



# Kinship-ND Caregiver Handbook

Useful information for kinship caregivers

**North Dakota Department of Health and Human Services**

**Attn: Kinship-ND**

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Bismarck, ND 58505

Visit our website at:

<https://www.hhs.nd.gov/cfs/kinshipnd>

**For information on becoming a foster parent, call:**

1-833-FST-HOME (1-833-378-4663)

This line will also be available to answer questions about ND adoption options.

**For information on child abuse and neglect:**

Visit the Prevent Child Abuse North Dakota website

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

**To report child abuse and neglect:**

Contact the local Human Service Zone (county social service office)  
in which the child resides.

This book was created by the Kinship-ND staff (Christiana Pond & Emily Marboe), Charley Joyce, and the Foster Care handbook.

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This handbook is intended to be used as a reference as you care for children in Kinship care. It gives you practical information on topics like medical care, communication, and behaviors. It also provides guidance on areas such as welcoming a child, discipline, and visitation. Our kinship families vary by those who are involved with Human Service zone caseworkers to those who have various types of agreements with the birth parents. Our goal is that this handbook will help you with where you are in the kinship journey.

You provide a valuable service in helping children through difficulties and meeting their needs in a time of crisis and change. We offer this manual as an aid to your role as a North Dakota kinship caregiver.

### **Handbook acknowledgements**

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- Charley Joyce, LICSW
- Foster Care handbook and those who created it

### **Limitations and liability**

This handbook cannot address every facet of being a kinship caregiver. We have addressed those areas which were mentioned in focus groups during 2019 and from current caregivers in the Kinship-ND program. We try to maintain the handbook with accurate and relevant information.

This handbook is not intended to be a substitute for professional advice, diagnosis, medical treatment, or therapy. Always seek the advice of your physician or qualified mental health provider with any questions you may have regarding any mental health symptom or medical condition. Never disregard professional psychological or medical advice nor delay in seeking professional advice or treatment because of information you have obtained from this handbook.

If there are errors or content needed, please contact [kinship@nd.gov](mailto:kinship@nd.gov)

### **What is a kinship caregiver?**

For the purpose of this handbook and the Kinship-ND program, a kinship caregiver is defined as a relative, member of tribe or clan, godparent, stepparent, or other adult who has a relationship with a child and provides full-time care, nurturing, and protection of the child(ren).

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# Chapter 1: Being a Kinship Caregiver

## ***Your role as a kinship caregiver***

Children can feel significant personal loss when separated from their families. They have lost the most important people in their lives – their parents, possibly siblings, and extended family. They have lost their familiar pattern of living, their homes, and the places that make up their own world, such as familiar schools and neighborhoods. They are fearful and unsure of what is to come. They often grieve for multiple losses which can cause a loss of self-esteem, sense of identity, and ability to control the events around them. Which is why kinship care is so important – it keeps the child with those people they have a connection with and reduces the amount of loss for the child.

Taking the child(ren) into your home adds to your original role and hopefully you can find a way to blend the two. Whether you were the grandparent, aunt, godparent, or neighbor, you are now also taking on the role of parent. For some this is an easy transition, for others it will be more difficult, but our hope is to help you through this transition for the sake of the child(ren).

You need to ensure the safety and protection of the child(ren). You will also need to help them understand what has happened and how to heal from it. To achieve this, you need to reach out for support from your friends and family, and maybe a pastor or counselor. Find resources to help you identify and learn what will work best for you and the child(ren) in your home.

Your role may be short term, long term, or even permanent. If possible, you may need to set specific boundaries with the parent of the children to protect the children or help the parent work towards reunification.

The role and life you had before will shift. You may experience a wide range of emotions due to this shift. These shifts and emotions are a normal part of the process of becoming a kinship caregiver.

## ***Set boundaries***

Part of becoming a kinship caregiver is the blending of roles. Were you the fun aunt or “never said no” grandpa? You now need to find a way to add the parenting aspects. An important way to do this is creating boundaries and finding the balance. You can still be the grandpa they love even when you say no.

Look at what your role was before and what boundaries you had. Then look at what is best for the child. Each child is different and will have different needs. Some children will need a firm clear picture of what is expected and what can and cannot be done. This may be their personality, or it could be how they are healing from the trauma of being moved. Knowing what to expect and setting boundaries can provide comfort and control to a scary unknown situation.

Once you have identified what your role was before and what is needed for the children, you need to look at what you need. For example, did you let the children stay up past their bedtime when they came to visit you? You will need to create a bedtime routine for the child now, otherwise you may become burnt out and exhausted and the children may have more adverse behaviors due to not getting the sleep they need. If you have other caregivers in the home, whether it is a spouse, older children, or even a roommate, have everyone get on the same page for what the boundaries need to be.

If the child you are caring for resists your efforts to set new boundaries, understand that their resistance is normal. Most of us want relationships to remain unchanged because they are familiar to us and comfortable. Recognize and empathize with the child(ren) that you understand that they too are adjusting to you becoming their primary caregiver. Additionally, they may resist you becoming their primary caregiver as an extension of their own grieving process of not being with their parents.

### ***Advocacy On Behalf Of Children In Kinship Care***

If a child that you are caring for in kinship care has challenges that need attention, you may find yourself in a role where you need to advocate on behalf of the child. Examples of where advocacy needs may exist includes schools, law enforcement, social settings, medical settings, organized activities, your own and extended family, and child welfare organizations.

Additionally, in an effort to advocate for better recognition and services for kinship families, you might advocate with legislative representatives. There are various organizations that provide advocacy assistance. In North Dakota, Protection and Advocacy provides a number of advocacy services and can be reached at 800-472-2670. Two national organizations that provide advocacy information and other resources are Court Appointed Special Advocates (CASA) and North American Council on Adoptable Children (NACAC) Both organizations have website that provide extensive information.

- If you find yourself in an advocacy role, here are some things to consider:
- Know your legal status in regard to care of the child – Do you have Power of Attorney (POA), Guardianship, Tribal Custody?
- Try to be as specific as possible in your concern
- For school issues:
  - Know if the child you are caring for is on an IEP, a 504 plan, or has received special education services in the past (for more information, please see IEP (Individualized Education Program))
  - Identify who is your contact at the school for concerns
  - Organize any school records you might have. Review the records regarding accuracy and appropriateness. Inform the current school where previous records could be requested
  - Ask to meet your child's teacher prior to school starting or shortly afterwards. If

the child has moved during the school year, ask to speak to the new teacher as soon as possible.

- Educate the school personnel regarding your child's needs.

## **Self-Care**

Self-care is vital to your success as a kinship caregiver. This is not being selfish, it is essential. It is easy to become overwhelmed and frustrated as you care for a child in kinship care. Unfortunately, an overly tired and stressed caregiver can easily respond to a child's needs in a manner that is disappointing to both the child and caregiver. Self-care is simply taking time for yourself or continuing with tasks you enjoy. You may not have as much time to do everything you enjoyed before, but you do not want to completely lose who you are during this time. Additionally, self-care is good modeling for children as they learn that positive hobbies and habits create healthy coping skills.

- Try to keep hobbies or start hobbies- you can even do some hobbies with the kids. Try teaching children's activities that you enjoy and that can calm a child and be easily mastered. Various forms of art can be a great outlet for the caregiver and child.
- Keep a journal - sometimes having a way to write down your emotions helps you sort through and understand things. Journals are also a great tool to help you identify cues of when you need a break.
- Reach out to people – get a babysitter and go out to coffee with a friend or speak with a counselor.

Most adults connect best with people that have shared life experiences. If you know other kinship care providers, reach out to them. If your area has a support group for kinship caregivers, check out a kinship support group meeting. If the area in which you live does not have a support group for kinship providers, consider starting one.

Remember, you are also going through a transition and a shift in your role; you need to care for yourself just as much as you need to care for the child. You won't be able to do everything you used to but figure out what will work best for you and your new normal.

Reach out to other people when needing advice and comfort. It helps in remembering you are not alone. Beyond connecting with people you know, you can also connect with people online who are going through a similar experience. Below are some online support groups and forums.

### **Online support groups recommended by kinship caregivers**

Single Foster Mamas North Dakota (kinship welcome)

- <https://www.facebook.com/groups/232455901878602>

Kinship group

- <https://www.facebook.com/groups/kinshipcare>

Grandparents raising grandkids forum

- <https://www.dailystrength.org/group/grandparents-raising-children>

Forums on multiple topics: parenting, developmental disorders, children's mental health, etc.

- <https://www.dailystrength.org/groups?all=true>

Various groups for families of addicts

- <https://www.therecoveryvillage.com/family-friend-portal/support-groups-for-families/>

Grief support groups (link is for list of best based on your needs) -

- <https://www.verywellmind.com/best-online-grief-support-groups-4842333>

Parent Cafes - For parents & caregivers to talk about the joys and challenges of raising children, 1x a month via Zoom over lunch or evening hours

- <https://www.ndsu.edu/agriculture/extension/programs/parent-education/parent-cafes>

## **CHAPTER 2: When a Child Comes into Kinship Care**

### ***How Placements Affect Children***

Children can feel significant personal loss when separated from their families. They have lost the most important people in their lives – their parents, possibly siblings, and extended family. They have lost their familiar pattern of living, their home, and the places that make up their own world. Even if the care they were receiving in their own home was substandard and problematic, it was still home and familiar. They are fearful of what is to come. They lose self-esteem, a sense of identity, and ability to control the events around them.

Children's reactions to separation vary. Their reactions are influenced by several factors:

- Nature of the loss
- Age and development at the time of the loss
- Degree of attachment to the persons from whom the child is being separated
- Ability to understand why the separation took place
- Emotional strength or resilience
- Cultural influences
- Circumstances causing the loss
- Number of previous separations
- Help given before, during and after the separation
- Their relationship with the people with whom they are placed

Upon removal a child may show signs of grief including a lack of understanding of what and why this has happened to them and their family, shock/denial, anger (acting out), sadness in mood, guilt feelings, and regression of behaviors. Physical reactions to placement may also occur such as upper respiratory infection, stomach aches, sleep difficulties, or headaches, all of which can be connected to an increased level of anxiety and stress experienced by the child. Children often feel abandoned, helpless, worthless, confused, and feel responsible for the family's breakup. There will be a period of adjustment for children placed in your care. Do not be surprised if the child has difficulty concentrating and retaining information as this is a common symptom of the child being preoccupied and overwhelmed with their removal. Understandably, there may be times of regression in behaviors, mood fluctuations, or struggles for the child during the transition into kinship placement.

### **Tips for Dealing with Separation of Child from Parent(s):**

- Let the child grieve or mourn for his or her parents. At the time of leaving their home, a child may feel a great sense of loss regardless of the parents' past behavior or the circumstances that led to moving. Help the child move through the grieving process.
- Recognize that it is common for children to view living with you as a punishment for some real or imagined bad deed such as the breakup of their families. Listen to children

- when they express such thoughts and feelings.
- Allow children to share memories about their family. Let them openly express their feelings.
- Help the child feel safe and cared for.
- Understand your own loss and grief issues.
- If you have questions or concerns, share them with your support system (family, friends, pastor/priest, therapist, etc.).
- Do not speak negatively about the child's own parents, as they may be hypersensitive to how you view their parents.

The most important first step of the process is to help the child feel **SAFE**! If a child feels safe, they will be much more likely to acclimate to their new environment and adjust to the changes more quickly. A child who comes into your home will need to adjust to many new things. At the same time, you will need to make some adjustments and accommodations. Everything is new for all individuals involved - new parents, maybe new sisters and brothers, a new house, bedroom, foods, rules, new expectations, a new neighborhood, and possibly a new school. If a child feels SAFE, it will help make the other adjustments easier.

It is hard for children to leave their homes and find themselves in new surroundings. To deal with this, children may fantasize and idolize about the positive qualities of their own parents, their own home, and their neighborhood. They may not want to get involved in your family's routine and activities out of a sense of loyalty to their own family. Outbursts of angry, aggressive language or behavior may occur, such as cursing or slamming doors. Even if they show no emotion, many questions, fears, and anxieties about the future may fill their thoughts and dreams. The child needs your understanding, patience, and support when settling into your home.

### ***To Do and Not To Do When Welcoming the Child:***

- Attempt to assess the child's mood upon entering your home. Do they want to talk, or are they emotional to the point where they just want to sit with someone?
- When the time is right, welcome the child into your home by giving them a "tour" of the home to show them where they will sleep, where the family eats, gathers, etc.
- As you are providing a "tour" of the home, gently explain family rules such as food rules, proper attire, physical boundary rules, bathroom rules. Frequently ask them if they understand the rules and have questions.
- Ask the child what helps them feel safe, especially at night. Ask them what causes them to be scared.
- If the child has questions about their parents that you cannot answer, write the questions down with the child and tell them you will attempt to get answers from proper authorities. (Example- the caseworker)
- Ask the child if there are special possessions that they have in which they find comfort. If those possessions were lost in the process of transition, attempt to locate or replace them.

- Ask them if there are certain foods they like or dislike.
- Ask them if there are certain activities they enjoy.
- Ask them who are special people in their lives.
- Children must have a place to keep personal possessions. (Ex: dresser, nightstand, space in a closet etc.)
- Let children unpack in their own time. Offer to help or just let them know where to put their things whenever they are ready to unpack.
- Let children know it is allowed and OK! to put a picture of their mom, dad, brothers, sisters, up in their bedroom and that you understand how important these people are to them.
- Be sensitive to their feelings. Ask permission before hugging or touching children. Some families have implemented the **3 H's**- asking children if they would prefer a Handshake, High five, or a Hug as their form of greeting!
- Do not try to change things like their hair, clothing, or anything that tells a child, "You're not OK the way you are."
- Depending on the age of the children, you should discuss with the child what kinship care is and what they can expect from you.
- Help them settle down to a regular routine as quickly as possible, but do not be disappointed if they do not respond right away.
- Provide opportunities for the child to talk to you, but do not pry into their past or criticize their parents.
- Do not make children answer if they choose not to respond. Give them time!
- Respect their right to privacy. Never talk about them when they are present or able to overhear you, unless it is appropriate to include them in the conversation, for example, "Ms. Wilson, Andrew is doing so well in his new school."
- Help children develop a sense of pride and accomplishment by giving them tasks within their abilities. Let them know regularly how much you appreciate their help.
- Catch them being good by noticing the little things! Reflect back to the child specifically what you see to celebrate their great choices. This will assist in growing self-esteem and encourage more successes.
- Things like bed-wetting and soiling may be a reaction to the unfamiliarity/fear of a new environment. Shaming or punishing them will make the problem worse. Rather than using punishment, use positive techniques to help.
- Discipline must be constructive or educational in nature. No child may be kicked, bitten, punched, spanked, shaken, pinched, roughly handled, or struck with an inanimate object.
- *NEVER* threaten a child who misbehaves with removal from your home.
- If the child has a case manager, contact them when questions or concerns arise.
- Expect that you may have to repeat information that you discussed when a child entered your home as the circumstances of removal are overwhelming and traumatic which significantly interferes with a child's ability to comprehend and recall information.

## ***Adapting and Shifting Family Routines:***

The everyday routine of your family may take place without much thought or discussion. All families have a pattern of behaving and living together that works for them. Your home may have a schedule that you regularly follow, or it may vary and be quite flexible.

The kinds of routine a child brings to your family will depend on where and with whom the child has been living. It is important to incorporate some of the child's routine into your family, when appropriate. Some children may come to you from families where there were few rules and no set schedule.

Most children will need some time alone to become comfortable with their space. They will need time to watch the family's routine before they can actively participate. Think about some of your family's routines that might take a child some time to learn. For example:

- ✓ Who typically gets up first, and who usually goes to bed last?
- ✓ Is there a morning routine or schedule for getting ready, using the bathroom, etc.?
- ✓ Is it acceptable to have phones present at mealtime?
- ✓ Do children get a snack after school?
- ✓ Do they get a snack before going to bed?
- ✓ Can people help themselves to things in the refrigerator or cupboard?

To help a child adjust to your family, remember to spend "fun time" with the children. Ideas include, but are not limited to:

- ✓ Bake cookies/bars
- ✓ Cook supper
- ✓ Go for walks in favorite places (in a park, by the lake)
- ✓ Paint fingernails
- ✓ Color in a coloring book
- ✓ Go rollerblading or for a bike ride
- ✓ Play games such as Monopoly, Guess Who, UNO, etc.
- ✓ Go swimming or sledding
- ✓ Go shopping
- ✓ Engage in a sporting activity
- ✓ Watch a favorite movie or television show together



Going to sleep and waking up can be very scary times for children placed in a new home. You may need to develop routines to help children go to sleep and wake up. It is important to give children permission to get up and use the bathroom, come and get you if needed, and to have access to nightlights and a clock to ensure security of space and time. Ask the child what helps them feel safe when they are scared at night. Try and accommodate their safety needs. Consider doing a daily





review with the child at bedtime that amplifies their success and positive behaviors. As a part of the daily review, tell them how much you enjoy having them in your home.

### ***Family Rules:***

Children who have been mistreated and have experienced out-of-home care need limits and boundaries, just as all children do. All children need to know what is and is not allowed. The child will need to know that the rules in your home are consistent and predictable. Over time, knowing this helps children feel more secure. They will come to trust the home and the other family members. Remember, you, your family dynamics, routine, and house rules are all new to a child placed in your home, unless they have lived with you previously. You can help ease the adjustment by being consistent, keeping rules simple, and by offering age-appropriate explanations.

A family's "rules" are often informal and unspoken. A new person entering your family's world, however, needs to be oriented and helped to learn and practice these rules. Before the child enters your home, your family should sit down together to discuss what you feel is most important in your family. You should discuss the way you live together on a daily basis, and you should ask yourselves what a new person would need to know to become a part of your family.

There is a fine line between routines and rules, especially some of the routines that set the pattern for your informal rules. Informal rules may be things such as who sits where at the dinner table; not wearing shoes in the house; telling you if they use the last of something (toilet paper, toothpaste). Many children enter care without healthy boundaries. You may need to teach the child things such as respecting another person's personal property, closing the bathroom door, or not walking into someone else's bedroom without their permission. Other rules are important to help maintain health and safety. Be sure to explain the rules to the child.

Always remember that we learn through repetition. So, it is normal that new family rules will need to be repeated and re-explained. A positive, nonintrusive way to offer reminders on rules is to have them written for all to see, such as on a poster. Positively reinforce progress on rule compliance. Also, do not be threatened by a child comparing your family rules to the rules, or lack of rules, that they experienced in their own home. Their comparison is often their attempt to think through how rules work in different settings.

### ***Discipline***

No one enjoys discipline, but sometimes it is necessary. It is also important that discipline is administered correctly, especially for children who may be coming from unstable home situations. Abuse, neglect, and trauma can lead to a variety of emotional and behavioral issues, and how these issues are dealt with can impact whether the behaviors get better or worse. It is important that discipline is constructive or educational in nature and may include diversion, separation from problem situations, talking with the child about the situation, praise for appropriate behavior, and gentle physical restraints such as holding. Children shall not be subjected to physical harm or humiliation.

Below are some discipline guidelines taken from the foster care handbook:

1. No child may be kicked, bitten, punched, spanked, shaken, pinched, roughly handled, or struck with an inanimate object by any adult living in the home.
2. Authority to discipline may not be delegated to or be accomplished by children.
3. Separation, when used as discipline, must be brief and appropriate to the child's age and circumstances, and the young child must be within hearing of an adult in a safe, lighted, well-ventilated room. No child may be isolated in a locked room or closet.
4. No child may be physically disciplined for lapses in toilet training.
5. Verbal abuse or derogatory remarks about the child, the child's family, race, religion, or cultural background may not be used or permitted.
6. No child shall be force-fed unless medically prescribed and administered under a physician's care.
7. Deprivation of means, including food, clothing, shelter, hygiene, and medical care, may not be used as a form of discipline or punishment.

Below are some discipline techniques you may be able to implement with positive results:

1. Ignore mild misbehavior
  - a. A lot of a child's actions may stem from them wanting your attention or simply not knowing how to behave in a social setting. Remember the environment the child is coming from, and try not to get agitated over small things like a lack of table manners or a tendency to interrupt adult conversation.
2. Praise good behavior
  - a. Try to catch the child being good and emphasize the behavior you appreciate, even if it is as simple as the child picking up their socks. Praising the child's efforts will give incentive to continue appropriate behavior and help the child to understand what expectations you have of them.
3. Give the child options
  - a. Offering choices and changing the way you phrase things can make a big difference. Try to avoid using the word "no;" for example, instead of saying, "No TV until you finish your homework," try, "When you finish your homework, you can watch TV for an hour." Offering choices, such as, "Do you want to do your homework or take out the trash first?" or "Do you want green beans or peas with your chicken?" lets a child feel that they have some say in their life and may reduce resistance to completing certain tasks.
4. Redirect Attention
  - a. If the child is throwing a tantrum, ask them to help you with something, such as cooking dinner. Or if they are upset that they could not go to the park, remind them of something you are planning to do later in the week. A little redirection can help to avoid a lot of unnecessary power struggles.
5. Offer rewards for good behavior
  - a. A reward system can be a very effective tool for kids of all ages. Take the time to find out what motivates the child, as different children will respond better to one form of reward than they do to another. What is most important is that the child

sees it as a reward system, and not as a punitive plan that will cause them to lose privileges.

6. Place the child in time out

- a. Used effectively, a time out will get your child to engage in self-reflection about the choices that were made and the consequences that follow. It's a good idea to debrief with them afterwards and try to get some dialogue going about what can be done better next time. Some children may do well with a time-out chair, while others may do better with a time-out room. The amount of time spent in a time-out should be appropriate for age.
- b. You can also try a "time-in," where you and the child sit and discuss their behaviors immediately but do this in another location away from distractions. Tell the child that their behavior was not okay and have them sit in an area nearby. Tell them you will be nearby and when they are ready to talk about what happened to tell you, "ready." When they are ready, ask the child what they did wrong and how they can do it right next time. Children need an adult's help to learn how to regulate. A "time-in" teaches the child "I'm here to help you and we're going to work on this together," rather than sending them away to deal with it on their own. [Using Time In Instead of Time Out - YouTube](#)

The I.D.E.A.L response to discipline: [The IDEAL Response for Parents.wmv - YouTube](#)

I – Immediate

- If you react within 3 seconds, the child will learn.

D – Direct

- Be within 3 feet of the child, and have your eyes and full body directed towards them.

E – Efficient

- Let your reaction to behavior match the level of response from the child; don't overreact to something small

A – Action-based

- "If you do the thing you heard about, you have a 'body memory' of it." Help to give the child a body memory for the right thing rather than the wrong thing.

L – Leveled at Behavior

- You want: the behavior changed or corrected, the child more connected to you than they were before, and the child to be content because they succeeded.

Whatever tools are used for discipline, the most important thing is consistency. None of the tools mentioned above will be effective if the child knows they can alter your decision if they push hard enough. When specific behavior problems arise, work with the child's guardian, case manager, therapist, and other caretakers to identify the best strategies for intervention.

## ***Vital Information Binder***

Create a binder or filing system that holds important information for the child. By creating this you will have all important information in one spot to ease your stress. It will also be a place where you can keep things that may be important to the child.

- Important phone numbers

- Notes from appointments (medical, school, etc.)
- A copy of their immunization record and other important medical information
- Report cards or other documents from school
- Any legal documentation
- A flash drive with photos you have taken of the child(ren) during their time with you
- Kids artwork – they may want to show off their work during parent visits or it may be something they may want when they get older

## ***What to expect in meetings and visits***

What to expect is never the same, but this may provide a basic understanding. If you have a caseworker, you can always ask them more questions about the meeting and visits and how to navigate them.

### **Meetings arranged by the child's case worker**

If the child has a caseworker from a Human Service Zone office, you will have various required meetings. Generally, there are 2 main reoccurring meetings: the home visits and the Family Team Meeting. More frequent meetings are visitations with parents. The frequency of visitations varies, but the goal is generally 1-2 times a week minimum.

**Home visit** from a case worker occurs once a month. The primary reason for this visit is to ensure the child's safety and needs are being met as well as to assist you with questions and concerns you may have. Generally, the child needs to be present since the caseworker will want to talk with them to see how things are going. The home visits should not be a stressful time and generally last 30 minutes to a couple hours (length of time is based on amount of information needing to be discussed).

**Family team meeting** occurs every 90 days. This meeting includes far more people as it includes the key people in the child's life. The people invited are generally: Caseworker, foster parent(s)/kinship caregiver(s), child's parents, school social worker, counselor, etc.

**Visitation with the parent** Visitations may be required by the caseworker or something that you and the parent arrange. They may also be supervised or unsupervised and can be face to face, over the phone, or video chat.

If supervised face-to-face visits are required, you will most likely drop the child off at a preset location where someone will watch the visit between the child and parent to ensure no harm happens. Or you may be the person supervising. These visits may be one to three times a week and generally the same day and time each week. You should avoid scheduling anything during these visits. Yes, it could be a wonderful time to get things done and visit with friends BUT visits can get cancelled. If the parent shows up late or not at all a visit will be cancelled and you will need to take the child home.

If visitations do not need to be supervised there will be more unknowns like days, times, and length of visit. If possible, try to maintain a schedule so the child knows when visits will happen.

Reactions from the child before or after visitations will vary. You may see the child withdraw, have explosive behavior, become defiant, or have struggles with eating or sleeping. Try to remember the child may not know how to regulate or express their feelings. The behaviors may start a couple days before and last for a couple days after. You can help the child during this time by trying to talk with them and giving them various outlets for trying to express their emotions.

One way to understand the complexity of emotions a child experiences through visitation is to understand that visitation often activates a grief and loss process for the child. Most often the child emotionally wants to be with their parent(s) and connects with the parent while visiting. However, yet again, the child has to leave their parent(s) when the visit is complete. It is unrealistic to think that a child will not have an emotional and/or behavioral reaction to this complex process. It is important to work with a child therapist in order to develop a transition plan to and from visitation.

Visitation has many benefits:

- Increase the likelihood of reunification (if still the goal)
- Provide an opportunity for change
- Reassure the child of parent's well being
- Ease separation pain
- Potentially reduce the time the child is living away from their parent
- Maintain and strengthen family relationships
- Help the parent to stay current and involved in the child's development
- Help participants cope, grieve, and work on future relationship if no longer planning to reunify

(Wright, 2001)

Recommendations for visitation process

- Check your own feelings – how do you feel about the visit process? – grief & loss
- Clarify your role in the visit process
- Identify who you can communicate thoughts and concerns with
- Look for ways to help the youth transition to and from the visit
- Work to understand how your values differ from the parent's values
- Remember "blood is thick" the child may side with the parent
- Try to keep a positive relationship with the child's parent.

(Joyce)

A great resource is *Understanding the Child's Response to Birth Parent Visits*,

<https://fosteringperspectives.org/fpv15n1/understanding.htm> . It was created by the North Carolina division of Social Services and Children Resource Program. It goes over:

- before and after visit behaviors
- ways to prepare for visit
- supporting the child after visit
- how to help when the visit is canceled

## ***Creating a Scrapbook***

Kinship caregivers are encouraged to **document special events, homework achievements, activities, birthday parties, etc. that occur during a child's time in your home.** A scrapbook of the day-to-day activities and successes the child has is appropriate and helpful in highlighting the child's time when placed out of their home. Remember, the child may be with you a short time or longer but if they are reunified with their biological parents, it is helpful to share those

memorable moments via a scrapbook with their family; a photo of the child's first day of school, loss of their first tooth, science fair project, or prom photo.



### **The process of creating a Scrapbook can:**

- Help a child understand events in his/her life
- Provide tangible links to the past which provide chronological continuity
- Provide a vehicle for the child to share his/her life history with others
- Increase a child's self-esteem by providing a record of the child's growth and development
- Help the child's birth family share in the time when they were living apart

Although it is best to start collecting information when the child first arrives, it is never too late to begin a scrapbook. Scrap books do not need to be fancy and there are many companies that will create a book for you if you send in your photos. More information on this can be found on page [35](#).

## Chapter 3: Understanding Trauma & Child Development

### ***Trauma Informed Care***

The word “trauma” is used to describe experiences or situations that are emotionally painful and distressing, and that may overwhelm people’s ability to cope, and can cause numerous emotions which may include, but is not limited to feeling powerless, anxious, angry, scared, unsafe, hypersensitive, depressed and hyperalert. The term complex trauma is often applied to children served in child welfare. Complex trauma involves chronic child maltreatment, including psychological maltreatment, neglect of basic human needs both physically and emotionally, physical and sexual abuse, and exposure to domestic violence.

Trauma-informed care is a shift in practice for organizations that incorporates a deep understanding of how trauma impacts children’s development into all aspects of its organizational culture, practices, and policies. The hallmark of a trauma-informed organization is one that seeks to create living environments and programs that focus on helping children feel safe and empowered and developing an understanding of the impact of trauma on children’s behavior.

Supporting children with complex trauma is a challenge that kinship families courageously face every day, and trauma-informed understanding is often at the root of their empathetic and creative responses. An example of being a trauma-informed kinship caregiver is asking yourself, **“What has happened to this child?”** versus “What is wrong with this child?”

Children exposed to complex trauma are often diagnosed with several mental health conditions (e.g., Attention Deficit Disorder, Reactive Attachment Disorder, and Bipolar Disorder) that unfortunately do not capture the full impact of early trauma exposure. These labels may lead to ineffective treatment planning if the role of trauma is not carefully considered. Look for local resources or trainings, online resources including The National Child Traumatic Stress Network and the Substance Abuse and Mental Health Services Administration (SAMHSA), and other books or articles. Trauma training helps people understand what being “trauma-informed” means and how gaining this wealth of knowledge can assist in making the kinship placement more successful. Take advantage of exploring training options that will help you better connect with the child in your home.

*Information for this section was provided by Heather Simonich, PATH ND Operations Director.*

### ***ACEs (Adverse Childhood Experiences)***

Many other traumatic experiences can impact health and wellbeing of a person. These experiences are called ACEs or Adverse Childhood Experiences. ACEs are linked to chronic health

problems, mental illness, and substance use problems in adolescence and adulthood. ACEs can negatively impact education, job opportunities, and earning potential. However, helping a child work through their ACEs can help reduce the chances of the negative impacts later in life.

ACEs can have lasting, negative effects on health, wellbeing, and life opportunities. ACEs can increase risks of injury, sexually transmitted infections, maternal and child health problems (such as teen pregnancy, pregnancy complications, and fetal death), involvement in sex trafficking, and a wide range of chronic diseases and leading causes of death such as cancer, diabetes, heart disease, and suicide.

ACEs can also cause toxic stress (extended or prolonged stress), which can negatively affect children's brain development, immune systems, and stress-response systems. These in turn can affect children's attention, decision-making, and learning. Children who grow up with toxic stress may have difficulty forming healthy and stable relationships, have unstable work histories as adults, and struggle with finances, jobs, and depression.

Potentially traumatic events that occur in childhood, such as:

- Experiencing violence, abuse, or neglect
- Witnessing violence in the home or community
- Having a family member attempt or die by suicide

Or aspects of the child's environment that can undermine their sense of safety, stability, and bonding, such as growing up in a household with:

- Substance use problems
- Mental health problems
- Instability due to parental separation or household members being in jail or prison

Of adults surveyed across 25 states, 61% reported experiencing at least one type of ACE before age 18. Nearly 1 in 6 reported experiencing four or more types of ACEs.

Creating and sustaining safe, stable, and nurturing relationships and environments can prevent ACEs and help children reach their full potential.

Preventing ACEs	
Strategy	Approach
Strengthen economic supports to families	<ul style="list-style-type: none"> <li>• Strengthening household financial security</li> <li>• Family-friendly work policies</li> </ul>
Promote social norms that protect against violence and adversity	<ul style="list-style-type: none"> <li>• Public education campaigns</li> <li>• Legislative approaches to reduce corporal punishment</li> <li>• Bystander approaches</li> <li>• Men and boys as allies in prevention</li> </ul>



Ensure a strong start for children	<ul style="list-style-type: none"> <li>• Early childhood home visitation</li> <li>• High-quality child care</li> <li>• Preschool enrichment with family engagement</li> </ul>
Teach skills	<ul style="list-style-type: none"> <li>• Social-emotional learning</li> <li>• Safe dating and healthy relationship skill programs</li> <li>• Parenting skills and family relationship approaches</li> </ul>
Connect youth to caring adults and activities	<ul style="list-style-type: none"> <li>• Mentoring programs</li> <li>• After-school programs</li> </ul>
Intervene to lessen immediate and long-term harms	<ul style="list-style-type: none"> <li>• Enhanced primary care</li> <li>• Victim-centered services</li> <li>• Treatment to lessen the harms of ACEs</li> <li>• Treatment to prevent problem behavior and future involvement in violence</li> <li>• Family-centered treatment for substance use disorders</li> </ul>

For more information, please see the following link:

<https://www.cdc.gov/violenceprevention/aces/fastfact.html#:~:text=Adverse%20childhood%20experiences%2C%20or%20ACEs,in%20the%20home%20or%20community>

## ***Understanding Behaviors and Emotions Connected to Trauma***

It is very important that a child who has experienced trauma be involved with a mental health therapist who is trained in trauma-informed care. It is also important for the child's caregiver to be involved in the child's therapy as trauma-related behaviors and emotions can be confusing and overwhelming, which can negatively impact parenting.

Because trauma is so impacting, and because the traumatic experiences of children vary from child to child, their responses also vary. Some children may show externalizing behaviors such as defiance or anger outbursts. Other children may display internalizing behaviors such as withdrawal and emotional disengagement. It is important for caregivers to remember that all behavior has a purpose. Many trauma-related behaviors are developed as protective behaviors. So even though the behaviors may appear strange or maladaptive, they have on some level helped the child survive.

Trauma related behaviors and emotions are often triggered by conscious or unconscious experiences that remind the child of their need to protect themselves. Triggers can be experiences, smells, certain people, sounds, voice tones, physical touches, and other sensory experiences. A starting point for caregivers in understanding trauma triggers is to keep a diary of the child's behavior and look for patterns of why the child reacts in certain situations. The child may not be aware of their behaviors or unsure how to control them. If you get angry or judgmental about behaviors it will only make things worse.

## ***Some Trauma Related Behaviors May Include:***

**FOOD CHALLENGES-** Mental health professionals often note that children that have experienced food neglect may display a number of challenges with food. They might

- Hoard food
- Not be able to regulate their food intake so they overeat
- They may be picky eaters - unwilling to eat specific foods
- They may use food to self-soothe, as a distraction from their worries

As with other trauma-related behaviors, a mental health therapist can be very helpful in designing strategies that can be implemented in the home that reassure the child that they will be fed in a safe, nurturing manner.

Here are some possible interventions to discuss with the child's mental health therapist:

- Food baskets that allow the child to have access to food.
- A food package that they have in their school backpack that can travel with the child.
- An established time for snacks that involve caregiver nurturing.
- Teaching the child how their body feels when they are full and ways not to overeat.
- Structured, positive recognition to highlight the improvement on food issues.
- Help them slow down by helping them count how many times they chew. Create praise and rewards
- Let the child have a backpack or plastic tub of non-perishable food they can keep in their room.
- Create a shelf in the pantry or fridge with snacks they can have at any time without needing to ask.

**SLEEP CHALLENGES-** Sleep challenges are often connected to nighttime-triggered fears, possibly linked to abusive behavior experienced directly by the child or witnessed by the child. Sleep challenges can include the:

- Inability to go to sleep
- nightmares
- wandering around room or home
- hiding in their sleeping area or other areas of the home
- restless sleep and startle waking

An important first step in assisting with sleep challenges is asking the child how they can feel safe in their sleeping area. Use the child's ideas to increase the safety in their sleeping area. Some ways to help the child feel safe are adjusting bedroom lighting, allowing the child to arrange their sleeping area in a manner that helps them feel safe, providing them with a flashlight, safety objects that help the child feel safe (such as a special blanket or stuffed animal), relaxing music, calming

bedtime stories, showing the child that the windows are locked, and looking in areas of the room that the child fears such as under their bed or dark corners of a closet. Review these safety measures with the child's trauma-informed mental health therapist for additional input.

**ANGER OUTBURSTS AND DEFIANCE CHALLENGES-** Often, children with traumatic backgrounds struggle to understand and comply with rules (Blausein, et al., 2003). In addition to noncompliance, defiance can show itself through temper outbursts, arguing, and irritability. It is highly recommended that a child who is displaying anger outbursts and/or defiance be involved with a trauma-informed mental health therapist, not only for the child's benefit but also for the caregiver's benefit as parenting a defiant child can be exhausting. The child's therapist can also assist with assessing how anxiety is a factor as defiance and anxiety are closely interconnected.

Here are some strategies to try at home in responding to defiance and anger outbursts:

- As a caregiver, don't engage when the child is escalating unless the child is at risk to harm themselves or others; call a mutual time out for the child and caregiver.
- Most adults over-verbalize when they are anxious. When youth are angry, fewer words from adults is generally better. Speak in specifics when intervening, using a calm voice.
- Have pre-planned consequences for misbehavior. Do not implement the consequences until after the child has calmed
- Work with a trauma-informed therapist to learn self-calming skills. Practice the self-calming skills with the child
- Have available objects the child can use to expend angry energy when they are upset such as squeeze balls or bubble wrap
- Have an emotions chart – Let the child express on the chart how they feel
- Track the outburst – is it over food, bed time, toys? Does time of day matter? Maybe medication or hunger?
- Try saying something totally random to redirect the brain - "purple hippos ride bikes in the rain" While the child is trying to figure out what you said, try redirecting with an activity.
- Help the child learn to recognize their feelings and self sooth – saying random words like watermelon, strawberry, dog, sky, blue, while un-balling fist. Each word goes with a finger until their hand is open and happy rather than balled in a fist/tight and angry
- Helping kids manage stress, <https://copingskillsforkids.com/managing-anger>
- Hand in hand website; has parenting tips with anger, aggression, sleep, siblings, limits, & parent stress. <https://www.handinhandparenting.org/>

**CARING FOR A CHILD WHO HAS EXPERIENCED SEXUAL MISUSE-** Unfortunately, there are a number of ways youth can be pre-maturely exposed to sexual activity. They may have been directly sexually exploited. They may have witnessed others involved in sexual activity or others being abused sexually. They may have been exposed to sexually explicit pornography and/or sexualized language. Any youth that displays sexualized behaviors (not appropriate to age/development) needs to be seen by a trauma-informed mental health therapist. A therapy referral is also necessary for youth that are known, or suspected, to have experienced sexual abuse.

It is also important that the caregiver receive education on the impact of sexual abuse on children. Here are some things for caregivers to consider in caring for a youth with sexualized behavior:

- Use correct terms when discussing body parts and body functions
- Have clear privacy boundaries in the home. Consider writing out the boundaries so that there is a visual reminder of the boundaries. Example: We close the bathroom door when bathing or toileting
- Respect and ask about the child's comfort level with supportive types of touch such as a good night high five or safe hug
- Learn about normal behaviors associated with sexual maturation

(Child Welfare Information Gateway, 2018)

(Nicole Slavik, n.d.)

**SELF-HARM (CUTTING, PICKING AT SKIN, PULLING HAIR OUT, etc.)** – The reasons youth may self-harm are numerous and can include managing overwhelming emotions of anxiety, to feel in control, to express unhappiness, and to feel something rather than numb. It is important that the youth who self-harms is seen by a mental health therapist and that the caregiver is involved in the therapeutic process in order to support the youth who self-harms. The mental health therapist can often help create a safety or coping plan with input from the youth and caregiver.

Some coping mechanisms that youth may use to counter the desire to self-harm include:

- Putting off self-harm by just five minutes, then six, then seven
- Keeping the items used to self-harm in a hard-to-open box so it takes time to get them out
- Keeping a stress ball to squeeze
- Keeping an elastic band on the wrist and pinging it hard
- Keeping a supply of pens and paper to write down feelings or draw
- Listening to favorite music, and perhaps dancing
- Going for a walk or a run
- Using a red pen to draw on the place you want to cut
- Writing words on your skin with a red marker pen
- Messaging or phoning a friend
- Drawing and cutting out a shape for every day you don't self-harm and making a collage with the shapes
- Learning a new skill, such as sewing, knitting, or juggling

(Anderson, 2020)

**AGE REGRESSION OR BABYLIKE BEHAVIOR-** Periodic age regression in behavior is a normal part of child development. However, an increase in age regressive behavior can also display itself after a child experiences a disruption in their life routine, a traumatic event or their family experiences disruption or increased stress.

Some common forms of regressive behavior include increased:

- toileting issues
- language regression or "baby talk"
- sleep problems
- clingy behavior
- increased moodiness

Always remember that when stressed, it is normal for children (and adults) to return to previous behavior that is self-soothing. Here are some ways that a caregiver can respond to regressive behavior:

- Look for the stressors that the child has experienced that could be triggers for the regressive behavior
- Look for the purpose of their behavior. Example: if the child has recently returned from a visit with their birth parent(s) and responds with increased moodiness, and is able to talk about the visit, set aside time to listen and comfort the child
- Engage the child in an enjoyable play activity
- Ask the child what they find soothing - support their efforts to self-soothe in a healthy way.
- Help the child put words to their emotions which helps the child express their stressors and helps the caregiver to respond
- Positively reinforce the child returning to their positive, previous behavior

**WITHDRAWAL OR LACK OF INTEREST-** If a child suddenly withdraws from activities they once found pleasurable, this change can be interpreted as a sign that the child is experiencing a change in mood, possibly depression and/or anxiety. Additional signs of depression with accompanying anxiety may include a change in eating habits, sleeping routine, tearfulness, and irritability. In this scenario, the child should be seen by a mental health therapist for assessment of depression and anxiety. In this type of withdrawal, the primary focus should remain on treating the mood challenges. Often the child will return to their previous, enjoyable activities once the mood challenges have been responded to.

