and protective social services for the purpose of preventing further maltreatment and to safeguard the welfare of maltreated vulnerable adults.
 - Adult Mental Health – Provides assessment, intake, information and referral, and case management for individuals with mental health issues.
 - Chemical Dependency – Provides evaluation of drug and alcohol use and is a referral for multiple services.
 - Developmental Disabilities – Provides case management services to persons with developmental disabilities ages birth to adult and to assist individuals in gaining access to needed social, medical, education, and other support and services.
-

Carlton County Child Support and Collections

315 Walnut St, Carlton

218-384-9550

www.co.carlton.mn.us

- Locate Parents
 - Establish Parentage
 - Enforce Court Orders
 - Enforce Support when one parent does not live in Minnesota
 - Establish Court Orders for child support, medical support, and child care support
 - Fraud investigations
 - Review and adjust court orders
 - Cost of living index adjustments
 - Collect and process payments
 - Probate
-

Carlton County Public Health

30 – 10th St N, Cloquet

218-879-4511

www.co.carlton.mn.us

- Child and Teen Check-ups – Provides physical check-ups for children and teens birth to 21 enrolled in Medical Assistance or Minnesota Care.
 - Environmental Health – Provides information regarding environmental concerns that adversely affect the public's health.
 - Health Education – Provides wellness programs at work sites, schools, and health fairs.
 - Home Care and Services for Seniors – Provides a cost effective alternative to a prolonged hospital or nursing home stay.
 - Immunizations and Disease Prevention – Provides low cost immunizations and education regarding infectious diseases, surveillance, and prevention strategies.
 - Parent and Child Health – Provides promotion of the health of pregnant women, parents, and babies.
 - WIC (Woman, Infants, and Children) – A nutritional education program providing supplemental foods which promote good health.
 - Coordinated School Health – Provides coordination and development of services that link health to learning in all school districts.
-

Children and Family Services

1215 Avenue C, Cloquet

218-879-4583

www.co.carlton.mn.us

- Adoption Services for “Minnesota Waiting Children” – Provides home studies for families who are interested in adoption of older children with physical disabilities and/or emotional difficulties.

- Alternative Response Program – Provides family assessment approach to examine child safety and maltreatment risks but also to identify family strengths and needs.
- Children’s Mental Health Case Management – Provides services to address needs of youth with severe emotional disturbances and their families to obtain the supportive services needed to help youth reach their full potential.
- Child Protection/Child Welfare Services – Provides government mandated services that ensure response to concerns of harm or risk to children.
- Court-ordered Custody Evaluations – Provides evaluation and recommendations when divorcing parents are unable to agree on a custody plan for their children.
- Diversion Program (Crisis Counseling/Parent Support) – Provides crisis counseling and intervention services to families experiencing difficulties with children and teens.
- Family-based Services – Provides free parenting education and counseling for families in their homes.

Family/School Support Program – Provides family friendly supportive services to families with children in schools, communities or in the home.

Licensing of Child Foster Care Homes – Provides home inspection, background checks, and education training for prospective foster parents.

Licensing Family Day Care Homes – Provides licensing as Minnesota law requires persons to be licensed if providing care for children from more than one family unrelated to the provider.

Financial Assistance

1215 Avenue C, Cloquet

218-879-4583

www.co.carlton.mn.us

Cash Assistance Programs – General Assistance, Minnesota Family Investment Program, Minnesota Supplemental Aid, Group Residential Housing.

Minnesota Health Care Programs – General Assistance/Medical Care, Medical Assistance, Minnesota Care, QMB/SLMB, Prescription Drug Program

Food Stamp Program – Provides food costs and emergency assistance program for eligible families facing evictions, utility shut-offs, etc.

Child Care Assistance – Provides help with cost of child care for eligible families.

