



Mille Lacs
Health System

Resource Guide

Family, Social, & Legal Support

200 Elm Street North

Onamia, MN 56359

320-532-3154

www.mlhealth.org



Table of Contents

This guide has been created as a convenience for our community and we hope it is a helpful resource to you. It is not intended to be a comprehensive listing of all service providers and programs. This listing does not imply an endorsement of the resources listed (except for Mille Lacs Health System entities).

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COUNTY GOVERNMENT



Aitkin County Health and Human Services

204 1st Street NW

Aitkin, MN 56431

218-927-7200

800-328-3744

[Aitkin County Adult Social Services Aitkin County Social Services \(Children & Families\) Unit](#)

[Health and Human Services Administration](#)
(aitkin.mn.us)

Aitkin County Useful Resources

[Healthcare Directory | Aitkin Area Chamber of Commerce](#)



Cass County Health, Human and Veterans Services

400 Michigan Avenue West

Walker, MN 56484

218-547-1340

800-450-3307

[Health, Human & Veterans Services \(HHVS\) | Cass County, MN \(casscountymn.gov\)](#)

Crow Wing County Community Services

204 Laurel Street

Brainerd, MN 56401

218-824-1140

888-772-8211

[Children & Family Services | Crow Wing County, MN - Official Website](#)

[Children's Mental Health | Crow Wing County, MN - Official Website](#)

[Mental Health | Crow Wing County, MN - Official Website](#)



KANABEC
COUNTY
Minnesota

Kanabec County Community Health

905 East Forest Avenue, Suite 127

Mora, MN 55051

320-679-6330

[Welcome to Kanabec County, MN](#)

Kanabec County Better Together Coalition

"Promoting Health through Prevention and Collaboration"

320-679-6321

https://www.kanabecounty.org/departments/public_health.php

[PICK'M UP Suicide Prevention Coalition – Better Together \(sackcoalition.org\)](#)

FAMILY RESOURCES



MN Dept. of Health Healthcare Provider Directory

Assisted Living, boarding and lodging providing special services, boarding care homes, community mental health center (Medicare), comprehensive outpatient rehab (Medicare), end stage renal dialysis (Medicare), home care and home health agencies, hospices, hospitals, intermediate care facility – individuals with intellectual disabilities, mobile health evaluation and screening, nursing homes, outpatient surgical center, portable x-ray (Medicare), psychiatric hospitals, rehabilitation, rural health clinics (Medicare)

[Health Care Provider Directory - MN Dept. of Health \(state.mn.us\)](https://www.health.state.mn.us)

Central Minnesota Council on Aging

DeZurik, Inc. Building – 3rd Floor
250 Riverside Avenue North
Suite 300
Sartell, MN 56377
320-253-9349

Brainerd:

Bremer Bank Building – lower level
321 South 7th Street, Suite 106
Brainerd, MN 56401

“Non-profit, 14-county central Minnesota region agency helping older adults age successfully by building community capacity, advocating for aging issues, maximizing service effectiveness, and linking people with information.” Benton, Cass, Chisago, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison, Pine, Sherburne, Stearns, Todd, Wadena, and Wright Counties.”

[CMCOA – Central Minnesota Council on Aging](https://www.cmcoa.org)

Resource Directory:

- Information and Advocacy
- Legal Assistance
- Adult Day Services/Social Respite
- Homemaker, Chore, Home Repair Services
- Educational/Volunteer
- Long-Term Care Facilities/Nursing Homes
- Senior Centers/Clubs
- Financial/Energy Assistance
- Hospice Services
- Emergency Response Systems
- Caregiver & Support Services
- Transportation
- Home Health/Personal Care
- Nutrition/Meals

[2023-Full-Resource-Directory-2.15.23.pdf \(cmcoa.org\)](https://www.cmcoa.org/2023-Full-Resource-Directory-2.15.23.pdf)

Aitkin County Social Services (Children & Families) – Aitkin

218-927-7200
800-328-3744

[Aitkin County Social Services \(Children & Families\) Unit](https://www.aitkincounty.org)

Arrows Family Services

“Provides services and education that strengthens families to prevent child abuse and neglect.”

Milaca:

210 Central Avenue North

Milaca 56353

320-983-2001 (Main Office)

Little Falls:

208 2nd Street NE

Little Falls, MN 56345

32983-2001 (Main Office)

[Arrows Family Services - Home](#)

Bridges of Hope – Brainerd

“Serving individuals and families in Crow Wing County and surrounding communities. Our focus is on assisting to prevent crisis – connecting households with local resources.”