If the child has a long-term pattern of not engaging in activities, the possibility of this being a mood challenge exists but it can also be a sign that the child has not been exposed to activities in the past. As a result, the child may be fearful of trying activities because of the neglect that they have experienced. In this scenario, caregivers can support the child's involvement in activities by:

- Recognizing what skills the child has displayed and then focusing positive attention on that particular skill. As an example - if the child enjoys drawing, draw with the child and eventually explore the options with the child of where they might be able to further their drawings skills
- As a caregiver, talk about your own fears in engaging in activities in a way that normalizes fears
- Encourage the child to invite a peer to the home where they can engage in the activity together

- Within reasonable boundaries, make adults aware of the child's fears in pursuing an activity. Example: If a child wants to play baseball, make the coach aware that the child has not played baseball previously and is worried about how they might do and might be viewed by their peers.
- If a child shows interest in an activity, practice that activity with the child
- Always remember that we all have varying needs and levels of comfort in social engagement. Some of us want to be active in a variety of activities that have a high level of people contact. Others prefer more solitary forms of activities

**OBSESSIVE COMPULSIVE BEHAVIORS** – Obsessive Compulsive Disorder (OCD) is characterized by repetitive thoughts, emotions and behaviors that the person with OCD feels they have no control over. Examples can include fear of germs associated with repetitive hand washing, organizing/strict order, thinking harmful or taboo thoughts. Advancements in the study of neuroscience have enhanced the understanding of OCD and it is considered a neuropsychiatric disorder. Children displaying OCD challenges should be assessed by a mental health provider and the assessment should include psychiatric assessment.

Here are some ways caregivers can support a child with OCD:

- Have patience
- Learn as much as you can about OCD and the specific symptoms displayed by the child you are caring for
- Be consistent in expectations
- Study and learn if there are triggers that cause the OCD to escalate
- Try not to accommodate or enable the OCD behaviors and thoughts
- Support the child's efforts to manage their OCD behaviors and thoughts

Remember that all people have different needs for organization and have unique fears. However, what differentiates OCD behaviors and thoughts from normal is that OCD interferes with the child's functioning and causes significant distress for the child.

**ANXIETY** – Anxiety is an emotional process that includes excessive worry, apprehension, nervousness, or preoccupation on a specific worry. Often the anxiety is centered on events that a child has little control over. There is often a physical component to anxiety which can include sleep challenges, headaches, stomach upset, heartrate increases, rapid breathing, sweating, and often feeling tired. A mental health therapist can also offer assistance with responding to children's anxiety.

So what can a caregiver do to help a child manage their anxiety?

- Help by creating a schedule and routine so the child can process what will be happening
- Amplify their strengths, give examples of how they have handled difficult situations in the past
- Teach skills on calming the mind and body such as deep, slow, breathing
- Brainstorm coping mechanisms with the child that they can use when they are anxious

- Share with the child how you, the caregiver, cope with anxiety
- Do not react negatively to the child's anxiety
- Research children's books that teach skills on coping with anxiety; many resources are available

**SLEEP STRUGGLES (NIGHTMARES, INSOMNIA, WALKING)** – Sleep challenges are often associated with anxiety which can become amplified at night. As a result, a caregiver's efforts should focus on helping the child become calm at night. For youth that have been traumatized at night, caregiver efforts should focus on helping the child feel safe at night.

Here are some suggestions on how to help children calm down and feel safe at night:

- Create a routine around bedtime that helps them feel safe. Check under the bed, in the closet, and in drawers to assure the child that they are safe
- Sing softly and/or pray with them
- Read bedtime stories with the child that are comforting and soothing
- Get them a nightlight and check at night when it is on to see if it has any scary shadow placements
- Put on soft instrumental music
- Speak to the child's physician about natural sleep aids like melatonin.
- Ask the child about their fears at night
- Ask the child about how they would like their sleeping area arranged to feel safe at night
- Use weighted blankets

### ***Resources for helping a child with trauma***

There are several resources, books, and theories on helping children with trauma. The key to remember is that it may take months before you can determine if a method is helping the child.

There are different types of trauma and every child reacts differently to trauma regardless of what they experienced.

### **Overview of trauma in kids & parenting tips**

- Parenting a child who has experienced trauma  
<https://www.childwelfare.gov/pubPDFs/child-trauma.pdf>
- Practical Guide to Parenting a Child Exposed to Trauma,  
<https://creatingafamily.org/adoption-category/adoption-blog/practical-guide-parenting-child-exposed-to-trauma/>
- 10 Tips for Disciplining traumatized Children,  
<http://www.nwtraumacounseling.org/family-resources/10-tips-for-disciplining-a-traumatized-child>
- Helping Children Cope After a Traumatic event,  
<https://childmind.org/guide/helping-children-cope-after-a-traumatic-event/>

## List of trauma-trained counselors in North Dakota, <https://www.tcty-nd.org/clinicians/>

### Books or articles

- *The Connected Child*; by Dr. Karyn Purvis; ISBN-10: 0071475001 or ISBN-13: 978-0071475006 [https://www.amazon.com/Connected-Child-healing-adoptive-family/dp/0071475001/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1484251704&sr=1-1&keywords=the+connected+child](https://www.amazon.com/Connected-Child-healing-adoptive-family/dp/0071475001/ref=sr_1_1?s=books&ie=UTF8&qid=1484251704&sr=1-1&keywords=the+connected+child)
- *Behavior with a Purpose*; by Rick Delaney, Ph.D and Charley Joyce, LICSW; ISBN-10: 0984200746 or ISBN-13: 978-0984200740 [Behavior with a Purpose: Richard Delaney, PhD, Charley Joyce, LICSW: 9780984200740: Amazon.com: Books](https://www.amazon.com/Behavior-with-a-Purpose-Richard-Delaney-PhD-Charley-Joyce-LICSW-9780984200740/dp/0984200746/ref=sr_1_1?s=books&ie=UTF8&qid=1484251704&sr=1-1&keywords=behavior+with+a+purpose)
- *How to Cope if your Teen is Self-harming* – has tips on how to help shift the behavior with other activities. <https://patient.info/news-and-features/how-to-cope-if-your-teen-is-self-harming>
- *No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind*; by Daniel J.J. Siegel and Tina Payne Bryson; ISBN-10: 9780345548061 or ISBN-13: 978-0345548061 [https://www.amazon.com/No-Drama-Discipline-Whole-Brain-Nurture-Developing/dp/0345548061](https://www.amazon.com/No-Drama-Discipline-Whole-Brain-Nurture-Developing/dp/0345548061/ref=sr_1_1?s=books&ie=UTF8&qid=1484251704&sr=1-1&keywords=no+drama+discipline)
- Link to other useful books: [Karyn Purvis Institute of Child Development \(tcu.edu\)](http://www.karynpurvis.com/)

### Videos

Dr. Karyn Purvis has done great work with helping children who have behavior struggles. The links below will take you to videos with little snippets of information for topics like food battles, timeouts, attachment, etc. Her methods are research-based help for children who have experienced trauma, abuse, neglect, or other adverse conditions.

This link will help you find just her videos:

[https://www.youtube.com/results?search\\_query=karyn+purvis+videos](https://www.youtube.com/results?search_query=karyn+purvis+videos)

This link is for the Institute of Child Development she founded:

<https://www.youtube.com/c/KarynPurvisInstituteofChildDevelopment/videos>

### Resilience

<https://www.apa.org/topics/resilience>

<https://developingchild.harvard.edu/science/key-concepts/resilience/>

Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. Resilience can be built, but it does not mean we will not still experience emotional pain, sadness, and anxiety.

Some children develop resilience, while others do not. Supportive relationships, adaptive skill-building, and positive experiences is the foundation of resilience; the most common factor for children who develop resilience is at least one stable and committed relationship with a supportive parent, caregiver, or other adult.



Children who do well while experiencing serious hardship typically have a biological resistance to adversity and strong relationships with the important adults in their family and community. The interaction between biology and environment builds a child's ability to cope with adversity and overcome threats to healthy development.

Factors that predispose children to positive outcomes are:

1. Facilitating supportive adult-child relationships
2. Building a sense of self-efficacy and perceived control
3. Providing opportunities to strengthen adaptive skills and self-regulatory capabilities
4. Mobilizing sources of faith, hope, and cultural traditions

Experiencing manageable or "positive" stress can be growth-promoting and help to develop resilience. The brain and other biological systems are most adaptable early in life, but age-appropriate, health-promoting activities can significantly improve the odds of an individual recovering from stress-inducing experiences at any age. Physical exercise, stress-reduction practices, and programs that actively build executive function and self-regulation skills can improve the abilities of children and adults to cope with, adapt to, and even prevent adversity. Furthermore, by strengthening these skills in yourself, you can model healthy behaviors for your children as well.

10 tips for building resilience in children and teens:

1. Make connections
  - a. Engaging and connecting with peers and family provides social support and strengthens resilience.
2. Help your child by having them help others
  - a. Helping others can help a child who feels helpless to feel empowered. This can look like age-appropriate volunteer work, asking them to help you with tasks that they can master, or talking to them about how they can help others in their class or grades below.
3. Maintain a daily routine
  - a. Sticking to a routine can be comforting to children, especially younger children who crave structure.
4. Take a break
  - a. Teach your child how to focus on something they can control or act on. Challenge unrealistic thinking by asking them to examine the chances of the worst-case scenario and what they might tell a friend who has those worries. Be aware of what troubling things your child may be exposed to, such as on the news, online, or in conversations they overheard.
5. Teach your child self-care
  - a. Caring for oneself and having fun will help children stay balanced and deal with stressful times better.

6. Move toward your goals
  - a. Establishing goals will help children focus on a specific task and can help build the resilience to move forward in the face of challenges.
7. Nurture a positive self-view
  - a. Remind your child of how they have successfully handled hardships in the past and help them to understand that these past challenges help to build the strength to handle future challenges. Help your child learn to trust themselves to solve problems and make appropriate decisions.
8. Keep things in perspective and maintain a hopeful outlook
  - a. Even when facing very painful events, help your child look at the situation in a broader context and keep a long-term perspective. Help them to see that there is a future beyond the current situation and that the future can be good. Being optimistic and having a positive outlook can enable children to see good things in life and keep going even in hard times. You can use history to show that life moves forward after bad events, and the worst things are specific and temporary.
9. Look for opportunities for self-discovery
  - a. Tough times are often when children learn the most about themselves. Help them to reflect on how what they are facing can teach them "what am I made of."
10. Accept change
  - a. Help your child to see that change is part of life and new goals can replace goals that have become unattainable. Examine what is going well and have a plan of action for what is not going well.

## ***Attachment***

Attachment is an important dynamic in the healthy psychological development of a child. Healthy attachment is marked by the child having the opportunity to attach to caregiver(s) that are consistent, nurturing, provide safety and respond to the basic needs of a child. Providing these qualities by the caregiver is essential for healthy attachment. When there is a healthy attachment, a child learns to trust others, learns how to respond emotionally and how others will respond emotionally to them. (Bowlby, 1982) The study of neurodevelopment identifies that secure attachment is particularly related to the development of the frontal cortex, which is responsible for decision making, judgement and reasoning. (De Bellis, 2003) (Dozier, Peloso, Lewis, Laurenceau, & Levine, 2008)

### **How can caregiver(s) reinforce positive attachment?**

- Learn about attachment
- Involve yourself, and the child you are caring for, with a mental health therapist that is trained in attachment
- Nurture the child – use language that is positive and affirming. Consult with the child's therapist on appropriate physical nurturing
- Have specific, predictable structure and expectations
- Show the child that you listen to them

- After times of conflict, quickly reaffirm to the child that you care about them
- Be patient. Children with attachment challenges often have difficulty generalizing behavior and emotions from day to day

With proper attachment children are less likely to be classified as developmentally delayed, less likely to need medication, and have fewer behavior problems.

## ***Events in the Child's Life***

Certain events can have a powerful impact, resulting in changes in behavior or conduct, sleeping and eating patterns, and temperament. Dealing with issues that often arise around these events may require additional contact and support from biological family or caseworkers. You may wish to reach out to a counselor to help the child navigate their feelings during these events, as well as notifying the child's teacher about the event and new behaviors you have seen. Ask the teacher to share with you any changes they may have noticed.

You should also consider creating a life book with the child that notes these events through pictures, the child's papers, artwork, notes etc. (Suggested on page 22)

### **Examples of Important Life Events:**

- First day of school
- Birthdays, holidays, Mother's Day, Father's Day, Grandparent's Day
- Visits with parents, siblings, or other family members
- Meetings with school staff, medical staff, or police officers
- Court hearings
- Anniversaries of significant events



## ***Child Development stages and milestones***

All information on child development is from Healthline.com. The link will take you to the resource online <https://www.healthline.com/health/childrens-health/stages-of-child-development>

The information is based solely on Healthline.com. If you have further questions, it is recommended you speak to a healthcare professional.

### **Birth to 18 months**

During this period of profound growth and development, babies grow and change rapidly. Doctors recommend that you speak to your baby a lot during this phase, because hearing your voice will help your baby to develop communication skills. Other suggestions include:

- Short periods of tummy time to help strengthen your baby's neck and back muscles — but make sure baby is awake and you're close by for this playtime.
- Respond right away when your baby cries. Picking up and comforting a crying baby builds strong bonds between the two of you.

	<b>1-3 months</b>	<b>4-6 months</b>	<b>5-9 months</b>	<b>9-12 months</b>	<b>12-18 months</b>
<b>Cognitive</b>	Shows interest in objects and human faces  May get bored with repeated activities	Recognizes familiar faces  Notices music  Responds to signs of love and affection	Brings hands up to mouth  Passes things from one hand to the other	Watches things fall  Looks for hidden things	Has learned how to use some basic things like spoons  Can point to named body parts
<b>Social and emotional</b>	Tries to look at you or other people  Starts to smile at people	Responds to facial expressions  Enjoys playing with people  Responds differently to different voice tones	Enjoys mirrors  Knows when a stranger is present	May be clingy or prefer familiar people	May engage in simple pretend games  May have tantrums  May cry around strangers
<b>Language</b>	Begins to coo and make vowel sounds  Becomes calm when spoken to  Cries differently for different needs	Begins to babble or imitate sounds  Laughs	Responds to hearing their name  May add consonant sounds to vowels  May communicate with gestures	Points  Knows what "no" means  Imitates sounds and gestures	Knows how to say several words  Says "no"  Waves bye-bye
<b>Movement/ Physical</b>	Turns toward sounds  Follows objects with eyes  Grasps objects  Gradually lifts head for longer periods	Sees things and reaches for them  Pushes up with arms when on tummy  Might be able to roll over	Starts sitting up without support  May bounce when held in standing position  Rolls in both directions	Pulls up into standing position  Crawls	Walks holding onto surfaces  Stands alone  May climb a step or two  May drink from a cup

## 18 Months to 2 years

During the toddler years, children continue to need lots of sleep, good nutrition, and close, loving relationships with parents and caregivers.

Doctors at Seattle Children's Hospital offer this advice for creating a safe, nurturing space to maximize your child's early growth and development:

- Create predictable routines and rituals to keep your child feeling secure and grounded.
- Toddler-proof your home and yard so kids can explore safely.
- Use gentle discipline to guide and teach children. Avoid hitting, which can cause long-term physical and emotional harm.
- Sing, talk, and read to your toddler to boost their vocabularies.
- Watch your child for cues about the warmth and reliability of all caregivers.
- Take good care of yourself physically and emotionally because your child needs you to be healthy.

	18 months	24 months
<b>Cognitive</b>	May identify familiar things in picture books Knows what common objects do Scribbles Follows single-step requests like "Please stand up"	Builds towers from blocks May follow simple two-part instructions Groups like shapes and colors together Plays pretend games
<b>Social and emotional</b>	May help with tasks like putting away toys Is proud of what they've accomplished Recognizes self in mirror; may make faces May explore surroundings if parent stays close by	Enjoys play dates Plays beside other children; may start playing with them May defy directions like "sit down" or "come back here"
<b>Language</b>	Knows several words Follows simple directions Likes hearing short stories or songs	May ask simple questions Can name many things Uses simple two-word phrases like "more milk" Says the names of familiar people
<b>Movement /Physical</b>	Can help in getting dressed Begins to run Drinks well from a cup	Runs Jumps up and down Stands on tip-toes

	Eats with a spoon Can walk while pulling a toy Dances Gets seated in a chair	Can draw lines and round shapes Throws balls May climb stairs using rails to hold on
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### 3 to 5 years old

During these pre-school years, children grow more and more independent and capable. Their natural curiosity is likely to be stimulated because their world is expanding: new friends, new experiences, new environments like daycare or kindergarten.

During this time of growth, the CDC Trusted Source recommends that you:

- Keep reading to your child daily.
- Show them how to do simple chores at home.
- Be clear and consistent with your expectations, explaining what behaviors you want from your child.
- Speak to your child in age-appropriate language.
- Help your child problem solve when emotions are running high.
- Supervise your child in outdoor play spaces, especially around water & play equipment.
- Allow your child to have choices about how to interact with family members & strangers.

	3 years	4 years	5 years
<b>Cognitive</b>	Can put together a 3-4 part puzzle  Can use toys that have moving parts like buttons and levers  Can turn door knobs  Can turn book pages	May be able to count  Can draw stick figures  May be able to predict what will happen in a story  May play simple board games  Can name a few colors, numbers, & capital letters	Draws more complex "people"  Counts up to 10 things  Can copy letters, numbers, and simple shapes  Understands the order of simple processes  Can say name and address  Names many colors
<b>Social and emotional</b>	Shows empathy for hurt or crying children  Offers affection  Understands "mine" & "yours"  May get upset if routines are changed	May play games that have roles like "parent" & "baby"  Plays with, not just beside, other kids    Talks about their likes and dislikes	Is aware of gender  Likes to play with friends  Sings, dances, and may play acting games  Switches between being compliant & being defiant

	Can get dressed Knows how to take turns	Pretends; may have trouble knowing what's real and what's pretend	Can tell the difference between made-up and real
<b>Language</b>	Talks using 2-3 sentences at a time  Has the words to name many things used daily  Can be understood by family  Understands terms like "in," "on," and "under"	Can talk about what happens in daycare or at school  Speaks in sentences  May recognize or say rhymes  Can say first and last name	May tell stories that stay on track  Recites nursery rhymes or sings songs  May be able to name letters and numbers  Can answer simple questions about stories
<b>Movement / Physical</b>	Can walk up and down steps with one foot on each stair  Runs and jumps with ease  Catches a ball  Can slide down a slide	Can hammer a peg into a hole  Walks backwards  Climbs stairs confidently  Can hop  Pours liquids with some help	May be able to somersault  Uses scissors  Hops or stands on one foot for about 10 seconds  Can swing on swingset  Goes to the bathroom in the toilet

## School-age development

During the school years, children gain independence and competence quickly. Friends become more important and influential. A child's self-confidence will be affected by the academic and social challenges presented in the school environment.

As kids mature, the parenting challenge is to find a balance between keeping them safe, enforcing rules, maintaining family connections, allowing them to make some decisions, and encouraging them to accept increasing responsibility.

Despite their rapid growth and development, they still need parents and caregivers to set limits and encourage healthy habits.

Here are some things you can do to ensure that your child continues to be healthy:

- Make sure they get enough sleep.
- Provide opportunities for regular exercise and individual or team sports.
- Create quiet, positive spaces for reading and studying at home.
- Limit screen time and monitor online activities carefully.
- Build and maintain positive family traditions.
- Talk to your children about consent and setting boundaries with their bodies.

	<b>6-8 years</b>	<b>9-11 years</b>	<b>12-14 years</b>	<b>15-17 years</b>
<b>Cognitive</b>	<p>Can complete instructions with 3 or more steps</p> <p>Can count backward</p> <p>Knows left and right</p> <p>Tells time</p>	<p>Can use common devices, including phones, tablets, and game stations</p> <p>Writes stories and letters</p> <p>Maintains longer attention span</p>	<p>Develops views and opinions that may differ from parents' ideas</p> <p>Grows awareness that parents aren't always correct</p> <p>Can understand figurative language</p> <p>Ability to think logically is improving, but prefrontal cortex is not yet mature</p>	<p>Internalize work and study habits</p> <p>Can explain their positions and choices</p> <p>Continues to differentiate from parents</p>
<b>Social and emotional</b>	<p>Cooperates and plays with others</p> <p>May play with kids of different genders</p> <p>Mimics adult behaviors</p> <p>Feels jealousy</p> <p>May be modest about bodies</p>	<p>May have a best friend</p> <p>Can see from another person's perspective</p> <p>Experiences more peer pressure</p>	<p>May become more independent from parents</p> <p>Displays moodiness</p> <p>Increased need for some privacy</p>	<p>Increased interest in dating and sexuality</p> <p>Spends more time with friends than family</p> <p>Growth in ability to empathize with others</p>
<b>Language</b>	<p>Can read books at grade level</p> <p>Understands speech and speaks well</p>	<p>Listens for specific reasons (like pleasure or learning)</p> <p>Forms opinions based on what's heard</p> <p>Can take brief notes</p> <p>Follows written instructions</p> <p>Draws logical inferences based on reading</p> <p>Can write about a</p>	<p>Can use speech that isn't literal</p> <p>Can use tone of voice to communicate intentions; i.e. sarcasm</p>	<p>Can speak, read, listen, and write fluently and easily</p> <p>Can have complex conversations</p> <p>Can speak differently in different groups</p> <p>Can write persuasively</p> <p>Can understand proverbs, figurative</p>



		<p>stated main idea</p> <p>Can plan and give a speech</p>		<p>language, and analogies</p>
<p><b>Movement/Physical</b></p>	<p>Can jump rope or ride a bike</p> <p>Can draw or paint</p> <p>Can brush teeth, comb hair, and complete basic grooming tasks</p> <p>Can practice physical skills to get better at them</p>	<p>May experience signs of early puberty like breast development and facial hair growth</p> <p>Increased skill levels in sports and physical activities</p>	<p>Many females will have started periods</p> <p>Secondary sex characteristics like armpit hair and voice changes continue</p> <p>Height or weight may change quickly and then slow down</p>	<p>Continues to mature physically, especially boys</p>

## **Chapter 4: Communications & Connections**

### ***Confidentiality***

The children are going through a transition and do not need everyone knowing their business. Smaller communities are difficult because word spreads quickly. Other parents may say something in front of their kids and soon those kids will be making comments to the kinship children about their situation, and this can create further problems.

If you need to speak with someone about the situation, try to do so in a limited capacity. Tell only the people who need to know and limit the detail to only what is needed. You can easily tell people the children will be staying with you for some time and nothing more.

If the child you are caring for has a legal custodian through a tribe, Human Service Zone (former county social services), state agency, or juvenile services entity, ask the custodial agency (tribe, social services, etc.) about the legal requirements on confidentiality.

### ***Ways to communicate***

Communication is essential. You need to communicate with the child, family members, school, medical professionals, caseworkers, and so many more. How and what you communicate is the key. Regardless of who you are speaking with you need to avoid making negative comments about the children's parents. It will get back to the children and can hurt your relationship with them. You will need to express your frustrations but do so to a limited number of people and pay attention to what and how you say things.

### **Communicating with children**

When communicating with the children about the situation try to speak to them at their developmental/age level and again avoid negative comments. The child may begin to see you as the enemy and want to protect their parent if you are negative regarding their parents. They may also not be able to come to grips with the situation and see their parent as innocent, which makes them see you as a liar when you say something about their parent (even if it is true). You need to pay attention to how the child is communicating with you and what they are saying.

After communicating with a child on important topics, ask the child to repeat back to you what they understood from the conversation. This gives the caregiver the opportunity to clarify misunderstandings which often lead to conflict.

### **Birth parent and other family**

When communicating with the parent(s) try to stay positive and encouraging, especially if they are trying to make the changes needed for reunification. Try and update birth parents on the

child's life, such as school and activities they might be involved in. Often birth parents are hurt and angry that their children are not with them, and they displace their anger onto caregivers.

Unfortunately, there are people who will pick sides and get mad at you. They may blame you for the child being out of the home, accuse you of kidnapping the child, or just yell at you for "messing" things up. The best thing to do in these situations is to stay calm. If people are being difficult, you can calmly tell them that you are trying to help the family and keep the child safe.

Sometimes it is also best to document all communications and if people turn hostile try to record the conversation, especially if they are making threats. It may seem extreme but there are circumstances when it can help protect you and the children.

### **Medical or school professionals**

When a child enters your care, it is always important to have the child medically evaluated. If you contact the physician's medical staff prior to the child's appointment, they can generally provide you with a questionnaire or outline of what information is important for them to receive. It is good to track information like sleep patterns, behaviors and when they occur, eating patterns, exposure to drugs or alcohol, forms of abuse, prenatal information, etc. Doctors will need to know forms of abuse the child has experienced, but they generally do not need to hear the whole story of everything that happened, just key details.

Mental health professionals will need to know as much as possible regarding the child's history of health, development, maltreatment they may have experienced, important relationships to the child, school performance, and if you have knowledge of pregnancy exposure due to maternal alcohol or drug abuse. Often, mental health professionals will also have an outline or questionnaire that identifies what information is important for you to provide to them.

Discuss with the child if and how he/she wants to explain to others why he/she is not living with his/her birth parents. Some ways of doing this might be that his/her own parents have some "big people" problems that they are working on. Another explanation might be that his/her family has a lot of family members that care about each other which is why he/she is living with other family members. Some cultures have a normalized value on kinship care which can also be explained as a reason.

### **Conflict Resolution**

- Teaching Kids How to Deal With Conflict  
<https://childmind.org/article/teaching-kids-how-to-deal-with-conflict/>
  - Visual feelings chart
    - Kids can point to the image that best represents their emotions
  - Stop light or emotion thermometer
    - To gauge where they are
  - Brainstorm solutions on how to handle different types of conflict

- Get perspective
  - Have the child think about what their behaviors mean in the long run
  - Have them think about what it may be like for the other person
  - Ask the child was something else happening and before they struggled with the conflict. I.E. nervous about family visit
- Work on communication
  - Write out their emotions with various activities
  - Role play ways they can talk things through
- Be the model they need
  - Make sure you are showing the kids proper behaviors and ways to handle conflict
- How to Teach Kids Conflict Resolution Skills, <https://www.counselorkeri.com/2019/03/04/teach-kids-conflict-resolution/>
  - Teach them how to calm themselves
  - Help them work on understanding feelings and filtering thoughts
  - What is the scale of the problem
    - Is this a small, medium, large, gigantic problem
  - Teach how to find other solutions to problems
  - Help them understand how they can move past it

## **Family Communication**

Communication Skills for your Family,

<https://www.udel.edu/academics/colleges/canr/cooperative-extension/fact-sheets/comunications-skills-your-family/>

- Teach active listening
  - Pay attention to body language
  - Reduce distractions – put the phone down, turn tv, music off
  - Repeat to the person “This is what I understood you say...”
  - Don’t always offer advice, sometime people just need to be heard
  - Do not interrupt
- Do not name call
- Avoid terms like “you never” or “I always”
- Try to brainstorm possible win/win solutions – may not always work but helps reduce conflict
- Document the problems and possible solutions with timelines if people want a deadline for certain changes

## **Miscellaneous other tips on Communication Methods**

- Have them repeat what you want
  - You ask them to put away clothes make sure they have listened and can say what you want them to do.
- Remove distraction

- If on the computer, phone, tv, reading a book, etc they are focused on something else. Ask them to pause and focus on the conversation
- Simplify what you are saying
  - They are children they may not understand everything you are saying
- Listen to them
  - Maybe they need to share why they struggling with a task
- Look for other causes for struggling to listen or communicate
  - If struggling to sleep did they have too much sugar, are they focused on tv, is there a medical issue?

### ***Help the child maintain connections (friends, family, community)***

If possible, help the child maintain connections with their friends, other family, and various connections. The child needs to maintain a level of normalcy. If they were attending a youth group see if it is possible for them to still attend. If they want to have a sleepover see what you can do to make it happen. Try to set up play dates with their friends. If travel is needed maybe try to arrange several get togethers for them and make a weekend of it. Sometimes it will not be possible to maintain the connection in a face-to-face way, but you can arrange phone calls or video chats. Maybe encourage the child to write letters or emails. There are also various types of social media platforms in which the child can keep in contact with people. However, you should be aware of who they are speaking with and what social media platform they are using. Please be sure to look into internet and social media safety (see information starting on page [52](#)).

## Chapter 5: Daily life

### ***Importance of creating a routine***

Most children do better when they know what to expect as it adds predictability, maximizes their opportunity for success and is a proactive step in avoiding misunderstanding that can result in conflict. Routines also help children who have ADHD, PTSD, and Anxiety for the reasons previously mentioned. Creating a routine is a necessity but does not need to be extensive.

Caregivers can get a large desk calendar or a white board and write down events for the children. Events like if they have a visit with their parent, a doctors appointment, gymnastics, youth group, or a play date. It is good to list the appointments as well as the fun times. Some children will need more structure and in-depth information such as what they do each hour.

Routines also encompass when the child wakes up and goes to bed, when they take baths/showers, brush teeth, work on homework, etc. Remember that children that have experienced maltreatment and/or neglect have often experienced chronic chaos. As a result, the ability to remember and abide to routines is a task they'll need to learn. As with all new skills, it may take time and repetition.



### ***Social and Recreational Activities***

It is important for children to participate in recreational, school, religious, and community activities. Participating in activities can help children and adolescents develop skills, build self-esteem, and gain a sense of achievement. You are encouraged to give your kinship child opportunities to participate in groups such as Scouts, 4-H, church or synagogue (of their choice), activities related to cultural education, and sports and to take lessons in their areas of interest (music, dance, art, swimming, etc.).

It is essential that a child's activities take place within a safe environment. This requires common sense and good judgment on your part plus a full appreciation of your responsibility, a concern

for the protection of children in your care, and commitment to maintaining high standards of safety. Kinship caregivers should be sound adult role models and teach good safety habits; lead by example. The following guidelines should help you ensure a safe environment for children:

- Know your children, who they are with, and what they are doing
- Know the nature of the activity and the setting where the activity is taking place
- Be sure the child is dressed properly for the activity and the climate
- Plan ahead by anticipating situations and behaviors, thereby reducing risks and hazards
- A particular child may have a health or physical problem that requires special attention and supervision. For example, a child with a history of seizure disorder or allergic reactions would require additional planning and preparations
- Protection from sunburn
- Awareness and monitoring of specific health problems; it is crucial for you to discuss desired activities with the child's doctor and to be knowledgeable in treating the concern

For possible ways your kinship child can get involved check out your local library, boy scout/girl scout, summer day camps, youth groups/Awanas, gymnastics, and athletic teams.

## ***Dating***

Dating is a normal part of adolescence and important for development and social adjustment. As the kinship parent, you can help guide the teen in your care so that dating remains appropriate and offers personal growth. You are responsible for setting rules and establishing healthy relationships. You can also role model appropriate boundaries and should communicate with youth to identify and establish dating rules, curfew, and trust.

- Teens who date often experience rejection. Be sensitive, listen to their concerns, and assist them in identifying ways to meet new friends.
- Help teens establish personal boundaries by encouraging them to respect their values and their bodies. Discuss sexual responsibility, consequences of sexual behavior, and if needed ask case managers to assist in conversations about responsible relationships.
- If a teen chooses to date, reasonable and prudent parenting would suggest kinship caregivers:
  - Obtain knowledge of who they are choosing to date
  - Suggest safe dating options, such as double dating in a public setting
  - Confirm transportation and who will be driving
  - Confirm curfew time
  - Confirm the plans for the evening
  - Confirm if others will be joining the couple
  - Confirm if plans change; the rule is to call BEFORE going/doing something other than what was planned
  - Exchange phone numbers

- Confirm a code word with the child/youth: If things become uncomfortable, the child must know they can CALL YOU no matter what! Example: "I forgot to feed the dog." That would be a very good code for a family who does not have a dog. A safe way for a child to tell you they would like you to come and pick them up, etc.
- If the youth has a trauma background, it is recommended that dating be processed with the youth's therapist so that the youth and the caregiver have an understanding of trauma's impact on dating relationships.



## ***Socializing/ Hanging out with Friends***


Children may be invited to a birthday party, asked to go on a play date, or invited to a friend's house after school or after a football game on Friday night. Interacting and socializing with peers is normal and should be encouraged, so long as you find the peers/friends to be appropriate influences and a safe choice for the kinship child. Reasonable and prudent parenting would suggest kinship caregivers:

- Obtain knowledge of who is inviting the child to a birthday party, parents of the child, etc.
- Suggest hanging out with friends at your house where you know supervision is available, or in a public setting
- Confirm transportation and who will be driving
- Confirm drop off/pick up times
- Confirm the plans for the play date, birthday party, evening event, etc.
- Confirm if others will be there
- Confirm if plans change to call BEFORE doing something other than what was planned
- Confirm a code word with the child/youth: If things become uncomfortable, the child must know they can CALL YOU no matter what. Ex: "I forgot to feed the dog." That would be a very good code for a family who does not have a dog. A safe way for a child to tell you they would like you to come and pick them up, etc.
- Exchange phone numbers with the other family, friends, etc.



## ***Chores and Household Responsibility***

Performing chores that help maintain household order or satisfy a family need will help children feel useful and learn how to be responsible. Giving chores to children, however, should be done in a thoughtful way and in accordance with the following guidelines:

- Arrange for the child to feel successful in the early stages of the task or chore that he or she is given.
  - Start with simple chores and tasks and work up to those that are more complex, dependent on the child's skills and abilities.
  - Design the chore or activity according to the child's level of development.
  - Rotate chores so that the child can develop different skills and have a variety of experiences.
  - Chores or work should not be associated with discipline or punishment. Rather, they should be seen as part of the child's participation in family life.
- 
- A prolonged amount of time should not be required for any chore. The time that chores are to be performed should not interfere with family activities, school, regular play time, visits to family, or the child's normal contacts.
  - Praise the child for a job well done. Praise will help instill a sense of pride in achievement and a feeling of self-confidence.
  - Encourage children to take care of their own personal belongings, make their bed, and keep their closet, drawers, toys, and other items in order.
  - Different cultures have different values on sharing and ownership. Learn about and respect those values.

Remember children are still learning and not perfect. Do not expect perfection from the child with their chores. If you want tasks done a certain way help the child while they are doing it and remember to teach, not criticize.

# age appropriate CHORES

<b>2-3</b> YEARS	<ul style="list-style-type: none"> <li>*help feed pets</li> <li>*help wipe up messes</li> <li>*dust (put socks on hands)</li> <li>*make bed</li> <li>*pick up toys and books</li> <li>*put laundry in hamper</li> </ul>
<b>4-5</b> YEARS	<ul style="list-style-type: none"> <li>*match socks &amp; fold</li> <li>*put away laundry</li> <li>*straighten room</li> <li>*get the newspaper/mail</li> <li>*clear/set table</li> <li>*empty silverware from dishwasher</li> <li>*load dishwasher</li> <li>*take laundry to laundry room</li> </ul>
<b>6-8</b> YEARS	<ul style="list-style-type: none"> <li>*pull weeds &amp; rake leaves</li> <li>*water plants/flowers</li> <li>*collect trash from wastebaskets</li> <li>*empty dishwasher</li> <li>*clean bathroom sinks &amp; counters</li> <li>*sort laundry by colors</li> <li>*help pack school lunches</li> </ul>
<b>9-11</b> YEARS	<ul style="list-style-type: none"> <li>*mop floors</li> <li>*mow grass</li> <li>*vacuum</li> <li>*food preparation (wash, cut, dice, measure)</li> <li>*walk pet</li> <li>*clean toilets</li> <li>*take trash to curb</li> </ul>
<b>12+</b>	<ul style="list-style-type: none"> <li>*baby-sit siblings</li> <li>*wash windows</li> <li>*iron</li> <li>*clean interior/exterior of car</li> <li>*cook simple meals</li> <li>*laundry</li> <li>*clean refrigerator</li> <li>*make grocery list</li> </ul>

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(Moritz, n.d.)

## Allowance

Giving a child an allowance is helpful in teaching the use of money. The amount of allowance given to a kinship child should be the same as the allowance given to any child in the home and follow the same rules and guidelines. It is suggested that your kinship children be allowed to spend at least a portion of their allowance as they wish since this helps promote independence, responsible decision-making, and budgeting.



The amount of allowance for children can vary based on your desires. Some make it tied to age.

Another factor to consider with an allowance is how it will be given out. Will it be a lump sum weekly/monthly? Do they need to earn it with chores? Or will it be a blending of a lump sum and earning additional with chores?

## ***Savings Account***

A savings account is an appropriate way for a young child to gain skill in both banking and responsibility. The account belongs only to the youth. As such, it should always be in the youth's legal name. Teaching healthy financial skills is something that can benefit the child as they grow into adulthood.

There are several websites that can help you navigate finances with children:

- 15 Ways to Teach Kids About Money; Dave Ramsey:  
<https://www.ramseysolutions.com/relationships/how-to-teach-kids-about-money>
- Teach different ages how to budget, <https://freedomspout.com/budgeting-for-kids/>
- How to Teach Your Kids Good Money Habits; Cameron Huddleston, Forbes:  
<https://www.forbes.com/advisor/personal-finance/how-to-teach-your-kids-good-money-habits/>
- Ways to Teach Kids About Money; Geoff Williams:  
<https://money.usnews.com/money/personal-finance/family-finance/articles/ways-to-teach-kids-about-money>
- Want to teach your kids about money? Start by including them in the conversation; npr:  
<https://www.npr.org/2021/07/27/1021262899/finance-money-tips-kids-families-conversations>
- How to Teach Kids About Money at Every Age; Danielle Kiser, moneygeek:  
<https://www.moneygeek.com/financial-planning/resources/how-to-teach-your-kids-about-money/>

## ***Social Media and Technology***

Youth are surrounded by technology in various forms. Social media and use of technology will assist youth in socializing and maintaining connections but must be done in an appropriate way. Monitoring online activity and cell phone use (texting, Snapchat, Facebook, Instagram, tiktok, etc.) can assist youth in learning appropriate technology boundaries and internet safety. Set rules about the use of technology that meet the household structure (Ex: All cell phones are turned in at 9:00pm, no cell phones at the dinner table, cell phone passwords are shared with the kinship caregiver, Facebook users must "friend" you so monitoring of the posts can occur, etc.). You may want to determine if you should create and implement a media/technology contract. A contract would offer the youth an easy-to-follow list of expectations, which can decrease the opportunity for miscommunication.

## **Tips to help teens socialize in a fun and safe manner:**



**Be kind online:** Treat people the way you would want to be treated. If your “friends” or “followers” are rude, do not react or retaliate. If needed, ask for help or use privacy tools to block peers who are inappropriate.

**Think about what you post.** Sharing inappropriate photos or intimate details online can cause problems. It is important to remember that people you consider friends can use this info against you at a later date. In addition, items that you tweet, post on Facebook, search online, snapchat, etc. can follow you. Posts today could affect future employment; many employers search the internet to find out information about a potential employee.

## ***Parental controls for various accounts***

Most devices and web browsers should have the option of implementing parental controls. With these settings, you can block certain sites, set limits for screen time and data usage, restrict certain apps, prevent unwanted spending, and block certain unwanted content. The process for implementing these controls will differ based on the device and its operating system. You can search online for directions or email [Kinship@nd.gov](mailto:Kinship@nd.gov) and ask for a list of directions for various devices.

## Chapter 6: Education

### ***School***

Kinship caregivers are expected to actively participate in the child's education. Helping the child with homework and school projects, attending teachers' conferences, joining a parent/school organization, and participating in field trips are some of the important ways that you can get involved. You should also discuss the child's educational progress with the child's parents and, if appropriate, encourage them to attend school meetings and events.



**Proximity to School or Origin:** While children are in your home, they may be registered in your local school or remain in their current school. The best interests of the child should be considered when determining which school he/she should attend. You may decide it is best to have the child remain at their familiar school. However, there are times when a child is too far away from their school of origin, making it impossible to continue attending.

When a child moves/relocates, be sure to notify school personnel of the child's placement.

The U.S. Department of Education offers a parent site that has a wide range of helpful information for parents and caregivers regarding children's education from early childhood through college, special needs, disabilities, language challenges, and gifted students.

1-800-USA-LEARN (1-800-872-5327)

[www.ed.gov/parents](http://www.ed.gov/parents)

North Dakota Department of Public Instruction – Relative caregivers may find helpful information about the children they are raising.

701-328-2260

[dpi@nd.gov](mailto:dpi@nd.gov)

[www.dpi.state.nd.us](http://www.dpi.state.nd.us)

## ***Education Enrollment***

Relative caregivers can contact their local school district's administrative office or their local school to find out how to register the child and what paperwork is needed. Caregivers may need birth records, health records, or previous school records. Some states have laws that allow relative caregivers to enroll children they are raising in school. These laws are often called "education consent" laws, but may be called something else in your state.

If you do not have the legal forms you should talk to the school about the McKinney Vento act; this is for a child at risk of homelessness, but your situation may apply.

## ***Educational Support:***

It is important that all interested parties be aware of the school achievement and special needs of your kinship child. It is important that you:

- Involve yourself in the child's school progress and activities; this shows the child that you are interested and that you care.
- If possible, inform the child's parents of school progress.
- Attend meetings held by the school in order to support the child with his or her educational needs.