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Housing

Cloquet Housing Authority

950 – 14th St, Cloquet

218-879-3353

Habitat for Humanity of Carlton County

615 – 12th St, Cloquet

218-879-9759

Lakes & Pines Community Action Council

1700 Maple Av E, Mora

1-800-832-6082

www.lakesandpines.org

Assists low-income families and individuals in their efforts to become self-sufficient. Available services include:

- Weatherization Program – prevention from heat escaping and from cold entering homes
- Housing Rehabilitation Program – basic and necessary improvements to make a home more livable, accessible and energy efficient

- Special Projects – Emergency Food and Shelter Program, Homeless Program, and Case Management
-

Safe Transitions

Cloquet and Moose Lake

An adult foster care treatment program for the mentally ill. 24-hour staff supervision and transportation

Cloquet – 1315 Harner Ln (878-1364)

Moose Lake – 924 Lakeshore Dr (485-4889)

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Assisted Living

AEOA Senior Dining Program

702 – 3rd St, Virginia

1-800-662-5711

- Barnum – 3794 Main St (485-4937)
 - Carlton – Pineview Nursing Home, 810 – 3rd St (384-4258)
 - Cloquet – 1100 Olympic Dr (879-5870)
 - Cloquet – Aspen Arms, 960 – 14th St (879-5870)
 - Cloquet – Larson Commons, 810 Cloquet Av (879-5870)
 - Kettle River – Home delivery on Mondays (485-4937)
 - Moose Lake – City Building, 313 Elm St (485-4937)
-

Carlton County Public Health & Adult Social Services

30 – 10th St N, Cloquet

218-879-4511 or 1-888-818-4511

www.co.carlton.mn.us

Mobile Meals

Cloquet

1606 Cloquet Av (879-4509)

420 Broadway (879-7404)

Senior Center

1100 Olympic Dr, Cloquet

218-879-4476

Monday afternoon – pool

Tuesday – 12:30-4:00 – Duplicate Bridge

Tuesday – 1:00-4:00 – Hand and Foot (October-May)

Wednesday – 12:00 – Monthly meeting of the Club, every fourth Wednesday

Thursday – 12:30-4:00 – Duplicate Bridge

Thursday – 1:00-4:00 – Cribbage

Friday – 1:00-4:00 – Bingo and Bridge

Come and join any of the above groups, or bring your own group for any game you enjoy.

Blood pressures are taken by the Carlton County Nursing Service on the fourth Wednesday of every other month (August, October, etc.) from 10:30-12:15, and the third Friday of the alternate months (September, November, etc.) from 10:30-11:30.

Senior Citizen's Center

313 Elm Av, Moose Lake

218-485-4937

Volunteer Services of Carlton County

1003 Cloquet Av, Room 102, Cloquet

218-879-9238

Senior services: transportation; chore service; telecare; home health aids; homemakers; and RSVP (Retired Senior Volunteer Program)

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Public Housing

Cloquet Housing Authority
950 – 14th St, Cloquet
218-879-3353

Habitat for Humanity of Carlton County
615 – 12th St, Cloquet
218-879-9759

Lakes & Pines Community Action Council
1700 Maple Av E, Mora
1-800-832-6082

www.lakesandpines.org

Assists low-income families and individuals in their efforts to become self-sufficient. Available services include:

- Weatherization Program – prevention from heat escaping and from cold entering homes
 - Housing Rehabilitation Program – basic and necessary improvements to make a home more livable, accessible and energy efficient
 - Special Projects – Emergency Food and Shelter Program, Homeless Program, and Case Management
-

Safe Transitions

Cloquet and Moose Lake

An adult foster care treatment program for the mentally ill. 24-hour staff supervision and transportation

Cloquet – 1315 Harner Ln (878-1364)

Moose Lake – 924 Lakeshore Dr (485-4889)

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Legal Services

Carlton County Attorney's Office

Carlton County Courthouse

Box 300, Carlton

218-384-9166

Carlton County Child Support & Collections

315 Walnut St, Carlton

218-384-9550

Indian Legal Assistance Program

107 W 1st St, Duluth

218-727-2881

Kids First

314 W Superior St, Suite 1000, Duluth

218-723-1742

A parental education program for people going through a divorce/separation to learn how not to hurt their children in the process.

Legal Aid Service of NE Minnesota
119 Avenue C, Cloquet
218-879-9560
www.lasnem.org

Legal Aid Service of NE Minnesota
424 W Superior St, Suite 302, Duluth
218-726-4800
www.lasnem.org

Northland Mediation
314 W Superior St, Suite 302, Duluth
218-723-4003
A nonprofit organization for all income levels that offers an alternative to the court system for resolving disputes.

