

Support

Community Options 701-772-1715
1405 Library Circle, GF, ND
Wide variety of supportive services.

CVIC - Kids First 701-787-5806
211 S 4th St. GF, ND
Safe visitation & exchange services.

F5 Project 701-960-9648
311 S 4th St. Suite. 8, GF, ND
A statewide effort to provide services & resources to individuals struggling with incarceration, mental health & addiction.

Grand Forks Senior Center 701-772-7245
620 4th Ave. S, GF, ND
Provides opportunities for older adults to live to the fullest: activities, resource counseling, home delivered meals, senior dining, transportation fare assistance & more.

Global Friends Coalition 701-746-8233
1815 Demers Ave., GF, ND
Educating, empowering & embracing New American integration into the Greater Grand Forks community.

Hope Church Community Care Center 701-504-2640
1601 17th Ave. South, GF, ND
Assistance, referrals, outreach, support groups, & community education.

Legal Services of ND
Under Age 60 1-800-634-5263; Age 60+ 1-866-621-9886
215 N 3rd St. Suite 200, GF, ND
Legal aid for civil matters for low income & elderly North Dakotans.

MountainBrooke Recovery Center 701-746-4530
112 North 3rd St. GF, ND
Offers a supportive environment for individuals with mental illness. Peer support groups/services, recreational & social events, recovery education, connection to community resources & on-site meals/snacks.

ND Brain Injury Network 855-866-1884
1301 N Columbia Rd, Stop 9037, GF, ND **www.ndbin.org**
Offers programs that can help people with brain injuries & their family members, professionals, caregivers, & friends.

NDAD (North Dakota Association for the Disabled)
2660 S Columbia Road, GF, ND 701-775-5577
Provides financial assistance for prescription medications, out-of-town medical travel expenses, medical equipment, home & vehicle accessibility, personal attendant care & free healthcare equipment loans.

Options Resource Center for Independent Living 218-773-6100
318 3rd St. NW, EGF, MN **Text Line: 701-864-0296**
Information & referral, skills training, equipment loan program, community education & outreach, personal & systems advocacy.

The Salvation Army 701-775-2597
1600 University Ave. GF, ND
Pathway of Hope Program: individualized services & case management to families with children.

Need Assistance?



CANA
Community Agency
Networking Association
2025
Email: GGFCANA@gmail.com

CANA is a group of individuals & agencies whose mission is to advocate for ending homelessness through community awareness, outreach, prevention & civic engagement in the Greater Grand Forks/East Grand Forks area.
Please note some agencies only serve residents of their state.

In the event you can't find the service you are looking for on this flyer, **please call 211** for referral services.
If you or someone you know is in crisis, **Call or Text 988.**

211 & 988 calls are answered 24/7.

Housing & Shelter

CVIC 701-746-0405
211 S 4th St, GF, ND
Emergency shelter & transitional housing for individuals & families fleeing domestic violence.

Grand Forks Housing Authority 701-746-2545
1405 1st Ave. North, GF, ND
Rental Assistance Programs available. Section 8 voucher, property-based, senior & disabled housing available. Case management services for individuals experiencing homelessness.

High Plains Fair Housing Center 701-792-2878
Investigates & assists with cases of housing discrimination.

Homeless Helpers 701-772-6600
Provides short-term emergency hotel services when no other shelter options are available. Requires case worker/agency referral.

HUD-VASH 701-335-4380 x 2235
3221 32nd Ave. S, Suite 700, GF, ND
Housing assistance & case management for eligible veterans who are experiencing homelessness.

Northlands Rescue Mission 701-772-6600
420 Division Ave. GF, ND
Emergency shelter for adults.

Supportive Services for Veterans Families
4212 Gateway Dr, GF, ND 701-746-5431
Housing/supportive services for eligible Veterans & their families who are experiencing homelessness. The program is within the Red River Valley Community Action.

The Nest on Fourth 701-203-4743
207 S 4th St. GF, ND 701-792-2880
Emergency low-barrier shelter for adults, administered by the GF Housing Authority.

Youth & Families

Youth & Young Adults Homeless System Navigators - GFHA & UND TRIO 701-317-8589 or 218-779-6485
Case management & supportive services for youth/young adults (18-24) experiencing or at risk of experiencing homelessness.

United Way GF/EGF 701-775-8661
1013 N 5th St. GF, ND
Families First program offers emergency shelter & case management services.

Health

Altru Health System 701-780-5000
1200 S Columbia Rd, GF, ND
Wide range of health services including outpatient social work/case management.