## ***Early Intervention, Special Education, and Related Services***

The Federal Individuals with Disabilities Act (IDEA)

- From birth to age 21, children who have learning disabilities, physical disabilities, or other special needs may be able to get special early intervention, preschool, and special education services in school through the federal IDEA. Services may include speech, physical, and occupational therapies.

Child Find

- A part of IDEA that requires states to identify, locate, and evaluate children in areas of cognitive and physical functioning, hearing and vision, speech and language, and social and emotional development as early as possible. Once a Child Find evaluation team, which includes a child's caregivers, has decided if a child is eligible for early intervention or preschool special education services, an Individual Family Service Plan (IFSP, birth to 3 years of age) or an Individual Education Plan (IEP, 3-5 years of age) is developed and services begin shortly at no cost.

Where to find help for children with special needs:

- North Dakota Special Education
  - 701-328-2277
  - [Special Education \(nd.gov\)](https://nd.gov/special-education)
- North Dakota Early Intervention Program
  - Designed to identify children at risk in the earliest stages – when the right help can make all the difference.
  - 701-328-8968



- [dhsds@nd.gov](mailto:dhsds@nd.gov)
- [Early Intervention Program: Department of Human Services: State of North Dakota \(nd.gov\)](https://www.nd.gov/human-services/early-intervention-program/)
- The National Dissemination Center for Children with Disabilities
  - Guides caregivers to organizations and resources in each state and offers both English and Spanish language information
  - 973-642-8100
  - [Center for Parent Information and Resources | Your Central Hub for Parent Centers Serving Families of Children with Disabilities \(parentcenterhub.org\)](https://parentcenterhub.org/)
- Parent Centers
  - Provide information to help parents and caregivers with children who have special education needs and disabilities.
  - [About Parent Centers Serving Families of Children with Disabilities | Center for Parent Information and Resources \(parentcenterhub.org\)](https://parentcenterhub.org/)

## IEP (Individualized Education Program)

<https://www.understood.org/en/articles/what-is-an-iep>

An IEP is specialized support for children in PreK-grade 12 in public education. It lays out the special education instruction, supports, and services a student needs to thrive in school. It may also be called an Individualized Education Plan.

An IEP maps out the program of special education instruction, supports, and services kids need to make progress and thrive in school. IEPs are covered by special education law, or the **Individuals with Disabilities Education Act (IDEA)**, which requires public schools to provide special education and related services to eligible students. Having an IEP also gives students, families, and schools legal protections; it allows families to be involved in decisions that impact their child's education and gives students rights when it comes to school discipline.

To get an IEP, there is an evaluation that shows a student's strengths and challenges. The results of this evaluation are used to create a program of services and supports tailored to meet the student's needs. You can ask to have your child evaluated by the school (which is free) or you can pay for a private evaluation; at times, the school may suggest to you that the child be evaluated, but the school cannot complete an evaluation without your consent.

To be eligible for an IEP, a student must have one or more of the 13 conditions that are covered under IDEA and be adversely affected by that disability, to the degree that they need services and accommodations to succeed at school.

Below are the 13 conditions covered under IDEA:

1. Specific learning disability (SLD)
  - Such as dyslexia, dyscalculia, or written expression disorder (dysgraphia)
2. Other health impairment

- Those limiting a child's strength, energy, or alertness
- 3. Autism Spectrum Disorder (ASD)
- 4. Emotional Disturbance
  - Such as anxiety, schizophrenia, bipolar disorder, obsessive-compulsive disorder, or depression
- 5. Speech or language impairment
- 6. Visual impairment, including blindness
  - Use of corrective eyewear does not qualify
- 7. Deafness
- 8. Hearing impairment
- 9. Deaf-blindness
- 10. Orthopedic impairment
  - The child lacks function or ability in their bodies (such as cerebral palsy)
- 11. Intellectual disability
- 12. Traumatic brain injury
- 13. Multiple disabilities
  - The child has more than one condition covered by IDEA

It is possible that the school will determine your child is not eligible for an IEP. In this case, you can request a 504 plan or get an Independent Educational Evaluation (IEE).

- 504 plan
  - This is a blueprint for how the school will support a student with a disability and remove barriers to learning.
  - 504 plans are not part of special education and are covered by different laws.
  - May give extended time on tests or the ability to leave the classroom for short breaks.
  - May also include changes to environment (such as a quiet space for test-taking), changes to instruction (such as checking in frequently on key concepts), or changes to how curriculum is presented (such as getting outlines of lessons)
- IEE - Independent Educational Evaluation
  - You have the right to request an IEE under IDEA if you disagree with the results of the school's evaluation
  - Usually you will have to pay for the evaluation on your own, but there are instances where the school may pay
  - An IEE has to meet the same standards that are required of a school evaluation
  - If the school feels that an IEE is not needed, it must ask for a due process hearing to explain why its evaluation is correct



## Head Start:

Head Start and Early Head Start is a comprehensive child development program serving children from birth to age five, with the goal of increasing the cognitive, social, and emotional development of children, and to improve the chances of success when enrolled in school. Every Head Start program provides comprehensive services for children and families.



Infants, toddlers, and expectant families are served through Early Head Start programs. Early Head Start programs are available to the family until the child turns 3 years old and is ready to transition into a Head Start program or another pre-K program.

Head Start programs promote the school readiness of children ages 3 to 5.

Services may include:

- Early education in and out of the home
- Home visits, particularly for families with newborns and infants
- Parent education, including parent-child activities
- Comprehensive health and mental health services, including services to women before, during, and after pregnancy
- Nutrition
- Ongoing support for parents through case management and peer support groups

Requirements for eligibility include:

- Family must meet low-income guidelines
  - At or below the 100% federal poverty guideline
- Children in foster care, homeless children, and those in families receiving public assistance (such as TANF or SSI) are eligible regardless of income
- Families experiencing homelessness

If you have questions or need additional information on the Early Head Start and Head Start programs you can speak with your Kinship Navigator, caseworker, or contact your local program. Or you can visit the following sites:

<https://www.acf.hhs.gov/ohs>

<https://www.nd.gov/dpi/education-programs/early-childhood-education/head-start>

[Office of Head Start \(OHS\) | The Administration for Children and Families \(hhs.gov\)](#)

## After-school programs

Some schools or school districts have after-school programs where the kids go from school to the after-school program until the evening hours. The activities in after-school programs vary. Generally, they have snacks, time to work on homework, and various indoor or outside activities. Contact your schools or district to see if they offer an after-school program.

# Chapter 7: Safety and Emergency

## ***Safety***

You need to create a safety plan and review and practice it with the children. Include in your plan:

- Where to meet if there is a fire
  - for example, you could meet at the mailbox or a tree in the yard
- Where are fire extinguishers located
- Who to call in case of emergency
  - 911

## **Stranger safety**

Create a code word that the child can remember. This way if you have someone coming to pick up the child, they will know it is safe.

## ***Fire Safety***

The Children & Family Services Training Center (CFSTC) and North Dakota Department of Human Services (NDDHS) have online fire safety training available. Click the link below and look under Training Options. CFSTC: <https://und.edu/cfstc/foster-parent-education/fire-safety-training.html>

The home should be equipped with fire extinguishers, smoke detectors, and carbon monoxide detectors as recommended by the local fire inspector or state fire marshal. They must always be in working condition.

## ***Car Safety Restraint***

ND state law, NDCC §39-21-41.2, requires the use of child restraints/safety belts. In summary:

- All children riding in a motor vehicle are required to be properly restrained in an infant car seat, convertible rear facing car seat, convertible forward facing car seat, booster seat, or a car seat belt (depending on the age and size of the child).
- The child restraint must be used correctly and be properly installed.
- The law applies to all seating positions, both front seat and back seat.
- Young children should not ride in the front seat because, in the event of a crash, the air bags are more likely to harm than to help.
- The driver is responsible for ensuring that all occupants are buckled in appropriate restraint.

**For more information** go online to ND Department of Health – Child Passenger Safety Program or ND Safe Kids <http://www.safekids.org/>



## ***Firearms in the Home***

Firearms must be kept in locked storage or trigger locks must be used, and ammunition must be kept separate from firearms. (NDAC 75-03-14-03)

## ***Prescriptions***

- Any prescribed medications used to treat a child must be ordered by a doctor.
- Over-the-counter medications should be used with caution because of possible allergic reactions. It is wise to consult the child's doctor when giving any of these medications to a child. Also, be sure to notify the child's case manager about the child's illnesses and treatment, if there is a case manager.
- Safety surrounding the distribution, storage, and disposal of medications in the home must be ensured. All medication (prescription, over the counter, vitamins) must be safely stored out of reach of children. They may think it is candy, use for pill parties, or use for suicide.



## ***Day-to-Day Safety***

You should take certain day-to-day safety measures including keeping the house and premises clean, neat, and free from hazards that jeopardize health and safety. The home for children should engage in proper trash disposal and be free from rodent and insect infestation. The family should be equipped with adequate light, heat, ventilation, and plumbing for safe and comfortable occupancy. The home and grounds should comply with any applicable state and local zoning requirements. (NDAC 75-03-14-03)

Remember that if the child you are caring for has experienced child maltreatment, they might have specific safety needs. As an example, if the child has been isolated, they might need extra support, instruction, and supervision regarding crossing streets, being in crowds of people, etc.

The childproofing lists seen on pages 60-61 can be found at the following website, <https://www.childproofingexperts.com/childproofing-checklist-by-age/> (Childproofing Checklist by Age, n.d.)



# Childproofing Checklists

## BY DEVELOPMENT / AGE

### Newborn *Before Baby is On-the-Go*



It makes sense to begin child proofing before your child is on the go. Installing safety products develops good habits in parents and teaches children what is off-limits. Young babies reflexively bring their hands to their mouths, so it's important to think about choking hazards from an early age.

Begin child proofing your home by doing the following:

- ☐ Make sure baby's crib adheres to current safety standards as specified by the US Consumer Product Safety Commission.
- ☐ Keep baby's crib free of pillows, bumpers, stuffed animals, and blankets.
- ☐ Place baby monitors and their electrical cords at least three feet away from the crib.
- ☐ Retrofit or replace any corded window coverings. Any cord is a hazard.
- ☐ Use hands-on supervision during bath time and on the changing table.
- ☐ Install smoke alarms and carbon monoxide detectors.
- ☐ Get in the habit of closing the toilet lid; consider installing a latch.
- ☐ Install gates to prevent access to stairs and other areas parents wish to keep off-limits.
- ☐ Adjust water heater temperature to 120 degrees Fahrenheit.
- ☐ Create a storage area for purses and briefcases that is out of reach of children.
- ☐ Anchor TVs and furniture, including dressers and bookcases.
- ☐ Install a fence around any pool or hot tub. Install a pool alarm.

### Crawling *Curious Explorers*



Crawling and cruising children will grab onto almost any surface and may pick up any visible item. Everything is new and exciting to them and they like to check out new items by tasting them. Make sure that crawlers can only access areas free of harm. As soon as your child begins rolling over, take care of all the items on the newborn list. In addition, child proofing for curious crawlers includes new steps.

- ☐ Cover electrical outlets lower than counter height and select products that are not choking hazards. (Remember your kitchen island!).
- ☐ Remove nightlights in any lower outlets.
- ☐ Use stationary play centers, not baby walkers.
- ☐ Cover sharp furniture edges and corners (or remove furniture).
- ☐ Pack up and put away breakables and valuables.
- ☐ Keep items away from the edges of tables and countertops.
- ☐ Secure and hide electrical cords, including lamp and appliance cords.
- ☐ Install latches on appliance and oven doors, or keep them securely closed at all times.
- ☐ Ensure that the area three to four feet up from the floor is free of choking hazards, including loose change, marbles, and rubber bands.
- ☐ Keep household cleaners and medicines up high (latches help, but children can defeat them).
- ☐ Learn and post the number for Poison Control: 1-800-222-1222.
- ☐ Turn pot handles inward on the stove and use back burners.
- ☐ Ensure stoves are anchored.
- ☐ Empty bathtubs and buckets of water immediately after use.
- ☐ Ask older siblings or visiting children to pick up their toys carefully after playing with parents double checking the area.

## Toddler *Very Active & Finds Trouble Quickly*



Toddlers walk, run, and climb. As they won't always follow your instruction of "No," it is best to have safety gates installed early so that your child knows which rooms are off-limits. Be prepared to give lots of clear reminders about safety, as children this age cannot remember even simple rules. Make sure that the steps in the previous stages have been completed, and work on the following as well.

- ☐ Keep windows latched. Screens will not protect a child from a window fall.
- ☐ Lock doors to the outside.
- ☐ Keep household medications in child resistant containers and in a high cabinet.
- ☐ Never refer to medicine as "candy" or take your medicine in front of them. Toddlers like to imitate adults.
- ☐ Unplug small appliances and keep them out of reach.
- ☐ Remove sharp items from countertops.
- ☐ Secure doors to off-limit areas such as cellars and garages.
- ☐ Install stove knob covers.
- ☐ Create a space out of reach of children for small electronic devices to rest and charge.
- ☐ Place hot foods and liquids on the center of tables and countertops, not on edges, table cloths or placemats.
- ☐ Be careful with chairs & step stools especially for climbers!
- ☐ Ensure couches and other furniture are not placed next to balconies or railings.

## Child *The More they Do, the More Dangers they Find*



Children ages three to five can understand why some items and actions are dangerous. Nonetheless, their impulses often push them to do what they know is forbidden. Your child will have likely outgrown their crib. At this age, children may use their improved motor skills to investigate rooms and items which have been designated off-limits.

- ☐ Double-check previously installed latches, locks, and gates, to see if your child is now able to overcome them.
- ☐ Explain to your child why certain items are dangerous, but do not expect them to obey you at all times.
- ☐ Continue keeping cleaners and medications out of reach.
- ☐ Teach children how to respond to the sound of a smoke alarm at home. Make an escape plan, and practice it with your kids.
- ☐ Check your smoke alarms each month.
- ☐ Keep matches and lighters up high and out of reach.
- ☐ Install window stops or guards on windows on upper floors.
- ☐ Do not allow children this age to use a microwave.
- ☐ Teach your child his or her full name, street address, and phone number.
- ☐ Continue adult supervision during bath time.
- ☐ Keep firearms unloaded and locked in a cabinet.
- ☐ Remove or retrofit any storage trunks or chests which cannot be opened from the inside.

Childproofing tasks should be started as soon as possible because children grow and develop at different rates. Remember, childproofing does not eliminate the need for supervision!

Learn more and find more valuable resources at: [childproofingexperts.com](http://childproofingexperts.com)



This list does not include all the possible hazards that exist in homes. This information is meant to be one of many resources you use in protecting your children.



## Top 10 Household Hazards include:

1. **Falls:** Whether it is slipping on a wet floor after a shower or falling down the stairs, injuries due to falls are one of the most common household hazards.
2. **Fire:** Everything from candles to an unattended iron could lead to an accidental fire in your home, but there are many things a family can do to prevent a fire.
3. **Carbon Monoxide:** Accidental poisoning due to carbon monoxide in the home is becoming more common nationwide.
4. **Choking:** Dinner swallowed the wrong way, or a child accidentally swallowing a small item; the biggest household choking hazards come from small toys and hard foods that easily block airways, like peppermints or nuts.
5. **Sharp Objects:** We all understand the danger of sharp objects. Unfortunately, there are a number of necessary items used both inside and outside your home (knives, scissors, work bench tools, etc.) keep them out of the reach of children.
6. **Paints/Chemicals:** You just finished re-painting the living room and cannot wait to show off your work to friends and family. Discard of paint and chemicals properly and store them locked out of reach of children.
7. **Window Cords:** Cords on window dressings/blinds/curtains can present a strangling hazard to small children and infants.
8. **Bathrooms:** The highest risk of slipping and falling is in the bathroom; additional hazards include chemicals in soaps, makeup, perfumes, razors, and medications.
9. **Dishwashers:** Dishwashers help us get through after-dinner chores in half the time and require half the elbow grease. But this convenient appliance does pose some risks, especially to small children (heat, steam, knives, detergent pouches, etc.).
10. **Stoves:** Stoves present a danger. In addition to burning danger from hot implements, an improperly installed stove can easily tip over and crush toes, fingers, or worse.



Top 10 hazard list found at, <http://www.safewise.com/blog/10-safety-hazards-to-watch-out-for-around-the-house/>

(Edwards, 2022)

## Emergency

Have an easily accessible place for emergency numbers:

## Important Telephone Numbers

Role	Name	Number
Emergency # 911		
Hospital/Clinic		
Dentist		

Eye Doctor		
School		
Biological Parent (Mom)		
Biological Parent (Dad)		
Child's Sibling		
Child's Sibling		
Child's Close Relative		
	Poison Control	1-800-222-1222

### ***Suicidal Ideation/Threats***

Talk of suicide or suicidal gestures should be taken very seriously. Because of the impulsiveness of children, an action that starts out as attention-seeking could result in serious injury or death. Whenever you hear talk of suicide or see suicidal behavior, including letters, notes, or drawings, provide close adult supervision and seek mental help for the child. If there is a case manager involved, notify them of your concerns.

1. If there has been a *suicide attempt*, do not leave the child unattended.
2. If the child's condition warrants it, get *immediate* medical attention.



### ***Suicide Warning Signs***

What should you look for when concerned that a person may be suicidal?

A change in behavior or the presence of entirely new behaviors is a possible indicator. This is a concern if the behaviors are related to a painful event, a loss, or change in the child's life. Most individuals who take their own life exhibit one or more warning signs, either through what they say or what they do.

<p style="text-align: center;"><b>TALK</b></p> <p>If a person talks about:</p> <ul style="list-style-type: none"> <li>• Being a burden to others</li> <li>• Feeling trapped</li> <li>• Experiencing unbearable pain</li> <li>• Having no reason to live</li> <li>• Killing themselves</li> </ul>	<p style="text-align: center;"><b>MOOD</b></p> <p>People who are considering suicide often display one or more of the following moods:</p> <ul style="list-style-type: none"> <li>• Depression</li> <li>• Loss of interest</li> <li>• Rage</li> <li>• Irritability</li> <li>• Humiliation</li> <li>• Anxiety</li> </ul>
<p style="text-align: center;"><b>BEHAVIOR</b></p> <p>Specific behaviors to look for include:</p> <ul style="list-style-type: none"> <li>• Increased use of alcohol or drugs</li> <li>• Looking for a way to kill themselves, such as searching online for materials or means</li> <li>• Acting recklessly</li> <li>• Withdrawing from activities</li> <li>• Isolating from family and friends</li> <li>• Sleeping too much or too little</li> <li>• Visiting or calling people to say goodbye</li> <li>• Giving away prized possessions</li> <li>• Aggression</li> <li>• Displays of sadness – such as tearfulness or weepiness</li> </ul>	

## ***Ways to help***

Connect the youth with various resources such as a counselor, online support groups, or hotlines. Be open to listening to their needs and helping them find solutions.

Suicide Hotline, call 9-8-8

It is available 24/7 serving anyone

National Crisis Text line – Text “HELLO” to 741741.

It is available 24/7 serving anyone and connecting them to a crisis counselor. The opening message can say anything, but “HELLO” is a good starting point.



## Chapter 8: Understanding Legal

Caring for a child comes with legal needs, especially with school and medical needs. North Dakota has a few different types of legal identification for your rights in caring for a child: Power of Attorney (POA), Guardianship, Tribal custody, and Adoption. Each provide different rights in your ability to care for a child. At the very minimum you should try to get Power of Attorney.

On the next page is a comparison chart of Power of Attorney, Guardianship, and Adoption. Tribal custody was not included due to the variations in case-by-case and tribe.

Deciding on which legal arrangement you should have is between you and the parent, however, if ND child welfare or Tribal child welfare are involved your caseworker will be assisting in deciding the best arrangement.

### ***Power of Attorney***, also called POA

Provides short term permissions, a maximum of 6 months. Can be done with a notary.

Link to form: [Power of Attorney Form](#)

### ***Guardianship***

Provides long term permissions (1 year minimum length and longer). Must go through the courts.

Link to an overview of guardianship and how to determine the right form needed:

<https://www.ndcourts.gov/legal-self-help/minor-guardianship>

### ***Tribal Custody***

Varies based on Tribal court determination.

Link to ND tribal courts: [North Dakota Court System - Tribal Courts \(ndcourts.gov\)](#)

### ***Adoption***

Permanent; all rights are given. Must go through the courts.

Information on adoption: [Adoption | Health and Human Services North Dakota](#)

For additional legal assistance contact a lawyer. You can also look for information with the Legal Self Help Center or Legal Services of North Dakota.

### **Legal Self Help Center**

Can assist with information but cannot provide legal advice or act as a lawyer.

Website: <https://www.ndcourts.gov/legal-self-help>

Phone: 701-328-1852

Email: [ndselfhelp@ndcourts.gov](mailto:ndselfhelp@ndcourts.gov)

### **Legal Services of North Dakota** (Legal Assistance - Low Income/Elderly)

Under age 60 Call: 800-634-5263

Age 60+ Call: 800-621-9886

	<b>Power of Attorney (POA)</b>	<b>Guardianship</b>	<b>Adoption</b>
<b>Length of time</b>	Maximum 6 months	Will be reevaluated each year; maximum 3 years	Forever
<b>Made official by</b>	Notary	Court	Court
<b>Attorney needed</b>	No, but you can seek their advice	Yes, due to complexity, but not required	Yes, due to complexity, but not required
<b>Your legal rights &amp; responsibilities</b>	Generally limited to access school and healthcare for the child	You have most rights & responsibilities (school, medical)	You have full legal rights and responsibilities over the child
<b>Birth Parents rights &amp; responsibilities</b>	Maintain all rights and responsibilities	Varies, depends on the court. Still have the obligation to financially support the child & the right to have visitation and contact with the child	None, birth parent rights are terminated
<b>Visits with birth parents</b>	Yes, if able	Yes, to the extent allowed by the court in the guardianship order. Guardians could allow additional visits if they want but not less unless court allowed	You decide if the child can visit with parents
<b>Continued court involvement</b>	Does not require	Will be reevaluated each year; maximum 3 years	Initial 6 month follow up then nothing
<b>Claiming child on taxes</b>	The birth parents still claim child	Yes & no. Child must live w/ guardian over 6 months. Check w/ tax professional based on your case	The child is yours to claim on taxes
<b>Child welfare involvement</b>	Yes & no. Depends on if there is child welfare involvement beforehand	Yes & no. *If child welfare previously involved, may maintain involvement. *Private guardianship petitions that allege deprivation are reported. If there's nothing that concerns child welfare, they don't get involved. If the parents and guardian are all in agreement, chances are the Juvenile Court officers and directors won't report when the petition is filed.	None
<b>Parent right to cancel</b>	Parent can revoke at anytime	Parent can petition to end arrangement	None after completed, unless previously unknown parent comes forward
<b>Change child's name</b>	No	No	Yes
<b>Can I add the child to my health insurance</b>	No	Depends on your insurance carrier	Yes
<b>Can the child receive Medicaid</b>	Yes, if eligible	Yes, if eligible	If adopted from foster care the child automatically gets Medicaid

Created by Kinship-ND Kinship Navigator & ND Legal Self Help – 1/2022

# Chapter 9: Snapshot of Federal & State Services

## ***AARP Foundation's Benefits QuickLINK***

[www.aarp.org/quicklink](http://www.aarp.org/quicklink)

*What does it do?*

A free and private way to find out if relatives or the children they are raising qualify for programs that pay for food, increase income, and cover home and healthcare costs. These benefits may include:

Public Benefits for Older Americans:

- Medicare Savings Programs
- Medicare Prescription Drug Coverage
- Medicare Rx Extra Help
- State Pharmaceutical Assistance programs (SPAP)
- Medicaid for Aged, Blind, and Disabled
- Supplemental Nutrition Assistance Program (SNAP)
- Earned Income Tax Credit (EITC)
- Low Income Home Energy Assistance (LIHEAP)
- State Property Tax Relief/Rebates
- Supplemental Security Income (SSI)
- Telephone Assistance (Link-Up and Lifeline)

Public Benefits for Families Raising Children:

- Medicaid for Children
- State Children's Health Insurance Program (SCHIP)
- TANF-Child Only Grants
- Supplemental Security Income for Children

## ***Affordable Connectivity Program***

*What does it do?*

An FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare, and more. Provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. You may also be able to receive a one-time discount of up to \$100 for the purchase of a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 towards the purchase price. Limited to one monthly service discount and one device discount per household.

*Requirements for Eligibility:*

Household income at or below 200% of the Federal Poverty Guidelines or if a member of the household meets at least one of the criteria below:

- Received a Federal Pell Grant during the current award year.
- Meets eligibility criteria for a participating provider's existing low-income internet program

- Participates in one of the following assistance programs:
  - SNAP
  - Medicaid
  - Federal Housing Assistance
  - Supplemental Security Income (SSI)
  - Veterans Pension or Survivor Benefits
  - Lifeline
  - Free and Reduced-Price School Lunch Program or School Breakfast Program
- WIC
  - Participates in one of these assistance programs and lives on Qualifying Tribal Lands:
    - Bureau of Indian Affairs General Assistance
    - Tribal TANF
    - Food Distribution Program on Indian Reservations
    - Tribal Head Start (income based)

#### *How to Apply*

- Go to [www.affordableconnectivity.gov](http://www.affordableconnectivity.gov) to submit an application or print out an application to mail in
- Contact your preferred participating provider to select a plan and have the discount applied to your bill – some providers may have an alternative application.
- Eligible households must both apply for the program and contact a participating provider to select a service plan.

## **CCAP (Child Care Assistance Program)**

[Child Care Assistance Program | Health and Human Services North Dakota](#)

Application: <https://www.nd.gov/eforms/Doc/sfn00405.pdf>

#### *What does it do?*

Helps income-eligible families pay for childcare while at work, attending school, or attending training programs

#### *Requirements for Eligibility:*

- Children must meet age requirements
  - Birth through age 13
  - Special needs children may qualify up to age 19
- Must be working or participating in education or training programs
  - Must provide a schedule of your activities that create a need for child care
- Families must meet income guidelines
  - Must verify ALL earned, unearned, and self-employment income for ALL members of the household
  - Monthly income from wages, child support, pensions, veteran's benefits, or other sources must be less than the CCAP income limits (see table below)

<i>*Estimate only; Effective October 1<sup>st</sup>, 2022 and verified April 25<sup>th</sup>, 2023</i>	
<b>Family Size (Adults and Children)</b>	<b>Maximum Monthly Income</b>
2	Up to \$5,158
3	Up to \$6,371
4	Up to \$7,585
5	Up to \$8,798
6	Up to \$10,011
7	Up to \$10,239
8	Up to \$10,467

- Provide verification of the applicant's identity (birth certificate, driver's license, work or school ID, tribal document, or passport) and relationship to each child for whom CCAP benefits are being requested (birth certificate)
- Provide verification (birth certificate) of age for each child for whom CCAP benefits are being requested
- If you or another adult member of your household make court-ordered child support or court order spousal support payments, attach verification of the monthly amount
- Must be a resident of the state of North Dakota

#### *How to Apply:*

- Complete an application at [www.applyforhelp.nd.gov/sfn00405.pdf](http://www.applyforhelp.nd.gov/sfn00405.pdf) (nd.gov)
  - Your application will be directed to the appropriate Human Services Zone office
- OR: Print and complete the application and bring it to a Human Service Zone office
- OR: Contact your local Human Service Zone office to have an application mailed to you
  - [Human Service Zones | Health and Human Services North Dakota](#)
- OR: call 1-866-614-6005 or 701-328-1000 (711) or email [applyforhelp@nd.gov](mailto:applyforhelp@nd.gov)

#### *How does it work?*

- You pay a co-pay (amount determined by a sliding fee scale based on your family's income and household size)
- Payments are made directly to the childcare provider
  - The childcare provider will submit requests for payment
  - Payment rates are based on child age, amount of time the child is cared for, and the type of childcare
  - Any cost that is over what the program pays is your responsibility to pay
- There are Acceptable Child Care Provider Requirements

## Children's Health Insurance Program (CHIP)

### [Children's Health Insurance Program | Health and Human Services North Dakota](#)

#### *What is it?*

Provides low-cost health coverage to children in families that cannot afford health insurance for their children but earn too much to qualify for Medicaid.

#### *What does it do?*

- Provides for routine check-ups, immunizations, doctor visits, prescriptions, dental and vision care, inpatient and outpatient hospital care, laboratory and X-ray services, and emergency services
- Routine "well child" doctor and dental visits are free; other services may require a copay.

#### *Eligibility Requirements:*

- Children must be:
  - Under age 19
  - Uninsured
  - A U.S. citizen or qualified alien
  - A resident of the state
  - Living in families within the income range (greater than the Medicaid level, but not exceeding 175% of the federal poverty level)

Effective Levels Effective April 1 <sup>st</sup> , 2023		
Family Size	Annual Modified Adjusted Gross Income	Monthly Income
1	\$25,515	\$2,127
2	\$34,510	\$2,876
3	\$43,505	\$3,626
4	\$52,500	\$4,375
5	\$61,495	\$5,125
6	\$70,490	\$5,875
7	\$79,490	\$6,624
8	\$88,480	\$7,374
9	\$97,475	\$8,123
10	\$106,470	\$8,873

#### *How to apply:*

- Call 1-844-854-4825 or Email [medicaidcc@nd.gov](mailto:medicaidcc@nd.gov)
- Go to the Health Insurance Marketplace ([www.healthcare.gov](http://www.healthcare.gov)) and fill out an application
  - If you qualify, information will be sent to your state agency and someone will contact you about enrollment.
  - There is no limited enrollment period; apply any time of the year.

## ***Eldercare Locator***

[Eldercare Locator \(aql.gov\)](http://aql.gov)

1-800-677-1116

The National Eldercare Locator service helps you find your local area agency on aging and other state and local resources that can help with public benefits, local programs, and other services for older adults.

## ***Family Caregiver Support Program***

[Family Caregiver Support Program | Health and Human Services North Dakota](#)

*What is it?*

The NFCSP provides grants to states and territories, based on their share of the population age 70 and over, to fund a range of supports that assist family and informal caregivers to care for their loved ones at home for as long as possible through the enactment of Part E of the Older Americans Act of 1965. The goal is to support informal caregivers so they may continue to carry out their caregiving roles and responsibilities. The services work in conjunction with other state and community-based services to provide a coordinated set of supports.

*Provides the following types of services:*

- Information to caregivers about available services
- Assistance to caregivers in gaining access to the services
- Individual caregiver counseling
- Caregiver support groups
- Caregiver training
- Respite care (in-home and/or out-of-home)
  - Only for caregivers of "frail" older adults – an adult age 60+ who is functionally impaired
- Supplemental services, on a limited basis
  - Only for caregivers of "frail" older adults – an adult age 60+ who is functionally impaired

*Requirements for Eligibility:*

Must meet one of the following criteria:

- Adult family members or other informal caregivers aged 18 and older providing care to individuals age 60 or older
  - Person being cared for must need help with at least 2 Activities of Daily Living (eating, dressing, bathing, toileting, mobility, personal hygiene, and/or transferring from bed to chair)
- Adult family members or other informal caregivers aged 18 and older providing care to individuals of ANY age with Alzheimer's disease and related disorders
  - Person being cared for must need help with at least 2 Activities of Daily Living

(eating, dressing, bathing, toileting, mobility, personal hygiene, and/or transferring from bed to chair)

- **Older relatives (not parents) age 55 and older providing care to children under the age of 18**
- Older relatives, including parents, age 55 and older providing care to adults age 18-59 with disabilities

## ***Grandfamilies State Law and Policy Resource Center***

[Home \(grandfamilies.org\)](http://grandfamilies.org)

*What is it?*

A national legal resource in support of grandfamilies within and outside the child welfare system. Their mission is to:

- Educate individuals about state laws, legislation, and policy in support of grandfamilies
- Assist interested policymakers, advocates, caregivers, and attorneys in exploring policy options to support relatives and the children in their care
- Provide technical assistance and training

They provide technical assistance to help assist national, state, regional, and local child welfare agencies with implementing federal child welfare laws including:

- Family First Prevention Services Act of 2018 (Family Foster Home Licensing Standards, and Kinship Navigator Programs)
- Preventing Sex Trafficking and Strengthening Families Act of 2014
- Fostering Connections to Success and Increasing Adoptions Act of 2008

## ***Guardianship Assistance Program (GAP)/ Subsidized Guardianship Program***

*What is it?*

There is a state-funded GAP program and a federal IV-E GAP program. Provide monthly payment to the eligible guardian who provides care to an eligible child. Please note there is a cap on participants, so availability is limited.

*The guardian must:*

- Pass a criminal background check and a home study.
- Received contingent approval for a subsidy for the child's needs prior to the guardianship appointment
- Be an adult (with preference given to those who are at least 21 years of age)

***State funded:***

- *Eligibility*
  - Child in ND foster care under the custody of a Human Service Zone, Division of Juvenile Services, or a Tribal Nation



- Reunification has been ruled out
- Adoption has been ruled out
- One sibling is 12 years of age or older
- *Maintenance Payment*
  - Payments based on legislative appropriation
  - Payment eligibility will be reviewed upon the child's 18<sup>th</sup> birthday
  - Child is eligible for Medicaid if residing in ND

***Federally funded:***

- *Eligibility*
  - Child meets all criteria identified on the state-funded GAP
  - Child is IV-E eligible
  - Child is under the age of 18
  - Child must be placed with the licensed relative foster parent for at least 6 consecutive months
  - Guardian must be a licensed foster parent who meets the definition of an identified relative by NDCC 50-11
  - Demonstrate strong attachment to the prospective guardian and the prospective guardian has a strong commitment to caring permanently for the child
  - Prospective guardians verify that the guardianship cannot occur without a Guardianship Assistance Agreement because the child's present and anticipated future needs have been determined to exceed the family's ability to meet those needs without assistance.
- *Maintenance Payment*
  - Established in conjunction with the department's guardianship rates
  - Payment eligibility will be reviewed upon the child's 18<sup>th</sup> birthday
  - Child is categorically eligible for Medicaid regardless of state of residence

***Subsidized Guardianship:***

*Eligibility:*

- The child must be in foster care
- Consideration for guardianship is the responsibility of the child's custodian (Human Services Zone office/ county social services, Division of Juvenile Services, or tribe) working with the permanency planning committee.
- Youth age 16-18 will be given priority. Sibling groups which include a youth in the 16-18 age group will also be given priority consideration

*How do I establish Subsidized Guardianship?*

It is the social worker's role to assist the prospective legal guardian in applying for the subsidy program, to make available general background information about the legal aspects of guardianship, and to assist the prospective guardian, if necessary, in securing legal counsel.

*When does the subsidy end?*

A guardianship subsidy would cease under the following conditions:

1. Child reaches age 18 and is not in school
  2. Child custody or guardianship is awarded to another person
  3. Child is incarcerated
  4. Child is no longer living in the home
  5. Child dies
  6. Guardianship terminates for any reason
  7. CFS does not have guardian's current address, and mail is undeliverable
- If the ward/guardianship relationship continues after the order appointing the guardian terminated at age 18, and the ward continues school, the subsidy may be continued. The ward and guardian may apply for continuation of the subsidy, prior to its expiration at age 18. Refer to SFN 1830: "Application for Continued Subsidy After Age 18"

## ***Lifeline***

[Lifeline Support for Affordable Communications | Federal Communications Commission \(fcc.gov\)](https://www.fcc.gov/affordable-communications)

*What is it?*

- An FCC program that helps make communications service more affordable for low-income consumers. Provides a discount on qualifying monthly telephone service, broadband internet service, or bundles voice-broadband packages purchased from participating wireline or wireless providers.

*What does it do?*

- Provides up to a \$9.25 a month discount on service for eligible low-income subscribers and up to \$34.25 per month for those on Tribal lands.
- You may receive a discount on either a wireline or wireless service, but not for both at the same time.
- FCC rules prohibit more than one Lifeline service per household

*Eligibility Requirements:*

- Income must be 135% or less than the Federal Poverty Guidelines
- Participation in one of the following programs:
  - SNAP
  - Medicaid
  - Supplemental Security Income (SSI)
  - Veterans Pension and Survivors Benefit
  - Federal Public Housing Assistance
- Participation in Tribal Assistance Programs
  - Any of the federal assistance programs listed above
  - Bureau of Indian Affairs General Assistance
  - Head Start (only households meeting the income qualifying standard)
  - Tribal Temporary Assistance for Needy Families (Tribal TANF)
  - Food Distribution Program on Indian Reservations
- Your child or dependent participates in any of the programs listed above.

*How to Apply:*

- Use the National Verifier application system: [Home - Lifeline National Verifier \(fcc.gov\)](https://www.fcc.gov/national-verifier)

## **Low Income Home Energy Assistance Program (LIHEAP)**

[Low Income Home Energy Assistance Program \(LIHEAP\) | Health and Human Services North Dakota](#)

*What is it?*

- Provides home energy assistance to eligible low-income households.

*What does it do?*

- Helps to pay for natural gas, electricity, propane, fuel oil, coal, wood, or other fuel sources
- Also covers
  - weatherization services
  - Emergency assistance
  - Furnace cleaning, repair, and replacement
  - Chimney cleaning and inspection

*Eligibility Requirements:*

- Household income must be at or below 60% of the ND median income (*\*Income limits effective Oct. 1, 2022 - Sept. 30, 2023*)

Household Size	Income	Monthly Income
1	\$33,407	\$2,783
2	\$43,686	\$3,640
3	\$53,965	\$4,497
4	\$64,245	\$5,353
5	\$74,524	\$6,210
6	\$84,803	\$7,066
7	\$86,730	\$7,227
8	\$88,658	\$7,388
9	\$90,585	\$7,548
10	\$92,512	\$7,709
11	\$94,440	\$7,870
12	\$96,367	\$8,030

*How to apply:*

- Apply online at [www.applyforhelp.nd.gov](https://www.applyforhelp.nd.gov)
  - Complete SFN529
- Contact your local Human Service Zone office

## **Medicaid**

## [Apply for Medicaid | Health and Human Services North Dakota](#)

### *What is it?*

Program that pays for health services for qualifying families with children, women who are pregnant, the elderly, and the disabled.

- Participants may also be able to participate in the Health tracks program.

### *Eligibility requirements:*

- Must be a North Dakota resident
- Must be a US citizen or a lawfully admitted alien
- Must fall into one of the following categories:
  - Meets low-income guidelines
  - Blind or disabled individuals
  - Pregnant women
  - Workers with disabilities
  - Low-income Medicare beneficiaries
  - Former foster care children up to age 26
  - Children with disabilities (birth to age 19)
  - Individuals with breast or cervical cancer
  - Children in foster care or subsidized adoption

### *How to apply:*

- Apply online at [www.applyforhelp.nd.gov](http://www.applyforhelp.nd.gov)
- Contact your local human service zone office

## ***North Dakota Brain Injury Network (NDBIN)***

### [www.ndbin.org](http://www.ndbin.org)

### *What is it?*

Provides information and support to brain injury survivors, family members, professionals, caregivers, and friends. Support includes:

- Problem solving and emotional support
- Brain injury-specific information and resources
- Help identifying and accessing appropriate benefits and programs
- Outreach, education, and training

### *Eligibility requirements:*

- Be a legal resident of North Dakota
- Have experienced a brain injury.

Brain injuries can affect anyone and can affect your ability to think and solve problems, move your body and speak, or control your behavior, emotions, and reactions.

Types of brain injuries include:

- Traumatic brain injury
  - Caused by external physical force that may produce a diminished or altered state of consciousness and which results in an impairment of cognitive abilities or

- physical functioning. May also result in the disturbance of behavioral or emotional functioning
  - May be caused by a fall, motor vehicle accident, being struck by an object, or sports
- Acquired brain injury
  - Caused by some medical conditions including strokes, encephalitis, aneurysms, anoxia, metabolic disorders, meningitis, or brain tumors
- Concussion
  - Caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth.
  - Usually not life-threatening, but the effects can be serious.

## ***ND Post-Adopt Network***

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

*What is it?*

The ND Post-Adopt Network is a service that provides support to families who have adopted from foster care, infant adoption, international adoption, other domestic adoptions, and to families who provide guardianship to a child in their home. It is a support system that offers a wide array of services and is completely free.

- Offers support groups
- Offers monthly events for the family
- Provides trainings for parents
- Offers information and referral services to various service providers
- Hosts summer camps and winter retreats for the whole family

Toll free: 844-454-1139    [postadopt@catholiccharitiesnd.org](mailto:postadopt@catholiccharitiesnd.org)

## ***Housing Stabilization - ND Rent Help***

<https://www.hhs.nd.gov/applyforhelp/rent-help>

*What is it?*

Help for those who are experiencing homelessness or are at imminent risk of homelessness.

*What does it do?*

- Helps to pay for rent if you are at risk of or are experiencing homelessness

*Eligibility Requirements:*

- Households experiencing homelessness
- Households at imminent risk of homelessness

*How to apply:*

- Apply online at [www.applyforhelp.nd.gov](http://www.applyforhelp.nd.gov)
- Call 701-328-1907      Email [dhserb@nd.gov](mailto:dhserb@nd.gov)

## **Supplemental Nutrition Assistance Program (SNAP)**

[Supplemental Nutrition Assistance Program | Health and Human Services North Dakota](#)

*What is it?*

Provides nutrition benefits to supplement the food budget of needy families to enable them to buy healthy food and move towards self-sufficiency.

- You get an EBT card to buy food.

