

# BELTRAMI COUNTY RESOURCES

**Adult Education – Bemidji** 333-8343  
 Blackduck 835-5241  
 Cass Lake 335-8002  
 AIDS Hotline 1-800-CDC-INFO  
 Alcoholics Anonymous/Alano Club  
 Bemidji 444-2525 or 1-800-315-5412  
 Alcohol Crisis Line 1-800-771-5009  
 Allergy & Asthma Network 1-800-878-4403  
**Alternative Education Center – Bemidji** 333-3299  
 Cass Lake 335-6529  
 Battered Women's Shelter (Crisis Line) 1-800-588-6229  
 Bemidji-Northwoods Coalition 751-0211 or 444-1395  
 Red Lake 679-3444  
 Beltrami County Extension Service 444-5722  
 Beltrami County Nursing Service(Family Health) 333-8140  
 or 1-888-881-7801  
 Birthright 751-9237 or 1-800-848-LOVE (5683)  
 Bemidji State University 755-2040 or 1-800-475-2001  
 Boys and Girls Club – Bemidji 444-4171  
 Breast Feeding Support  
 Mary Auger Available 24/7 (H) 444-2722  
 MeritCare 333-5289  
 North Country Health Services 751-5430  
 Labor/OB 333-5755  
 Campus Child Care – BSU 755-3133  
 Caring Hands Child Care – Blackduck 835-7164  
 Child Care Assistance 333-8300  
 Child Protection (Beltrami County) 333-4223  
 Child Care Resource & Referral 1-800-941-7003  
 Child Support 333-8300  
 Child & Teen Checkups (Family Health) 333-8140  
 Children's Crisis Intervention & Prevention 1-800-422-0045  
**Clothing Resources**  
*St. Philips Clothing Depot* 444-3835  
 Tues,Wed,Thurs 9:30-3p.m. - 722 Beltrami Ave.  
*Seventh Day Advent Store* 751-1985  
 Tues: Noon-4:45 Wed:9:30-2:45 - 801 15<sup>th</sup> St.  
*Clothing Shed at Blackduck Head Start* NoPhone  
 Open 24 Hours (No calls necessary)  
*United Way Coats for the Community* 444-8929  
**Community Education**  
 Bemidji 333-3284  
 Blackduck 835-5241  
 Kelliher 647-8286  
 Consumer Credit Counseling- 1-888-577-2227  
 Crippled Children's Clinic (St of MN Dept of Hlth)1-800-728-5420  
**Dentists:**  
 Bagley 694-6571  
 Blackduck 835-4227  
 Bemidji Dental Clinic 751-4460  
 North Country Dental 751-1111  
 Northern Dental Access Center 444-9646  
 Marshall Muirhead 751-8432  
 Doug Williams 751-4216  
 Park Rapids-St. Joseph's Community Dental 732-4436  
**Drivers License Exam Station** 333-4148  
**Early Childhood Family Education**  
 Bemidji 333-8329

**Early Childhood Family Education (Cont.)**  
 Blackduck 835-5241  
 Kelliher 647-8286  
**Emergency Funds: See Salvation Army or Social Services**  
 Evergreen House (Ages 9-17)&Family Counseling751-4332  
 Family Learning Program (Even Start)  
 Bemidji 333-3100  
 Blackduck 835-5241  
 Family Planning Hotline 1-800-783-2287  
**Family Resource Centers**  
 Bemidji 333-8260, 333-8265 or 1-800-722-9302  
 Blackduck 835-5768  
 Kelliher 647-8575  
**Food Shelves**  
 Bemidji 444-6580  
 Blackduck 835-4423  
**Food Programs**  
 MAC (Mothers and Children)  
 Bemidji (Bi-CAP) 751-4631  
 Blackduck 835-5768  
 Kelliher 647-8575  
 Minnesota Food Helpline 1-888-711-1151  
 NAPS (Nutrition Assistance for Senior's)  
 Bemidji 333-8266  
 Blackduck 835-5768  
 WIC (Women, Infants, & Children) 333-8140  
**Food Support** 333-8300  
**Fuel Assistance (Bi-CAP) 751-4631 or 1-800-332-7161**  
 Gambling Hotline 1-800-333-HOPE  
 Gym Byn Child Care 444-3547  
 Habitat for Humanity Housing Program 751-4649  
 Habitat Restore 444-6398  
**Head Start Programs**  
 Bemidji 751-4631  
 Blackduck 835-6326  
 Kelliher 647-8434  
 Leech Lake 335-8345  
 Ponemah 554-7331  
 Red Lake 679-3396  
 Headwaters Intervention Center 732-7413  
 Headwaters Science Center 444-4472  
 Headwaters School of Music & Arts 444-5606  
 Hearing Centers:  
 Renaissance 44-4444 or 1-800-414-5854  
 Upper NW Service Center 333-8283  
**Housing**  
 Home Hotline-Legal Info for Renters 1-866-866-3546  
 Housing Assistance (Bi-CAP) 751-4631  
 Hope House (Mental Health Programs) 444-6748  
 Homeless Prevention (Bi-CAP) 751-4631  
 Homeless Shelter 751-0722  
 HUD Rental Assistance  
 Bemidji 444-4522  
 Cass Lake 335-2674  
 Leech Lake 335-8280  
 Red Lake - (no rental assistance) 679-3368  
 Indian Education (Dist 31) 333-3279