All Embracing Home Care 701-330-8373
402 University Ave Ste 4, GF, ND
Delivers personalized, in-home support across North Dakota, Minnesota, helping individuals of all ages live safely and independently with compassionate, reliable care tailored to their unique needs.

Alzheimer's Association 701-775-8544
1375 S Columbia Rd. Suite C1, GF, ND
Free support, education, & resources are available for individuals affected by Alzheimer's disease or other forms of dementia, including those concerned about memory loss & their care partners.

Arkos Health 701-237-1228
3425 S Washington St. Suite B, GF, ND
Health services, care support & community resources for ND Medicaid Expansion &/or NextBlue Members.

Grand Forks Human Service Zone 701-787-8500
151 S 4th St. Suite 201, GF, ND
Apply for state benefits such as Medicaid, Medicare Savings Program & Long-Term Care.
Customer Support Center
applyforhelp@nd.gov | 1-866-614-6005

Grand Forks Public Health 701-787-8100
151 S 4th St. Suite N301, GF, ND
Programs including adult home visits, Women's Way (breast & cervical cancer screenings), Ryan White Program (health support services for those with HIV/AIDS), & immunizations.

Grand Forks VA Clinic 701-620-1448
3001 32nd Ave. Suite 6, GF, ND
Healthcare services for eligible Veterans.

MyAlly Health 701-757-2559
4700 Washington St. S, Suite C, GF, ND
Confidential reproductive health services for men & women regardless of income or age.

ND Aging & Disability Resource LINK 855-462-5465
Aging & disability services, caregiver support, home & community-based services & referrals.

NDAD (North Dakota Association for the Disabled) 701-775-5577
2660 S Columbia Road, GF, ND
Provides financial assistance for prescription medications, out-of-town medical travel expenses, medical equipment, home & vehicle accessibility, personal attendant care & free healthcare equipment loans.

Spectra Health 701-757-2100
212 S 4th St. GF, ND | 321 Towner Ave. Larimore, ND
Primary medical care, behavioral health, dental care, addiction services, optometry, chiropractic care & care coordination on a sliding fee scale.

Education

Grand Forks Public Schools 701-746-2200
2400 47th Ave. S, GF, ND

Grand Forks Head Start 701-746-2433
3600 6th Ave. N, GF, ND
Preschool program serving children ages 3-5 years.

NDSU Extension– GF County 701-780-8229
151 S 4th St. Suite 302, GF, ND
Offers free parent education classes. nutrition classes & more.

UND Educational Opportunity Center 701-777-3809
2891 2nd Ave. N, Stop 9027, GF, ND
Support services to individuals who want to earn a diploma/GED or pursue college education. Contact for eligibility.

Clothing

Love in Action 701-330-8775
818 University Ave. GF, ND
Limited clothing closet for individuals & families.

Salvation Army 701-775-2597
Thrift Store: 3401 S 31st St. GF, ND
Vouchers for thrift store may be obtained at 1600 University Ave. office by appointment.

St. Joseph's Social Care 701-795-8614
620 8th Ave. S, GF, ND
Vouchers for clothing, furniture & household items.
Call for appointment.

United Way GF/EGF 701-775-8661
1013 N 5th St. GF, ND
Kidz Closet appointments for donated clothing.

Transportation

Dial a Ride / Senior Rider 701-787-9120
Ride reservations for riders over 62 or pre-approved disabled. Runs Mon-Fri 6a-10p & Sat 8a-10p.

NDAD (North Dakota Association for the Disabled)
2660 S Columbia Road, GF, ND 701-775-5577
Financial assistance available for out-of-town medical travel & local paratransit. Wheelchair accessible van loans available in Grand Forks for full-time wheelchair users.

Counseling & Crisis

CVIC Office 701-746-0405
24-hour Crisis Line 701-746-8900
211 S 4th St. GF, ND
Crisis intervention, emotional support, advocacy & therapy services for children & adult victims of violence.

Northeast Human Service Center Office 701-795-3000
24-hour Crisis Line 988
151 S 4th St. Suite 401, GF, ND
Mental health & substance use care. Walk in hours Mon-Fri 8am –5 pm.

GF VA Clinic 701-620-1448
3001 32nd Ave. S, Suite 6, GF, ND
Behavioral health services for eligible Veterans.