*How much financial assistance?*

- Based on household size

*Requirements for eligibility:*

- Based on household - Legal custody docs (POA, guardianship) not required.
- Must meet low-income guidelines based on household size
  - People who live together, buy food, and prepare meals together are grouped as a household
  - Gross monthly income must be at or below 130% of the poverty line
    - Households with an adult age 60 or older or a disabled person do not have to meet a gross income test
  - Net monthly income must be less than or equal to the poverty line
  - Assets must fall below certain limits
- Must be a US citizen or legal immigrant

*How does it work?*

- You are issued an EBT card that can only be used to buy food products at grocers, farmers markets, and other USDA-approved vendors
- Benefits are deposited into your EBT account
- Benefits carry over from month to month

*How to apply:*

- Apply online at [www.applyforhelp.nd.gov](http://www.applyforhelp.nd.gov)
- Contact your local human service zone office

## **Survivors Benefits – Social Security**

<https://www.ssa.gov/benefits/survivors/>

*What is it?*

Financial benefit paid to widows, widowers, and dependents of eligible workers. In the event of someone's death, their spouse, children, and parents may be eligible for benefits based on the earnings of the deceased.

- They must have been working long enough in jobs insured under Social Security to qualify for benefits.

### *What is available?*

Certain family members may be eligible to receive monthly benefits. These members may be:

- A widow or widower age 60 or older (or age 50 or older if disabled)
- A widow or widower of any age caring for the deceased's child who is under age 16 or disabled
- **An unmarried child of the deceased who is either**
  - Younger than age 18 (or up to age 19 if a full-time student in elementary or secondary school)
  - Age 18 or older with a disability that began before age 22
- A stepchild, grandchild, step-grandchild, or adopted child under certain circumstances
- Parents, age 62 or older, who were dependent on the deceased for at least half of their support
- A surviving divorced spouse, under certain circumstances

### *How do I apply for Survivors Benefits?*

- In most cases, the funeral home will report the person's death to Social Security; you will need to provide the funeral home with the deceased's Social Security number. If you want to report a death yourself or apply for benefits, you will need to call 1-800-772-1213 (TTY 1-800-325-0778) between 8:00 am and 7:00 pm Monday through Friday. You can use this link: [Social Security Office Locator](#) to find the phone number of your local office; look under "Social Security Office Information" and locate the toll-free "Office" number.

### *Links for information and documentation needed based on benefit:*

- [Widows/Widowers or Surviving Divorced Spouse's Benefits.](#)
- [Child's Benefits.](#)
- [Mother's or Father's Benefits](#) (you have a child under age 16 or disabled in your care)
- [Lump-Sum Death Payment.](#)
- [Parent's Benefits](#) (You were dependent on your child at the time of their death)

If you choose to mail documents, you must include the Social Security number (on a separate piece of paper in the same mailing envelope) so that Social Security can match it with the correct application. **Do not write on the original documents.**

## ***TANF (Temporary Assistance for Needy Families)***

### [Temporary Assistance for Needy Families \(TANF\) | Health and Human Services North Dakota](#)

There are 3 different TANF programs: TANF, TANF Kinship Care, and Child-Only TANF. For all three of these programs, any children included in the TANF benefit MUST be related by blood, marriage, or adoption. A single adult cannot receive TANF; you must be caring for a dependent child.

On the next pages you will find a summary of TANF, followed by specifics for each program and information on the JOBS and Tribal NEW programs (the work readiness programs that may be required as part of participation in TANF).

#### *What does it do?*

Helps low-income families to become free of public assistance and become self-sufficient by providing cash assistance along with work readiness, training, and job placement services.

#### *Eligibility Requirements:*

- Children are under the age of 18 or will graduate high school by age 19
  - And related to the adult they are residing with by blood, marriage, or adoption
- Must be a US citizen or meet requirements for immigration status
- Must meet low-income guidelines and asset limits

#### *How to apply?*

- Apply online at [www.applyforhelp.nd.gov](http://www.applyforhelp.nd.gov)
  - Complete SFN405
- Contact your local Human Service Zone office
- Request to have an application mailed to you for you to fill out and return

#### *How does it work?*

- Once approved, you receive an Electronic Payment Card (EPC) in the mail. Benefits will be added to this card monthly.
  - Your EPC can be used at grocery stores, gas stations, restaurants, department and discount stores, online stores, or to pay bills for doctors, dentists, utilities, etc.

#### *Other notes:*

- The state cannot provide TANF benefits to households that include an adult who has received TANF assistance for a total of 60 months (some exceptions apply)
- Any child support that is due while you are receiving TANF will be kept by the State of North Dakota, up to the amount of TANF benefits you receive
- Children in TANF Kinship Care may be eligible for Medicaid

#### **TANF:**

- Temporary financial assistance to low-income families (must include at least one adult caring for at least one dependent child).
  - If you are in your third trimester of pregnancy, you may also qualify
  - In families with one or more adults, must be involved in work activities that will help you transition off TANF and become more economically self-sufficient
  - Average 20 hours per week if you have a child under age 6; average 30 hours per week if you do not have a child under age 6



- Must participate in the Job Opportunity and Basic Skills (JOBS) program or the Tribal NEW program. Some exceptions apply

### ***TANF Kinship Care:***

- An alternative to out-of-home foster care that places children in the homes of relatives.
  - Children:
    - Must be in foster care under the care, custody, and control of the Human Service Zone, Division of Juvenile Services, or a North Dakota tribal agency
    - Must be under age 18 (unless the child is enrolled in high school full-time and is expected to graduate before age 19)
    - Must meet citizenship and other TANF requirements
    - Cannot receive Supplemental Security Income
  - Caregivers:
    - Must be related by blood, marriage, or adoption
    - Must sign a TANF Kinship Care Agreement and participate in required background checks
    - Must complete an application for TANF benefits and interview
    - Must pass an income test based on the child only
    - Must cooperate with the Child Support Division to pursue support from the legally responsible parents

### ***TANF (Child Only):***

- Financial assistance for eligible children when their parent is ineligible to receive TANF assistance, or when a child is living with another adult (related by blood, marriage, or adoption) who is ineligible to receive TANF assistance. In these cases, no adult is included in the benefit calculations.

### **Work readiness programs – some may have to participate to get TANF assistance**

#### More about the JOBS program:

- If you are receiving TANF benefits, you must participate in work activities
  - Unless:**
    - You are over age 65
    - You are a parent or caretaker of a child under two months of age
    - You receive Supplemental Security Income (SSI) or Social Security Disability Income (SSDI)
    - You are a parent providing care for a disabled family member living in the home
    - You are a teen enrolled in school full-time
- If you are a dependent child who is age 16 or older and not in school, you must participate in work activities
- Financial assistance may be available to assist you in getting a job or attending work activities
  - Money for gas, car repairs, taxi, bus fare, or paying others for rides

- Money for interview expenses, such as clothing or a haircut

#### More about Tribal NEW (Native Employment Works):

- Eligibility requirements:
  - Native American/American Indian AND
  - Enrolled in or eligible for enrollment in a federally recognized tribe AND
  - Unemployed or about to become unemployed
  - Live on or near a reservation
  - Low or very low income
- Work activities include:
  - Attending college, vocational education, alternative education, post-secondary education, or GED classes OR
  - Engaging in job skills training, job readiness training, on-the-job training, entrepreneurial training, or management training OR
  - Engaging in employment activities such as job searching, job development and placement, community work experience, community service programs, traditional subsistence activities, work exposure, or subsidized and unsubsidized public and private work experience and employment
- Programs located on the Three Affiliated Tribes, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa reservations

## ***WIC - Special Supplemental Nutrition Program for Women, Infants, and Children***

### [Women, Infants & Children \(WIC\) Program | Health and Human Services North Dakota](#)

#### *What is it?*

- Provides nutritious foods to low-income pregnant, postpartum, and breastfeeding women, as well as infants and children up to age 5.
  - Formula, milk, fruits, eggs, etc
- Provides information on healthy eating, including breastfeeding promotion and support and referrals to health care.

#### *How does it work?*

- You will receive an eWIC card that can be used to purchase healthy foods and formula

#### *Eligibility Requirements:*

- Legal custody docs (POA, guardianship) not required – but child needs to be at nutritional risk
- Low-income women who are pregnant, postpartum, or breastfeeding
- Infants and children up to age 5 (any caregiver of a child in this age range)
- Meet income guidelines
  - If you are on Medicaid, TANF, or SNAP, you are automatically income-eligible
- Must be individually determined to be at “nutritional risk” by a health professional

- Anemia, underweight, maternal age, history of pregnancy complications, or poor pregnancy outcomes
- Diet-based risks such as inadequate dietary pattern

*How to apply:*

- Visit [www.health.nd.gov/wic](http://www.health.nd.gov/wic)
- Visit [www.signupwic.com](http://www.signupwic.com)
- Call 1-800-472-2286

## Chapter 10: County resources list

**Please note many services can cross county lines. It is recommended you look at the counties near you for additional services, if needed.**

- All information was last verified on 4/25/23. If you find a link no longer works, or if you are aware of a resource not listed here that you believe is beneficial, feel free to let us know by emailing [kinship@nd.gov](mailto:kinship@nd.gov)

**You should also look at First link and Findhelp.org. They have several resources we may not have listed and are continuously updated.**

FirstLink.....211 OR 701-235-7335  
Linking People and Services 24 Hours a Day. <https://myfirstlink.org/>  
Has a list of various resources or someone to talk with during crisis.  
FindHelp.org website helps search for various services. <https://www.findhelp.org/>

### ***National & Statewide resources***

#### *Multiple Resources*

Customer Support Center.....866-614-6005, 711 (TTY)  
Get answers to questions, report changes, and get help applying for Medicaid, SNAP, LIHEAP, CCAP, and TANF. The number is available Monday-Friday from 7am-6pm CST. You may also fax documents to 701-328-1006, email [applyforhelp@nd.gov](mailto:applyforhelp@nd.gov), or mail to Customer Support Center, PO Box 5562, Bismarck, ND 58506

ND Application for Assistance [Home | Apply for Help \(nd.gov\)](#)  
1 application for the following programs: SNAP, TANF, Medicaid, CCAP, Basic Care Assistance, Healthy Steps Children's Health insurance.

Parent Resource Center <https://www.ag.ndsu.edu/pen>  
Provide research-based parent education & resources. Information on location specific contacts can be found in link.

American Red Cross .....844-292-7677  
Financial assistance, Install free smoke alarms in homes, Health Services, Mental Health assistance, Classes on 1<sup>st</sup> aid & CPR.  
<https://www.redcross.org/local/mn-nd-sd/about-us/our-work.html>  
<https://www.redcross.org/local/mn-nd-sd/get-help.html>

Salvation Army .....701-572-2921  
Assistance: Clothing, Food, Prescription, Rent-Utility, Spiritual, Transportation, Thrift Store, Youth Programs  
Physical locations in Bismarck, Devils Lake, Fargo, Grand Forks, Jamestown, Minot, Williston  
<https://centralusa.salvationarmy.org/usc/how-we-help/>

Easter Seals.....701-663-6828

- May be able to provide "relief" care; <https://www.esgwnd.org/whoweserve-2-1-1>  
 List of regional offices: <https://www.esgwnd.org/contactus>
- Community action ..... 701-258-2240  
 Assistance: financial, backpacks for kids, clothing, energy efficiency program, food pantry, assistive equipment, veteran assistance  
[Community Action Partnership of North Dakota | capnd.org](https://www.capnd.org)
- Wheels for Work- United Way ..... 701-483-2417  
 Vehicle donation and repair program that provides used vehicles and services at a lowered cost or donation to qualified individuals
- FirstLink  
<https://myfirstlink.org/>  
 FirstLink is a free, confidential service available to anyone 24/7/365 for listening and support, referrals to resources/help, and crisis intervention. Call 211, or text your zip code to 898-211 to receive confidential help and support.
- Childcare*
- Child Care Resource & Referral ..... 1-800-450-7801 (Western ND)  
[www.ndchildcare.org](https://www.ndchildcare.org)  
 Help to make the connection with a safe and reliable childcare provider in your area. Provide information to preschool programs, after school programs, and assistance with financial resources
- CCAP – Child Care Assistance Program – See financial assistance
- Counseling / Guidance / Mentor/ support*
- Together Counseling - Telehealth available ..... 701-404-0997  
 \*\* Trained in helping people through trauma  
<https://www.togethercounselinggroup.com/>
- Summit Counseling – Telehealth ..... 701-334-6245  
<https://summitcounselingservices.org/>
- Dakota Family Services ..... 701-419-6734  
 Online counseling or offices located in Fargo, Minot, and Bismarck.  
 Therapy for adults & children, psychiatric Services, Psychological testing, animal assisted therapy, online therapy  
<https://dakotafamilyservices.org/>
- Nexus – PATH ..... 701-280-9545  
<https://www.nexusfamilyhealing.org/outpatient-and-community>  
 Provide guidance, support, skill building, & Healing around issues  
 Locations in Belcourt, Bismarck, Devils Lake, Dickinson, Fargo, Grand Forks, Jamestown, Minot, Williston, & telehealth
- Al-Anon/ AA/ Alcoholics Anonymous  
 Meetings offered electronically. Have groups for friends and families  
<https://al-anon.org/al-anon-meetings/electronic-meetings/>  
 Newcomers: <https://al-anon.org/newcomers/>
- Rural Psychiatry ..... 701-205-3000  
<https://www.ruralpsychiatryassociates.com/>

Locations in Ashley, Bowman, Cando, Dickinson, Elgin, Fargo, Glen Ullin, Grand Forks, Hettinger, Richardton, Rugby, Wishek

#### FORUM SUPPORT

Single Foster Mamas North Dakota (kinship welcome) –

<https://www.facebook.com/groups/232455901878602>

Kinship group –

<https://www.facebook.com/groups/kinshipcare>

Forums covering multiple topics, like parenting, developmental disorders,

children's mental health - <https://www.dailystrength.org/groups?all=true>

Grandparents raising grandkids forum –

<https://www.dailystrength.org/group/grandparents-raising-children>

Various groups for families of addicts –

<https://www.therecoveryvillage.com/family-friend-portal/support-groups-for-families/>

Parent Cafes -For parents & caregivers to talk about the joys and challenges of raising children, 1x a month via Zoom over lunch or evening hours

<https://www.ndsu.edu/agriculture/extension/events/parent-cafe-5>

#### **For teens online support groups:**

Embrace online support group, <https://www.embracewi.org/online-groups>

LiveWell online support group, <https://www.livewell-foundation.org/teens>

#### *Developmental*

Right Track Program ..... 701-328-8930

For ages birth to 3 years; Right Track Consultants can meet with you in the privacy of your own home and can provide: Developmental Screenings; Ideas on stimulating your child's development.

Locations in Bismarck, Devils Lake, Dickinson, Fargo, Grand forks, Jamestown, Minot, Williston cover all the counties.

[Right Track Brochure Web \(nd.gov\)](#)

Angel Advocates..... 701-290-2023

Assist with Social Security Disability claims and appeals.

USpireND..... 701-941-2825

<https://uspirend.org/>

Can help with pregnancy wellness, parenting skills, child development, financial empowerment, support networks, stress reductions, care & nutrition, attachment, and bonding

Developmental Disabilities Services..... 701-328-8930

1237 W Divide Ave., Suite 1A

or 800-755-8529

Bismarck, ND, 58501-1208

[dhsddreq@nd.gov](mailto:dhsddreq@nd.gov)

[Developmental Disabilities Services | Health and Human Services North Dakota](#)

Provides support and training to individuals and families in order to maximize community and family inclusion, independence, and self-sufficiency; to prevent institutionalization; and to enable institutionalized individuals to return to the

community. To achieve this goal, the Developmental Disabilities Division contracts with private, nonprofit, and for-profit organizations to provide an array of residential services, day services, and family support services.

*Clothing/ household needs*

House of Manna.....701-483-5733  
1100 E Villard St. Dickinson, ND <https://www.homnd.org>  
Only open M-W-F 1-4pm, but hours are extended when possible and will be open on the occasional weekend. [email.info@homnd.org](mailto:email.info@homnd.org)  
[facebook.com/HouseOfMannaInc/](https://www.facebook.com/HouseOfMannaInc/)  
No restrictions on frequency of visits or the number of items a person can shop for, and no ID or proof of income is required. Not a thrift store – items are free, but free-will donations are accepted (not required).

*Family Advocacy Services*

Family Voices of ND .....888-522-9654  
<http://fvnd.org/>  
Assisting families with children who have chronic health conditions or disabilities  
NDAD (North Dakota Association for the Disabled) .....701-774-0741  
<https://www.ndad.org/>  
Protection and Advocacy (Disability Rights in ND) .....701-774-4345 or 800-472-2670  
<https://www.ndpanda.org/>

*Financial assistance*

**Application for Assistance** – 1 application for most of the programs below

<https://www.hhs.nd.gov/healthcare/medicaid/apply>

**LIHEAP** – Low Income Home Energy Assistance Program .....1-800-755-2716  
<https://www.hhs.nd.gov/applyforhelp/liheap>  
Assists with home heating costs, weatherization, furnace cleaning, repair & replacement, chimney cleaning

**CCAP** – Child Care Assistance Program  
<https://www.hhs.nd.gov/applyforhelp/ccap>  
Helps pay for child care

**Housing Stabilization** – ND Rent Help.....701-328-1907  
<https://www.hhs.nd.gov/applyforhelp/rent-help> [dhserb@nd.gov](mailto:dhserb@nd.gov)  
Help for those who are experiencing homelessness or are at imminent risk of homelessness.

**CHIP** - Children’s Health Insurance Program.....1-844-854-4825  
<https://www.hhs.nd.gov/healthcare/CHIP>  
For children without health insurance

**Medicaid** – <https://www.hhs.nd.gov/healthcare/medicaid>  
Medicaid pays for health services for qualifying families with children, and people who are pregnant, elderly, or disabled

**SNAP** – Supplemental Nutrition Assistance Program (food stamps) .....1-800-755-2716  
<https://www.hhs.nd.gov/applyforhelp/snap>

**TANF** – Temporary Assistance for Needy Families..... 1-800-755-2716  
<https://www.hhs.nd.gov/applyforhelp/tanf>

Cash assistance along with work readiness, training, and job placement services.

**WIC** Assists with food, education & support if you have a child under 5 years old  
<https://www.hhs.nd.gov/food-programs/WIC>

**Affordable Connectivity Program** – Assists with internet costs  
<https://www.affordableconnectivity.gov/>

#### *Food assistance*

Great Plains Food Bank..... 701-232-6219

List of all locations served in ND:

[https://www.greatplainsfoodbank.org/get\\_help/pantries\\_and\\_soup\\_kitchens.html](https://www.greatplainsfoodbank.org/get_help/pantries_and_soup_kitchens.html)  
[www.greatplainsfodbank.org](http://www.greatplainsfodbank.org) Call or check website for distribution

School Nutrition Program Free & Reduced-Price School Meals

<https://www.nd.gov/dpi/districtsschools/child-nutrition-and-food-distribution/school-nutrition-program/snp-free-reduced>

Provides free or reduced-price school meals to children in qualifying households. Complete the application found at the link and bring it to the child's school, or contact the child's school directly and ask about applying.

SNAP, TANF & WIC – SEE INFORMATION UNDER FINANCIAL ASSISTANCE

#### *Health/medical*

My Sanford Nurse..... 701-234-5000 or 1-800-821-5167  
24/7 a nurse is available to assess your symptoms and answer health questions.

NDAD

Can assist with cost of prescriptions, medical equipment & supplies, accessibility, Medical travel assistance, personal care attendant, recreational activities.

CHIP - Children's Health Insurance Program..... 1-844-854-4825

[Children's Health Insurance Program | Health and Human Services North Dakota](#)  
For children without health insurance

Medicaid – [North Dakota Medicaid | Health and Human Services North Dakota](#)

Medicaid pays for health services for qualifying families with children, and people who are pregnant, elderly, or disabled

**[BenefitsCheckUp.org](#)**. Seniors with limited incomes can search for help with medicines, health care, rent, and other needs through this service of the National Council on Aging.

**[NeedyMeds.org](#)** This organization lists programs that help pay for medicines and supplies. You can search by medicine or manufacturer name.

**Partnership for Prescription Assistance** ([Partnership for Prescription Assistance - MHA Screening \(mhanational.org\)](#)). People who don't have insurance coverage for prescriptions may find their medicines and supplies for free or at low cost through PPARX.org.

**[RxAssist.org](#)** lists drug-company assistance programs, state programs, discount drug cards, copay help, and more.

**Rx Outreach** is a nonprofit, mail-order pharmacy that provides affordable medicine to



people in need through its website, [RxOutreach.org](http://RxOutreach.org) or by phone at 1-888-RX0-1234 (1-888-796-1234).

Lions Clubs International can help with vision care: [LionsClubs.org](http://LionsClubs.org)

Shriners Hospitals offer free treatment for children: [ShrinersHospitalsforChildren.org](http://ShrinersHospitalsforChildren.org)

Kiwanis clubs run service projects to help children and communities: [Kiwanis.org](http://Kiwanis.org)

#### *Suicide/ Depression*

Depression Screening

<https://save.org/>

Suicide Prevention Lifeline..... 1-800-273-8255 **or** 988

Free confidential support for people in emotional distress - Call anytime

Online Suicide Prevention Resource

<https://www.behavioralhealth.nd.gov/prevention/suicide> shares information on how to talk with and support someone at risk, warning signs, action steps (Ask, Keep Them Safe, Be There, Help Them Connect, and Follow Up) and links to connect with behavioral health professionals in the state.

#### *Legal*

Legal Services of North Dakota (Legal Assistance-Low Income/Elderly)

Under age 60 Call: 800-634-5263

Age 60+ Call: 800-621-9886

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

North Dakota Free Legal Answers

<https://nd.freelegalanswers.org/>

#### *Respite/ time off*

North Dakota Family Caregiver Support Program

Help for caregivers who are 55 or older

(This program provides information, assistance, counseling, support groups, training, respite care and supplemental services to grandparents who are caring for children).

1-855-GO2LINK or (855) 462-5465 or ND Relay TTY: (800) 366-6888

Email: [carechoice@nd.gov](mailto:carechoice@nd.gov)

Website: [www.carechoice.nd.gov](http://www.carechoice.nd.gov)

[Family Caregiver Support Program | Health and Human Services North Dakota](#)

Lifespan Respite Care Grant Service, \*\*Requires a referral from agency working with caregiver (humans service zone, tribal welfare, Kinship-ND, etc)

[Lifespan Respite Care Grant Service | Health and Human Services North Dakota](#)

#### *Transportation*

The original 1-800-charity cars..... 1-800-242-7489

<https://800charitycars.org/>

Wheels for Work- United Way..... 701-483-2417

Vehicle donation and repair program that provides used vehicles and services at a lowered cost or donation to qualified individuals

Online Car Donation

<https://www.onlinecardonation.com/vehiclerequest.html>

## *Training*

ND Parent Education Network

Location & region coverages

<https://www.ag.ndsu.edu/pen>

Job Service

<https://www.jobsnd.com/>

Assists with creating an account, resume, and searching the jobs listed.

Office locations in Bismarck, Devils Lakes, Dickinson, Fargo, Jamestown, Minot, Wahpeton, Williston.

Vocational Rehabilitation

[North Dakota Vocational Rehabilitation | Health and Human Services North Dakota](#)

Assist North Dakotans with disabilities to improve their employment opportunities

## *Veterans*

Vet Center Combat Call Center..... 877-WAR-VETS

Around the clock confidential support center. Any issue that arises or adjusting to civilian life, etc.

Veteran Chat Link- [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

## **Adams County**

### *Multiple resources*

Southwest Dakota Human Service Zone office (Social Service office)..... 701-567-2967

609 2<sup>nd</sup> Avenue North, Suite 2 Hettinger, ND

Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.

Community Action Partnership..... 701-227-0131

202 E Villard Dickinson, ND 58601 [www.dickinsoncap.org](http://www.dickinsoncap.org)

Serves the following counties: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, & Stark. Providing services, education and resources to help individuals and families

Dakota Prairie Helping Hands..... 701-567-4975

115 S Main St Hettinger, ND <https://dphospic.wixsite.com/dphh>

open 9am to 3pm Tuesdays – Thursdays. [dphospic@ndsupernet.com](mailto:dphospic@ndsupernet.com)

Provide assistance with medical supplies, transportation, visitation services, more Available in Adams & Bowman counties

### *Child Care / After School Programs/ Daycare*

Hettinger Public Preschool..... 701-567-4501

Girls Circle..... 701-567-2967

Support and activity group for 4<sup>th</sup> grade girls in Hettinger.

Hettinger Library ..... 701-567-2741

103 6<sup>th</sup> St N, Hettinger, ND <https://adamscountynlibrary.com/>

Various activities to keep kids busy, open until later in the evenings Monday-Thursday

Krista Warbis – Hettinger ..... 701-567-4815

Participates in a subsidized child-care program.

Roberta L Williams – Hettinger.....	701-206-0765
Participates in a subsidized child-care program.	
<i>Clothing/ Supplies/ Thrift Store</i>	
Community Clothes Closet- Hettinger.....	701-567-2306
Mother's Cupboard- Hettinger.....	701-567-2967
Help with winter coats, boots, shoes, etc.	
<i>Counseling / Guidance / Mentor/ Therapy</i>	
Badlands Human Service Center .....	701-227-7500
1463 I-94 Business Loop East, Dickinson, ND	Crisis Line: 701-290-5719
Serves: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, & Stark counties.	
Walk-in Assessment hours: Mon-Fri 8am-2pm	
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.	
West River Health Clinic counseling	
Cheryl Nasset in Bowman .....	701-523-3271
Tara Jorgenson in Hettinger .....	701-567-6104
Church Mentoring in Hettinger-	
Lutheran Church .....	701-567-2598
Catholic Church.....	701-567-2772
Methodist Church .....	701-567-2964
Mental Health Support Group- Hettinger .....	701-567-2967
3 <sup>rd</sup> Monday of each month in the evenings.	
Telehealth Psychiatric Services- through Bowman and Hettinger .....	701-732-2501
Rural Psychiatry Associates .....	701-205-3000
1000 Highway 12, Hettinger, ND	
Telemedicine appointments available	
<a href="https://www.ruralpsychiatryassociates.com/">https://www.ruralpsychiatryassociates.com/</a>	
ND Post Adopt Network.....	844-454-1139
The ND Post Adopt Network is a service that provides support to families who have adopted from foster care, infant adoption, international adoption, other domestic adoptions, and to families who provide guardianship to a child in their home.	
Email: <a href="mailto:postadopt@catholiccharitiesnd.org">postadopt@catholiccharitiesnd.org</a>	
Website: <a href="http://www.ndpostadopt.org/">http://www.ndpostadopt.org/</a>	
<i>Food Pantries / Assistance</i>	
Adams County Food Pantry .....	Kathy Jahner, 701-567-2967
609 2 <sup>nd</sup> Ave N. Hettinger, ND	
Open 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday or by appointment.	
<i>Health/ Clinic</i>	
West River Health Services .....	701-567-4561
1000 HWY 12, Hettinger, ND	<a href="https://www.wrhs.com/">https://www.wrhs.com/</a>

Monday – Friday 8am-5pm, Sat 8am-12pm

*Transportation*

Southwest Public Transit- ..... 701-523-3241  
Serves Adams, Bowman and Slope counties.

*Trainings*

Sunrise Youth Bureau ..... 701-483-9498  
2680 Empire Road, Suite E Dickinson, ND [Sunrise Youth Bureau](#)  
Monday – Friday 8am – 5pm. Serves Adams, Billings, Bowman, Dunn, Golden Valley,  
Hettinger, McKenzie, Morton, Slope, & Stark Counties.  
Provides classes/trainings to youth on a variety of topics around social skills and  
behaviors.

*Veteran Services*

Veterans Service Office ..... 701-567-7120  
605 2<sup>nd</sup> Ave N. Hettinger, ND  
Michael Carroll, [micarroll@nd.gov](mailto:micarroll@nd.gov)  
Open Wednesdays 8-5 and by appointment on Monday, Tuesday, and Thursday.

*WIC*

Adams County West River Health Services ..... 701-567-6198  
1000 Highway 12 Hettinger, ND <https://www.health.nd.gov/prevention/wic>

***Barnes County***

*Multiple resources*

Buffalo Bridges Human Service Zone (County Social Services) ..... 701-845-8521  
230 4<sup>th</sup> St NW, Room 102 Valley City, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's  
health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Community Action Partnership ..... 701-252-1821  
1411 12<sup>th</sup> Ave NE PO BOX 507 Jamestown, ND 58402 [www.cap6.com](http://www.cap6.com)  
Serves the following counties: Barnes, Dickey, Foster, Griggs, LaMoure, Logan,  
McIntosh, Stutsman, & Wells.  
Providing services, education and resources to help individuals and families.

*Counseling / Guidance / Mentor/ Therapy*

South Central Human Service Center ..... 701-253-6300  
520 Third St. N.W., Jamestown, ND Crisis Line: 701-253-6304  
Serves: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, &  
Wells counties.  
Walk in Assessment hours: Mon-Thurs 9am-12pm  
Mental health & addiction assessment, care coordination, medication  
management, home and community-based services, residential services, crisis  
beds and inpatient hospitalization and emergency services such as 24-hour client  
crisis lines and North Dakota State Hospital admission screening.

*Valley City Satellite Office: City-County Public Health District Bldg, 415 Second Ave NE	
South Central Human Service Center	
24-hour Crisis line.....	701-253-6304
The Kid's Therapy Center .....	701-751-0384
202 Central Ave S Suite 6A Valley City, ND	
<a href="https://www.thekidstherapycenter.com/">https://www.thekidstherapycenter.com/</a>	
Essentia Health- Valley City.....	701-845-6400
132 4 <sup>th</sup> Ave NE Valley City, ND	
Inspire Counseling .....	701-840-1924
333 2 <sup>nd</sup> St NW Valley City, ND	
Anne Carlsen Center	
<a href="https://annecarlsen.org/contact/">https://annecarlsen.org/contact/</a>	
1138 West Main St, Valley City, ND 58072	
Non-profit organization that provides services and supports to individuals with developmental disabilities or delays. Offers services for speech therapy, occupational therapy, and physical therapy.	
<i>Domestic Violence</i>	
Abused Person Outreach Center.....	701-845-0078
24 hour crisis line .....	701-845-0072
<i>Education</i>	
Head Start.....	701-845-1108
101 College St. SW Valley City, ND <a href="mailto:HeadStart@eclkc.info">HeadStart@eclkc.info</a> <a href="#">Head Start   North Dakota Department of Public Instruction (nd.gov)</a>	
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5	
<i>Financial Assistance</i>	
Salvation Army .....	Michelle- 701-845-2673 or Joe- 701-840-0908
No physical Location. Financial Assistance.....	701-490-3762
<i>Food Pantries / Assistance</i>	
Barnes County Food Pantry.....	701-845-4300
139 2 <sup>nd</sup> Ave SE Valley City, ND	
Monday – Friday 3:30-5:00	
Valley City Cares .....	701-845-0688
525 5 <sup>th</sup> Ave SW Valley City, ND	
Call to make appointment	
Great Plains Mobile Food Bank.....	701-232-6219
<a href="http://www.greatplainsfoodbank.org">www.greatplainsfoodbank.org</a> Call or check website for distribution	
<i>Health Clinics</i>	
City-County Health District.....	701-845-8518
415 2 <sup>nd</sup> Ave NE Valley City, ND	
Provides immunizations, car seat program, Health Tracks, & family planning	
<i>Housing</i>	

Barnes County Housing Authority .....	701-845-2600
120 12 <sup>th</sup> St NW Valley City, ND	
<i>Thrift Store</i>	
Community Closet .....	701-840-8850
658 4 <sup>th</sup> St SW Valley City, ND	
Free clothing for entire family – Call for appt. or watch their Facebook page for opening	
Marine Toys for Tots Foundation.....	701-952-3603
Contact your child’s school counselor	
<i>Transportation</i>	
South Central Transit .....	701-845-4300
139 2 <sup>nd</sup> Ave SE Valley City, ND	
<i>Veteran Services</i>	
Dept of Veteran Affairs .....	701-845-8511
230 4 <sup>th</sup> St Room 204 Valley City, ND – in courthouse	
Monday – Friday 8am-4pm	<a href="http://www.co.barnes.nd.us/dept/vet/">http://www.co.barnes.nd.us/dept/vet/</a>
<i>WIC</i>	
City-County Health District.....	701-845-8518
415 2 <sup>nd</sup> Ave NE Valley City, ND	<a href="https://www.health.nd.gov/prevention/wic">https://www.health.nd.gov/prevention/wic</a>

## ***Benson County***

### *Multiple resources*

Mountain Lakes Human Service Zone (County Social Services).....	701-473-5302
108 4 <sup>th</sup> Street East Minnewauken, ND	
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children’s health services, Basic care assistance, childcare assistance, child welfare, referrals.	
Dakota Prairie Community Action Agency.....	701-662-6500
223 4 <sup>th</sup> St NE Devils Lake, ND 58301	<a href="http://www.dpcap.org">Devils Lake : Devils Lake : Programs by Region : WHAT WE DO : Community Action Partnership of North Dakota (dpcap.org)</a>
Serves the following counties: Benson, Cavalier, Eddy, Ramsey, Rolette, & Towner.	
Providing services, education and resources to help individuals and families.	
<i>Counseling / Guidance / Mentor/ Therapy</i>	
Lake Region Human Service Center.....	701-665-2200
200 Hwy 2 W. Devils Lake, ND	Crisis Line: 701-662-5050
Serves: Benson, Cavalier, Eddy, Ramsey, Rolette, & Towner counties.	
Walk in Assessment hours: Mon-Fri 8am-5pm	
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.	
Spirit Lake Recovery & Wellness Center .....	701-766-4285
7527 Ephraim hill Rd Fort Totten, ND	

### *Education- Head Start*

- Little Hoop Head Start/ CCCC Head Start ..... 701-766-4070  
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5
- Crowhill Head Start Center..... 701-766-4070  
3890 70<sup>th</sup> Ave NE, Fort Totten, ND  
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5
- Fort Totten Head Start ..... 701-766-4070  
709 3<sup>rd</sup> Ave, Fort Totten, ND  
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5
- Maddock..... 701-438-4332  
105 Central Ave, Maddock, ND

### *Food Pantries / Assistance*

- Community Nourishment for mind and body Program..... 701-294-3012  
321 3<sup>rd</sup> Ave, Tokio, ND  
Food assistance & Community closet for unemployed and low-income houses  
Call for information
- Bdecan Presbyterian Church..... 701-294-2283  
8194 34<sup>th</sup> St NE, Tokio, ND  
3<sup>rd</sup> Thursday of the month, 3:30pm – 5pm
- Maddock Community Food Pantry ..... 701-438-2738  
309 Dakota Ave, Maddock, ND
- Northlands Rescue Mission..... 701-772-6600  
420 Division Ave, Grand Forks, ND <https://www.northlandsrescuemission.org/>  
Daily community meals & 1 food basket a month  
Serves Benson, Cavalier, Eddy, Grand Forks, Griggs, Nelson, Pembina, Ramsey, Steele, Towner, Traill, & Walsh counties

### *Health/ Free Clinics*

- Spirit Lake Health Center ..... 701-766-1600  
3883 74<sup>th</sup> Ave NE, Fort Totten, ND  
<https://www.ihs.gov/greatplains/healthcarefacilities/spiritlake/>
- Heart of America Medical Center – Johnson Clinic..... 701-438-2555  
301 Roosevelt Ave, Maddock, ND  
[Heart of America Medical Clinic | Maddock North Dakota \(hamc.com\)](http://HeartofAmericaMedicalClinic|MaddockNorthDakota(hamc.com))

### *Veteran Services*

- Dept of Veteran Affairs ..... 701-473-5451  
311 B Ave S., Minnewaukan, ND in courthouse  
Thursdays 8:30am – 4:30 pm

### *WIC*

- Spirit Lake Sioux Nation ..... 701-766-4242  
816 3<sup>rd</sup> Ave N, Fort Totten, ND

Monday – Thursday 8am- 6:30pm, Call for appointment

## **Billings County**

### *Multiple Resources*

Roughrider North Human Service Zone (County Social Services)..... 701-872-4121  
67 1<sup>st</sup> Street SE Beach, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Community Action Partnership..... 701-227-0131  
202 E Villard Dickinson, ND 58601 [www.dickinsoncap.org](http://www.dickinsoncap.org)  
Serves the following counties: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, & Stark.  
Providing services, education, and resources to help individuals and families.

### *Counseling / Guidance / Mentor/ Therapy*

Badlands Human Service Center ..... 701-227-7500  
1463 I-94 Business Loop East, Dickinson, ND .....Crisis Line: 701-290-5719  
Serves: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, & Stark counties.  
Walk in Assessment hours: Mon-Fri 8am-2pm  
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

### *Trainings*

Sunrise Youth Bureau ..... 701-483-9498  
2680 Empire Road, Suite E [Sunrise Youth Bureau](http://SunriseYouthBureau.org)  
Monday – Friday 8am – 5pm. Serves Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, McKenzie, Morton, Slope, & Stark Counties.  
Provides classes/trainings to youth on a variety of topics around social skills and behaviors.

## **Bottineau county**

### *Multiple Resources*

Northern Prairie human Service Zone (County Social Services)..... 701-228-3613  
314 W 5<sup>th</sup> Street, Suite 1 Bottineau, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Community Action Partnership..... 701-839-7221  
2020 8<sup>th</sup> Ave SE Minot, ND 58701 [www.capminotregion.org](http://www.capminotregion.org)  
Serves Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, & Ward counties  
Providing services, education and resources to help individuals and families.

### *Counseling / Guidance / Mentor/ Therapy*

North Central Human Service Center..... 701-857-8500



1015 S Broadway, Suite 18, Minot, ND Crisis Line: 701-857-8500  
 Serves: Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, & Ward Counties.  
 Walk in Assessment hours: Mon-Fri 8am-5pm  
 Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

#### *Education*

Independence Inc.....701-228-2221  
 519 Main Street, Suite 4, Bottineau, ND  
 Has an interactive training program designed to prepare students with disabilities for adulthood.

#### *Food Pantries / Assistance*

Bottineau Food pantry .....701-228-4098  
 122 5<sup>th</sup> St W Bottineau, ND  
 3<sup>rd</sup> Wednesday of the month, 10am -2pm  
 Lansford Food Pantry .....701-720-1327  
 410 2<sup>nd</sup> Ave Lansford, ND  
 1<sup>st</sup> Thursday of the month, 1pm-2pm

#### *Health/ Free Clinics*

First District Health Unit .....701-228-3101  
 314 5<sup>th</sup> St W, Suite 7 Bottineau, ND <https://www.fdhc.org/>  
 St. Andrews Health Center.....701-228-9300  
 316 Ohmer St Bottineau, ND <https://www.standrewshealth.com/>

#### *Veteran Services*

Dept of Veteran Affairs .....701-228-3904  
 104 North St Bottineau, ND  
 Call for appointment <https://www.bottineauco.com/veteran>

### ***Bowman County***

#### *Multiple Resources*

Southwest Dakota Human Service Zone (County Social Services).....701-523-3285  
 104 First St NW, Suite 8 Bowman, ND  
 Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
 Community Action Partnership.....701-227-0131  
 202 E Villard Dickinson, ND 58601 [www.dickinsoncap.org](http://www.dickinsoncap.org)  
 Serves the following counties: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, & Stark.  
 Providing services, education and resources to help individuals and families. Helps with housing & utility payments

#### *Child Care / After School Programs/ Day care*

Family Connection- ..... 701-483-SAFE, 1-866-247-1450  
 Supervised Visitations and Exchanges in SW North Dakota. Also provide child and parent support, resources and referral, and public education.

School of Promise..... 701-523-3281  
 For children 3-6 who are developmentally or financially in need of services.

Crossroads Program..... 701-523-3285  
 Supports teen parents up to age 21 by helping pay a portion of their childcare/transportation costs to they can continue with their education. Complete Crossroads Program and Child Care Assistance Program applications.

Girls Circle ..... Melissa Buchholz 701-523-3285  
 Support and activity group for 3<sup>rd</sup> and 5<sup>th</sup> grade girls in Bowman.

Bowman Library ..... 701-523-3797  
 Crafts, games, computers for homework, volunteers to read and monitor the children. Open 10am to 6pm; due to Covid-19 call before arriving.

Rise and Shine Daycare- Bowman ..... 701-206-0647

Tot-Lot Child Care – Bowman ..... 701-523-4265  
 Participates in a subsidized child-care program.

*Clothing/ Supplies*

Cedar Chest Thrift Store - Bowman

*Counseling / Guidance / Mentor/ Therapy*

Badlands Human Service Center ..... 701-227-7500  
 1463 I-94 Business Loop East, Dickinson, ND Crisis Line: 701-290-5719  
 Serves: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, & Stark counties.  
 Walk in Assessment hours: Mon-Fri 8am-2pm  
 Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

Telehealth Psychiatric Services- through Bowman and Hettinger ..... 701-732-2501

Church Mentoring Bowman-

Catholic Church..... 701-425-6582 or [peberle@bismarckdiocese.com](mailto:peberle@bismarckdiocese.com)  
 Lutheran Church, Jackie Bloom..... 641-425-9615 or [jswanson2003@hotmail.com](mailto:jswanson2003@hotmail.com)  
 Methodist Church, Ed Kavaale ..... 701-440-8247 or [edkvaale@gmail.com](mailto:edkvaale@gmail.com)

Alcoholics Anonymous Meetings-

Bowman Lutheran Church in library, Mondays 7 p.m.  
 Scranton Lutheran Church, Fridays 7 p.m.