Volunteer Attorney Program
314 W Superior St, Suite 1000, Duluth
218-723-4005

Volunteer Attorney Program
119 Avenue C, Cloquet
218-879-9560
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Nutrition

AEOA Senior Dining Program
702 – 3rd St, Virginia
1-800-662-5711
Barnum: 3794 Main St (485-4937)
Carlton: Pineview Nursing Home, 810 – 3rd St (384-4258)
Cloquet: 1100 Olympic Dr (879-5870)
Cloquet: Aspen Arms, 960 – 14th St (879-5870)
Cloquet: Larson Commons, 810 Cloquet Av (879-5870)
Kettle River: Home delivery on Mondays (485-4937)
Moose Lake: City Building, 313 Elm St (485-4937)

Carlton County Public Health & Adult Social Services
30 – 10th St N, Cloquet
218-879-4511 or 1-888-818-4511
www.co.carlton.mn.us

Fond du Lac Food Distribution
105 University Rd, Cloquet
218-878-7505

Lakes & Pines Community Action Council
1700 Maple Av E, Mora
1-800-832-6082
www.lakesandpines.org
Emergency food and shelter program

Mobile Meals
Cloquet
1606 Cloquet Av (879-4509)
420 Broadway (879-7404)

Moose Lake Food Shelf
PO Box 128, Moose Lake
218-485-8823

Salvation Army Social Services
316 Carlton Av, Cloquet
218-879-1693

Tri-Community Food Shelf
1103 Center Rd, Wright
218-644-3612

University of Minnesota Extension Service
PO Box 307, Carlton
218-384-3511 or 1-800-862-3760
www.extension.umn.edu

WIC

Carlton County Public Health
30 – 10th St, Cloquet
218-879-4511 or 1-888-818-4511
www.co.carlton.mn.us

Supplemental food program for pregnant and breastfeeding women, and for infants and children. Nutrition education, health care referrals, food vouchers. Must live in Carlton County and meet income guidelines.

Equal opportunity program.

WIC Clinics in Barnum; call for dates and times.

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Recipes

National Heart, Lung, and Blood Institute
http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/recipes.htm

Weight Watchers
<http://www.weightwatchers.com/food/index.aspx>

Low-fat Lifestyle
<http://www.lowfatlifestyle.com/>

Kraft Foods
<http://www.kraftfoods.com/kf/Pages/home.aspx>

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Local Food Sources

Lake Superior Sustainable Farming Association:

<http://lssfa.org/>.

This website has a searchable database to help consumers connect to local foods:

<http://www.superiorgrown.org/>

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Senior Dining Meals, Organizations, Centers, Clubs

AEOA Senior Dining Program

702 – 3rd St, Virginia

1-800-662-5711

- Barnum – 3794 Main St (485-4937)
 - Carlton – Pineview Nursing Home, 810 – 3rd St (384-4258)
 - Cloquet – 1100 Olympic Dr (879-5870)
 - Cloquet – Aspen Arms, 960 – 14th St (879-5870)
 - Cloquet – Larson Commons, 810 Cloquet Av (879-5870)
 - Kettle River – Home delivery on Mondays (485-4937)
 - Moose Lake – City Building, 313 Elm St (485-4937)
-

Carlton County Public Health & Adult Social Services

30 – 10th St N, Cloquet

218-879-4511 or 1-888-818-4511

www.co.carlton.mn.us

Mobile Meals

Cloquet

1606 Cloquet Av (879-4509)

420 Broadway (879-7404)

Senior Center

1100 Olympic Dr, Cloquet

218-879-4476

Monday afternoon – pool

Tuesday – 12:30-4:00 – Duplicate Bridge

Tuesday – 1:00-4:00 – Hand and Foot (October-May)

Wednesday – 12:00 – Monthly meeting of the Club, every fourth Wednesday

Thursday – 12:30-4:00 – Duplicate Bridge

Thursday – 1:00-4:00 – Cribbage

Friday – 1:00-4:00 – Bingo and Bridge

Come and join any of the above groups, or bring your own group for any game you enjoy.

Blood pressures are taken by the Carlton County Nursing Service on the fourth Wednesday of every other month (August, October, etc.) from 10:30-12:15, and the third Friday of the alternate months (September, November, etc.) from 10:30-11:30.