Job Service/CEP Workforce Center 333-8200  
 Kids & Co. (After School Care) 333-3279  
 Leech Lake Public Health Clinic 333-8144  
 Leech Lake Social Services 335-8270

**Legal Services**

NW Minnesota 751-9201 or 1-800-450-9201  
 Anishinabe 335-2223 or 1-800-422-1335  
 Volunteer Attorney Program 1-888-529-2431

**Library**

Bemidji 751-3963  
 Blackduck 835-6600  
 Northhome 897-5952  
 Medical Assistance 333-8300  
 MN Care Health Ins 1-800-657-3672  
 MN Children w/Special Health Needs 1-800-728-5420  
 MN Chippewa Tribe 335-8581  
 MFIP – Financial Assistance 333-8300  
 Mental Health Crisis Line 1-800-422-0045

**Mental Health Counseling:**

Blackduck Resource Center 835-5768  
 Evergreen Community Services 751-4223  
 Northern Psychological Serv. 759-2825  
 North Homes 751-0282  
 ShareCare 333-8484  
 Stellher Human Services 751-5919 or 444-2845  
 Upper Mississippi Mental Health Center 751-3280  
 or 1-800-422-7843  
 Wildgen - Willimek & Assoc. 751-0887  
 Northwest Technical College 755-4270  
 OIC (Employment Services) 759-2022  
 Parents 1-800-941-7003  
 Parents Info – <http://MNPARENTSKNOW.INFO>  
 Parent Warmline (free parent support) 1-866-916-4316  
 Pre-Schools:  
 Calvary Lutheran 751-1893  
 Heartland Christian Academy 751-1751  
 St. Philips 444-4262

**Physicians:**

Bemidji MeritCare Clinic 759-5000 or 1-800-942-4923  
 Physician's Clinic 333-5694  
 Blackduck MeritCare Clinic 835-4222  
 Cass Lake MeritCare Clinic 335-2559  
 Cass Lake Indian Health Serv. 335-3200  
 Bagley/Clearwater Clinic 694-2384  
 Northome Clinic (Scenic Rivers HlthSer) 897-5222  
 Ponemah Health Station (Fax) 554-7384  
 Redby Health Station 679-3391  
 Red Lake Indian Health Serv. 679-3912  
 Planned Parenthood 751-8683  
 Poison Control 1-800-222-1222

**Pre-School Screening**

Bemidji 333-8329  
 Blackduck 835-5300  
 Kelliher 647-8286  
 Quit Smoking Support 1-888-354-7526  
 Red Cross 444-9490  
 Red Lake Day Care Center 679-3330  
 Red Lake Social Services 679-2122  
 Rental Assistance (Bi-CAP) 751-4631  
 Rural Development – Home Loans 751-1942

**Salvation Army – Emergency Funds:**

Churches United- Noon to 4 444-1380  
 Law Enforcement-After Hours 751-9111  
 Search Resources Inc. 759-9787  
 Sexual Assault Program 444-9524  
 24 Hour Crisis Line 1-800-708-2727

**Social Services – Emergency Assistance:**

Beltrami County 333-8300  
 Cass County 547-1340  
 Leech Lake 335-8200  
 Red Lake 679-2122

**Soup Kitchen-Weekly Free Meals:**

*Methodist Church – 9<sup>th</sup> & Beltrami* 751-3503  
 Thursdays from 5-6PM  
*Mt. Zion Church – 410 Lincoln Ave.* 751-8000  
 Tuesdays from 5-6PM  
*People's Church – 824 America Ave.* 444-8240  
 Monday thru Friday- Free Noon Meal

**Special Education Services:**

ARC Headwaters Parent Connection 759-0097  
 B.R.I.C.(Blackduck & Kelliher Schools) 751-6622  
 Early Intervention – Bemidji Dist. 31 333-8330  
 Parent Advocacy for Educational Rights  
 (PACER) 1-800-53PACER  
 Suicide Prevention 1-800-422-0045

**Transportation:**

Bemidji Cab 759-1368  
 Paul Bunyan Transit 751-8765  
 MediVan 1-800-422-0976  
 Red Lake 679-2395 or 1-877-239-9285  
 Unemployment 1-877-898-9090  
 United Way 444-8929  
 Veteran's Services 333-4177  
 Workforce Center 333-8200 or 1-800-569-4196  
 ~CEP~Services to the Blind ~Vocational Rehabilitation  
 YouthBuild (Bi-CAP) 751-4631

**EMERGENCY NUMBERS:**

**Ambulance:**

Bemidji 911 or 444-3328  
 Blackduck & Kelliher 911 or 751-9111  
 Red Lake 218-679-3327  
 Ponemah 218-554-7334

**Law Enforcement:**

Bemidji 911 or 751-9111  
 Blackduck 911 or 835-4802  
 Cass Lake 335-2351  
 Red Lake 679-3313  
 Beltrami County Sheriffs Dept. 911 or 751-9111

**Hospital:**

Bemidji 751-5430 or 1-800-833-8979  
 Cass Lake 335-3200  
 Leech Lake Tribal Referral 335-3626  
 Red Lake 679-3912

**Fire Department:**

Bemidji 911 or 751-8001  
 Blackduck/Hines 911 or 835-4806  
 Cass Lake 911 or FAX 335-2421  
 Kelliher 911 or 647-8133  
 Red Lake 679-3473