Compass Counseling- Jada Hoffland ..... 701-853-2795 or  
[compasscounselingcenter@yahoo.com](mailto:compasscounselingcenter@yahoo.com)  
 Clinical private mental health counseling.

Best Friends Mentoring Program..... 701-523-3285  
 A community or school-based mentoring program for children ages 6-16.

Sunrise Youth Bureau ..... 701-483-9498  
 2680 Empire Road, Suite E <http://www.sunriseyouthbureau.com>

Monday – Friday 8am – 5pm. Serves Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, McKenzie, Morton, Slope, & Stark Counties  
Provides classes/trainings to youth on a variety of topics around social skills and behaviors.

**Southwest Dakota Human Services**

Provide mental health support and assessment and help to navigate adults or children to the necessary services.

Badlands Human Service Center ..... 701-227-7500  
Tami Christenson in Bowman on Thursdays.

Hope and Healing Equine Therapy ..... 701-523-6407  
Robyn Mrnak director. Equine therapy for children and adults with behavioral or developmental needs.

Rural Psychiatry Associates ..... 701-205-3000  
802 2<sup>nd</sup> St NW, Bowman, ND <https://www.ruralpsychiatryassociates.com/>

**Food Pantries / Assistance**

Bowman Food Pantry Contacts: ..... Carla Kelly 701-523-6767  
Pastor Ray Sherwood 701-440-9730  
Pastor Ed Kavaale 701-440-8247

Bowman Slope Community Cupboard ..... 612-968-6098  
Located at 202 1<sup>st</sup> Ave SE  
Open the 3<sup>rd</sup> Tuesday 11am - 12pm and the 3<sup>rd</sup> Wednesday 3pm - 5pm MST.

Community Action Senior Commodities..... 701-227-0131  
Provide individuals 60 and older with non-perishable food items. Food is sent out every other month. Serving Bowman and surrounding counties.

**Health/ Free Clinics**

Southwestern District Health Unit in Dickinson ..... 701-483-0171  
Provide a wide range of services to qualified individuals including: Maternal and child health, health maintenance, adult and women's health screenings, tobacco prevention and control, communicable disease control.

Tele-Medicine- ..... 701-523-5555  
Southwest Healthcare provides tele-medicine services.

ND Assistive Senior Safety Program..... 701-258-4728  
Resources for eligible seniors in their own home. Including hearing, vision, adaptive and safety, emergency response systems, and more. Grants and loan options available. Forms available at <https://ndassistive.org/asdds/> and can be emailed, faxed, or mailed back.

West River Health Services ..... <https://www.wrhs.com/>  
Main Street, Scranton, ND ..... 701-275-6336  
Monday & Thursday 8am-5pm  
608 HWY 12 W, Bowman, ND ..... 701-523-3271  
Monday – Friday 8am-4:30pm

**Transportation**

Southwest Public Transit ..... 701-523-3241  
Serves Adams, Bowman and Slope counties.

### *Housing*

Stark County Housing Assistance ..... 701-225-3120  
applications can be found in Bowman, Adams and Stark County Social Service  
offices.

Pleasant Manor, Bowman ..... 701-225-3120  
Section 8 Project Based Residence, 30 bedroom units.

### *Veteran Services*

Dept of Veteran Affairs ..... 701-523-7774  
104 1<sup>st</sup> St NW Bowman, ND  
Wednesday 7:30am – 4:30pm  
[Veteran Services Office - Bowman North Dakota \(bowmannd.com\)](http://bowmannd.com)

### *WIC*

Bowman ..... 701-523-3285  
Nutrition information and food program for pregnant women, infants, and children  
up to age 5. Food vouchers, health screening, and diet assessments.

## ***Burke County***

### *Multiple Resources*

North Star Human Service Zone (County Social Services) ..... 701-377-2313  
103 Main Street SE, Bowbells, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's  
health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Community Action Partnership ..... 701-839-7221  
2020 8<sup>th</sup> Ave SE, Minot, ND 58701 [www.capminotregion.org](http://www.capminotregion.org)  
Serves Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, & Ward counties  
Providing services, education and resources to help individuals and families.

### *Counseling / Guidance / Mentor/ Therapy*

North Central Human Service Center ..... 701-857-8500  
1015 S Broadway, Suite 18, Minot, ND Crisis Line: 701-857-8500  
Serves: Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, & Ward Counties.  
Walk in Assessment hours: Mon-Fri 8am-5pm  
Mental health & addiction assessment, care coordination, medication  
management, home and community-based services, residential services, crisis  
beds and inpatient hospitalization and emergency services such as 24-hour client  
crisis lines and North Dakota State Hospital admission screening.

### *Domestic Violence*

Domestic Violence Program of NW ND ..... 701-628-3233  
Crisis line: 800-273-8232

### *Food Pantries / Assistance*

Society of St Stephen Food Pantry at United Methodist church ..... 701-596-3505  
215 Main Street, Bowbells, ND  
2<sup>nd</sup> Tuesday 2pm – 4pm  
Powers Lake Food Pantry ..... 701-339-9882

315 Main Street, Powers Lake, ND in Holy Cross Lutheran Church

*Health/ Free Clinics*

First District Health Unit (immunizations & WIC) ..... 701-377-2316

103 Railway St SE, Bowbells, ND 58721 <https://www.fdhc.org/>

Northland Health Center..... 701-377-6400

18 Main St SW, Suite B, Bowbells, ND

[Locations – Northland Health Centers](#)

*Clothing/ Supplies/ Thrift Store*

Bethlehem Lutheran Church ..... 701-377-2652

501 Main St NE, Bowbells, ND

Children's clothing 2<sup>nd</sup> Tuesday of the month 2pm – 4pm

*Veteran Services*

Dept of Veteran Affairs ..... 701-377-2820

103 Main Street, Bowbells, ND

Wednesdays 9am – 3pm

PO Box 310, Bowbells, ND 58721

**Burleigh County**

*Multiple Resources*

Burleigh County Human Service Zone (County Social Services) ..... 701-222-6622

415 E Rosser Ave Suite 113 Bismarck, ND

Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.

Community Action Program ..... 701-258-2240

2105 Lee Avenue, Bismarck, ND 58504

[www.cap7.com](http://www.cap7.com)

Serves Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux counties.

Providing services, education, and resources to help individuals and families.

Society of St. Vincent de Paul ..... 701-222-8011

519 Raymond St., Bismarck, ND

<https://svdpbismarck.org/>

Assist with transportation, food, clothing, rent

AID, Inc..... 701-663-1274

314 West Main Street, Mandan, ND

<https://www.aidincnd.com/aidinc>

Help Center and Emergency funds

Anne Carlsen Center

1929 N Washington St, Suite GG, Bismarck, ND 58501 ..... 701-751-3732

Non-profit organization that provides services and supports to individuals with developmental disabilities or delays. Offers services for behavioral health and autism, in-home supports, recreation and leisure, speech therapy, and occupational therapy.

Enable, Inc..... 701-255-2851

1836 Raven Drive, Bismarck

Supports for individuals with intellectual disabilities; provides support to families with a family member with a disability living in their home.

Ministry on the Margins ..... 701-223-6315

201 North 24<sup>th</sup> Street, Bismarck, ND <https://ministryonthemargins.com/>

Support for those who fall through the cracks during times of transition. Some supports include support groups, a food pantry, and a nightly coffee house for safety and rest. See website for other events.

Native, Inc. .... 701-595-5181

<https://www.ndnadc.org/>

2403 East Thayer Avenue, Bismarck, ND

A program for Native Americans dedicated to consumer economics and culture, learning, affordable housing and finance, workforce development, support services, and research and policy.

Provides the following services: Native American Youth Program, Indigenous Men's Talking Circle, Warrior Down Program, consumer financial education & counseling, financial lending services, housing assistance and referrals, transportation assistance & services, service referrals, career development services, peer support services, sweat lodge, cultural community events, community engagement, and elder services.

Sacred Pipe Resource Center..... 701-663-3886

<http://sacredpipe.net/>      [native@sacredpipe.net](mailto:native@sacredpipe.net)

400 W Main Street, Mandan, ND

Committed to maintaining a home-away-from-home for off-reservation American Indians living in the area and seeking to enhance existing services. Their mission is to: address the social/cultural, emotional, mental, spiritual, and physical needs of Native people of all Tribes living in the Bismarck-Mandan area; foster strong, self-sufficient individuals and families; and provide a bridge between Native and non-Native people to foster a cohesive community.

#### *Child Care / After School Programs/ Daycare*

Childs Hope Learning Center..... 701-223-3242

2921 N 19ths St, Bismarck, ND

Day care and learning center for kids 1-12years

YMCA..... 701-255-1525

1608 N Washington St, Bismarck, ND

<https://www.bismarckymca.org/>

Youth programs, Itty Bitty (3-5 yrs), Jr. Chefs (6-10 yrs), & FT preschool 3-5yrs

#### *Counseling / Guidance / Mentor/ Therapy*

West Central Human Service Center..... 701-328-8888

1237 W. Divide Ave. Suite 5, Bismarck, ND

Crisis Line: 701-328-8899

Serves: Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux counties.

Walk in Assessment hours: Mon-Fri 8am-2:30pm

Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

Dakota Family Services .....	701-419-8953
1227 N. 35 <sup>th</sup> St, Bismarck, ND	<a href="https://dakotafamilyservices.org/">https://dakotafamilyservices.org/</a>
Therapy for adults & children, psychiatric Services, Psychological testing, animal assisted therapy, online therapy	
Neighbor's Network.....	701-323-4206
919 S. 12 <sup>th</sup> Street, Bismarck, ND	
Helping address issues related to parenting, organizational skills, relationships, and basic Needs	
The Village Family Service Center.....	701-255-1165
2207 E. Main Ave, Bismarck, ND	
Red Door Pediatric Therapy .....	701-222-3175
2625 N 19 <sup>th</sup> St, Bismarck, ND	<a href="https://reddoorpediatric.com/">https://reddoorpediatric.com/</a>
Speech, Occupational, and Physical therapy; other special programs.	
Youthworks.....	701-255-6909
217 W Rosser Ave, Bismarck, ND	<a href="http://youthworksnd.org/programs/">http://youthworksnd.org/programs/</a>
Carrie's Kids.....	701-390-3201
1223 South 12 <sup>th</sup> St # 3, Bismarck, ND	<a href="https://www.carrieskids.com/">https://www.carrieskids.com/</a>
Prefers you text the phone number as primary contact	
Provides various events for children such as art club, Lego league	
**They also provide events for needed items like winter gear, prom dresses, school supplies.	
The Kid's Therapy Center .....	701-751-0384
1701 S 12 <sup>th</sup> St, Bismarck, ND	<a href="https://www.thekidstherapycenter.com/">https://www.thekidstherapycenter.com/</a>
Decoteau Trauma-Informed Care & Practice.....	701-751-0443
515 E Broadway Ave #106, Bismarck, ND	<a href="https://decoteaupsychotherapy.com/">https://decoteaupsychotherapy.com/</a>

## Education

Adult Learning Center .....	701-323-4530
1200 College Drive, Bismarck, ND	
Childs Hope Learning Center.....	701-223-3242
2921 N 19 <sup>th</sup> St Bismarck, ND	
Day care and learning center for kids 1-12years	
Head Start/ Early Head Start.....	701-323-4000
<a href="https://www.bismarckschools.org/Page/2616">https://www.bismarckschools.org/Page/2616</a>	
Serves Burleigh, Kidder, & Emmons counties	
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5	
BECEP- Bismarck Early Childhood Education Program.....	701-323-4400
720 N 14 <sup>th</sup> St, Bismarck, ND	
<a href="https://www.bismarckschools.org/page/2009">https://www.bismarckschools.org/page/2009</a>	
Poppy's Promise	

- 1615 Capital Way, Bismarck, ND ..... 701-204-7870  
Provides individualized services for children with autism spectrum disorders and developmental disabilities to meet kids and their families where they are on life's journey. Provides applied behavior analysis, respite/in-home support, and service management.
- Pride, Inc.  
[Pride Inc :: Services for Families and Children](#) ..... 701-258-7838  
Assists with intellectual disabilities, including in-home family support, youth mentorship, and transition into adulthood.  
Provides a list of community resources: [Pride Inc :: Community Resources](#)
- Food Pantries / Assistance*
- Emergency Food Pantry ..... 701-258-9188  
725 Memorial Hwy, Suite B, Bismarck, ND  
Monday, Tuesday, Thursday 1pm – 4pm
- Little Free Pantry  
A give-and-take system for neighbors to help neighbors.  
Map of locations:  
[https://www.google.com/maps/d/viewer?mid=1A9k4X5oesXarXm219K4Nikqv\\_Aw&ll=46.80795440098901%2C-100.79394044558411&z=12](https://www.google.com/maps/d/viewer?mid=1A9k4X5oesXarXm219K4Nikqv_Aw&ll=46.80795440098901%2C-100.79394044558411&z=12)
- Free Summer Lunch Program  
Offered by Bismarck Public Schools for local kids age 18 and under Monday-Friday during the summer. Check for schedule:  
<https://www.bismarckschools.org/Page/4042>
- Salvation Army ..... 701-223-1889  
601 S Washington St, Bismarck, ND  
Tuesday, Wednesday, Thursday 9am – 10:30am
- Church of Corpus Christi Food Pantry ..... 701-255-4600  
1919 N 2<sup>nd</sup> St, Bismarck, ND  
Monday & Thursday 1pm – 1:30pm \*Please call to register
- Ministry on the Margins ..... 701-426-8747  
201 N 24<sup>th</sup> St, Bismarck, ND  
Tuesdays 9:30am-11:30am, Thursdays 5pm-7pm
- Mother Teresa Pantry ..... 701-663-1660  
<http://www.myspiritoflife.com/outreach/food-pantry/>  
Spirit of Life Roman Catholic Church  
801 1<sup>st</sup> St SE, Mandan, ND  
Monday – Friday 10am-3pm
- The Banquet @ Trinity Lutheran Church ..... 701-233-3560  
502 N 4<sup>th</sup> St, Bismarck, ND  
Tuesdays & Thursdays 5:30pm – 7pm & Saturdays 11:30am– 12:30pm
- Dream Center Bismarck  
Distributes groceries to low-income families.



**Mondays:** South Central High School, East parking lot; 406 S. Anderson St., Bismarck

4:30pm-6:00pm

**Tuesdays:** Lewis & Clark School, South side; 600 14<sup>th</sup> St NW, Mandan

4:30pm-6:00pm

**Wednesdays:** Dream Center Bismarck, just east of the arc; 1805 Park Avenue

4:30pm-6:00pm

**Thursdays:** New Song Church, parking lot; 3200 N 11<sup>th</sup> St, Bismarck

4:30pm-6:00pm

**Fridays:** Tatley Place, south of Tatley Meadows; W London Ave & Manchester St

4:30pm-6:00pm

**Saturdays:** River of Hope Church, parking lot; 1996 43<sup>rd</sup> Ave NE, Bismarck

3:00pm-5:00pm

#### Adopt-a-Block

A food distribution program organized by the Dream Center. Recipients are registered based on household size and age group. Location varies; see link for locations, dates, and hours.

<https://dreamcenterbismarck.org/adopt-a-block>

#### The Banquet

Dream Center Bismarck, 1805 Park Avenue..... 701-202-4749

Serves meals Monday-Friday 5:30pm-7:00pm; Saturday & Sunday 12:00pm-

1:00pm

#### Health/ Free Clinics

Heartview Foundation..... 701-222-0386

101 East Broadway, Bismarck, ND

Treatment and services with drug and alcohol abuse.

Children's Special Health Services..... 701-328-2436

600 E. Blvd. Ave, Dept. 301, Bismarck, ND

[Special Health Services | Health and Human Services North Dakota](#)

Bridging the Dental Gap..... 701-221-0518

1223 South 12<sup>th</sup> Street #1, Bismarck, ND

<https://www.dentalgap.org/>

Dental care for uninsured, under-insured, low-income

#### Housing

Abused Adult Resource Center..... 701-222-8370

218 W Broadway Ave, PO Box 5003 Bismarck, ND

<https://www.abusedadultresourcecenter.com/>

Assist victims of domestic and sexual assault.

Burleigh County Housing Authority..... 701-255-2540

410 South 2<sup>nd</sup> Street, Bismarck, ND

<http://www.burleighcountyhousing.com/>

Welcome House .....	701-751-1218
1902 E. Thayer Ave, Bismarck, ND	
<i>Clothing/ Thrift Store</i>	
Seeds of Hope Thrift Store .....	701-222-8895
520 E. Main Ave, Bismarck, ND	
Monday – Saturday 9:30am-5pm	
The ARC Thrift Store .....	701-258-1410
1211 Park Ave, Bismarck, ND	
Monday – Saturday 10am-6pm	
Dakota Boys and Girls Ranch Thrift Store.....	701-223-7979
1335 E Interstate Ave, Bismarck, ND	
Monday – Saturday 9am-7pm	
Carrie's Kids .....	701-390-3201
** This is not a thrift store but has clothing available and various drives like winter jackets, prom dresses and back to school	
The number accepts text messages to answer your questions	
1223 South 12 <sup>th</sup> St # 3, Bismarck, ND <a href="https://www.carrieskids.com/">https://www.carrieskids.com/</a>	
<i>Transportation</i>	
Bisman Transit .....	701-258-6817
<a href="https://bismantransit.com/">https://bismantransit.com/</a>	
<i>Veteran Services</i>	
Dept of Veteran Affairs .....	701-222-6698
221 North 5 <sup>th</sup> St, Bismarck, ND	
Monday – Friday 8am – 5pm	
<a href="https://burleighco.com/departments/vs/Default.asp">https://burleighco.com/departments/vs/Default.asp</a>	
Bismarck Vet Center .....	701-224-9751
619 Riverwood Drive, Bismarck, ND	
For assistance after hours, weekends, & holidays: 1-877-927-8387	
Provides a broad range of counseling, outreach, & referral services to combat veterans and family members to assist and overcome the readjustment problems associated with war and personal trauma.	
<i>Vocational Rehabilitation</i> .....	701-328-8950
1000 E Divide Ave, Bismarck, ND	
<a href="https://www.nd.gov/dhs/dvr/index.html">https://www.nd.gov/dhs/dvr/index.html</a>	
<i>WIC</i>	
Custer Health .....	701-255-3397
1600 E Interstate Ave Suite 105 (Door 8), Bismarck, ND	
<a href="https://www.custerhealth.com/">https://www.custerhealth.com/</a>	

## **Cass county**

### *Multiple Resources*

Cass County Human Service Zone (County Social Services)...	Administration 701-241-5747
1010 2 <sup>nd</sup> Ave. S. Fargo, ND	Children's Services 701-241-5765

Economic Assistance 701-241-5761  
 Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.

Southeastern North Dakota Community Action ..... 701-232-2452  
 3233 University Dr S Fargo, ND 58104 [www.sendcaa.org](http://www.sendcaa.org)  
 Serves Cass, Ransom, Richland, Sargent, Steele, & Traill counties  
 Providing services, education and resources to help individuals and families.

Easter Seals ..... 701-237-9908  
 3333 7<sup>th</sup> Ave N, Fargo, ND  
<https://www.esgwnd.org/>

Anne Carlsen Center  
 4152 30<sup>th</sup> Ave S, Fargo, ND 58104 ..... Early Intervention 701-364-2663  
<https://annecarlsen.org/contact/> Outpatient Therapy 701-364-9070  
 Behavioral Health & Autism 701-364-2663  
 Non-profit organization that provides services and supports to individuals with developmental disabilities or delays. Offers services for assistive technology, behavioral health and autism, day habilitation, early intervention, employment (for those with delays/disabilities), in-home supports, Taylor Made Living, speech therapy, occupational therapy, physical therapy, orofacial myology, and recreation and leisure.

*Child Care / After School Programs/ Day care*

Youthworks ..... 701- 232-8558  
 1330 18<sup>th</sup> Ave South, Fargo, ND  
<http://youthworksnd.org/programs/>

YMCA OF Cass Clay ..... 701-293-9622  
 400 1<sup>st</sup> Ave S, Fargo, ND <https://www.ymcacassclay.org/>  
 Several youth programs, Itty Bitty (3-5 yrs), Jr. Chefs (6-10 yrs), & FT preschool (3-5 yrs)

North Dakota Autism Center, Inc. .... 701-277-8844  
 647 13<sup>th</sup> Ave E, Suite A, West Fargo, ND <https://ndautismcenter.org/>

Sonshine Center ..... 701-347-5665  
 52 8<sup>th</sup> Ave N, Casselton, ND  
 6 weeks to 12 years  
 Email: [sonshine.center@yahoo.com](mailto:sonshine.center@yahoo.com)

Family Wellness, LLC ..... 701-234-2400  
 2960 Seter Parkway, Fargo, ND <https://www.familywellnessfargo.org/>  
 Youth & family programs & Summer camps

Children of Hope Childcare ..... 701-532-1791  
 1321 19<sup>th</sup> Ave N, Fargo, ND

*Counseling / Guidance / Mentor/ Therapy*

Southeast Human Service Center ..... 701-298-4500  
 2624 9<sup>th</sup> Ave S, Fargo, ND Crisis Line: 701-298-4500  
 Serves: Cass, Ransom, Richland, Sargent, Steele, & Traill counties.  
 Walk in Assessment hours: Mon-Fri 8am-5pm

Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

The Village Family Service Center..... 1-800-627-8220

<https://www.thevillagefamily.org/content/services-we-offer>

Mentoring, counseling, financial management, family engagement programs

Dakota Family Services ..... 701-419-8477

7151 15<sup>th</sup> St. S, Fargo, ND

<https://dakotafamilyservices.org/>

Therapy for adults & children, psychiatric Services, Psychological testing, animal assisted therapy, online therapy

Youthworks

1330 18<sup>th</sup> Ave South, Fargo, ND ..... 701-232-8558

<http://youthworksnd.org/programs/>

Assistance with anger management, family counseling

Autism support group ..... 701-642-6733

Bethel Lutheran Church- 607 6<sup>th</sup> St. N Wahpeton, ND

3<sup>rd</sup> Monday of the month at 7pm

Rural Psychiatry Associates ..... 701-205-3000

1202 23<sup>rd</sup> Street South #3, Fargo, ND

Telemedicine appointments available

<https://www.ruralpsychiatryassociates.com/>

Red Door Pediatric Therapy ..... 701-222-3175

2810 19<sup>th</sup> Ave S, Grand Forks, ND

<https://reddoorpediatric.com/>

Speech, Occupational, and Physical therapy; other special programs.

#### *Education- Head Start*

SENDCAA Head Start..... 701-235-8931

3233 S University Dr. Fargo, ND

Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5

Adult Learning Center ..... 701-446-2807

1305 9<sup>th</sup> Ave South Fargo, ND

Assistance with Career & college readiness, interpersonal skills, money mgmt., health education, GED, and more

#### *Food Pantries / Assistance*

Emergency Food Pantry \* Referral required ..... 701-237-9337

1438 10<sup>th</sup> Street North, Fargo, ND

Churches United / Dorothy Day Food Pantry..... 218-656-7495

2820 Blue Stem Dr, West Fargo, ND

<https://churches-united.org/>

Faith4Hope food pantry ..... 701-793-6001

1321 19<sup>th</sup> Ave N, Fargo, ND

<https://www.faith4hope.com/>

Faith United Methodist Church food ministry ..... 701-232-6844

909 19 <sup>th</sup> Ave N, Fargo, ND	
<a href="http://fargofaithumc.org">Food Pantry (fargofaithumc.org)</a>	2 <sup>nd</sup> & 4 <sup>th</sup> Friday each month
McMerty / St. Marys Food Pantry.....	701-235-4289
630 7 <sup>th</sup> Ave N, Fargo, ND	
<a href="https://cathedralofstmary.com/">https://cathedralofstmary.com/</a>	Call to find out distribution information
Peace Lutheran Church Food Shelf.....	701-232-7166
1011 12 <sup>th</sup> Ave N, Fargo, ND	
<a href="https://fargopeace.org/">https://fargopeace.org/</a>	Tuesdays 10am-12pm & Thursdays 3pm-5pm
Salvation Army.....	701-232-5564
304 Roberts Street North Fargo, ND	
Monday- Friday 9am-12pm & 1pm-4pm; Wednesday 4pm-5pm	
YWCA Cass-Clay Shelter.....	701-232-3449
3000 South University Drive Fargo, ND	<a href="#">Cass-Clay YMCA</a>
Pick up Monday – Friday 2:30pm – 4:30pm	
*Please call ahead with request M-F8am-5pm	
<i>Health/ Free Clinics</i>	
Fargo Public Health.....	701-241-1360
*Immunizations, Family Planning, Baby Steps program	
Right Track.....	701-298-4606
Free developmental screening & assistance	
<a href="#">Right Track Brochure Web (nd.gov)</a>	
<i>Housing</i>	
Cass County Housing Authority .....	701-282-3443
Fargo Housing Authority.....	701-293-6262
ND Housing Finance Agency.....	701-239-7300
Presentation Partners .....	211
<i>Legal Assistance</i>	
Legal Aid of ND.....	Under age 60: 1-800-634-5263
112 N University Dr, Suite 220, Fargo, ND	Over age 60: 1-866-621-9866
<a href="http://legalassist.org/">http://legalassist.org/</a>	
Under age 60: M,T,TH 9am – 3pm; Over age 60: M-F 8am – 5pm	
<i>Transportation</i>	
MATBUS.....	701-232-7500
Bus transportation	<a href="http://matbus.com/">http://matbus.com/</a>
Sandford Health – Car seat Safety Center .....	701-234-7233
601 39 <sup>th</sup> St N, Fargo, ND	
Fix it Forward Auto Care.....	701-781-6800
6219 53 <sup>rd</sup> Ave S., Fargo, ND	<a href="https://www.fixitforwardministry.com/">https://www.fixitforwardministry.com/</a>
Free car repairs for needy individuals & providing vehicles to those in need.	
<i>Clothing/ supplies/ Thrift Store</i>	
Open Doors 65.....	701-799-7550 or 701-261-7434

213 ND Ave N, Fargo, ND <https://opendoors65.com/>  
 Free items for those in need  
 New Life Center ..... 701-235-4453  
 221 19<sup>th</sup> St. N. Fargo, ND <https://www.fargonlc.org/thrift>  
*Veteran Services*  
 VA Medical Center ..... 701-239-3700 or 1-800-827-4313  
 2101 North elm Street, Fargo, ND [www.fargo.va.gov](http://www.fargo.va.gov)  
 Dept of Veteran Affairs ..... 701-241-5756  
 211 9<sup>th</sup> St South Fargo, ND – 1<sup>st</sup> floor  
<https://www.casscountynd.gov/our-county/veterans-services>  
*WIC*  
 ND WIC ..... 701-277-1455 or 1-800-472-2286  
 1240 25<sup>th</sup> St. South, Fargo, ND

## ***Cavalier county***

### *Multiple Resources*

Northern Valley Human Service Zone (County Social Services)..... 701-256-2179  
 324 7<sup>th</sup> Ave. PO Box, Langdon, ND  
 Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
 Dakota Prairie Community Action Agency..... 701-662-6500  
 223 4<sup>th</sup> St NE, Devils Lake, ND 58301 <http://www.dpcaa.org>  
 Serves the following counties: Benson, Cavalier, Eddy, Ramsey, Rolette, & Towner.  
 Providing services, education and resources to help individuals and families.

### *Food Pantries / Assistance*

Northlands Rescue Mission..... 701-772-6600  
 420 Division Ave Grand Forks, ND <https://www.northlandsrescuemission.org/>  
 Daily community meals & 1 food basket a month  
 Serves Benson, Cavalier, Eddy, Grand Forks, Griggs, Nelson, Pembina, Ramsey, Steele, Towner, Traill, & Walsh counties

#### *Food Pantry*

211 8<sup>th</sup> Ave. Langdon, ND      Back of the senior center

### *Child Care / After School Programs/ daycare*

Cavalier County library ..... 701-256-5353  
 600 5<sup>th</sup> Ave, Langdon, ND <https://cavaliercountyndlibrary.com/>  
 Story time for children, Sept. – May 4:30 – 6pm

### *Counseling / Guidance / Mentor/ Therapy*

Lake Region Human Service Center..... 701-665-2200  
 200 Hwy 2 W. Devils Lake, ND      Crisis Line: 701-662-5050  
 Serves: Benson, Cavalier, Eddy, Ramsey, Rolette, & Towner counties.  
 Walk in Assessment hours: Mon-Fri 8am-5pm  
 Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis

beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

Catholic Charities Counseling..... 701-256-2354  
209 10<sup>th</sup> Ave, Langdon, ND inside St. Alphonsus Elementary [Catholic Charities ND](#)

#### *Education- Head Start*

Cavalier County Head Start ..... 701-256-6329  
721 11<sup>th</sup> Ave, Langdon, ND  
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5

#### *Health/ Free Clinics*

Cavalier County Health District..... 701-256-2402  
901 3<sup>rd</sup> St, suite 11, Langdon, ND <https://cavaliercountyhealth.com/>

#### *Veteran Services*

Courthouse 901 3<sup>rd</sup> St Langdon, ND..... 701-256-2146  
Tuesday & Wednesday 8:30am – 12:30pm

#### *WIC*

Cavalier County Health District..... 701-256-2402  
901 3<sup>rd</sup> St, suite 11, Langdon, ND <https://cavaliercountyhealth.com/>

### ***Dickey county***

#### *Multiple resources*

South Country Human Service Zone (County Social Services) ..... 701-349-3271  
205 15<sup>th</sup> Street, N. PO Box 279 Ellendale, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Community Action Partnership..... 701-252-1821  
1411 12<sup>th</sup> Ave NE PO BOX 507 Jamestown, ND 58402 [www.cap6.com](http://www.cap6.com)  
Serves the following counties: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, & Wells.  
Providing services, education, and resources to help individuals and families.

#### *Addiction Recovery*

Alcoholics Anonymous/ AA  
201 S 5<sup>th</sup> St, Oakes ND 58474  
\*Monday, Wednesday, Saturday 8:00 pm  
Celebrate Recovery..... 701-742-3193  
1019 Ivy Ave, Oakes ND 58474 in Church of the Nazarene  
Christ-based step-program. Every Monday at 6:30 pm. Large group and then everyone breaks into smaller groups. If you are in need of healing from: abandonment, abuse, alcohol, anger, anxiety, betrayal, codependency, depression, divorce, drugs, eating disorders, family problems, gambling, grief/loss, guilt, insecurity, low self-esteem, lying, need to control, nicotine, overspending, panic attacks, people pleasing, perfectionism, pornography, pride, PTSD, shame, sickness, stealing, stress, or workaholism

### *Counseling / Guidance / Mentor/ Therapy*

South Central Human Service Center.....	701-253-6300
520 Third St. N.W., Jamestown, ND	Crisis Line: 701-253-6304
Serves: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, & Wells counties.	
Walk in Assessment hours: Mon-Thurs 9am-12pm	
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.	
*Valley City Satellite Office: City-County Public Health District Building, 415 Second Ave NE	
James River Counseling Services.....	701-742-1513
412 Main Ave #5, Oakes, ND	

### *Domestic Violence*

Kedish House .....	701-349-4729
509 1 <sup>st</sup> St N Ellendale, ND	24-hour crisis line 701-349-4118
Serves Dickey, LaMoure, Logan, McIntosh, & Sargent counties.	<a href="#">Kedish House</a>

### *Food Pantries / Assistance*

Ellendale Community Food Pantry .....	701-535-0666
504 2 <sup>nd</sup> Ave N, Ellendale, ND	<a href="https://www.facebook.com/EllendaleFoodPantry/">https://www.facebook.com/EllendaleFoodPantry/</a>
PO Box 75 Ellendale, ND	
2 <sup>nd</sup> and 4 <sup>th</sup> Saturday each month from 10am to 12pm	
Forbes Commodities .....	701-357-7331
7847 98 <sup>th</sup> St SE, Forbes, ND	
Call ahead to find out days available	
Oakes Area Food Pantry .....	701-742-2469
115 S 5th St, Oakes, ND	
Great Plains Mobile Food Bank.....	701-232-6219
Contact Person: Andrea	<a href="http://www.GreatPlainsFoodBank.org">www.GreatPlainsFoodBank.org</a>
Call or check website to find out distribution dates and sites	

### *Health/ Free Clinics*

Avera Clinic	
240 Main Street Ellendale .....	701-349-3666
Oakes Community Clinic	
1200 N 7 <sup>th</sup> St Oakes .....	701-742-3600
Sanford Health	
141 Main St Ellendale .....	701-349-3331
420 S 7 <sup>th</sup> St Oakes	701-742-3267
100 1st Ave SW LaMoure	701-883-5048
520 Chautauqua Blvd Valley City	701-845-6000
Dickey County Health District	
205 15 <sup>th</sup> St N Ellendale .....	701-349-4348



\*immunizations, Car Seat Program, Health Tracks  
abby.gibbs@nd.gov

#### *Housing*

Great Plains Housing Cooperative.....701-349-2217  
309 2<sup>nd</sup> St N Ellendale

#### *Transportation*

Dickey County Transit ..... Ellendale 701-349-4513  
67 1<sup>st</sup> Ave S Ellendale Oakes 701-742-3509

#### *Clothing/ Supplies/ Thrift Store*

Oakes Tornado Watch..... 701-742-3234  
Oakes Public School

Oakes Thrift & More ..... 701-742-3694  
508 Main Ave, Oakes ND

\*if referral from Human Services agency, they will provide what the family needs  
free of charge

Marine Toys for Tots Foundation.....701-952-3603  
\*contact your child's school counselor or Sheila if interested in participating

#### *Veteran Services*

Dept of Veteran Affairs  
309 2<sup>nd</sup> St North Ellendale, ND ..... 701-535-1220  
Monday 8am – 4:30pm Wednesday 8am - 12pm  
517 Main Ave Oakes ND ..... 701-349-3249 x 130  
Tuesday 8am – 4:30pm

#### *WIC*

Central Valley Health District - Jill Wald..... 701-252-8130  
Appointments are necessary; please call ahead. [jewald@nd.gov](mailto:jewald@nd.gov)

<https://centralvalleyhealth.org/services-programs/wic/>

### ***Divide county***

#### *Multiple resources*

Human Service Zone office (County Social Services) ..... 701-965-6521  
Physical address: 200 N. Main St Crosby- top floor of addition

Mailing: PO Box 9 Crosby, ND 58730

Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's  
health services, Basic care assistance, childcare assistance, child welfare, referrals.

Community Action Partnership..... 701-572-8191  
Serves Divide, McKenzie & William Counties

120 Washington Ave Williston, ND 58801

[www.willistoncap.org](http://www.willistoncap.org)

#### *Child Care / After School Programs/ Day care*

Crosby Kids Daycare  
407 2<sup>nd</sup> St SW, Crosby, ND.....701-965-5437

<https://www.facebook.com/CrosbyKidsDaycare/>

*Counseling / Guidance / Mentor/ Therapy*

Northwest Human Service Center .....	701-572-9111
316 Second Ave. W., Williston, ND	Crisis Line: 701-572-9111
Serves: Divide, McKenzie, & Williams Counties.	
Walk in Assessment hours: Mon-Fri 8am-5pm	
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.	
Corner AA Group.....	701-609-8663
408 4 <sup>th</sup> St SE Crosby, ND	
Jessica Watterud – Therapy.....	701-240-6971
388 Main Street S Unit 2 Crosby, ND	
Mailing: PO Box 136 Crosby, ND 58730	
Melissa Nystuen – Therapy.....	701-641-1465
388 Main Street S Unit 2 Crosby, ND	
Mailing: PO Box 136 Crosby, ND 58730	

*Domestic Violence*

Family Crisis Shelter .....	701-572-0757
Crisis line: 800-231-7724	

*Financial*

Helping Hands – Pastor Zach Shipman .....	701-339-2580
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*Food Pantries / Assistance*

Divide County Food Pantry .....	(Phone only for emergency access) 701-965-6521
204 Main St NE Crosby, ND Located in Concordia Lutheran Church Basement	

*Health/ Free Clinics*

Crosby Clinic .....	701-965-6349
702 1 <sup>st</sup> St SW Crosby, ND	
Upper Missouri District Health Unit.....	701-965-6813
200 N Main St E Crosby, ND	
ST. Luke’s Hospital .....	701-965-6384
702 1 <sup>st</sup> St SW Crosby, ND	

*Veteran Services*

Dept of Veteran Affairs .....	701-965-6641
200 North Main Crosby, ND	

**Dunn County**

*Multiple resources*

Roughrider North Human Service Zone (county Social Services) .....	701-573-5385
205 Owens St., Manning, ND	
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children’s health services, Basic care assistance, childcare assistance, child welfare, referrals.	

Community Action Partnership.....	701-227-0131
202 E Villard Dickinson, ND 58601	<a href="http://www.dickinsoncap.org">www.dickinsoncap.org</a>
Serves the following counties: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, & Stark. Providing services, education, and resources to help individuals and families.	
<i>Child Care / After School Programs/ Day care</i>	
Cactus Kids Daycare .....	701-260-5145
351 2 <sup>nd</sup> Ave NW, Killdeer, ND	
Mamma Bears Child Care, LLC .....	701-764-7120
700 Hill Top Dr., Killdeer, ND	
<i>Counseling / Guidance / Mentor/ Therapy</i>	
Badlands Human Service Center .....	701-227-7500
1463 I-94 Business Loop East, Dickinson, ND	Crisis Line: 701-290-5719
Serves: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, & Stark Counties.	
Walk in Assessment hours: Mon-Fri 8am-2pm	
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.	
Sunrise Youth Bureau .....	701-483-9498
2680 Empire Road, Suite E	<a href="http://SunriseYouthBureau.org">Sunrise Youth Bureau</a>
Monday – Friday 8am – 5pm.	
Serves Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, McKenzie, Morton, Slope, & Stark Counties	
Provides classes/trainings to youth on a variety of topics around social skills and behaviors.	
Killdeer Clinic .....	701-764-5264
220 4 <sup>th</sup> Ave SW, Killdeer, ND	<a href="https://www.coalcountryhealth.com/">https://www.coalcountryhealth.com/</a>
<i>Food Pantries / Assistance</i>	
Dunn County Food Pantry .....	701-764-5593
125 Central Ave, Killdeer, ND	<a href="https://www.facebook.com/dunncountyfoodpantry">https://www.facebook.com/dunncountyfoodpantry</a>
<i>Health/ Free Clinics</i>	
Killdeer Clinic .....	701-764-5822
220 4 <sup>th</sup> Ave SW, Killdeer, ND	<a href="https://www.coalcountryhealth.com/">https://www.coalcountryhealth.com/</a>
<i>Veteran Services</i>	
Dept of Veteran Affairs .....	701-573-8387
205 Owens St Manning, ND	
Monday, Tuesday, Thursday 8am – 4:30pm	

## **Eddy county**

### *Multiple Resources*

Central Prairie Human Service Zone (County Social Service) .....	701-947-5314
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22 9<sup>th</sup> Street S., New Rockford, ND  
 Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
 Dakota Prairie Community Action Agency.....701-662-6500  
 223 4<sup>th</sup> St NE Devils Lake, ND 58301 <http://www.dpcaa.org>  
 Serves the following counties: Benson, Cavalier, Eddy, Ramsey, Rolette, & Towner.  
 Providing services, education and resources to help individuals and families.

*Counseling / Guidance / Mentor/ Therapy*  
 Lake Region Human Service Center.....701-665-2200  
 200 Hwy 2 W. Devils Lake, ND Crisis Line: 701-662-5050  
 Serves: Benson, Cavalier, Eddy, Ramsey, Rolette, & Towner counties.  
 Walk-in Assessment hours: Mon-Fri 8am-5pm  
 Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

*Child Care / After School Programs / Day care*  
 Just 4 Kidz Child Care .....701-947-2701  
 6 8<sup>th</sup> St N, New Rockford, ND

*Food Pantries / Assistance*  
 Spirit Lake Ministry Center .....701-799-1174  
 3365 81<sup>st</sup> Ave NE Sheyenne, ND  
<http://spiritlekeministrycenter.org/home.aspx>  
 Hunger Free Food Pantry.....701-947-2478  
 436 1<sup>st</sup> Ave N, New Rockford, ND in First Lutheran Church  
<https://flcnewrock.org/ministries/>  
 Northlands Rescue Mission.....701-772-6600  
 420 Division Ave Grand Forks, ND <https://www.northlandsrescuemission.org/>  
 Daily community meals & 1 food basket a month  
 Serves Benson, Cavalier, Eddy, Grand Forks, Griggs, Nelson, Pembina, Ramsey, Steele, Towner, Traill, & Walsh counties

*Health/ Free Clinics*  
 CHI St. Alexius Health.....701-652-2515  
 118 1<sup>st</sup> St S., New Rockford, ND

*Veteran Services*  
 Dept of Veteran Affairs .....701-947-2432 x2023  
 524 Central Ave New Rockford, ND  
 Monday – Wednesday 8:30 am – 4:30pm

*WIC*  
 Eddy County Public Health Nurse.....701-947-5311  
 16 8<sup>th</sup> St S, New Rockford, ND

## ***Emmons county***

### *Multiple resources*

- South Country Human Service Zone (county Social services)..... 701-254-4502  
100 NW 4<sup>th</sup> Street PO Box 726, Linton, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.
- Community Action Program..... 701-258-2240  
2105 Lee Avenue Bismarck, ND 58504      [www.cap7.com](http://www.cap7.com)  
Serves Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux counties.  
Providing services, education, and resources to help individuals and families.