Senior Citizen's Center

313 Elm Av, Moose Lake

218-485-4937

Volunteer Services of Carlton County

1003 Cloquet Av, Room 102, Cloquet

218-879-9238

Senior services: transportation; chore service; telecare; home health aids; homemakers; and RSVP (Retired Senior Volunteer Program)

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Suicide Services

The Carlton County Suicide Prevention Taskforce aims to prevent suicide through Public Awareness and education. The taskforce has been meeting since 2007. They have organized numerous trainings serving

over 300 people from our communities. The taskforce works annual to offer a suicide memorial/remembrance walk. The group meets quarterly at the Carlton County transportation building. For more information contact Public Health.

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Transportation

Transportation

Arrowhead Transit

Two Harbors

218-834-2190 or 1-800-223-1850

Dial-a-Ride

Cloquet

218-879-9742

LCS Coaches

1203 Avenue B, Cloquet

218-879-3391

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Churches

Barnum Churches

Elim Lutheran Church of Blackhoof

2077 County Rd 6

218-389-3129

Barnum United Methodist

3762 Front St

PO Box 70

218-389-6876

Sandy Lake Baptist Church

3099 County Rd 5

218-389-6879

Emmanuel Lutheran Church

3756 Fair St, PO Box 138

218-389-6849

Jesus Center Church

3799 Main St, Barnum (PO Box 456, Moose Lake)

218-389-3124

Carlton Churches

Church of Jesus Christ of Latter-Day Saints

1405 Halvorson Rd

218-879-9478

Gary Stockem (878-0305)

Bethesda Evangelical Lutheran Church

204 – 5th St, PO Box 210

218-384-4501

St. Francis Parish Center
509 Sunrise Dr
218-384-4018
JM Paine Presbyterian Church
506 Chestnut Av, PO Box 188
218-384-4434
New Life Community Church
1699 Hwy 210, PO Box 30
218-384-3571

Cloquet Churches

Queen of Peace Catholic Church
102 – 4th St
218-879-6793
Bethany Evangelical Covenant Church
601 Carlton Ave
218-879-5919
River of Life Church
1002 Carlton Ave
218-879-3461
Our Redeemer Lutheran Church
515 Skyline Bl
218-879-3380
Jehovah's Witnesses
2035 S Hwy 33
218-879-4746
Big Lake Covenant Church
702 Salmi Rd
218-879-5142
Cloquet Gospel Tabernacle
1400 Washington Ave
218-879-6765
Calvary Alliance Church
1604 Selmser Ave
218-879-0515
St. Andrew's Episcopal Church
204 – 8th St
218-879-6100
Grace Baptist Church
601 – 14th St
218-879-5749
Presbyterian Church of Cloquet
47 – 4th St
218-879-8813
Bethel Lutheran Church
1012 – 29th St
218-879-9723
St. Paul's Lutheran Church
1705 Wilson Av
218-879-5956
Our Savior's Lutheran Church
615 – 12th St
218-879-1535

Zion Lutheran Church
1000 Washington Av
218-879-4647
Salvation Army Church
316 Carlton Av
218-879-1693
Holy Family Mission
280 Reservation Rd
218-879-9047

Cromwell Churches

Immaculate Conception Church
5944 Hwy 210
218-644-3559

Esko Churches

Northwood United Methodist Church
62 W Hwy 61
218-879-0223

Sunday School 10:15 am

St. Matthew's Lutheran Church

1 Elizabeth Av

218-879-3510

- Sunday School 9:15 am
- Family Night – Wednesdays during the school year, 5:30 – 7:00 pm

Apostolic Lutheran Church

25 Church Rd, PO Box 397

218-879-3882

- Adventure Club – Grades 1-5, Wednesdays, October – May, 6:30 – 7:30 pm
- Youth Groups – Grades 6-8 and 9-12, Wednesdays, October – May, 6:30 – 7:30 pm
- Sunday School – 3 years to adult, 10:30 – 11:30 am