24-Hour Hotlines

National Suicide & Crisis Text or Dial 988
LGBTQIA+ National Hotline 888-843-4564
Veteran's Crisis Line Dial 988 & Press 1
Report Child Abuse or Neglect in ND 833-958-3500
Report Child Abuse or Neglect in MN 651-431-4661

Treatment & Recovery

ACP Project– Syringe Service Program 701-335-6051
212 S 4th St, GF, ND on 1st Flr
Syringe exchange, sharps disposal, naloxone, connection to harm reduction & primary care services.

Cambian Behavioral Health 701-213-8031
Mental health services, substance use treatment & DUI evaluation, nursing & social work case management.

Centre Inc. 701-746-6303
201 S 4th St, GF, ND
SUD & Crisis Units managed by NEHSC. DOCR transitional unit on 2nd floor.

MountainBrooke Recovery Center 701-746-4530
112 North 3rd St. GF, ND
Offers a supportive environment for individuals with mental illness-peer support groups/services, recreational & social events, recovery education, connection to community resources & on-site meals/snacks

Northeast Human Service Center 701-795-3000
151 S 4th St, Suite 401, GF, ND
Walk-in services Mon-Fri 8a-5p.

North Dakota Behavioral Health Division 701-328-2310
Support for mental health, substance use, peer support, education & prevention. Programs like Free Through Recovery & Community Connect.

Spectra Health 701-757-2100
212 S 4th St. Ste 301, GF, ND
Medication Assisted Treatment (MAT), Chemical Dependency Evaluations, Level 1 Outpatient Groups.

Emergency

Red River Valley Community Action 701-746-5431
4212 Gateway Dr. GF, ND
Emergency services for income eligible individuals or families, energy share, & cooling assistance.

Society of St. Vincent De Paul 218-280-2692
200 3rd St. NW, EGF, MN
Rent evictions, rent deposits & utility disconnections; miscellaneous assistance not covered by other programs.

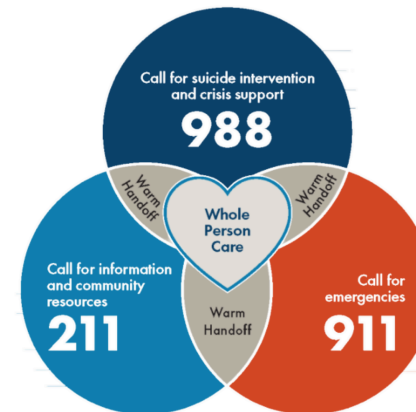
St. Joseph's Social Care 701-795-8614
620 8th Ave. South, GF, ND
Rent evictions & utility disconnections.

The Salvation Army 701-775-2597
1600 University Ave. GF, ND
Rent evictions, utility disconnections & rent deposits by appointment.

Tri-Valley Opportunity Council 1-800-201-3475
1424 Central Ave. NE, EGF, MN
Rent evictions, energy assistance/utility disconnections, rent deposits for MN residents.

United Way GF/EGF 701-775-8661
1013 N 5th St. GF, ND
Families First program can offer emergency shelter, housing, utility assistance & case management for families experiencing homelessness.

Help is **3**
Numbers Away



Food

Hope Church Community Care Center & Food Pantry 701-757-3480
1726 S Washington St. Suite S11, GF, ND
Call Mon or Tues 9a-4p to schedule appointment for that week.

Grand Forks Senior Center 701-772-7245
620 4th Ave. S, GF, ND
Delivers Meals on Wheels program, frozen meals, & Senior Dining breakfast & lunch (60+).

Northlands Rescue Mission 701-772-6600
420 Division Ave. GF, ND
Food Baskets are available Tuesdays 12p-6p & Fridays 12p-4p.

The Salvation Army 701-775-2597
1600 University Ave. GF, ND
Food pantry is open Mon-Thurs 9am-11:15a & 1p-2:15p.

St. Joseph's Social Care 701-864-0108
620 8th Ave. S, GF, ND
Tues/Wed/Thurs Call between 10a-12p on day of your request to reserve a food box.

Hot Meals

Northlands Rescue Mission 701-772-6600
420 Division Ave. GF, ND
Meals served to the community daily at 12 pm & 5 pm.

Love in Action 701-330-8775
818 University Ave. GF, ND
Open Monday-Thursday 10-3p. Hot meals 11-1p during open hours.

Free Summer Lunch for Youth
St. Joseph's Social Care 701-795-8614
Served during June & July. Call for dates & locations.

Employment

Job Service of North Dakota 701-795-3700
1501 28th Ave. S, GF, ND
Job search assistance, training & employment programs, unemployment insurance, specialized programs, veterans' services & business services.

Vocational Rehabilitation 701-795-3100
1501 28th Ave. S, GF, ND
Employment support for individuals with disabilities.