### *Counseling / Guidance / Mentor/ Therapy*

- West Central Human Service Center..... 701-328-888  
1237 W. Divide Ave. Suite 5, Bismarck, ND      Crisis Line: 701-328-8899  
Serves: Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux.  
Walk in Assessment hours: Mon-Fri 8am-5pm  
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

### *Education*

- Right Star mathematics by Activities for Learning ..... 701-782-2000  
321 Hill St., Hazelton, ND

### *Financial*

- Salvation Army – Western ND rep, Greg..... 701-204-1616  
Emergency food/household items, weatherization, energy share, utility/rent

### *Food Pantries / Assistance*

- Emmons County Food Pantry..... 701-851-0037  
118 S Broadway St., Linton, ND

### *Medical/ Free Clinics*

- Linton Medical Center ..... 701-245-4531  
511 E Elm Ave Linton, ND
- Hazelton Clinic ..... 701-782-4338  
343 Main Street Hazelton, ND
- Linton Hospital..... 701-254-4511  
518 N Broadway Linton
- Emmons County Public Health ..... 701-254-4027  
118 E Spruce Ave Linton, ND

### *Clothing/ Thrift Store*

- Next to New Thrift Store  
118 S Broadway Linton, ND  
Open M-F 10am – 3pm and Saturday 9am – 2 pm

### *Veteran Services*

- Dept of Veteran Affairs ..... 701-254-5410

100 4<sup>th</sup> St NW Linton, ND in the courthouse

Monday & Tuesday 8am – 4:30pm, Wednesday 8am – 1pm

[Veteran's Service](#)

**WIC**

Emmons County WIC.....701-254-4030  
118 E Spruce Ave Linton, ND

***Foster county***

*Multiple resources*

Central Prairie Human Service Zone (County Social Services) .....701-652-2221  
1000 N. Central Ave. PO Box 80, Carrington, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Community Action Partnership.....701-252-1821  
1411 12<sup>th</sup> Ave NE PO BOX 507 Jamestown, ND 58402 [www.cap6.com](http://www.cap6.com)  
Serves the following counties: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, & Wells.  
Providing services, education, and resources to help individuals and families.

*Child Care / After School Programs/ Day Care*

Darline's Kiddy Corner.....701-652-1678  
6723 Hwy 200, Carrington, ND

*Counseling / Guidance / Mentor/ Therapy*

South Central Human Service Center.....701-253-6300  
520 Third St. N.W., Jamestown, ND Crisis Line: 701-253-6304  
Serves: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, & Wells counties.  
Walk-in Assessment hours: Mon-Thurs 9am-12pm  
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

Jessie Fuher .....701-252-9838  
800 4<sup>th</sup> St. North, Carrington, ND

*Food Pantries / Assistance*

Carrington's Daily Bread.....701-652-2333  
875 Main St. Carrington, ND  
Monday, Wednesday, Friday 3:30pm-05:30pm – If not open call for appointment

*Health/ Free Clinics*

Foster County Public Health .....701-652-3087  
881 Main St, Carrington, ND  
CHI St. Alexis Health Carrington Med Clinic.....701-652-2515  
820 5<sup>th</sup> St N, Carrington, ND  
Sanford Health Carrington Clinic .....701-652-3200  
6712 ND-200 E, Carrington, ND

### *Thrift Store*

Lovingly Used-Clothing & Furniture.....701-652-2858  
934 Main St. Carrington, ND

### *Veteran Services*

Dept of Veteran Affairs .....701-652-2170  
1000 5<sup>th</sup> St N Carrington, ND in courthouse basement  
Tuesday 12:30pm – 4:30pm and Wednesday 9am – 11:30am

### *WIC*

Foster County Public Health .....701-652-3087  
881 Main St, Carrington, ND

## **Golden Valley county**

### *Multiple resources*

Roughrider North Human Service Zone.....701-872-4121  
67 1<sup>st</sup> St SE PO Box 279, Beach, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Community Action Partnership.....701-227-0131  
202 E Villard Dickinson, ND 58601 [www.dickinsoncap.org](http://www.dickinsoncap.org)  
Serves the following counties: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, & Stark. Providing services, education and resources to help individuals and families.

### *Child Care / After School Programs/ Day care*

Angie Dietz Daycare.....701-872-2748  
511 Zook Ave NW, Beach, ND  
Dakota Kids Daycare.....701-872-5437  
83 W. Main Po Box 554, Beach, ND  
Trish's Tots.....701-872-4864  
559 Main St. E. Beach, ND

### *Counseling / Guidance / Mentor/ Therapy*

Badlands Human Service Center .....701-227-7500  
1463 I-94 Business Loop East, Dickinson, ND Crisis Line: 701-290-5719  
Serves: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, & Stark counties.  
Walk in Assessment hours: Mon-Fri 8am-2pm  
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.  
Sunrise Youth Bureau .....701-483-9498  
2680 Empire Road, Suite E [Sunrise Youth Bureau](http://SunriseYouthBureau.org)  
Monday – Friday 8am – 5pm. Serves Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, McKenzie, Morton, Slope, & Stark Counties

Provides classes/trainings to youth on a variety of topics around social skills and behaviors.

Cheryl Planert Therapy Services ..... 701-872-2667

*Food Pantries / Assistance*

Beach Food Pantry..... 701-872-4153

55 1<sup>st</sup> St SE Beach, ND

Wednesday 1pm-3pm

*Health/ Free Clinics*

Beach Medical Clinic ..... 701-872-3777

95 2<sup>nd</sup> Street NW Beach, ND

*Food Pantries / Assistance*

Beach Food Pantry..... 701-872-3708

55 1<sup>st</sup> St SE, Beach, ND

*Thrift Store*

MNM ReStore..... 701-872-2424

87 S Central Ave, Beach, ND

*Veteran Services*

Dept of Veteran Affairs ..... 701-872-4673

150 1<sup>st</sup> Ave SE Beach, ND on 2nd floor

Monday – Friday 8am – 4pm

## ***Grand Forks county***

*Multiple Resources*

Grand Forks Human Service Zone (County Social Services) ..... 701-787-8535

151 S 4<sup>th</sup> Street Suite 201, Grand Forks, ND

Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.

Red River Valley Community Action ..... 701-746-5431

4212 Gateway Drive Grand Forks, ND 58203

[www.rrvca.com](http://www.rrvca.com)

Serves the following counties: Grand Forks, Nelson, Pembina, Walsh

Providing services, education, and resources to help individuals and families.

Anne Carlsen Center ..... 701-757-4200

<https://annecarlsen.org/contact/>

2016 S Washington St, Grand Forks, ND 58201

Non-profit organization that provides services and supports to individuals with developmental disabilities or delays. Offers services for assistive technology, behavioral health and autism, day habilitation, early intervention, employment (for those with delays/disabilities), in-home supports, speech therapy, occupational therapy, and recreation and leisure.

Grand Forks Growth and Support Center..... 701-775-2566

2105 Gateway Dr.

Grand Forks, ND 58203



Provides a variety of services for adults and children with developmental and intellectual disabilities, including facility-based day support program for adults, pre-vocational program, and in-home support services.

<https://www.gfgrowthandsupport.com/>

#### *Child Care / After School Programs/ Daycare*

CEF of North Dakota.....701-213-0761

After school programming & summer camp

Karl Kruse, [Karl.kruse@ndcef.com](mailto:Karl.kruse@ndcef.com)

Elementary & Middle school ENCORE Program .....701-215-8041

<https://www.gfschools.org/encore>

YMCA.....701-775-2586

215 North 7<sup>th</sup> Street, Grand Forks, ND [Grand Forks YMCA](#)

M.A.S.H After School program, Child Care, and more

Sunflake Preschool, daycare & after school programs.....701-772-8287

1001 24<sup>th</sup> Ave S, Grand Forks, ND <https://www.sunflakepreschool.com/>

#### *Counseling / Guidance / Mentor/ Therapy – Not a complete list*

Northeast Human Service Center .....701-795-3000

151 S. Fourth St Suite 401, Grand Forks, ND Crisis Line: 701-775-0525

Walk-in Assessment hours: Mon-Fri 8am-5pm

Serves: Grand Forks, Walsh, Pembina, & Nelson counties.

Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

*\*Grafton Outreach Office: Life Skills & Transition Center, Admin Bldg – 701-352-4334*

Rural Psychiatry Associates .....701-205-3000

4700 S Washington St Suite G, Grand Forks

<https://www.ruralpsychiatryassociates.com/>

Village Family Service Center.....701-746-4584

1726 S Washington St, Suite 33A, Grand Forks, ND

<https://www.thevillagefamily.org/>

The Zone.....701-746-4584

2755 10<sup>th</sup> Avenue, Grand Forks, ND

[The Zone - Grand Forks, North Dakota | Play Therapy Provider - The Zone - Grand Forks, ND \(thegonegf.com\)](#)

Northland Christian Counseling Center.....701-795-8550

2315 Library Cir, Grand Forks, ND

Altru Health System .....701-780-6697

Behavioral Health Clinic, 860 S Columbia Rd Grand Forks, ND

<https://www.altru.org/services/behavioral-health-clinic/>

Red River Advocacy center \*\*Your caseworker would have to refer you 701-234-4580

<https://www.rrcac.org/>

#### *Education*

Grand forks Head Start .....	701-746-2433
3600 6 <sup>th</sup> Ave North Grand Forks, ND	
<a href="http://gfschools.org">Grand Forks Head Start / Homepage (gfschools.org)</a>	
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5	
<i>Food Pantries / Assistance</i>	
Northlands Rescue Mission.....	701-772-6600
420 Division Ave Grand Forks, ND	
<a href="https://www.northlandsrescuemission.org/">https://www.northlandsrescuemission.org/</a>	
Daily community meals & 1 food basket a month	
Serves Benson, Cavalier, Eddy, Grand Forks, Griggs, Nelson, Pembina, Ramsey, Steele, Towner, Traill, & Walsh counties	
Cottonwood Community Church.....	701-772-4126
308 South 5 <sup>th</sup> Street, Grand Forks, ND	
Saint Joseph's Social Care Food Pantry .....	701-795-8614
620 8 <sup>th</sup> Ave S, Grand Forks, ND	
<i>Health/ Free Clinics</i>	
Spectra Health Clinic.....	701-757-2100
212 4 <sup>th</sup> St S Suite 101 Grand Forks, ND	
<a href="https://spectrahealth.org/">https://spectrahealth.org/</a>	
<i>Housing</i>	
Grand Forks Housing Authority.....	701-746-2545
1405 1 <sup>st</sup> Ave N, Grand Forks, ND	
<a href="https://www.thegfha.org/">https://www.thegfha.org/</a>	
<i>Thrift Store - Not a complete list</i>	
Saint Joseph's Social Care Thrift Store.....	701-795-8614
620 8 <sup>th</sup> Ave S, Grand Forks, ND	
Salvation Army Family Store.....	701-775-7255
3401 S 31 <sup>st</sup> St, Grand Forks, ND	
Dakota Boys and Girls Ranch Thrift Store.....	701-775-7805
2017 Demers Ave, Grand Forks, ND	
Second Impression .....	701-317-2901
1502 Central Ave NE, Grand Forks, ND	
<i>Veteran Services</i>	
Dept of Veteran Affairs .....	701-780-8296
151 South 4 <sup>th</sup> St Grand Forks, ND in County office building	
Monday – Friday 8am-5pm	
<i>WIC</i>	
1726 S. Washington St. Suite 57 & 58 Grand Forks, ND.....	701-775-3667
Call for appointment	

## **Grant county**

### *Multiple Resources*

- Three Rivers Human Service Zone (County Social Services)..... 701-622-3706  
106 2<sup>nd</sup> Ave NE PO Box 278 Carson, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.
- Community Action Program..... 701-258-2240  
2105 Lee Avenue Bismarck, ND 58504      [www.cap7.com](http://www.cap7.com)  
Serves Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux counties.  
Providing services, education, and resources to help individuals and families.

### *Child Care / After School Programs/ Day care*

- Kidz Clubhouse  
206 E ST N, Elgin, ND

### *Counseling / Guidance / Mentor/ Therapy*

- West Central Human Service Center..... 701-328-8888  
1237 W. Divide Ave. Suite 5, Bismarck, ND      Crisis Line: 701-328-8899  
Serves: Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux counties.  
Walk in Assessment hours: Mon-Fri 8am-2:30pm  
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.
- Summit Counseling Services..... 701-334-6242  
123 N main St #6, Carson, ND
- Rural Psychiatry Associates ..... 701-205-3000  
603 East Street North, Elgin, ND  
Telemedicine appointments available <https://www.ruralpsychiatryassociates.com/>

### *Education- Head Start*

- West River Head Start      701-622-3505  
302 Montana St, Carson, ND  
<https://www.hitinc.org/services/WestRiverHeadStart/>  
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5

### *Food Pantries / Assistance*

- Carson Food Pantry ..... 701-322-3193  
215 N Main St Carson, ND      Has income guidelines, call for details

### *Health/ Free Clinics*

- Custer Health ..... 701-622-3591  
106 2<sup>nd</sup> Ave NE, Carson, ND  
<https://www.custerhealth.com/>
- Elgin Community Clinic..... 701-584-3338  
603 E St N, Elgin, ND

## **Griggs county**

### *Multiple Resources*

- Eastern Plains Human Service Zone (County Social Services)..... 701-797-2127  
805 Odegard Ave SW PO Box 567, Cooperstown, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.
- Community Action Partnership..... 701-252-1821  
1411 12<sup>th</sup> Ave NE PO BOX 507 Jamestown, ND 58402 [www.cap6.com](http://www.cap6.com)  
Serves the following counties: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, & Wells.  
Providing services, education and resources to help individuals and families.

### *Child Care / After School Programs/ Day care*

- Weecare Day Care & preschool..... 701-797-2717  
705 Burrel Ave SW # B, Cooperstown, ND

### *Counseling / Guidance / Mentor/ Therapy*

- South Central Human Service Center..... 701-253-6300  
520 Third St. N.W., Jamestown, ND Crisis Line: 701-253-6304  
Serves: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, & Wells counties.  
Walk-in Assessment hours: Mon-Thurs 9am-12pm  
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.  
\*Valley City Satellite Office: City-County Public Health District Building, 415 Second Ave NE

### *Education- Head Start*

- Head Start..... 701-797-2676  
107 Baker St SW, Cooperstown, ND  
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5

### *Food Pantries / Assistance*

- Northlands Rescue Mission..... 701-772-6600  
420 Division Ave Grand Forks, ND <https://www.northlandsrescuemission.org/>  
Daily community meals & 1 food basket a month  
Serves Benson, Cavalier, Eddy, Grand Forks, Griggs, Nelson, Pembina, Ramsey, Steele, Towner, Traill, & Walsh counties

### *Health/ Free Clinics*

- Cooperstown Medical Center..... 701-797-3212  
1200 Roberts Ave NE, Cooperstown, ND

### *Thrift Store*

- More for Less Thrift Store..... 701-797-3499

801 Burrel Ave SW, Coopertown, ND

*Veteran Services*

Dept of Veteran Affairs ..... 701-797-3717

808 Rollin Ave SW Cooperstown, ND in courthouse

2<sup>nd</sup> & 4<sup>th</sup> Thursday 9am – 12pm

***Hettinger county***

*Multiple resources*

Roughrider North Human Service ..... 701-824-3276

309 Millionaire Ave, Mott, ND

Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.

Community Action Partnership..... 701-227-0131

202 E Villard Dickinson, ND 58601 [www.dickinsoncap.org](http://www.dickinsoncap.org)

Serves the following counties: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, & Stark. Providing services, education & resources to help individuals & families.

*Child Care / After School Programs/ Day care*

Benson Day Care ..... 701-824-3344

211 Illinois Ave, Mott, ND

Reinae Bollschweiler Daycare ..... 701-260-6440

112 West 4<sup>th</sup> St, Mott, ND

Littlefoot Daycare/Stepping Stones Preschool ..... 701-260-6167

703 West 5<sup>th</sup> St, Mott, ND

With a Mothers Heart Childcare..... 701-824-2730

510 East 5<sup>th</sup> Street, Mott, ND

*Counseling / Guidance /Mentor / Therapy*

Badlands Human Service Center ..... 701-227-7500

1463 I-94 Business Loop East, Dickinson, ND Crisis Line: 701-290-5719

Serves: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, & Stark counties.

Walk in Assessment hours: Mon-Fri 8am-2pm

Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

Alcoholics Anonymous Meetings-

New England Masonic Temple, Mondays 8 pm

New England AA Group (Memorial hall)

925 Main St., New England, ND

Mon 8pm Wed 12pm

Sunrise Youth Bureau ..... 701-483-9498

2680 Empire Road, Suite E [Sunrise Youth Bureau](http://SunriseYouthBureau.org)

Monday – Friday 8am – 5pm. Serves Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, McKenzie, Morton, Slope, & Stark Counties  
Provides classes/trainings to youth on a variety of topics around social skills & behaviors.

- West River Health Services (Psych Nurse) ..... 701-579-4507  
820 2<sup>nd</sup> Ave W, New England, ND  
West River Health Services (Psych Nurse) ..... 701-824-2391  
420 Pacific Ave Mott, ND  
\*Counseling Services also Available

#### *Food Pantry*

- Mott Food Pantry ..... 701-824-3209  
212 Iowa Ave. Mott, ND  
2<sup>nd</sup> Friday of month 12-1pm  
New England Food Pantry ..... 701-579-4242  
437 Main St. New England, ND  
Mon-Th 8-3pm

#### *Education- Head Start*

- Head Start program ..... 701-563-4737  
607 Main Street Regent, ND  
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5

#### *Health/ Free Clinics*

- West River Health Services ..... 701-824-2391  
420 Pacific Ave, Mott, ND  
<https://www.wrhs.com/>  
West River Health Services ..... 701-579-4507  
820 2<sup>nd</sup> Ave W #7017, New England, ND

#### *Thrift Store*

- The What Not Shop ..... 701-690-3901  
823 Main St, New England, ND

### ***Kidder county***

#### *Multiple Resources*

- South Country Human Service Zone (County Social Services) ..... 701-475-2551  
120 East Broadway PO Box 36, Steele, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Community Action Program ..... 701-258-2240  
2105 Lee Avenue Bismarck, ND 58504 [www.cap7.com](http://www.cap7.com)  
Serves Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux counties.  
Providing services, education, and resources to help individuals and families.

#### *Counseling / Guidance / Mentor/ Therapy*

West Central Human Service Center..... 701-328-8888  
 1237 W. Divide Ave. Suite 5, Bismarck, ND Crisis Line: 701-328-8899  
 Serves: Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan,  
 & Sioux counties.  
 Walk in Assessment hours: Mon-Fri 8am-2:30pm  
 Mental health & addiction assessment, care coordination, medication  
 management, home and community-based services, residential services, crisis  
 beds and inpatient hospitalization and emergency services such as 24-hour client  
 crisis lines and North Dakota State Hospital admission screening.

*Car repair/ Donations*  
 Kidder County Angels..... 701-220-4588  
 Can provide gas vouchers to persons with chronic illness.

*Education*  
 Kidder is served by Bismarck Schools/ BECEP Head Start program  
[Programs / Head Start/Early Head Start \(bismarckschools.org\)](https://bismarckschools.org)  
 Provides comprehensive early childhood education, health, nutrition, and parent  
 involvement services to low-income children and families. Ages 3-5  
 Dolly Parton Imagination Library  
<https://imaginationlibrary.com> A book gifting program for children birth to 5years.  
 Register at the link above or contact the Kidder County District Health Unit

*Food Pantries / Assistance*  
 Kidder County Food Pantry ..... 701-327-4488  
 202 1<sup>st</sup> Ave NW, Steele, ND  
 Call Ahead to set up an appointment  
 Great Plains Mobile Food Bank..... 701-390-2513 or 701-476-9128  
 Dates and sites vary throughout the year

*Health/ Free Clinics*  
 Kidder County District Health Unit..... 701-475-2582  
 422 Second Ave NW Steele, ND <https://fourseasonswellness.org/>

*Transportation*  
 Kidder County Transit..... 701-475-2708  
 202 1<sup>st</sup> Ave NW, Steele, ND \*does not bill Medicaid

*Veteran Services*  
 Dept of Veteran Affairs ..... 701-475-2632  
 120 East Broadway Steele, ND in courthouse  
 Tuesday 9am – 5pm

*WIC*  
 Custer WIC ..... 701-255-3397  
 2400 E Broadway Ave Bismarck  
 \*\*at Tappen City Hall on the 3<sup>rd</sup> Thursday of the even months

## ***LaMoure county***

### *Multiple Resources*

South County Human Service Zone (County Social Services).....	701-883-6060
202 4 <sup>th</sup> Ave NE, LaMoure, ND	
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.	
Community Action Partnership.....	701-252-1821
1411 12 <sup>th</sup> Ave NE PO BOX 507 Jamestown, ND 58402 <a href="http://www.cap6.com">www.cap6.com</a>	
Serves the following counties: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, & Wells.	
Providing services, education, and resources to help individuals and families.	
<i>Child Care / After School Programs/ Day Care</i>	
Adventure Time Daycare LLC.....	701-493-2225
Edgeley, ND	
Meidinger Amanda.....	701-883-4268
210 1 <sup>st</sup> St SE, LaMoure, ND	
Sherri's Place.....	701-647-2327
Kulm, ND	
Little Steps Child Care .....	701-883-4268
<i>Counseling / Guidance / Mentor/ Therapy</i>	
South Central Human Service Center.....	701-253-6300
520 Third St. N.W., Jamestown, ND.....	Crisis Line: 701-253-6304
Serves: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, & Wells counties.	
Walk in Assessment hours: Mon-Thurs 9am-12pm	
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.	
*Valley City Satellite Office: City-County Public Health District Bldg,	
415 Second Ave NE	
Hart Counseling, Tim Hart, LICSW .....	701-952-8277
Located: Wells, Foster, Griggs, Stutsman, Logan, LaMoure, McIntosh, Dickey	
Individuals, Family, Marital, VAPS, EAP, Anger Management	
Red River's Children's Advocacy Center.....	701-234-4580
Trauma focused therapy. *can provide telehealth	
<i>Domestic Violence</i>	
Kedish House.....	701-349-4729
51 1 <sup>st</sup> St N, Ellendale, ND	24-hour crisis line 701-349-4118
Serves Dickey, LaMoure, Logan, McIntosh, & Sargent counties	
<i>Family Advocacy Services</i>	
Family Voices .....	701-493-2634
PO Box 163 Edgeley, ND	
<i>Education- Head start</i>	
Fairview Home Base – Head start .....	701-252-1821



9644 74 <sup>th</sup> St SE, LaMoure, ND	
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5	
Willowbank Home Base – Head start .....	701-252-1821
8827 76 <sup>th</sup> St SE, Edgeley, ND	
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5	
<i>Food Pantries / Assistance</i>	
LaMoure County Food Pantry .....	701-883-5700
19 3 <sup>rd</sup> Ave SW LaMoure *call to schedule outreach available for Edgeley and Kulm	
Great Plains Mobile Food Bank.....	Contact Person: Andrea 701-232-6219
<a href="http://www.GreatPlainsFoodBank.org">www.GreatPlainsFoodBank.org</a>	
<i>Health/Free Clinics</i>	
LaMoure Public Health District .....	701-883-5356
100 1 <sup>st</sup> Ave SW, LaMoure, ND	
*immunizations, health Tracks	
Kulm Clinic .....	701-647-2345
4 1 <sup>st</sup> Ave SE Kulm, ND	
Oakes Community Clinic .....	701-742-3600
1200 N 7 <sup>th</sup> St Oakes, ND	
Sanford Health	
1200 N 7 <sup>th</sup> St, Oakes, ND .....	701-742-3267
100 1 <sup>st</sup> Ave SW, LaMoure, ND .....	701-883-5048
<i>Housing</i>	
LaMoure County Housing.....	701-288-3645
PO Box 5 Ashley, ND	
<i>Transportation</i>	
<i>South Central Transit</i>	
139 2 <sup>nd</sup> Ave SE, Valley City ....	Kulm/Rural LaMoure 701-830-2105 or 701- 698-2212
<i>Veteran Services</i>	
Dept of Veteran Affairs .....	701-883-6055
202 4 <sup>th</sup> Ave NE LaMoure, ND in courthouse	
Wednesday 8:30am-12:30pm	

## ***Logan county***

### *Multiple resources*

South Country Human Service Zone (County Social Services) .....	701-754-2283
301 Broadway, Napoleon, ND	
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.	
Community Action Partnership.....	701-252-1821
1411 12 <sup>th</sup> Ave NE PO BOX 507 Jamestown, ND 58402	<a href="http://www.cap6.com">www.cap6.com</a>

Serves the following counties: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, & Wells.

Providing services, education, and resources to help individuals and families.

*Child Care / After School Programs/ Day care*

Fettig Daycare/preschool..... 701-754-2795

209 E 3<sup>rd</sup> St, Napoleon, ND

*Counseling / Guidance / Mentor/ Therapy*

South Central Human Service Center..... 701-253-6300

520 Third St. N.W., Jamestown, ND Crisis Line: 701-253-6304

Serves: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, & Wells counties.

Walk in Assessment hours: Mon-Thurs 9am-12pm

Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

\*Valley City Satellite Office: City-County Public Health District Building,  
415 Second Ave NE

*Domestic Violence*

Kedish House ..... 701-349-4729

51 1<sup>st</sup> St N Ellendale, ND 24-hour crisis line 701-349-4118

Serves Dickey, LaMoure, Logan, McIntosh, & Sargent counties

*Health/ Free Clinics*

Napoleon Clinic South Central Health ..... 701-54-2322

420 Main Ave, Napoleon, ND

*Transportation*

Volunteer drivers..... 701-731-0190 or 701-731-0072

Call to schedule rides

*Thrift Store*

Nita's Attic/ Coffee Haus..... 701-754-2528

205 3<sup>rd</sup> St E, Napoleon, ND

*Veteran Services*

Dept of Veteran Affairs ..... 701-754-2121

301 Broadway Napoleon, ND

Tuesday 8:30am – 4:30; by appointment other days

**McHenry county**

*Multiple Resources*

Northern Prairie Human Service Zone (County Social Services) ..... 701-537-5944

407 S Main PO Box 58, Towner, ND

Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.

Community Action Partnership..... 701-839-7221

2020 8<sup>th</sup> Ave SE Minot, ND 58701     [www.capminotregion.org](http://www.capminotregion.org)  
Serves Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, & Ward counties  
Providing services, education, and resources to help individuals and families.

*Counseling / Guidance / Mentor/ Therapy*

North Central Human Service Center..... 701-857-8500  
1015 S Broadway, Suite 18, Minot, ND     Crisis Line: 701-857-8500  
Serves: Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, & Ward Counties.  
Walk in Assessment hours: Mon-Fri 8am-5pm  
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

*Education- Head Start*

Early Explorers Head Start..... 701-537-5409  
701 Main Street North, Towner, ND  
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5

*Health/ Free Clinics*

First District Health Unit ..... 701-537-5732  
112 Main St S Towner, ND     [First District Health Unit](#)  
Sandhills Community Health Center..... 701-537-2007  
2 3<sup>rd</sup> Ave SW, Towner, ND

*Veteran Services*

Dept of Veteran Affairs ..... 701-822-3242  
407 Main St South Towner, ND     in courthouse rm 201  
Wednesday 9am-1pm; on call other days

**McIntosh county**

*Multiple resources*

South Country Human Service Zone (County Social Services) ..... 701-288-5170  
112 NE 1<sup>st</sup> Street PO Box Ashley, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Community Action Partnership..... 701-252-1821  
1411 12<sup>th</sup> Ave NE PO BOX 507 Jamestown, ND 58402     [www.cap6.com](http://www.cap6.com)  
Serves the following counties: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, & Wells.  
Providing services, education, and resources to help individuals and families.

*Child Care / After School Programs/ Day care*

Mini Mustangs Daycare ..... 701-288-3147  
Marlys Arlien Daycare..... 701-288-3382

*Counseling / Guidance / Mentor/ Therapy*

South Central Human Service Center..... 701-253-6300

520 Third St. N.W., Jamestown, ND  
Crisis Line: 701-253-6304  
Serves: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, & Wells Counties.

Walk in Assessment hours: Mon-Thurs 9am-12pm

Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

\*Valley City Satellite Office: City-County Public Health District Building,  
415 Second Ave NE

The Village Family Service Center ..... 701-255-1165  
Sharon Wetzstein, [swetzstein@thevillagefamily.org](mailto:swetzstein@thevillagefamily.org)

Rural Psychiatry Associates ..... 701-205-3000  
612 Center Ave North, Ashley, ND located in Ashley Medical Center  
1015 4<sup>th</sup> Ave S, Wishek, ND located in Wishek Clinic  
Telemedicine appointments available <https://www.ruralpsychiatryassociates.com/>

#### *Domestic Violence*

Kedish House ..... 701-349-4729  
51 1<sup>st</sup> St N Ellendale, ND 24- hour crisis line 701-349-4118  
Serves Dickey, LaMoure, Logan, McIntosh, & Sargent counties

#### *Food Pantries / Assistance*

Ashley- Call Vern Andrew ..... 701-288-3198  
Comes 1x a month at the senior center  
Lehr- Call James Ruff ..... 701-378-2290  
Does not come every month, Senior food (over 62 yrs old)  
Wishek – Call Less Otto ..... 701-452-2414  
Comes 3<sup>rd</sup> Monday 12:30-2pm senior center

#### *Health/ Free Clinics*

McIntosh District Health Unit, Ashley ..... 701-288-3198  
511 3<sup>rd</sup> Ave NW, Linton, ND

#### *Veteran Services*

Dept of Veteran Affairs ..... 701-452-2885  
109 10<sup>th</sup> St S Wishek, ND  
Call for appointment

#### *WIC*

612 Center Ave North, Ashley ND ..... 701-288-5276  
Call for appointment <https://www.health.nd.gov/prevention/wic>

### **McKenzie county**

#### *Multiple resources*

Mountrail-McKenzie Human Service Zone (County Social Services) ..... 701-288-5170  
201 5<sup>th</sup> St. NW Suite 790, Watford City, ND

Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals. Community Action Partnership – Serves Divide, McKenzie & William Counties 120 Washington Ave Williston, ND 58801 .....	701-572-8191
<a href="http://www.willistoncap.org">www.willistoncap.org</a>	
<i>Child Care / After School Programs/ Day care</i>	
Wolf Pup Daycare .....	701-842-3075
325 3 <sup>rd</sup> St SE, Watford City, ND <a href="http://www.wolfpupdaycare.com/">http://www.wolfpupdaycare.com/</a>	
White Dove Childcare.....	701-609-6316
3312 Roosevelt St, Watford City, ND	
Wiggle Giggle 516 2 <sup>nd</sup> Ave SE, Watford City, ND	
Zinne's Family Day Care 325 3 <sup>rd</sup> St SE, Watford, City, ND	
First Lutheran Church 212 2 <sup>nd</sup> St NW, Watford, ND	
<i>Counseling / Guidance / Mentor/ Therapy</i>	
Northwest Human Service Center .....	701-572-9111
316 Second Ave. W., Williston, ND	Crisis Line: 701-572-9111
Serves: Divide, McKenzie, & Williams Counties. Walk in Assessment hours: Mon-Fri 8am-5pm Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.	
Sunrise Youth Bureau .....	701-483-9498
2680 Empire Road, Suite E <a href="http://www.sunriseyouthbureau.org">Sunrise Youth Bureau</a> Monday – Friday 8am – 5pm. Serves Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, McKenzie, Morton, Slope, & Stark Counties Provides classes/trainings to youth on a variety of topics around social skills and behaviors.	
Summit Counseling Services.....	701-334-6242
236 Main St N, Watford City, ND <a href="https://summitcounselingservices.org/">https://summitcounselingservices.org/</a>	
<i>Education- Head Start</i>	
Save the Children Head Start Watford.....	701-214-4076
908 4 <sup>th</sup> Ave NE, Watford, ND Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5	
Badlands Occupational Testing Services.....	701-842-2326
1304 4 <sup>th</sup> Ave. NE., PO Box 1031, Watford City, ND 5884	
<i>Food Pantries / Assistance</i>	
Watford City Food Pantry .....	701-444-3244
McKenzie County Food Pantry.....	701-444-3451

201 3<sup>rd</sup> Ave NW, Watford, ND

*Health/ Free Clinics*

Anova Family Health Center ..... 701-842-6400  
301 12<sup>th</sup> St. SE, Watford City, ND  
Upper Missouri District Health Dept..... 701-444-3449  
201 5<sup>th</sup> St NW, Watford City, ND <https://www.umdhu.org/>  
McKenzie County Clinic ..... 701-842-3771  
709 4<sup>th</sup> Ave NE, Watford City, ND <https://www.mckenziehealth.com/>

*Clothing/ Thrift Store*

Bakken Oil Rush Ministry ..... 701-651-7191  
600 12<sup>th</sup> St NE Watford City, ND  
Tuesdays 11am-7pm & Saturdays 10am-5pm; Closed the 4<sup>th</sup> wk each month  
Jim & Kathie Konsor – [www.oilrushministry.com](http://www.oilrushministry.com)

*Veteran Services*

Dept of Veteran Affairs ..... 701-444-6853  
201 5<sup>th</sup> St NW Watford City, ND  
Monday- Friday 8am – 5pm  
McKenzie County Veteran Services..... 701-444-6853 ext. 148

**McLean county**

*Multiple resources*

Dakota Central human Service Zone (County Social Services)..... 701-462-3580  
712 5<sup>th</sup> Ave PO Box 70, Washburn, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Community Action Program..... 701-258-2240  
2105 Lee Avenue Bismarck, ND 58504 [www.cap7.com](http://www.cap7.com)  
Serves Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux counties.  
Providing services, education, and resources to help individuals and families.

*Child Care / After School Programs/ Day care*

Tiny Toes LLC ..... 701-340-5207  
703 2 Ave, Washburn, ND  
Stacey Anne Scheresky ..... 701-462-3959  
PO Box 662, Washburn, ND  
Lil Buckaroo Childcare..... 701-462-3290  
1412 1<sup>st</sup> Ave Washburn, ND

*Counseling / Guidance / Mentor/ Therapy*

West Central Human Service Center..... 701-328-8888  
1237 W. Divide Ave. Suite 5, Bismarck, ND Crisis Line: 701-328-8899  
Serves: Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux counties. Walk in Assessment hours: Mon-Fri 8am-2:30pm

Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

#### *Education- Head Start*

Head Start Turtle Lake.....701-448-2372  
 250 3<sup>rd</sup> Ave W, Turtle Lake, ND  
 Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5

#### *Food Pantries / Assistance*

Community Cupboard of Underwood .....701-595-0320  
 208 Lincoln Ave, Underwood, ND  
 Garrison Food Pantry.....701-463-2020  
 71 Main Street Suite B, Garrison, ND  
 The Lord's Food Pantry.....701-448-2623  
 515 Kundert Street, Turtle Lake  
 Our Saviors Lord's Food Pantry .....701-679-2771  
 215 Main Street, Max, ND  
 Wilton Food Pantry.....701-734-6605  
 42 Dakota Ave, Wilton, ND

#### *Health/ Free Clinics*

First District Health Unit .....701-463-2641  
 141 N main, Garrison, ND <https://www.fdhhu.org/>  
 First District Health Unit .....701-462-3330  
 712 5<sup>th</sup> Ave Washburn, ND <https://www.fdhhu.org/>  
 McLean County Public Nurse .....701-462-8541  
 712 5<sup>th</sup> Ave, Washburn, ND  
 Northland Community Health Center .....701-448-9225  
 416 Kundert St., Turtle Lake, ND  
 CHI St. Alexius Health Turtle Lake Hospital.....701-448-2331  
 220 5<sup>th</sup> Ave West, Turtle Lake, ND

#### *Veteran Services*

Dept of Veteran Affairs .....701-462-8541  
 712 5<sup>th</sup> Ave Washburn, ND  
 Monday- Friday 8am-4:30pm

#### *WIC*

McLean County Public Nurse .....701-462-8541  
 712 5<sup>th</sup> Ave, Washburn, ND

### ***Mercer county***

#### *Multiple Resources*

Dakota Central human Service Zone (County Social Services).....701-462-3580

712 5 <sup>th</sup> Ave PO Box 70, Washburn, ND Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.	
Community Action Program.....	701-258-2240
2105 Lee Avenue Bismarck, ND 58504 <a href="http://www.cap7.com">www.cap7.com</a> Serves Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux counties. Providing services, education, and resources to help individuals and families.	
<i>Child Care / After School Programs/ daycare</i>	
Kathy's Kids Playschool.....	701-748-2084
2 <sup>nd</sup> Ave NW, Hazen, ND	
Energy Capital Cooperative Child Care.....	701-748-3838
18 13 <sup>th</sup> Ave SW, Hazen, ND <a href="http://www.energycapitalcooperative.org">Energy Capital Cooperative Child Care</a>	
<i>Counseling / Guidance / Mentor/ Therapy</i>	
West Central Human Service Center.....	701-328-8888
1237 W. Divide Ave. Suite 5, Bismarck, ND      Crisis Line: 701-328-8899 Serves: Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux counties. Walk in Assessment hours: Mon-Fri 8am-2:30pm Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.	
Anchor Christian Counseling .....	701-255-3325
116 3 <sup>rd</sup> Ave NW, Beulah, ND <a href="http://www.anchco.com/">http://www.anchco.com/</a>	
Red Door Pediatric Therapy .....	701-222-3175
113 Central Ave S, Beulah, ND <a href="https://reddoorpediatric.com/">https://reddoorpediatric.com/</a> Speech, Occupational, and Physical therapy; other special programs.	
<i>Education- Head Start</i>	
West River Head Start .....	701-748-3736
519 1 <sup>st</sup> Ave NE, Hazen, ND <a href="http://www.westriverheadstart.org">West River Head Start</a> Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5	
<i>Food Pantries / Assistance</i>	
Food Distribution Center – Hazen Food Pantry .....	701-748-5727
146 Main St W, Hazen, ND	
Mercer County Resource Center .....	701-873-2274
200 12 <sup>th</sup> St. N. Beulah, ND	
<i>Health/ Free Clinics</i>	
Coal Country Community Health Center .....	701-873-4445
1312 Hwy 49 N, Beulah, ND <a href="https://www.coalcountryhealth.com/">https://www.coalcountryhealth.com/</a>	
Coal Country Community Health Center .....	701-748-2256
510 8 <sup>th</sup> Ave NE, Hazen, ND <a href="https://www.coalcountryhealth.com/">https://www.coalcountryhealth.com/</a>	



### *Thrift Store*

The Dash..... 701-206-1104

42 Main St W, Hazen, ND

Open Tuesday- Thursday 10am – 4pm

Beulah Senior Citizen's Club ..... 701-873-2236

100 1<sup>st</sup> St NE, Beulah, ND

### *Veteran Services*

Dept of Veteran Affairs ..... 701-745-3392

1021 Arthur St Stanton, ND in courthouse

Tuesday & Wednesday 8am – 4pm

## ***Morton county***

### *Multiple Resources*

Three Rivers Human Service Zone (County Social Services)..... 701-667-3395

210 2<sup>nd</sup> Ave NW, Mandan, ND

Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.

Community Action Program..... 701-258-2240

2105 Lee Avenue Bismarck, ND 58504

[www.cap7.com](http://www.cap7.com)

Serves Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux counties.

Providing services, education, and resources to help individuals and families.

AID Incorporated, Self-help Center..... 701-663-1274

314 West Main Street Mandan, ND

<https://www.aidincnd.com/>

Temporary & emergency assistance with rent, utilities, food, interviews, medical, and other. Need to go through interview for eligibility.

Sacred Pipe Resource Center..... 701-663-3886

<http://sacredpipe.net/>

[native@sacredpipe.net](mailto:native@sacredpipe.net)

400 W Main Street, Mandan, ND

Committed to maintaining a home-away-from-home for off-reservation American Indians living in the area and seeking to enhance existing services. Their mission is to: address the social/cultural, emotional, mental, spiritual, and physical needs of Native people of all Tribes living in the Bismarck-Mandan area; foster strong, self-sufficient individuals and families; and provide a bridge between Native and non-Native people to foster a cohesive community.