Breath of Life Christian Church

34 E Hwy 61

218-879-0173

- Sunday School 9:00 am
 - Wednesday Family Night 7:00 pm
-

Kettle River Churches

West Side Church

4496 Walczak Rd

218-273-4917

Holy Trinity Lutheran Church

5589 2nd Av NW

218-273-6221

Mahtowa Churches

Salem Lutheran Church

2702 – 1st St, PO Box 977

218-389-6397

Mahtowa Covenant Church

2732 – 2nd St

218-389-6307

Moose Lake Churches

St. Peter's Evangelical Lutheran Church

4600 Folz Bl

218-485-4902

Evangelical Covenant Church

700 – 5th St, PO Box 445

218-485-4800

Hope Lutheran Church

204 Elm Ave

218-485-4673

Seventh Day Adventist

Hickory & Folz

218-485-4843

New Life Tabernacle

121 – 7th St

218-485-8337

Family Worship Church

4580 Arrowhead Ln

218-485-4192

Holy Angels Catholic Church

60 Hartman Dr, PO Box 487

218-485-8214

Moose Lake United Methodist

301 – 3rd St, PO Box 467

218-485-4605

Oak Lake Lutheran Church

53131 Shadow Oak Rd, Kerrick

218-485-8710

Sawyer Churches

Sawyer Chapel

3247 Soukkala Dr

218-879-1701

St. Mary's & Joseph's Church

1225 Mission Rd

218-878-1146

Wrenshall Churches

Son of Life Church

Services held at Wrenshall School until completed (207 Pioneer Dr)

St. John's Lutheran Church

417 Alcohol Rd

218-384-4925

First Presbyterian Church

119 Broadway St, PO Box 128

218-384-9415

Wright Churches

Cromwell-Wright Evangelical Free Church

Peace Av & 3rd St

218-357-0902

Bethlehem Lutheran Church

218-357-2593

St. John's Lutheran Church
1417 – 2nd St
218-357-2003
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Service Organizations

American Association of Retirees

American Business Women's Association

American Legion Auxiliary
Contact: Donna Gillmor
218-879-9668

American Legion Post 262
1214 Cloquet Av, Cloquet
218-879-3204

Carlton County Children & Family Service Collaborative
30 – 10th St N, Cloquet
218-878-0199
www.cccollab.org

Cloquet Women of Today
Contact: Margie Christofferson
218-879-4155

Eagles Auxiliary
Contact: Mary Davidson
218-879-7543

Eagles Club
7 – 8th St, Cloquet
218-879-6347

Golden Kiwanis
2331 Kelly Ave, Cloquet

Kiwanis – Cloquet
Contact: Tom Urbanski

Kiwanis – Moose Lake
Contact: Joe Mogen
218-485-4467

Lions – Carlton
Contact: Jim Ruzic
218-879-5552

Lions – Esko
Contact: Dick Duzan
218-879-2445

Moose Lodge – Cloquet
702 Cloquet Av, Cloquet
218-879-8423

Moose Lodge – Moose Lake
700 Folz Blvd, Moose Lake
218-485-4535

Recreational Experiences Achieving Community Harmony (R.E.A.C.H)
301 Arch St, PO Box 428, Cloquet
218-878-2089
reach@aol.com

Provides opportunities for at-risk youth to build self-esteem, meaningful relationships, and a sense of belonging within themselves, their families, and the community.

Rotary

United Way of Carlton County
202 Avenue C, Cloquet
218-879-8404

Veteran's of Foreign Wars (VFW) – Carlton
124 Chestnut, Carlton
218-384-3794

Veteran's of Foreign Wars (VFW) – Cloquet
210 Arch St, Cloquet
218-879-2447

VFW Auxiliary
Contact: Velda Beck
218-879-5206

Viking Shrine Club
Contact: Marv Gunnarson
218-879-1767
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Support Groups

Alanon
Our Savior's Lutheran Church
12th Street & Doddridge Av, Cloquet
218-879-1535
Mondays at 7:00 pm

Alcoholics Anonymous
Twin Ports Area Intergroup
331 E 1st St, Duluth
218-727-8117

Alcoholics Anonymous – Carlton
Liberalis
810 – 3rd St, Carlton
Mondays (women) at 7:00 pm

Alcoholics Anonymous – Carlton
Carlton County Jail (inmates only)
Tuesdays (men) at 7:00 pm
Thursdays (women) at 6:30 pm

Alcoholics Anonymous – Cloquet
Our Savior’s Lutheran Church
615 – 12th St, Cloquet
218-879-1535
Fridays at 8:00 pm

Alcoholics Anonymous – Cloquet
Cloquet Alano Club
103 – 10th St, Cloquet
218-879-9884
Every day at 8:00 pm

Alcoholics Anonymous – Cloquet
Community Memorial Hospital-Basement Classroom
512 Skyline Bl, Cloquet
218-879-4641
Wednesdays at 7:00 pm

Alcoholics Anonymous – Esko
Washington Community Center
1 North Cloquet Rd
218-879-1489 or 218-879-9719
Sundays at 8:00 pm