### *Child Care / After School Programs/ Day Care*

A Child's Garden..... 701-751-0427

1710 E. Main St, Mandan, ND

Creative Preschoolers ..... 701-400-3134

310 3<sup>rd</sup> Ave NW, Mandan, ND

Next Door Daycare LLC..... 701-843-8627

207 N 3 St, New Salem, ND

Tots Are Us/ Little Angels Childcare .....	701-348-3010
212 F St, Glen Ullin, ND	
<i>Counseling / Guidance / Mentor/ Therapy</i>	
West Central Human Service Center.....	701-328-8888
1237 W. Divide Ave. Suite 5, Bismarck, ND	Crisis Line: 701-328-8899
Serves: Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux counties. Walk-in Assessment hours: Mon-Fri 8am-2:30pm	
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.	
Sunrise Youth Bureau .....	701-483-9498
2680 Empire Road, Suite E <a href="#">Sunrise Youth Bureau</a>	
Monday – Friday 8am – 5pm. Serves Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, McKenzie, Morton, Slope, & Stark Counties	
Provides classes/trainings to youth on a variety of topics around social skills and behaviors.	
Parent & Family Resource Center	
<a href="#">When Grandparents Become Parents to Their Grandchildren   NDSU</a>	
Rural Psychiatry Associates .....	701-205-3000
602 E Ash Ave, Glen Ullin, ND inside Glen Ullin Family Medical Center	
Telemedicine appointments available	
<a href="https://www.ruralpsychiatryassociates.com/">https://www.ruralpsychiatryassociates.com/</a>	
Steps Counseling Services .....	701-751-1860
1200 5 <sup>th</sup> Ave NE, Mandan, ND	
Corner Post Counseling, PLLC	
1702 E Mandan, ND <a href="https://www.cornerpostcounseling.com/client-page">https://www.cornerpostcounseling.com/client-page</a>	
<i>Education</i>	
K.I.D.S Program .....	701-667-7798
<a href="https://www.hitinc.org/services/KIDSPROGRAM/">https://www.hitinc.org/services/KIDSPROGRAM/</a>	
West River Head Start	
Mandan – 1004 7 <sup>th</sup> St SW, Mandan, ND.....	701-663-9507
New Salem- 407 N 5 <sup>th</sup> St. PO Box 116 New Salem, ND.....	701-843-8061
<a href="https://www.hitinc.org/services/WestRiverHeadStart/">https://www.hitinc.org/services/WestRiverHeadStart/</a>	
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5 in SW North Dakota	
<i>Food Pantries / Assistance</i>	
Abundance of Grace Pantry .....	701-595-0417
4209 Old red Trail Mandan, ND at Engage church	
Wednesday 5pm-6:30pm <a href="https://www.engagechurch.net/food/">https://www.engagechurch.net/food/</a>	
Flasher Area Food Pantry .....	701-426-7553
104 5 <sup>th</sup> Ave E, Flasher, ND	

Glen Ullin Community Food Pantry.....	701-226-1359
309 Oak Ave, Glen Ullin, ND <a href="https://www.facebook.com/GlenUllinFoodPantry/">https://www.facebook.com/GlenUllinFoodPantry/</a>	
Community Food Pantry .....	701-348-3246
5805 County Road 137 Almont, ND	
Spirit of Life Catholic Church Food Pantry & Soup Kitchen.....	701-663-1660
801 1 <sup>st</sup> St SE, Mandan, ND	
<i>Health/ Free Clinics</i>	
Glen Ullin Family Medical Center .....	701-348-9175
602 E Ash Ave, Glen Ullin	
Custer Health .....	701-667-3370
403 Burlington St SE, Mandan, ND <a href="https://www.custerhealth.com/">https://www.custerhealth.com/</a>	
Sanford Clinics <a href="http://www.mysanfordchart.org">www.mysanfordchart.org</a>	
East Mandan- 102 Mandan Ave, Mandan, ND .....	701-667-5000
North Mandan- 910 18 <sup>th</sup> St NW, Mandan, ND .....	701-667-5100
CHI St. Alexius Health Mandan Medical Plaza .....	701-667-4600
2500 Sunset, Mandan, ND	
<i>Housing</i>	
Morton County Housing Authority .....	701-663-7494
Po Box 517, Mandan, ND	
<i>Thrift Store</i>	
Community Blessings Thrift Shop.....	701-425-8837
312 Bismar, Mandan, ND	
AID, Inc. Self-Help center & Thrift Shop.....	701-663-2122
314 W Main St, Mandan, ND	
Treasures	
3615 Memorial Hwy, Mandan, ND	
The Thrift Shop	
516 Main Ave, New Salem, ND	
<i>Veteran Services</i>	
Dept of Veteran Affairs .....	701-667-3365
210 2 <sup>nd</sup> Ave NW Mandan, ND	
Monday – Friday 8am – 5pm	
<i>WIC</i>	
Morton County WIC .....	701-667-3364
403 Burlington St SE, Mandan, ND	

## ***Mountrail county***

### *Multiple Resources*

Mountrail McKenzie Human Service Zone (County Social Services) .....	701-628-2925
18 2 <sup>nd</sup> Ave SE PO Box 39, Stanley, ND	
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's	

health services, Basic care assistance, childcare assistance, child welfare, referrals.	
Community Action Partnership.....	701-839-7221
2020 8 <sup>th</sup> Ave SE Minot, ND 58701	<a href="http://www.capminotregion.org">www.capminotregion.org</a>
Serves Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, & Ward counties	
Providing services, education, and resources to help individuals and families.	
<i>Child Care / After School Programs/ Daycare</i>	
Little Jays Daycare.....	701-628-5297
207 2 <sup>nd</sup> St SE, Stanley, ND	<a href="https://www.facebook.com/LittleJaysDaycare/">https://www.facebook.com/LittleJaysDaycare/</a>
Dragonflies & Lullabies Daycare .....	701-628-5855
302 2 <sup>nd</sup> St SW Apt#2, Stanley, ND	<a href="http://DragonfliesandLullabiesDaycare-Stanley,ND-Daycare.com">Dragonflies and Lullabies Daycare - Stanley, ND - Daycare.com</a>
Ragamuffins Ranch Daycare .....	701-628-1575
301 1 <sup>st</sup> St NW, Stanley, ND	<a href="https://www.facebook.com/ragamuffinsranchdaycare/">https://www.facebook.com/ragamuffinsranchdaycare/</a>
Streams of Living Water Preschool .....	701-628-3390
8155 US-2, Stanley, ND in Stanley River of Life Church	
Milestones Early Learning Center .....	701-649-6258
301 6 <sup>th</sup> St N, New Town, ND	
Small Beginnings Day Care.....	701-421-4060
101 1 <sup>st</sup> Ave E, New Town, ND	
Little Braves Daycare	
431 2 <sup>nd</sup> St NE, Parshall, ND	
Kiddie Corner	
102 1 <sup>st</sup> Ave, Plaza, ND	
<i>Counseling / Guidance / Mentor/ Therapy</i>	
North Central Human Service Center.....	701-857-8500
1015 S Broadway, Suite 18, Minot, ND	Crisis Line: 701-857-8500
Serves: Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, & Ward Counties.	
Walk in Assessment hours: Mon-Fri 8am-5pm	
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.	
Circle of Life.....	701-627-4700
404 Frontage Rd., New Town, ND	<a href="https://www.mhanation.com/circle-of-life">https://www.mhanation.com/circle-of-life</a>
Family Education & support, Psych testing & therapy, Chemical dependency evaluation & aftercare.	
<i>Education- Head Start</i>	
Three Affiliated Tribes Head Start.....	701-628-4820
509 9 <sup>th</sup> Street N, New Town, ND	
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5	
Little Feather Head Start.....	701-862-3530
202 2 <sup>nd</sup> St NE, Parshall, ND	

Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5

#### *Food Pantries / Assistance*

Mountrail Community Food Pantry ..... 701-628-2925  
108 1<sup>st</sup> St SE, Stanley, ND

Food distribution..... 701-627-4292  
503 9<sup>th</sup> St N, New Town, ND  
<https://www.mhanation.com/food-distribution-program>

#### *Health/ Free Clinics*

Upper Missouri District Health..... 701-628-2951  
18 2<sup>nd</sup> Ave SE, Stanley, ND

Mountrail County medical Center..... 701-628-2424  
615 6<sup>th</sup> St SE, Stanley, ND

Elbowoods Memorial Health Center..... 701-627-4750  
1058 College Dr, New Town, ND

Trinity Community Clinic ..... 701-627-2990  
604 1<sup>st</sup> St N, New Town, ND

#### *Housing*

Ft Berthold Housing Authority ..... 701-627-4731  
1804 Dakota Dr, New Town, ND

#### *Thrift Store*

Hidden Treasures/Tri-Jens Coffee..... 701-628-1384  
105 S Main St, Stanley, ND

#### *Veteran Services*

Dept of Veteran Affairs ..... 701-628-2063  
120 South Main Street Stanley, ND  
Monday – Friday 8:30am – 5pm

#### *WIC*

511 9<sup>th</sup> St North, New Town, ND ..... 701-627-4642  
<https://www.mhanation.com/wic-program>

### ***Nelson county***

#### *Multiple Resources*

Eastern Plains Human Service Zone (County Social Services)..... 701-24-2945  
210 B Ave, Suite 104, Lakota, ND

Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.

Red River Valley Community Action ..... 701-746-5431  
4212 Gateway Drive Grand Forks, ND 58203 [www.rrvca.com](http://www.rrvca.com)

Serves the following counties: Grand Forks, Nelson, Pembina, Walsh

Providing services, education, and resources to help individuals and families.

#### *Child Care / After School Programs/ Daycare*

New Kids

153 Main St, Lakota, ND	
Lakota Child Care .....	701-247-2606
516 3 <sup>rd</sup> St E, Lakota, ND	
Michigan Munchkins.....	701-259-2104
321 Wisconsin Ave S, Michigan, ND	
Wendy Bjorlie .....	701-317-0409
101 Ave NE, Pekin, ND	
Tara Johnston .....	701-296-4418
Main St, Pekin, ND	
KiD Zone Child Care.....	701-730-5607
Tolna, ND <a href="https://www.facebook.com/kidzonechildren/">https://www.facebook.com/kidzonechildren/</a>	
<i>Counseling / Guidance / Mentor/ Therapy</i>	
Northeast Human Service Center .....	701-795-3000
151 S. Fourth St Suite 401, Grand Forks, ND	Crisis Line: 701-775-0525
Walk in Assessment hours: Mon-Fri 8am-5pm	
Serves: Grand Forks, Walsh, Pembina, & Nelson counties.	
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.	
*Grafton Outreach Office: Life Skills & Transition Center, Admin Bldg – 701-352-4334	
<i>Food Pantries / Assistance</i>	
Northlands Rescue Mission.....	701-772-6600
420 Division Ave Grand Forks, ND <a href="https://www.northlandsrescuemission.org/">https://www.northlandsrescuemission.org/</a>	
Daily community meals & 1 food basket a month	
Serves Benson, Cavalier, Eddy, Grand Forks, Griggs, Nelson, Pembina, Ramsey, Steele, Towner, Traill, & Walsh counties	
Lakota Food Pantry.....	701-247-2892
416 3 <sup>rd</sup> St W, Lakota, ND in the Lakota Lutheran Church	
McVile Outreach Pantry.....	701-322-4343
Main Street, McVile, ND in City Office	
Michigan Food Pantry .....	701-247-3411
322 State Ave S, Michigan, ND	
<i>Health/ Free Clinics</i>	
Michigan Clinic.....	701-259-2118
115 South St, Michigan, ND	
Lakota Health Center .....	701-247-2226
117 2 <sup>nd</sup> St W, Lakota, ND	
Nelson County Health System Clinic .....	701-322-4347
198 Main St #100, McVile, ND	
Nelson & Griggs District Health.....	701-322-5624
116 Main St, McVile, ND	

### *Housing*

Nelson County Housing Authority ..... 701-247-2293  
210 Main St, Lakota, ND

### *Thrift Store*

The Tattered Attic  
400 Main St, Tolna

### *Veteran Services*

Dept of Veteran Affairs ..... 701-247-2531  
210 B Ave W Lakota, ND in courthouse suite 202  
Tuesday 1pm -4:30pm

### *WIC*

210 B Ave W #304, Lakota, ND ..... 701-247-2263

## ***Oliver county***

### *Multiple resources*

Dakota Central Human Service Zone (County Social Service) ..... 701-462-3581  
PO Box 70, Washburn, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Community Action Program ..... 701-258-2240  
2105 Lee Avenue Bismarck, ND 58504      [www.cap7.com](http://www.cap7.com)  
Serves Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux counties.  
Providing services, education, and resources to help individuals and families.

### *Child Care / After School Programs/ Daycare*

Small Hands Childcare ..... 701-794-3100  
221 Yatsin Ave

### *Counseling / Guidance / Mentor/ Therapy*

West Central Human Service Center ..... 701-328-8888  
1237 W. Divide Ave. Suite 5, Bismarck, ND      Crisis Line: 701-328-8899  
Serves: Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux counties.  
Walk in Assessment hours: Mon-Fri 8am-2:30pm  
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

### *Food Pantries / Assistance*

Oliver Country Community Food Pantry ..... 701-220-0595  
312 Lincoln Ave N, Center, ND

### *Health/ Free Clinics*

Coal Country Comm Health Center ..... 701-794-8798  
111 E Main ST, Center, ND      <https://www.coalcountryhealth.com/>

### *Veteran Services*

Dept of Veteran Affairs ..... 701-794-3404  
115 West Main Street Center, ND  
2<sup>nd</sup> & 4<sup>th</sup> Tuesday 8:30am – 4pm

## ***Pembina county***

### *Multiple Resources*

Northern Valley Human Service Zone (County Social Service)..... 701-265-8441  
300 Boundary Rd West #3, Cavalier, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Red River Valley Community Action ..... 701-746-5431  
4212 Gateway Drive Grand Forks, ND 58203  
[www.rrvca.com](http://www.rrvca.com)  
Serves the following counties: Grand Forks, Nelson, Pembina, Walsh  
Providing services, education, and resources to help individuals and families.

### *Child Care / After School Programs/ Daycare*

Village Childcare..... 701-825-6220  
252 N 3<sup>rd</sup> St, Pembina, ND  
Grandma's House..... 701-265-8961  
201 E 1<sup>st</sup> Ave S, Cavalier, ND  
Kids Town House Inc..... 701-265-8007  
309 Division Ave N, Cavalier, ND

### *Counseling / Guidance / Mentor/ Therapy*

Northeast Human Service Center ..... 701-795-3000  
151 S. Fourth St Suite 401, Grand Forks, ND Crisis Line: 701-775-0525  
Walk in Assessment hours: Mon-Fri 8am-5pm  
Serves: Grand Forks, Walsh, Pembina, & Nelson counties.  
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.  
\*Grafton Outreach Office: Life Skills & Transition Center, Admin Bldg – 701-352-4334

### *Food Pantries / Assistance*

Northlands Rescue Mission..... 701-772-6600  
420 Division Ave Grand Forks, ND <https://www.northlandsrescuemission.org/>  
Daily community meals & 1 food basket a month  
Serves Benson, Cavalier, Eddy, Grand Forks, Griggs, Nelson, Pembina, Ramsey, Steele, Towner, Traill, & Walsh counties  
Pembina County Emergency Food Pantry  
106 Main St Suite B, Cavalier, ND  
<https://www.facebook.com/pembinacountyfoodpantry/>



### *Health/ Free Clinics*

Cavalier County Memorial Hospital & Clinics ..... 701-549-2711  
301 5<sup>th</sup> St. Walhalla, ND [Cavalier County Health District](#)

### *Thrift Store*

Cavalier Thrift Store..... 701-265-3776  
212 Main St W, Cavalier, ND

### *Veteran Services*

Dept of Veteran Affairs ..... 701-265-4460  
301 Dakota St West #16 Cavalier, ND  
Monday – Friday 8am-4:30pm

### *WIC*

Pembina County WIC..... 701-265-4764  
301 Dakota St E #12, Cavalier, ND

## ***Pierce county***

### *Multiple Resources*

Northern Prairie Human Service Zone (County Social Service) ..... 701-776-5818  
240 2<sup>nd</sup> St SE, Suite 2, Rugby, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Community Action Partnership..... 701-839-7221  
2020 8<sup>th</sup> Ave SE Minot, ND 58701 [www.capminotregion.org](http://www.capminotregion.org)  
Serves Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, & Ward counties  
Providing services, education, and resources to help individuals and families.

### *Child Care / After School Programs/ Daycare*

Growing Place..... 701-776-2103  
1320 ND-3, Rugby, ND  
Kinder Morgan ..... 701-776-5169  
144 S Main Ave, Rugby, ND

### *Counseling / Guidance / Mentor/ Therapy*

North Central Human Service Center..... 701-857-8500  
1015 S Broadway, Suite 18, Minot, ND Crisis Line: 701-857-8500  
Serves: Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, & Ward Counties.  
Walk in Assessment hours: Mon-Fri 8am-5pm  
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

Rural Psychiatry Associates ..... 701-205-3000  
800 Main Ave South, Rugby, ND Located in Heart of America Care Center  
Telemedicine appointments available <https://www.ruralpsychiatryassociates.com/>

### *Education- Head Start*

Early Explorers Head Start..... 701-776-5721

1123 S Main Ave, Rugby, ND <https://www.earlyexplorers.org/>  
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5

*Food Pantries / Assistance*

Pierce County Food Pantry..... 701-776-5597  
1011 S. Main, Rugby, ND

*Health/ Free Clinics*

Heart of America Medical Center..... 701-776-5235  
800 S Main Ave, Rugby, ND [Heart of America Medical Center Locations](#)

*Veteran Services*

Dept of Veteran Affairs ..... 701-776-6178 x7  
240 2<sup>nd</sup> St South Suite 5 in courthouse  
Wednesday 8:30am – 3pm

**Ramsey county**

*Multiple Resources*

Mountain Lakes Human Service Zone (County Social Service) ..... 701-662-7050  
524 4<sup>th</sup> Ave NE #19, Devils Lake, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Dakota Prairie Community Action Agency..... 701-662-6500  
223 4<sup>th</sup> St NE, Devils Lake, ND 58301 <http://www.dpcaa.org>  
Serves the following counties: Benson, Cavalier, Eddy, Ramsey, Rolette, & Towner.  
Providing services, education, and resources to help individuals and families.

*Counseling / Guidance / Mentor/ Therapy*

Lake Region Human Service Center..... 701-665-2200  
200 Hwy 2 W. Devils Lake, ND Crisis Line: 701-662-5050  
Serves: Benson, Cavalier, Eddy, Ramsey, Rolette, & Towner counties.  
Walk in Assessment hours: Mon-Fri 8am-5pm  
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

*Child Care / After School Programs/ Day care*

S&S Childcare..... 701-650-1230  
321 5<sup>th</sup> St SE, Devils Lakes, ND [Facebook - S&S Childcare](#)  
Sunnyside Childcare..... 701-544-0133  
115 5<sup>th</sup> Ave NE, Devils Lake, ND  
Cheyenne's Daycare ..... 701-509-5271  
1121 5<sup>th</sup> Ave NE, Devils Lake, ND

*Counseling / Guidance / Mentor/ Therapy*

A New Horizons Counseling Service..... 701-662-5590  
507 4<sup>th</sup> St NE, Devils Lake, ND <https://anewhorizonscounseling.com/>

Advanced Counseling for Change .....	701-662-1893
424 3 <sup>rd</sup> St SE, Devils Lake, ND	<a href="#">Advanced Counseling For Change</a>
The Village Family Services Center .....	701-662-6776
224 4 <sup>th</sup> St NW, Devils Lake, ND	<a href="https://www.thevillagefamily.org/">https://www.thevillagefamily.org/</a>
<i>Education- Head Start</i>	
Early Explorers Head Start.....	701-665-4449
1401 College Dr. N, Devils Lake, ND	
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5	
<i>Education</i>	
Anne Carlsen Center	
218 4 <sup>th</sup> St NW, Devils Lake, ND 58301 .....	701-662-6324
Offers early intervention to help children (birth to age 3) learn and participate as independently as possible. Helps identify learning opportunities and provide emotional support, instruction, information, and resources so caregivers and parents can help their child develop to their full potential.	
	<a href="https://annecarlsen.org/early-intervention/">https://annecarlsen.org/early-intervention/</a>
<i>Food Pantries / Assistance</i>	
Hope Center.....	701-665-4673
313 3 <sup>rd</sup> St NE Devils Lake, ND	
Northlands Rescue Mission.....	701-772-6600
420 Division Ave Grand Forks, ND	<a href="https://www.northlandsrescuemission.org/">https://www.northlandsrescuemission.org/</a>
Daily community meals & 1 food basket a month	
Serves Benson, Cavalier, Eddy, Grand Forks, Griggs, Nelson, Pembina, Ramsey, Steele, Towner, Traill, & Walsh counties	
<i>Health/ Free Clinics</i>	
Altru Health System- clinic .....	701-662-2157
1001 7 <sup>th</sup> St NE Devils Lake, ND	
	<a href="https://www.altru.org/">https://www.altru.org/</a>
CHI St. Alexius Health Devils Lake Clinic .....	701-662-8662
425 College Dr. S, Devils Lake, ND	
	<a href="https://www.chistalexiushealth.org/devils-lake">https://www.chistalexiushealth.org/devils-lake</a>
<i>Housing</i>	
Ramsey County Housing Authority .....	701-662-3099
605 3 <sup>rd</sup> St NE, Devils Lake, ND	
<i>Thrift Store</i>	
St. Joseph's Closet.....	701-662-8117
501 4 <sup>th</sup> St NE, Devils Lake, ND	
Dakota Boys and Girls Ranch Thrift Store.....	701-662-6285
408 US-2, Devils Lake, ND	
<i>Veteran Services</i>	
Dept of Veteran Affairs .....	701-662-7048
524 4 <sup>th</sup> Ave #17 Devils Lake, ND in courthouse	

Devils Lake – M, W, F 8am – 5pm and Tuesdays 8am – 12pm  
 Devils Lake VA Clinic.....701-662-5801  
 1031 7<sup>th</sup> St NE, Devils Lake, ND

*WIC*

Lake Region WIC .....701-662-7043  
 524 4<sup>th</sup> Ave NE, Devils Lake, ND in Ramsey County Courthouse

***Ransom county***

*Multiple Resources*

RSR Human Service Zone (County Social Service).....701-683-6133  
 205 4<sup>th</sup> Ave W PO Box 628, Lisbon, ND  
 Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
 Southeastern North Dakota Community Action .....701-232-2452  
 3233 University Dr S Fargo, ND 58104      [www.sendcaa.org](http://www.sendcaa.org)  
 Serves Cass, Ransom, Richland, Sargent, Steele, & Traill counties  
 Providing services, education, and resources to help individuals and families.

*Child Care / After School Programs/ Day care*

Imagination Station.....701-683-4842  
 305 Ash St, Lisbon, ND  
<https://imaginationstationllc.business.site/>  
 Sarah Seelig.....701-680-8980  
 205 Prospect St, Lisbon, ND

*Counseling / Guidance / Mentor/ Therapy*

Southeast Human Service Center .....701-298-4500  
 2624 9<sup>th</sup> Ave S, Fargo, ND      Crisis Line: 701-298-4500  
 Walk in Assessment hours: Mon-Fri 8am-5pm  
 Serves: Cass, Ransom, Richland, Sargent, Steele, & Traill counties.  
 Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.  
 Sheyenne Valley Counseling.....701-683-5086  
 1006 Lincoln St. Lincoln, ND

*Education- Head Start*

Lisbon Head Start SENDCAA .....701-683-3133  
 418 5<sup>th</sup> Ave W, Lisbon, ND      [https://www.sendcaa.org/head\\_start/](https://www.sendcaa.org/head_start/)  
 Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5

*Food Pantries / Assistance*

Ransom Food Pantry.....701-308-0905  
 507 Forest St., Lisbon, ND

*Health/Free Clinics*

Sanford Health Lisbon Clinic.....	701-683-2214
102 10 <sup>th</sup> Ave W, Lisbon, ND	
Ransom County Public Health.....	701-683-6140
404 Forest St, Lisbon, ND	<a href="https://ransomcountynd.net/public-health/">https://ransomcountynd.net/public-health/</a>
<i>Thrift Store</i>	
Lisbon Open Door Center.....	701-683-2201
1411 S Front St, Lisbon, ND	
<i>Veteran Services</i>	
Dept of Veteran Affairs .....	701-683-6126
204 5 <sup>th</sup> Ave W Lisbon, ND	<a href="https://ransomcountynd.net/veterans/">https://ransomcountynd.net/veterans/</a>
Tuesday and Thursday 8:30am- 5pm	
<i>WIC</i>	
Ransom County Public Health.....	701-683-6140
404 Forest St, Lisbon, ND	<a href="https://ransomcountynd.net/public-health/">https://ransomcountynd.net/public-health/</a>

## ***Renville county***

### *Multiple Resources*

Human Service Zone Office.....	701-756-6374
Physical address: 205 Main St E Mohall	
Mailing: PO Box 305 Mohall, ND 58761	
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.	
Community Action Partnership.....	701-839-7221
2020 8 <sup>th</sup> Ave SE Minot, ND 58701	<a href="#">Minot Community Action</a>
Serves Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, & Ward counties	
Providing services, education, and resources to help individuals and families.	
<i>Child Care / After School Programs/ Daycare</i>	
Buddies and Pals Day Care Center .....	701-756-7137
201 6 <sup>th</sup> St NE, Mohall, ND	
Christina's Childcare Center .....	605-415-2700
105 W. Main St., Mohall, ND	<a href="https://www.facebook.com/christinaschildcareLLC/">https://www.facebook.com/christinaschildcareLLC/</a>
Penguin Pals Daycare .....	701-756-6360
PO Box 86, Mohall, ND	
<i>Counseling / Guidance / Mentor/ Therapy</i>	
North Central Human Service Center.....	701-857-8500
1015 S Broadway, Suite 18, Minot, ND	Crisis Line: 701-857-8500
Serves: Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, & Ward Counties.	
Walk in Assessment hours: Mon-Fri 8am-5pm	
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.	
Ives Counseling Services .....	701-818-8632
408 1 <sup>st</sup> Ave NE Mohall, ND	

Lisa Childers <https://www.betterhelp.com/lisa-childers/>  
25 years of social work experience. Her main areas of focus are anxiety, depression, PTSD, building healthy relationships, mental health, domestic violence, foster care, and adoption.

#### *Domestic Violence*

Domestic Violence Crisis Center.....701-263-5002  
Crisis Line – 701-857-2200

#### *Food Pantries / Assistance*

Glenburn Pantry.....701-362-7922  
300 Healy St Glenburn, ND in Trinity Lutheran Church  
Mohall Pantry .....701-756-6439  
203 1<sup>st</sup> Ave NE Mohall, ND in Zion Lutheran Church  
Zion Food Pantry.....701-756-6163  
203 1<sup>st</sup> Ave NE, Mohall, ND

#### *Health/ Free Clinics*

Renville Public Health Nurse (immunizations & WIC).....701-756-6383  
205 Main St E, Mohall, ND 58761  
First District Health Unit .....701-756-6383  
205 Main St E Mohall, ND <https://www.fduh.org/>  
Trinity Community Clinic.....701-756-6841  
504 1<sup>st</sup> St SE, Mohall, ND <https://www.trinityhealth.org/>

#### *Veteran Services*

Dept of Veteran Affairs .....701-833-8743  
205 Main St East Mohall, ND in courthouse  
Tuesday 1pm – 5pm [Renville | ND Department of Veterans Affairs](#)

### ***Richland county***

#### *Multiple Resources*

RSR Human Service Zone (County Social Service).....701-642-7751  
413 3<sup>rd</sup> Ave North, Wahpeton, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Southeastern North Dakota Community Action .....701-232-2452  
3233 University Dr S Fargo, ND 58104 [www.sendcaa.org](http://www.sendcaa.org)  
Serves Cass, Ransom, Richland, Sargent, Steele, & Traill counties  
Providing services, education, and resources to help individuals and families.

#### *Child Care / After School Programs/ Daycare*

Zimmerman Elementary School Developmental Pre-school.....701-642-3050  
509 9<sup>th</sup> Street N, Wahpeton, ND <https://www.wahpetonschools.org/>  
Early Intervention program for children who are delayed in their development.  
Tiny Tykes Inc.....701-642-8612  
1980 11<sup>th</sup> St N, Wahpeton, ND <http://www.tinytykesinc.net/>

St. John's Child Care Center .....	701-642-4922
115 2 <sup>nd</sup> St N., Wahpeton, ND	
Giggles & Grins Child Care & Preschool .....	701-642-1650
409 6 <sup>th</sup> ST S Suite A, Wahpeton, ND <a href="https://www.gigglesngrinschildcare.com/">https://www.gigglesngrinschildcare.com/</a>	
St Gerard's Child Care.....	701-242-7219
613 1 <sup>st</sup> Ave SW, Hankinson, ND	
<i>Counseling / Guidance / Mentor/ Therapy</i>	
Southeast Human Service Center .....	701-298-4500
2624 9 <sup>th</sup> Ave S, Fargo, ND	Crisis Line: 701-298-4500
Walk in Assessment hours: Mon-Fri 8am-5pm	
Serves: Cass, Ransom, Richland, Sargent, Steele, & Traill counties.	
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.	
Richland Wilkin Kinship Mentoring .....	701-672-0303
509 ½ Dakota Ave, Suite 104, Wahpeton, ND <a href="http://rwkinship.org/">http://rwkinship.org/</a>	
Mentoring program for children, ages 5-16	
<i>Education</i>	
Wahpeton Head Start Center .....	701-642-9825
1202 Westmore Ave, Wahpeton, ND	
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5	
Right Tracks.....	701-793-3722
Developmental screenings, information on development and education on childhood concerns. Right Tracks can come to home up to 6x/year. Email: righttrack5.org	
Family Footprints.....	701-643-0475
Education and mentoring offered through St. Francis Hospital. The family footprints worker provides support and education for parents of new babies and young children. Ages prenatal-3. Contact Sandy Block-Hansen at St. Francis Hospital	
<i>Food Pantries / Assistance</i>	
Eagle Valley Outreach Pantry .....	701-998-2067
17515 Co. Rd 2, Christine, ND	
Richland-Wilkin Emergency Food Pantry.....	701-642-1921
699 8 <sup>th</sup> Ave S. Wahpeton, ND <a href="https://www.facebook.com/RWFoodPantry/">https://www.facebook.com/RWFoodPantry/</a>	
<i>Furniture</i>	
Safe Sleep.....	701-642-7735
Education and supply distribution (including sleep sack, pacifier, book) to prevent SIDS.	
Cribs for Kids.....	701-642-7735

Crib distribution program for low-income families to help reduce the risk of injury related to non-safe sleep surface. For ages 0-1. Melissa Gaukler at Richland County Health Department

#### *Health/ Free Clinics*

Lice - Education on lice detection and removal.....701- 642-7735  
 Sanford Health Lidgerwood Clinic..... 701-538-4189  
 21 Wiley Ave S, Lidgerwood, ND  
 Essentia Health Clinic.....701-642-2000  
 275 11<sup>th</sup> St S, Wahpeton, ND [Essentia Health-Wahpeton Clinic](#)

#### *Clothing/ supplies/ Thrift Store*

New Life's Twice Blessed Closet .....701-710-1062 or 701-642-3871  
 1021 Center St S Wahpeton, ND  
 Open 4<sup>th</sup> Saturday of each month, 10am – 2pm  
 Krupkes Konsignments .....701-591-0300  
 312 Dakota Ave, Wahpeton, ND

#### *Transportation*

Twin Town Taxi & Senior Citizen Bus .....701-642-7751  
 Contact RSR Human Service zone for voucher

#### *Veteran Services*

Dept of Veteran Affairs .....701-642-7807  
 413 3<sup>rd</sup> Ave N Wahpeton, ND <https://www.co.richland.nd.us/veterans>  
 Monday – Friday 8am-5pm

#### *WIC*

Richland County Health Department .....701-642-7735  
 413 3<sup>rd</sup> Ave N, Wahpeton, ND

### ***Rolette county***

#### *Multiple Resources*

Mountain Lakes Human Service Zone (County Social Services).....701-477-3141  
 212 2<sup>nd</sup> Ave NE PO Box 519, Rolla, ND  
 Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
 Dakota Prairie Community Action Agency.....701-662-6500  
 223 4<sup>th</sup> St NE, Devils Lake, ND 58301 <http://www.dpcaa.org>  
 Serves the following counties: Benson, Cavalier, Eddy, Ramsey, Rolette, & Towner.  
 Providing services, education, and resources to help individuals and families.

#### *Child Care / After School Programs/ Daycare*

Jessica Chase.....701-871-8641  
 217 3<sup>rd</sup> St SW, Dunseith, ND  
 Learning Tree Center .....701-477-0537  
 9970 BIA Road 5, Belcourt, ND  
 Rolla Community Day Care .....701-477-6681  
 PO Box 985, Rolla, ND



Sandra Short .....	701-477-0551
306 Marcellais St NE, Belcourt, ND	
Jennifer Poitra.....	701-389-7519
102 34D Ave SE, Dunseith, ND	
<i>Counseling / Guidance / Mentor/ Therapy</i>	
Lake Region Human Service Center.....	701-665-2200
200 Hwy 2 W. Devils Lake, ND	Crisis Line: 701-662-5050
Serves: Benson, Cavalier, Eddy, Ramsey, Rolette, & Towner counties.	
Walk in Assessment hours: Mon-Fri 8am-5pm	
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.	
*Rolla Outreach office: 1102 Main Ave. W, Rolla, ND	701-477-9050
Andrea E. Laverdure, LPC .....	701-477-8272
Rolla, ND	
Nexus-PATH Family Healing .....	701-447-0525
152 John Norquay St, Belcourt, ND	
<a href="https://www.nexusfamilyhealing.org/nexus-path-family-healing">https://www.nexusfamilyhealing.org/nexus-path-family-healing</a>	
<i>Education- Head Start</i>	
Turtle Mountain Band of Chippewa Indians Head Start.....	701-447-0260
1010 Carol James St, Belcourt, ND	
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5	
<i>Food Pantries / Assistance</i>	
Food Distribution Center - Dakota Prairie Caa Rolla.....	701-477-6188
1104 ND-5, Rolla, ND	
Food Distribution Center – Turtle Mountain Worship Center Food Pantry.....	701-477-6695
Belcourt, ND	
Food Distribution Center – Turtle Mountain Chippewa Food Pantry .....	701-477-6017
1023 Chief Little Shell St, Belcourt, ND	
Food Distribution Center – Dunseith Food Pantry .....	701-246-3266
315 Main St, Dunseith, ND	
<i>Health/ Free Clinics</i>	
Northland Community Health Center .....	701-477-3111
114 3 <sup>rd</sup> St NE, Rolla, ND	
Northland Community Health Center .....	701-246-3391
401 2 <sup>nd</sup> Ave, Rolette, ND	
Quentin N. Burdick Memorial Hospital.....	701-477-6111
1300 Hospital Loop, Belcourt, ND	
<a href="https://www.ihs.gov/greatplains/healthcarefacilities/turtlemountain/">https://www.ihs.gov/greatplains/healthcarefacilities/turtlemountain/</a>	
<i>Housing</i>	
Turtle Mountain Housing Authority.....	701-477-5673

Belcourt, ND

*Veteran Services*

Dept of Veteran Affairs ..... 701-477-5265  
102 2<sup>nd</sup> Street NE Rolla, ND in courthouse  
By appointment only

*WIC*

Rolette County WIC Program ..... 701-477-5646  
211 1<sup>st</sup> Ave NE Rolla, ND

***Sargent county***

*Multiple Resources*

RSR Human Service Zone (County Social Service)..... 701-724-6241  
355 Main St Suite 7, PO Box 156, Forman, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's  
health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Southeastern North Dakota Community Action ..... 701-232-2452  
3233 University Dr S Fargo, ND 58104      [www.sendcaa.org](http://www.sendcaa.org)  
Serves Cass, Ransom, Richland, Sargent, Steele, & Traill counties  
Providing services, education, and resources to help individuals and families.

*Child Care / After School Programs/ Daycare*

Charge on Together Child Care Forman ..... 701-269-9639  
375 Main St SW South, Forman, ND  
Camryn's Clubhouse ..... 701-427-5045  
2<sup>nd</sup> Ave, Milnor, ND

*Counseling / Guidance / Mentor/ Therapy*

Southeast Human Service Center ..... 701-298-4500  
2624 9<sup>th</sup> Ave S, Fargo, ND      Crisis Line: 701-298-4500  
Walk in Assessment hours: Mon-Fri 8am-5pm  
Serves: Cass, Ransom, Richland, Sargent, Steele, & Traill counties.  
Mental health & addiction assessment, care coordination, medication  
management, home and community-based services, residential services, crisis  
beds and inpatient hospitalization and emergency services such as 24-hour client  
crisis lines and North Dakota State Hospital admission screening.

*Domestic Violence*

Kedish House ..... 701-349-4729  
51 1<sup>st</sup> St N Ellendale, ND      24-hour crisis line 701-349-4118  
Serves Dickey, LaMoure, Logan, McIntosh, & Sargent counties

*Food Pantries / Assistance*

Sargent County Food Pantry..... 701-680-7049  
355 Main St SW, Forman, ND Lower level in courthouse  
Gwinner Community Center ..... 701-680-7049  
104 1<sup>st</sup> St Se, Gwinner, ND

### *Health/ Free Clinics*

Sanford Health Gwinner Clinic ..... 701-678-2263  
69 ND-13 W, Gwinner, ND  
Sanford Health Forman Clinic ..... 701-724-3221  
336 Main Street SW, Forman, ND

### *WIC*

Sargent Co District Health ..... 701-724-3725  
316 Main St S, Forman, ND

## ***Sheridan county***

### *Multiple Resources*

Dakota Central Human Services Zone (County Social Service) ..... 701-462-3581  
PO Box 70 Washburn, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Community Action Program ..... 701-258-2240  
2105 Lee Avenue Bismarck, ND 58504      [www.cap7.com](http://www.cap7.com)  
Serves Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux counties.  
Providing services, education, and resources to help individuals and families.

### *Counseling / Guidance / Mentor/ Therapy*

West Central Human Service Center ..... 701-328-8888  
1237 W. Divide Ave. Suite 5, Bismarck, ND      Crisis Line: 701-328-8899  
Serves: Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux counties.  
Walk in Assessment hours: Mon-Fri 8am-2:30pm  
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

### *Food Pantries / Assistance*

Food Distribution- Sheridan County Food Pantry ..... 701-363-2848  
215 2<sup>nd</sup> St E, McClusky, ND in the courthouse

### *Health/ Free Clinics*

First District Health Unit ..... 701- 363-2506  
215 2<sup>nd</sup> St E McClusky, ND      <https://www.fdhhu.org/>  
Northland Health Centers ..... 701-363-2296  
122 2<sup>nd</sup> St E, McClusky, ND      <http://www.northlandchc.org/>

### *WIC*

First District Health Unit ..... 701- 363-2506  
215 2<sup>nd</sup> St E McClusky, ND      <https://www.fdhhu.org/>

## ***Sioux county***

### *Multiple Resources*

- Three Rivers Human Services Zone (County Social Service)..... 701-854-3821  
105 N. Agency Ave PO Box B, Fort Yates, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.
- Community Action Program..... 701-258-2240  
2105 Lee Avenue Bismarck, ND 58504      [www.cap7.com](http://www.cap7.com)  
Serves Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux counties.  
Providing services, education, and resources to help individuals and families.

### *Child Care / After School Programs/ Daycare*

- Standing Rock Early Childhood ..... 701-854-3678  
1 Standing Rock Ave, Fort Yates, ND
- Kiddie College Day Care Center ..... 701-854-3692  
Buffalo Ave Muledeer St, Fort Yates, ND

### *Counseling / Guidance / Mentor/ Therapy*

- West Central Human Service Center..... 701-328-8888  
1237 W. Divide Ave. Suite 5, Bismarck, ND      Crisis Line: 701-328-8899  
Serves: Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, & Sioux counties. Walk-in Assessment hours: Mon-Fri 8am-2:30pm  
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.
- Dr. Johna C. Hartnell PH.D..... 701-854-3831
- Dr. Kelly Reiner PSYD..... 701-854-9303
- Tami Decouteau, PHD ..... 605-854-8265

### *Car repair/ Donations*

- Fuel Assistant (Low Income Energy Assistant Program)..... 701-854-7588

### *Education- Head Start*

- Standing Rock Sioux tribe 0-5 Head Start..... 701-854-7250  
200 Proposal Ave, Fort Yates, ND  
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 0-5

### *Food Pantries / Assistance*

- Sioux County Food Pantry ..... 701-854-3481  
313 Belden St, Fort Yates, ND
- Selfridge Assembly of God..... 605-840-9004  
110 1<sup>st</sup> Ave N, Selfridge, ND
- Tipi Waken Baptist Church ..... 701-854-4274  
7149 S Big Lake Rd, Cannon Ball, ND

### *Health/ Free Clinics*

Fort Yates Indian Health Service Hospital..... 701-854-3831  
10 Standing Rock Ave, Fort Yates, ND

### *Clothing/ Thrift Store*

Good Heart Community Center..... 701-445-3436  
101 West Main Street, Solen, ND

### *Veteran Services*

Tribal Building 1 North Standing Rock Avenue..... 701-854-8527  
[Standing Rock | ND Department of Veterans Affairs](#)

### *WIC*

139 Proposal Ave, Fort Yates, ND ..... 701-854-7263  
<https://www.nwica.org/states/standing-rock-tribe>

## ***Slope county***

### *Multiple Resources*

Southwest Human Services Zone (County Social Service) ..... 701-523-3285  
104 First St NW Suite 8, Bowman, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Community Action Partnership..... 701-227-0131  
202 E Villard Dickinson, ND 58601 [www.dickinsoncap.org](http://www.dickinsoncap.org)  
Serves the following counties: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, & Stark. Providing services, education, and resources to help individuals and families.

### *Counseling / Guidance / Mentor/ Therapy*

Badlands Human Service Center ..... 701-227-7500  
1463 I-94 Business Loop East, Dickinson, ND Crisis Line: 701-290-5719  
Serves: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, & Stark counties. Walk-in Assessment hours: Mon-Fri 8am-2pm  
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

Church Mentoring Amidon/Slope-Lutheran Church, Jackie Bloom..... 641-425-9615  
[jswanson2003@hotmail.com](mailto:jswanson2003@hotmail.com)

Sunrise Youth Bureau ..... 701-483-9498  
2680 Empire Road, Suite E [Sunrise Youth Bureau](#)  
Monday – Friday 8am – 5pm. Serves Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, McKenzie, Morton, Slope, & Stark Counties  
Provides classes/trainings to youth on a variety of topics around social skills and behaviors.

### *Home & Community Based Services*

Southwest Public Transit- ..... 701-523-3241

Serves Adams, Bowman, and Slope counties.

*Food Pantries / Assistance*

Marmouth Community Food Pantry.....	701-225-0563
Salvation Army – Marmarth .....	701-279-5818
201 N Main, Marmath, ND	
Amidon Food Pantry/ Slope City Salvation Army.....	701-225-0373
Amidon Community Cupboard .....	701-523-5419
Corner of Court and Hwy 85, Amidon, ND	

*Veteran Services*

13910 64<sup>th</sup> St SW Amidon, ND

***Stark county***

*Multiple Resources*

Roughrider Human Services Zone (County Social Service).....	701-456-7675
2680 Empire Rd Suite A, ND	
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.	
Community Action Partnership.....	701-227-0131
202 E Villard Dickinson, ND 58601 <a href="http://www.dickinsoncap.org">www.dickinsoncap.org</a>	
Serves the following counties: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, & Stark.	
Providing services, education, and resources to help individuals & families.	
West Dakota Parent & Family Resource	
402 4 <sup>th</sup> St. West Dickinson, ND .....	701-456-0007

*Child Care / After School Programs/ Daycare*

KIDS Program Dickinson .....	701-483-4394
2493 4 <sup>th</sup> Ave W Suite F, Dickinson, ND	
<a href="https://www.hitinc.org/services/KIDSProgram/">https://www.hitinc.org/services/KIDSProgram/</a> Supports ages 0-3 through their home, daycare, a playground, etc.	
Learning Ladder Preschool & Childcare.....	701-483-1222
2933 3 <sup>rd</sup> Ave W, Dickinson, ND	
KinderKidz Learning Center.....	701-483-9550
161 21 <sup>st</sup> St W, Dickinson, ND	
<a href="#">Kinderkidz Learning Center   DICKINSON ND Child Care Center</a>	
Christian Child Care- Downtown.....	701-483-2447
46 5 <sup>th</sup> Ave W, Dickinson, ND	
Happy Feet Daycare LLC	
104 Main St N, Belfield, ND	

*Counseling / Guidance / Mentor/ Therapy*

Badlands Human Service Center .....	701-227-7500
1463 I-94 Business Loop East, Dickinson, ND                      Crisis Line: 701-290-5719	
Serves: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, & Stark counties. Walk-in Assessment hours: Mon-Fri 8am-2pm	

Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

- Summit Counseling Services..... 701-334-6242  
 26 E 1<sup>st</sup>, Dickinson, ND <https://summitcounselingservices.org/>
- Westwind Counseling Center ..... 701-225-1050  
 135 W Villard St, Dickinson, ND
- Winds of Change Counseling Center ..... 701-483-0230  
 30 7<sup>th</sup> St W Door A, Dickinson, ND
- Therapy Solutions ..... 701-483-1000  
 1679 6<sup>th</sup> Ave W, Dickinson, ND  
 Have experience working with trauma in all age groups.
- Rural Psychiatry Associates ..... 701-205-3000  
 227 16<sup>th</sup> Street SW Dickinson, ND  
 215 3<sup>rd</sup> Ave West, Richardton, ND located in Jacobson Memorial Hospital  
 Telemedicine appointments available <https://www.ruralpsychiatryassociates.com/>
- Sunrise Youth Bureau ..... 701-483-9498  
 2680 Empire Road, Suite E [Sunrise Youth Bureau](#)  
 Monday – Friday 8am – 5pm. Serves Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, McKenzie, Morton, Slope, & Stark Counties  
 Provides classes/trainings to youth on a variety of topics around social skills and behaviors.
- Best Friends Mentoring  
 135 W. Villard St. Dickinson, ND..... 701-483-9615

#### *Domestic Violence*

- Domestic Violence and Rape Crisis Center (DVRCC)..... 701-225-4506, 1-888-225-4506  
 PO Box 1081 Dickinson, ND 58602 [dvrcc@ndsupernet.com](mailto:dvrcc@ndsupernet.com)  
[Domestic Violence & Rape Crisis Center \(dvrccnd.com\)](http://DomesticViolence&RapeCrisisCenter(dvrccnd.com))  
 Provides crisis line, counseling, advocacy, support groups, safe shelter, legal advocacy, and education.

#### *Education- Head Start*

- Head Start..... 701-227-3010  
 107 3<sup>rd</sup> Ave SE, Dickinson, ND [Head Start | Community Action Dickinson \(dickinsoncap.org\)](http://HeadStart|CommunityActionDickinson(dickinsoncap.org))  
 Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5

#### *Food Pantries / Assistance*

- AMEN Food Pantry ..... 701-483-4344  
 30 7<sup>th</sup> St W- Old St Joe's hospital North side on 8<sup>th</sup> St W Door M  
<https://www.facebook.com/DickinsonAMENFoodPantry/>
- Belfield Medora Food Pantry..... 701-575-4405  
 506 2<sup>nd</sup> Ave NE, Belfield, ND  
<https://www.facebook.com/BelfieldMedoraFoodPantry/>

### *Health/ Free Clinics*

Southwestern District Health.....	701-483-0171
528 21 <sup>st</sup> Street West, Dickinson, ND	<a href="https://swdhu.net/">https://swdhu.net/</a>
Sanford Health East Dickinson Clinic.....	701-483-6017
33 9 <sup>th</sup> St W, Dickinson, ND	
Sanford Health West Dickinson Clinic.....	701-456-6000
2615 Fairway St, Dickinson, ND	

### *Housing*

Stark County Housing Authority .....	701-225-3120
1449 W Villard St, Dickinson, ND	
	<a href="https://starkcounthousing.org/starkcounty.html">https://starkcounthousing.org/starkcounty.html</a>

### *Thrift Store*

Able Thrift Store.....	701-456-3008
1571 W Villard St Dickinson, ND	
The Arc Thrift store.....	701-483-2723
140 2 <sup>nd</sup> St W, Dickinson, ND	
Déjà Vu Tots.....	701-483-8687
30 7 <sup>th</sup> St W, Dickinson, ND	
House of Manna.....	701-483-5733
1100 E Villard St. Dickinson, ND	<a href="https://www.homnd.org">https://www.homnd.org</a>
Only open M-W-F 1-4pm, but hours are extended when possible and will be open on the occasional weekend.	
<a href="mailto:email.info@homnd.org">email.info@homnd.org</a>	<a href="https://www.facebook.com/HouseOfMannaInc/">https://www.facebook.com/HouseOfMannaInc/</a>
No restrictions on frequency of visits or the number of items a person can shop for, and no ID or proof of income is required. Not a thrift store – items are free, but free-will donations are accepted (not required).	

### *Veteran Services*

Dickinson VA Clinic.....	701-483-1850
766 Elks Dr Suite 6/H, Dickinson, ND	

### *WIC*

Southwestern District Health.....	701-483-0171
227 16 <sup>th</sup> St W, Dickinson, ND	<a href="https://swdhu.net/">https://swdhu.net/</a>

## ***Steele county***

### *Multiple Resources*

Agassiz Valley Human Service Zone (County Social Services) .....	701-636-5220
201 Washington Ave., Finely, ND	
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.	
Southeastern North Dakota Community Action .....	701-232-2452
3233 University Dr S Fargo, ND 58104	<a href="http://www.sendcaa.org">www.sendcaa.org</a>
Serves Cass, Ransom, Richland, Sargent, Steele, & Traill counties	
Providing services, education, and resources to help individuals and families.	



### *Child Care / After School Programs/ Daycare*

Kayla Rusten.....701-789-0909  
3<sup>rd</sup> St W, Finley, ND  
Hope Early Learning Center .....701-866-9224  
270 7 St SE, Hope, ND

### *Counseling / Guidance / Mentor/ Therapy*

Southeast Human Service Center  
2624 9<sup>th</sup> Ave S, Fargo, ND .....701-298-4500  
Walk in Assessment hours: Mon-Fri 8am-5pm      Crisis Line: 701-298-4500  
Serves: Cass, Ransom, Richland, Sargent, Steele, & Traill counties.  
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

### *Food Pantries / Assistance*

Northlands Rescue Mission.....701-772-6600  
420 Division Ave Grand Forks, ND    <https://www.northlandsrescuemission.org/>  
Daily community meals & 1 food basket a month  
Serves Benson, Cavalier, Eddy, Grand Forks, Griggs, Nelson, Pembina, Ramsey, Steele, Towner, Traill, & Walsh counties  
Steele County Food Pantry.....701-636-5220  
201 Washington Ave W, Finley, ND

### *Health/ Free Clinics*

Sanford Health Finley Clinic .....701-524-1005  
407 Washington Ave E, Finley, ND  
Steele County Health Nurse.....701-201-2060  
201 Washington Ave. Finley, ND

## ***Stutsman county***

### *Multiple Resources*

Buffalo Bridges Human Services Zone (County Social Services)  
116 First Street E PO Box 809, Jamestown, ND  
Financial Assistance Customer Support Center .....866-614-6005  
Adult Services/ Child Welfare/ Administration .....701-952-6850  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Community Action Partnership.....701-252-1821  
1411 12<sup>th</sup> Ave NE PO BOX 507 Jamestown, ND 58402    [www.cap6.com](http://www.cap6.com)  
Serves the following counties: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, & Wells.  
Providing services, education, and resources to help individuals and families.  
Anne Carlsen Center

<https://annecarlson.org/contact/>

Main Campus

701 3<sup>rd</sup> St NW, Jamestown, ND 58402 ..... 1-800-568-5175

Early Intervention

311 1<sup>st</sup> Ave, Suite 11, Jamestown, ND 58402..... 701-952-3500

Community Based Services

814 13<sup>th</sup> St NE, Jamestown, ND 58402..... 701-952-9820

Non-profit organization that provides services and supports to individuals with developmental disabilities or delays. Services offered in these locations include assistive technology, behavioral health and autism, day habilitation, early intervention, education, employment, in-home supports, medically complex, residential, speech therapy, occupational therapy, physical therapy, and recreation and leisure.

*Child Care / After School Programs/ Day care*

The Learning Circle..... 701-952-2227

1920 9<sup>th</sup> Ave SW, Jamestown, ND

Charge on Together Childcare, LLC..... 701-269-6603

321 16<sup>th</sup> Ave NE, Jamestown, ND

Building Blocks Child Development..... 701-252-2847

419 2<sup>nd</sup> Ave NW, Jamestown, ND

Ann Ramsey Childcare ..... 701-269-7903

322 4<sup>th</sup> Ave SW, Jamestown, ND

*Counseling / Guidance / Mentor/ Therapy*

South Central Human Service Center..... 701-253-6300

520 Third St. N.W., Jamestown, ND

Crisis Line: 701-253-6304

Serves: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, & Wells counties.

Walk in Assessment hours: Mon-Thurs 9am-12pm

Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

\*Valley City Satellite Office: City-County Public Health District Building, 415 Second Ave NE

Youth For Christ..... 701-252-5501

202 4<sup>th</sup> Ave SE, Jamestown, ND

<https://jamesvalleyyfc.org/>

Jamestown Counseling Center..... 701-952-7400

311 1<sup>st</sup> Ave S Suite 10 Jamestown, ND

Valley Christian Counseling Center ..... 701-232-6224

311 1<sup>st</sup> Ave S Suite 100 Jamestown, ND

*Education- Head Start*

Community Action Head Start ..... 701-252-1821

1411 12<sup>th</sup> Ave NE, Jamestown, ND

Provides comprehensive early childhood education, health, nutrition, and parent

involvement services to low-income children and families. Ages 3-5

*Food Pantries / Assistance*

- Community Action Partnership..... 701-252-1821  
1411 12<sup>th</sup> Ave NE PO BOX 507 Jamestown, ND 58402  
[www.cap6.com](http://www.cap6.com)
- Progress Community Center..... 701-251-2964  
428 2<sup>nd</sup> St SW, Jamestown, ND
- Salvation Army ..... 701-252-0290  
320 1<sup>st</sup> Ave N, Jamestown, ND      <https://www.facebook.com/jamestownsa/>

*Health/ Free Clinics*

- Essentia Health- Jamestown Clinic ..... 701-253-5300  
2430 20<sup>th</sup> St SW, Jamestown, ND
- Sanford Health Jamestown 2<sup>nd</sup> Ave Clinic..... 701-251-6000  
300 2<sup>nd</sup> Ave NE, Jamestown, ND
- Jamestown Regional Medical Center ..... 701-952-1050  
2422 20<sup>th</sup> St SW, Jamestown, ND      <https://jrmcnd.com/>
- Central Valley Health District..... 701-252-8130  
122 2<sup>nd</sup> St NE, Jamestown, ND

*Housing*

- Great Plains Housing Authority ..... 701-252-1098  
300 2<sup>nd</sup> Ave NE # 200, Jamestown, ND      <https://greatplainsha.com/>

*Thrift Store*

- Nita's Attic..... 701-952-2795  
215 1<sup>st</sup> Ave N, Jamestown, ND
- Goodwill Retail Store ..... 701-253-7301  
2629 8<sup>th</sup> Ave SW, Jamestown, ND
- Salvation Army ..... 701-252-0290  
320 1<sup>st</sup> Ave N, Jamestown, ND

*Veteran Services*

- Stutsman County Veteran's Services ..... 701-252-9043  
205 6<sup>th</sup> St SE, Jamestown, ND
- Jamestown VA Clinic..... 701-952-4787  
2422 20<sup>th</sup> St SW, Jamestown, ND

*WIC*

- Central Valley Health District..... 701-252-8130  
122 2<sup>nd</sup> St NE, Jamestown, ND

***Towner county***

*Multiple Resources*

- Mountain Lakes Human Service Zone (County Social Services)..... 701-968-4355 ext 8  
315 2<sup>nd</sup> Street, Cando, ND  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's

health services, Basic care assistance, childcare assistance, child welfare, referrals.	
Dakota Prairie Community Action Agency.....	701-662-6500
223 4 <sup>th</sup> St NE, Devils Lake, ND 58301 <a href="http://www.dpcaa.org">http://www.dpcaa.org</a>	
Serves the following counties: Benson, Cavalier, Eddy, Ramsey, Rolette, & Towner.	
Providing services, education, and resources to help individuals and families.	
<i>Counseling / Guidance / Mentor/ Therapy</i>	
Lake Region Human Service Center.....	701-665-2200
200 Hwy 2 W. Devils Lake, ND Crisis Line: 701-662-5050	
Serves: Benson, Cavalier, Eddy, Ramsey, Rolette, & Towner counties.	
Walk in Assessment hours: Mon-Fri 8am-5pm	
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.	
Rural Psychiatry Associates .....	701-205-3000
HWY 281 N, Cando, ND <a href="https://www.ruralpsychiatryassociates.com/">https://www.ruralpsychiatryassociates.com/</a>	
<i>Food Pantries / Assistance</i>	
Cando Area Food Pantry .....	701-968-3105
304 5 <sup>th</sup> Ave Cando, ND	
<a href="https://www.facebook.com/CandoAreaFoodPantry">https://www.facebook.com/CandoAreaFoodPantry</a>	
Northlands Rescue Mission.....	701-772-6600
420 Division Ave Grand Forks, ND <a href="https://www.northlandsrescuemission.org/">https://www.northlandsrescuemission.org/</a>	
Daily community meals & 1 food basket a month	
Serves Benson, Cavalier, Eddy, Grand Forks, Griggs, Nelson, Pembina, Ramsey, Steele, Towner, Traill, & Walsh counties	
<i>Health/ Free Clinics</i>	
Cando Clinic .....	701-968-2541
Hwy 281 N Cando, ND <a href="https://tcmedcenter.org/">https://tcmedcenter.org/</a>	
Heartview Foundation.....	701-968-4056
Treatment and services with drug and alcohol abuse.	
Towner County Public Health.....	701-968-4353
404 5 <sup>th</sup> Ave #3, Cando, ND <a href="https://www.tccounty.com/public-health">https://www.tccounty.com/public-health</a>	
<i>Housing</i>	
Towner County Housing Authority.....	701-968-3922
808 6 <sup>th</sup> St, Cando, ND <a href="http://TownerCountyHousing-NorthCentralHousingAuthority.northcentralha.com">Towner County Housing – North Central Housing Authority (northcentralha.com)</a>	
<i>Thrift Store</i>	
Pinky's Second Hand Store.....	701-968-3788
501 Main St, Cando, ND	
<i>Veteran Services</i>	
Towner County Veteran Services Center.....	701-968-4363
404 5 <sup>th</sup> Ave, Cando, ND	

WIC

Towner County Public Health.....701-968-4353  
404 5<sup>th</sup> Ave #3, Cando, ND <https://www.tccounty.com/public-health>

## **Trail county**

### *Multiple Resources*

Agassiz Valley Human Service Zone (Country Social Services).....701-636-5220  
Administrative Main Office – 114 W Caledonia Ave, PO Box 190, Hillsboro, ND  
Economic Assistance Unit – 212 W Caledonia Ave, POB 190, Hillsboro, ND  
<https://www.co.trail.nd.us/departments/social-services>  
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.  
Southeastern North Dakota Community Action .....701-232-2452  
3233 University Dr S Fargo, ND 58104 [www.sendcaa.org](http://www.sendcaa.org)  
Serves Cass, Ransom, Richland, Sargent, Steele, & Traill counties  
Providing services, education, and resources to help individuals and families.

### *Child Care/ After School Programs/ Daycare*

The Learning Circle.....701-636-2074  
1 1<sup>st</sup> St SW, Hillsboro, ND <https://thelearningcirclend.com/>  
Mayville State University Child Development Programs.....701-636-4047  
408 1<sup>st</sup> St SE, Hillsboro, ND  
<https://mayvillestate.edu/community/child-care/sites/hillsboro-armory/>  
Kaci's Cozy Corner Childcare .....701-290-2809  
602 3<sup>rd</sup> St SE, Hillsboro, ND  
[Kaci's Cozy Corner Childcare](#)  
Hatton Learning Center .....701-543-4110  
901 Wheat Ave, Hatton, ND  
Buxton Children Center.....701-847-2508  
103 Ives St, Buxton, ND

### *Counseling / Guidance / Mentor/ Therapy*

Southeast Human Service Center  
2624 9<sup>th</sup> Ave S, Fargo, ND .....Crisis Line: 701-298-4500  
Walk in Assessment hours: Mon-Fri 8am-5pm 701-298-4500  
Serves: Cass, Ransom, Richland, Sargent, Steele, & Traill counties.  
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.

### *Education- Head Start*

Mayville State University Child Development programs- Head Start.....701-788-4868  
330 3<sup>rd</sup> St. NE, Mayville, ND  
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5  
<https://mayvillestate.edu/community/child-care/sites/hillsboro-armory/>

### *Food Pantries / Assistance*

Hillsboro Food Pantry.....	701-436-5777
Hillsboro Armory on South Highway 81	
Open the 1 <sup>st</sup> and 3 <sup>rd</sup> Mondays of each Month from 4-6 PM	
Contact: Richard Gehrke: 701-436-5777; <a href="mailto:rich.gehrke@fumic.com">rich.gehrke@fumic.com</a>	
Referrals required – from Agassiz Valley Human Service zone offices	
MP Food Pantry:.....	701-786-3604
713 Helen Avenue, Portland, ND	
Open 3 <sup>rd</sup> Thursday of each month	
Contact: Marilyn Koppang: 701-786-3604 – where people can leave messages	
Hatton Food Pantry	
Located in old clinic building in Hatton – use back door	
Open 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of each month from 3-5 PM	
Thompson Community Food Pantry	
701 Broadway Street, Thompson, ND Located at St. Matthew's Lutheran Church,	
Serving the areas of Buxton, Reynolds, and Thompson	
Open the 2 <sup>nd</sup> Tuesday of each month from 11 am – 1 p.m.	
And the 4 <sup>th</sup> Tuesday each month from 6 – 8 pm	
Northlands Rescue Mission.....	701-772-6600
420 Division Ave Grand Forks, ND <a href="https://www.northlandsrescuemission.org/">https://www.northlandsrescuemission.org/</a>	
Daily community meals & 1 food basket a month	
Serves Benson, Cavalier, Eddy, Grand Forks, Griggs, Nelson, Pembina, Ramsey,	
Steele, Towner, Traill, & Walsh counties	

### *Health/ Free Clinics*

Sanford Health Hillsboro Clinic.....	701-636-5311
315 E Caledonia Ave, Hillsboro, ND	
Sanford Mayville Clinic.....	701-788-4500
600 1 <sup>st</sup> St SE, Mayville, ND	

### *Housing Assistance*

Traill County Housing Authority.....	701-436-5785
16 W Caledonia Ave, Hillsboro, ND	

### *Thrift Store*

Main Floor Thrift Shop & Antiques .....	701-540-4877
30 Main St E, Mayville, ND	

### *Veteran Services*

Traill County Veteran's Services.....	701-636-4414
114 W Caledonia Ave, Hillsboro, ND <a href="https://traillvso.com/">https://traillvso.com/</a>	

## **Walsh county**

### *Multiple Resources*

Northern Valley Human Service Zone (County Social Services).....	701-352-5111
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516 Cooper Ave, Grafton, ND in Chase Building, 2<sup>nd</sup> floor  
 Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.

Red River Valley Community Action.....701-746-5431  
 4212 Gateway Drive Grand Forks, ND 58203 [www.rrvca.com](http://www.rrvca.com)  
 Serves the following counties: Grand Forks, Nelson, Pembina, Walsh  
 Providing services, education, and resources to help individuals and families.

*Child Care / After School Programs/ Daycare*

Sunshine Kids Center.....701-284-7666  
 421 Hill Ave S, Park River, ND

Haley's Happy Home Childcare.....701-739-7006  
 1455 Manvel Ave, Grafton, ND

ABC Daycare.....701-248-3019  
 514 Major Ave, Minto, ND

*Counseling / Guidance / Mentor/ Therapy*

Northeast Human Service Center.....701-795-3000  
 151 S. Fourth St Suite 401, Grand Forks, ND Crisis Line: 701-775-0525  
 Walk in Assessment hours: Mon-Fri 8am-5pm  
 Serves: Grand Forks, Walsh, Pembina, & Nelson counties.  
 Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.  
 \*Grafton Outreach Office: Life Skills & Transition Center, Admin Bldg – 701-352-4334

Heidi Madsen, PsyD.....701-352-4335  
 701 W 6<sup>th</sup> St, Grafton, ND

*Education- Head start*

Tri Valley Head Start.....701-352-0238  
 1301 McHugh Ave, Grafton, ND <https://www.tvoc.org/services/head-start/>  
 Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5

*Food Pantries / Assistance*

Northlands Rescue Mission.....701-772-6600  
 420 Division Ave Grand Forks, ND <https://www.northlandsrescuemission.org/>  
 Daily community meals & 1 food basket a month  
 Serves Benson, Cavalier, Eddy, Grand Forks, Griggs, Nelson, Pembina, Ramsey, Steele, Towner, Traill, & Walsh counties

*Health/Free Clinics*

Unity Medical Center.....701-352-1620  
 164 W. 13<sup>th</sup> St, Grafton, ND <https://www.unitymedcenter.com/>

Grafton Family Clinic.....701-352-9831  
 164 W. 13<sup>th</sup> St, Grafton, ND

Park River Family Clinic .....	701-284-6663
503 Park St W B, Park River, ND	
<i>Housing Assistance</i>	
Walsh County Housing Authority .....	701-352-3260
600 E 9 <sup>th</sup> St, Grafton, ND	
<i>Thrift Store</i>	
Second Time Around .....	701-352-0381
522 Hill Ave, Grafton, ND	
<i>Veteran Services</i>	
Walsh County Veteran Services .....	701-352-5030
638 Cooper Ave #5, Grafton, ND	
<i>WIC</i>	
Walsh County WIC Program .....	701-352-5139
638 Cooper Ave #3, Grafton, ND	

## ***Ward county***

### *Multiple Resources*

Ward County Human Service Zone .....	701-852-3552
225 3 <sup>rd</sup> St SE, Minot, ND	
Mailing: PO Box 2209, Minot, ND	
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.	
Community Action Partnership.....	701-839-7221
2020 8 <sup>th</sup> Ave SE Minot, ND 58701 <a href="http://www.capminotregion.org">www.capminotregion.org</a>	
Serves Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, & Ward counties	
Providing services, education, and resources to help individuals and families.	
Project BEE701-838-1812	
Resource hub address 205 3 <sup>rd</sup> Ave SE Minot, ND	
Have diaper pantry, emergency shelter, career closet & basic needs pantry	
Anne Carlsen Center	
<a href="https://annecarlsen.org/contact/">https://annecarlsen.org/contact/</a>	
1324 20 <sup>th</sup> Ave SW, Suite #2, Minot, ND 58702 .....	701-858-0009
Non-profit organization that provides services and supports to individuals with developmental disabilities or delays. Offers services for behavioral health and autism, in-home supports, speech therapy, and occupational therapy.	

### *Child Care / After School Programs/ Daycare*

Nanny Day Care .....	701-838-5069
605 13 <sup>th</sup> St SE, Minot, ND	
Kiddie Korral 2.0 Child Care Center .....	701-852-7781
3524 E Burdick Expy, Minot, ND	
<a href="http://kiddie-korral-ii.business.site/?utm_source=gmb&amp;utm_medium=referral">http://kiddie-korral-ii.business.site/?utm_source=gmb&amp;utm_medium=referral</a>	
Little River Child Care & Preschool .....	701-858-0546
400 22 <sup>nd</sup> Ave NW, Minot, ND	



Kids Academy.....	701-453-3622
315 Main St N, Berthold, ND	
Kreative Start.....	701-818-0248
Minot, ND	<a href="https://sherece0211.wixsite.com/kreativestart">https://sherece0211.wixsite.com/kreativestart</a>
REM North Dakota.....	701-839-6630
1905 2 <sup>nd</sup> Street SE Suite 1A, Minot, ND	
REM supports include a range of residential services and day programs designed around the needs and preferences of each person served. Individual strengths are matched with REM programs, as well as those available in the community.	
Youth For Christ	
<a href="#">Home - Minot YFC</a>	
Middle school and high school youth group	
<i>Counseling / Guidance / Mentor/ Therapy</i>	
North Central Human Service Center.....	701-857-8500
1015 S Broadway, Suite 18, Minot, ND	Crisis Line: 701-857-8500
Walk in Assessment hours: Mon-Fri 8am-5pm	
Serves: Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, & Ward Counties. Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.	
Companions for Children.....	701-838-5784
<a href="https://www.companionsforchildren.org/">https://www.companionsforchildren.org/</a>	
Mentor program for children	
Dakota Family Services .....	701-419-8756
6301 19 <sup>th</sup> Ave NW, Minot, ND	<a href="https://dakotafamilyservices.org/">https://dakotafamilyservices.org/</a>
Therapy for adults & children, psychiatric Services, Psychological testing, animal assisted therapy, online therapy	
The Village Family Services.....	701-852-3328
20 1 <sup>st</sup> Street, Suite 250, Minot ND	
<a href="https://www.thevillagefamily.org/content/services-we-offer">https://www.thevillagefamily.org/content/services-we-offer</a>	
Alcoholics Anonymous/ AA.....	844-395-3650
317 1 <sup>st</sup> Ave NW Kenmare, ND Kenmare Community Hospital	
Harmony Center .....	701-852-3263
Psychosocial recovery program for adults diagnosed with a mental illness. Also has a Peer Support Group to help focus on recovery.	
Cornerstone Addiction Services .....	701-839-0474
Goodman Addiction Services .....	701-852-3869
Bob Hayse Addiction Services.....	701-838-1422
Pospishil & Associates.....	701-580-0846
1425 21 <sup>st</sup> Ave NW, Minot, ND	
Red Door Pediatric Therapy .....	701-222-3175
2080 36 <sup>th</sup> Ave SW Suite 110, Minot, ND	
<a href="https://reddoorpediatric.com/">https://reddoorpediatric.com/</a>	

Speech, Occupational, and Physical therapy; other special programs.

#### *Domestic Violence*

Domestic Violence Crisis Center..... 701-852-2258

#### *Education*

Minot Public Schools Head Start..... 701-857-4688

2815 Burdick Expressway East, Minot, ND

Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5

Independence Inc..... 701-839-4724

2000 E. Burdick Expy., Suite C, Minot, ND

Has an interactive training program designed to prepare students with disabilities for adulthood.

#### *Employment*

Burdick Job Corps..... 701-857-9600

1500 Univ. Ave. W., Minot, ND 58703

Command Labor..... 701- 839-9675

Provides temporary jobs for people on a daily basis, as well as paychecks that day.

Utah Construction Personnel ..... 701- 838-0830

Provides temporary staffing for people on a daily basis, as well as same-day paychecks.

Kalix ..... 701-852-1014

605 27<sup>th</sup> St SE, Minot, ND <https://www.kalixnd.org/>

Vocational services for people with disabilities.

REM North Dakota..... 701-839-6630

1905 2<sup>nd</sup> Street SE Suite 1A, Minot, ND

REM supports include a range of residential services and day programs designed around the needs and preferences of each person served. Individual strengths are matched with REM programs, as well as those available in the community.

#### *Food Pantries / Assistance*

Our Lady of Grace..... 701-839-5520

707 16<sup>th</sup> Ave SW, Minot, ND

Must complete an intake at Community Action to determine income eligibility.

Open Monday, Tuesday, Thursday, and Fridays 1-4pm.

Salvation Army ..... 701- 838-8925

315 Western Ave. Open Monday-Friday 10am-12pm; 1pm-3pm.

The Lord's Cupboard ..... 701-822-2263

1525 West Burdick Expressway, Minot, ND

Open Monday 10am-1pm, Wednesday 1pm-4pm, and Friday 2pm-5pm.

#### **Minot Community Luncheon/Dinner Listing**

MONDAY – 11:00AM TO 12:00PM

Faith United Methodist Church - 5900 Highway 83 North ..... 701-838-1540

TUESDAY – 11:00AM TO 12:30PM

Christ Lutheran Church - Katie's Kitchen - 502 17th St NW ..... 701-838-0746

WEDNESDAY – 11:30AM TO 12:30PM	
Immanuel Baptist Church - 1615 2nd St SE .....	701-839-3694
WEDNESDAY – 5:00 <sub>PM</sub> TO 6:30 <sub>PM</sub>	
Cornerstone Presbyterian - 1000 3rd St NE.....	701-852-0315
THURSDAY – 11:30AM TO 12:00PM	
St. Leo's Catholic Church - 218 1st St SE.....	701-838-1026
FRIDAY – 11:30AM TO 12:30PM	
First Lutheran Church - 120 5th Ave NW .....	701-852-4853
SUNDAY – 11:30AM TO 12:30PM	
Seventh Day Adventist - 10 17th Ave SW.....	701-839-6478
<i>Health/ Free Clinics</i>	
Trinity Kenmare Community Hospital .....	701-385-4296
317 1st Ave NW, Kenmare, ND 58746	
City and Country Clinic .....	701- 833-1951
120 5 <sup>th</sup> Ave NW, Minot, ND in First Lutheran Church. Contact for hours.	
First District Health Unit .....	701-385-4328
113 1 <sup>st</sup> Ave NW Kenmare, ND <a href="https://www.fdhhu.org/">https://www.fdhhu.org/</a>	
First District Health Unit .....	701-852-1376
801 11 <sup>th</sup> Ave SW Minot, ND <a href="https://www.fdhhu.org/">https://www.fdhhu.org/</a>	
<i>Housing</i>	
Minot Housing Authority .....	701-852-0485
<i>Transportation</i>	
Souris Basin Transportation .....	701-852-8008
City Bus .....	701-857-4140
Central Cab Company .....	701-852-8000
Taxi 9000 .....	701-852-9000
North Dakota Assoc. for Disabled (NDAD).....	701-838-8414
<i>Thrift Store</i>	
Dakota Boys & Girls Ranch Thrift Store.....	701-852-0236
1206 S Broadway, Minot, ND	
Restore Thrift Store .....	701-837-9584
112 2 <sup>nd</sup> Ave SW, Minot, ND	
Closet Connection.....	701-838-2562
1515 24 <sup>th</sup> Ave SW #2, Minot, ND	
Grow With Me .....	701-839-0366
1406 Main St S, Minot, ND	
Place for all things baby, kids, and maternity.	
<i>Veteran Services</i>	
North Dakota Military Outreach.....	701- 340-2779
Helps Veterans, Service Members, and their families to connect with resources at a time of need.	
Minot Vet Center.....	701-852-0177
3300 South Broadway, Minot, ND	
For assistance after hours, weekends, & holidays: 1-877-927-8387	

Provides a broad range of counseling, outreach, & referral services to combat veterans and family members to assist and overcome the readjustment problems associated with war and personal trauma.

## **WIC**

First District health Unit .....	701-852-1376
801 11 <sup>th</sup> Ave SW, POB 1268, Minot, ND	
Monday – Friday 8am-4:30	
Kenmare & Burke County .....	701-385-4328
113 1 <sup>st</sup> Ave NW, Kenmare, ND	
2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays 8am-4:30pm	
Minot Air Force Base.....	701-385-4328
291 Peacekeeper Place, Kenmare, ND	
2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays 8am-4:30pm	

## **Wells county**

### *Multiple Resources*

Central Prairie Human Service Zone .....	701-547-3694
600 Railway St N #266, Fessenden, ND	
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.	
Community Action Partnership.....	701-252-1821
1411 12 <sup>th</sup> Ave NE PO BOX 507 Jamestown, ND 58402 <a href="http://www.cap6.com">www.cap6.com</a>	
Serves the following counties: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, & Wells.	
Providing services, education, and resources to help individuals and families.	

### *Child Care / After School Programs/ Day care*

Community Child Care Center .....	701-341-7918
61 7 <sup>th</sup> Ave N, Fessenden, ND	
Fessenden Mini Miracles .....	614-572-6837
509 Railway St N, Fessenden, ND <a href="https://www.facebook.com/FessendenMM/">https://www.facebook.com/FessendenMM/</a>	

### *Counseling / Guidance / Mentor/ Therapy*

South Central Human Service Center.....	701-253-6300
520 Third St. N.W., Jamestown, ND	Crisis Line: 701-253-6304
Serves: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, & Wells counties.	
Walk in Assessment hours: Mon-Thurs 9am-12pm	
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.	
*Valley City Satellite Office: City-County Public Health District Bldg,	
415 Second Ave NE	

### *Education- Head Start*

Early Explorers Head Start.....	701-324-4484
392 North St W, Harvey, ND	<a href="https://www.earlyexplorers.org/">https://www.earlyexplorers.org/</a>
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5	
<i>Food Pantries / Assistance</i>	
Central Dakota Food pantry.....	701-324-4645
708 Alder Ave, Harvey, ND	
<i>Health /Free Clinics</i>	
St. Aloisius Medical Center.....	701-324-4651
325 Brewster St E, Harvey, ND	
Central Dakota Clinic .....	701-324-4856
922 Lincoln Ave, Harvey, ND	
Wells County District Health Department .....	701-547-3756
600 Railway St N, Fessenden, ND	
<i>Veteran Services</i>	
Wells County Veteran's Services Office .....	701-324-2888
713 Lincoln Ave, Harvey, ND	
<i>WIC</i>	
Wells County District Health Department .....	701-547-3756
600 Railway St N, Fessenden, ND	

## ***Williams county***

### *Multiple Resources*

Northwest Human Service Center (County Social Services) .....	701-774-6300
110 W Broadway Ste 202, Williston, NDEmergency on Call Crisis Line:701-572-9111	
Assistance with SNAP/Food Stamps, TANF, Heating assistance, Medicaid/Children's health services, Basic care assistance, childcare assistance, child welfare, referrals.	
Community Action Partnership – Serves Divide, McKenzie & William Counties	
120 Washington Ave Williston, ND 58801 .....	701-572-8191
<a href="http://www.willistoncap.org">www.willistoncap.org</a>	
Providing services, education, and resources to help individuals and families.	

### *Child Care / After School Programs/ Daycare*

Over the Rainbow Daycare.....	701-774-1234
223 Second Ave W, Williston, ND	
Little Lambs .....	701-774-7919
2517 Ninth Ave W, Williston, ND	
Little Rascals Daycare	
208 Fourth Ave W, Ray, ND	
Mattox Leah .....	701-580-2915
Ray, ND	
Grenora PS Dist No 99/ little Gophers .....	701-694-5076
Grenora, ND	

Person Nicole D .....	701-664-4432
Tioga, ND	
Childcare Resource and referral .....	701-774-0749
Williston, ND	
<i>Counseling / Guidance / Mentor/ Therapy</i>	
Northwest Human Service Center .....	701-572-9111
316 Second Ave. W., Williston, ND	
Crisis Line: 701-572-9111	
Serves: Divide, McKenzie, & Williams Counties.	
Walk in Assessment hours: Mon-Fri 8am-5pm	
Mental health & addiction assessment, care coordination, medication management, home and community-based services, residential services, crisis beds and inpatient hospitalization and emergency services such as 24-hour client crisis lines and North Dakota State Hospital admission screening.	
Family Crisis Shelter .....	701-572-0757
421 34 <sup>th</sup> St E Williston, ND <a href="https://www.familycrisishelter.com/">https://www.familycrisishelter.com/</a>	
Helps victims of violence & their families. Can help with supervised family visitation, referrals, advocacy, and more	
A.D.A.P.T. ....	701-572-3825
310 Airport Rd, Suite #3100, Williston, ND <a href="http://adaptincnd.com/">http://adaptincnd.com/</a>	
Mental health services, Alcohol/drug testing & addiction services, Criminal Justice Services	
Dakota Family Solutions.....	701-570-4646
612 4 <sup>th</sup> St E, Williston, ND <a href="http://www.dakotafamilysolutions.org/">http://www.dakotafamilysolutions.org/</a>	
Support for Autism/Infertility/Single & Teen Moms	
Katie Shannon LICSW .....	701-572-3335
1500 14 <sup>th</sup> St W Suite 230, Williston, ND	
Family, Individual, and Relationship Counseling/Trauma Informed Care & Treatments.	
Northland Community Health Center-Ray.....	701-568-5600
24 Railroad Ave, Suite 16, PO Box 64, Ray, ND	
<a href="#">Locations – Northland Health Centers</a>	
Playworks Individual and Family Therapy.....	701-774-1122
Individual or Family Therapy for Adults/Children	
Selah Counseling.....	701-572-4602
125 Main St Suite 220, Williston, ND	
TEAM-CBT, PE, and Trauma Focused Therapy for individuals, couples, and families	
Summit Counseling Services.....	701-334-6242
1500 14 <sup>th</sup> St W, Suite 290, Williston, ND	
<a href="https://summitcounselingservices.org/">https://summitcounselingservices.org/</a>	
<i>Education- Head Start</i>	
Trenton Head start.....	701-774-0373
Apply at the Williston Head start office	
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5	

Williston Head Start	
420 University Ave, Williston, ND.....	701-572-2346
Provides comprehensive early childhood education, health, nutrition, and parent involvement services to low-income children and families. Ages 3-5	
<i>Food Pantries / Assistance</i>	
Tioga Community Food Pantry.....	701-664-2349
313 S Torning St. (Back alley), Tioga, ND	
Salvation Army .....	701-572-2921
15 Main St, Williston, ND	
Banquet West .....	701-572-6363
916 Main St, Willison, ND located in First Lutheran Church	
GIFT.....	701-572-7694
219 1 <sup>st</sup> Ave W, Williston, ND located in Faith United Methodist Church	
The New & Improved Box Up Generosity .....	701-609-7370
Williston, * call ahead to set up an appointment	
<i>Health /Free Clinics</i>	
CHI St. Alexius Health Williston Clinic & Medical Center .....	701-572-7651
1301 15 <sup>th</sup> Ave W, Williston, ND 701-774-7400	
Fairlight Medical Center .....	701-577-6337
3-4 <sup>th</sup> street East, Williston, ND <a href="https://www.fairlightmedcenter.com/">https://www.fairlightmedcenter.com/</a>	
Great Plains Women's Health Center .....	701-774-7687
Tioga Clinic .....	701-664-3368
810 Welo St N, Tioga, ND	
Ray Health Center .....	701-568-5600
24 Railroad Ave, Ray, ND	
Trinity Community Clinic-Western Dakota.....	701-572-7711
1321 W Dakota Pkwy, Williston, ND	
Trenton Community Clinic (Native Americans Only).....	701-774-0461
331 4 <sup>th</sup> Ave. E, Trenton, ND <a href="https://mytisa.org/trenton-community-clinic/">https://mytisa.org/trenton-community-clinic/</a>	
Upper Missouri District Health Unit.....	701-774-6400
110 W Broadway #101, Williston, ND <a href="https://www.umdhu.org/">https://www.umdhu.org/</a>	
<i>Low income Housing</i>	
Williston Housing Authority.....	701-572-2006
1801 8 <sup>th</sup> Ave W, Williston, ND	
<i>Thrift Store</i>	
The Salvation Army.....	701-572-2217
14 W Broadway, Williston, ND	
Wise Penny .....	701-774-3670
115 W Broadway, Williston, ND	
<i>Veteran Services</i>	
Williams county Veterans Services .....	701-577-4550
302 E Broadway, Williston, ND	
Williston VA Clinic.....	701-572-2470

1542 16<sup>th</sup> St W #300, Willison, ND

WIC

Upper Missouri District Health Unit ..... 701-774-6401

110 W Broadway #101, Williston, ND <https://www.umdhu.org/>



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