Alcoholics Anonymous – Esko
Esko Apostolic Lutheran Church
25 Church Rd
218-879-3882
Mondays at 8:00 pm

Alcoholics Anonymous – Moose Lake
Evangelical Covenant Church
700 – 5th St
218-485-4800
Thursdays at 6:30 pm

Alcoholics Anonymous – Moose Lake
Holy Angels Catholic Church
60 Hartman Dr
218-485-8214
Fridays at 7:00 pm

Alcoholics Anonymous – Sawyer
Mash-ka-Wisen Treatment Center

1150 Mission Rd, PO Box 66
218-879-6731
Saturdays at 7:00 pm

Family Center

509 Carlton Av, Cloquet
218-879-1261

Family Connections – A program for families with children kindergarten through third grade who may be having some struggles in the school setting. Parents discuss and discover ways to help children improve academic skills.

Focus on Positive Families – A program for parents and children birth through sixth grade who want to develop more positive methods of family communication, discipline and/or stress reduction.

All programs meet Tuesday evenings at Washington Elementary School in Cloquet. Free sibling care and transportation are available. \$1 per session (age 5 and over)/12 week sessions. Includes dinner at 5:00, 5:30 parent discussion time/child time with teacher, 6:00 together time. Classes end at 7:00.

Fatherhood Program of Carlton County
315 Walnut Av, PO Box 150, Carlton
218-384-9550

Gambler's Anonymous

Our Savior's Lutheran Church
12th Street & Doddridge Av, Cloquet
218-879-1535
Mondays at 7:00 pm

Grief Counseling

St. Paul's Lutheran Church
1705 Wilson Av, Cloquet
Contact: Wayne Juntunen (218-878-1773)

Monthly meetings, small group discussion oriented session, opportunity to verbalize your loss to listening ears, also devotions & prayer.

Grief Education and Support Program

Contact: Laurie Kantonen
218-389-6534

Healing Grace

Grace Baptist Church
601 – 14th St, Cloquet
Contact: Brenda Rogers (218-879-5267)
A Christian self-help recovery program (September through May).

Mothers of Young Children Support & Study Group

Cloquet Gospel Tabernacle Fellowship Hall
1400 Washington Av, Cloquet
218-879-6765

Tuesdays at 10:00 am (September through May)

To provide harried mothers with adult conversation and the opportunity to share insights on how to raise and nurture pre-schoolers.

Narcotics Anonymous – Carlton

Liberalis
810 – 3rd St, Carlton
Mondays (women) at 7:00 pm

Narcotics Anonymous – Cloquet
Bethany Evangelical Covenant Church
601 Carlton Av, Cloquet
218-879-5919
Thursdays at 7:00 pm

Narcotics Anonymous Info Line
Duluth
218-728-3199

School Age Family Education
Barnum School
3675 County Rd 140
218-389-3002
Contact: Sharon Doebler
Support groups for:
>Parents of Teens
>Parents of Special Needs Children
>Day Care Providers
>Kinship Caregivers (grandparents and others raising children)
Parent-child Program (SAFE) for children K-6 and their parents. Activities and discussion group.
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Veteran's Services

Department of Veterans Affairs
Medical Care
Twin Ports VA Outpatient Clinic
3500 Tower Av, Superior, WI
715-392-9711

Department of Veterans Affairs
Education Benefits
1-888-GI-BILL1 (1-888-442-4551)
www.va.gov

Department of Veterans Affairs
Benefits Information and Claims
www.va.gov
Assistance – 1-800-827-1000
TTY – 1-800-829-4833

Department of Veterans Affairs
Vet Center
405 E Superior St, Duluth
218-722-8654

Department of Veterans Affairs
Life Insurance
1-800-669-8477
www.va.gov

Department of Veterans Affairs
Gulf War Helpline
1-800-PGW-VETS (1-800-749-8387)
www.va.gov

Department of Veterans Affairs
VA Online Electronic Bulletin Board
1-800-871-8387
www.va.gov

Minnesota Assistance Council for Veterans
Veteran's Outreach North
101 W 2nd St, Suite 103, Duluth
Office: 218-722-8763
Cell: 218-340-0558
Serving Disabled Veterans or family members who are homeless or in danger of becoming homeless.

Veterans Service Office
Carlton County Courthouse, Carlton
218-384-9172