Monday-Thursday 8:00am-4:30-pm

Friday 8:00am-2:00pm

2011 South 6th Street

Brainerd, MN 56401

218-825-7682

[Programs & Services | Bridges of Hope](#)

<http://bridgesofhopemn.org>

Child Care Aware – Resources for child care programs

“Partners with many organizations to support child care programs across Minnesota (list of resources)”

Child Care Aware of Minnesota

10 River Park Plaza, Suite 820

St. Paul, MN 55107

Executive Director: Ann McCully

888291-9811

AnnM@childcareawaremn.org

651-290-9704 (ext. 115)

[Resources for Child Care Programs - Child Care](#)

[Aware MN](#)

Crow Wing Children & Family Services

326 Laurel Street

Brainerd, MN 56401

218-824-1067

[Children & Family Services | Crow Wing County,](#)

[MN - Official Website](#)

Kanabec County Family Services

905 East Forest Avenue, Suite 150

Mora, MN 55051

320-679-6350

877-599-4808

[Kanabec County Family Services](#)

Lakes and Pines

Energy assistance, Head Start, housing assistance, SNAP programs

Joe Burhite – josephb@lakesandpines.org

320-679-1800, ext. 115

1700 Maple Avenue East

Mora, MN 55051

Lighthouse Child and Family Services

Mental Health, therapy, skills, Adult

Rehabilitative Mental Health Services

[Home - Lighthouse Child & Family Services -](#)

[Mental Health \(lighthousecfs.com\)](http://lighthousecfs.com)

Brianna Delzer – brianna@lighthouse.health

320-983-8021

Milaca (Outpatient)

150 10th Street NW, Suite 2

Milaca, MN 56353

320-983-2335

Cambridge (Outpatient)

340 Garfield Street South

Cambridge, MN 55008

320-983-2335

Princeton (Day Treatment)

124 North Rum River Drive

Princeton, MN 55371

320-983-2335

St. Cloud (Day Treatment)
1000 South Benton Drive, Suite 415
Sauk Rapids, MN 56379
320-983-2335

Lutheran Social Services - Energy Assistance

716 East Street NE
Brainerd, MN 56401
218-829-5000
800-829-5902
energy@lssmn.org
[Energy Assistance Program | Lutheran Social Service of MN \(lssmn.org\)](#)

Lutheran Social Services – Youth Services

Maria Essman – messman@lssmn.org
218-983-8021
[Services for Youth & Young Adults | Lutheran Social Service of MN \(lssmn.org\)](#)

MAPP (Mobilizing for Action through Planning and Partnerships). Part of National Association of County and City Health Officials.

Youth Coalition in Onamia (participants in Community Connects)
Troy Schafer
tshafer@onamia.k12.mn.us

[Mobilizing for Action through Planning and Partnerships \(MAPP\) - NACCHO](#)

Mille Lacs Band Family Services

18562 Minobimaadizi Loop
Onamia, MN 56359
320-630-5798 (Rachel Shaugobay, Director of Family Services)
[Family Services | Mille Lacs Band of Ojibwe](#)

Mille Lacs County – Community and Veterans Services - Milaca

525 2nd Street SE
Milaca, MN 56353
320-983-8208
888-270-8208

[Community & Veterans Services | Mille Lacs County, MN](#)

Mille Lacs County Child Protection

Child protection, child welfare, parent support
525 SE 2nd Street
Milaca, MN 56353
Contact: Libra 320-362-4059
[Child Protection | Mille Lacs County, MN](#)

Mille Lacs County Family Ties (part of Mille Lacs County Community and Veterans Services)

Early intervention, parent support, truancy
525 2nd Street SE
Milaca, MN 56353
320-983-8208
Director: Beth Crook
Family Ties representative: Onamia Sara Funk (sara.funk@millelacs.mn.gov)
[Community & Veterans Services | Mille Lacs County, MN](#)

Mille Lacs County Financial Services

Public Assistance
525 2nd Street SE
Milaca, MN 56353
Financial Assistance Supervisor
Beth Sumner 320-983-8376
[Financial Assistance Services | Mille Lacs County, MN](#)

Morrison County Social Services – Little Falls

213 1st Avenue SE
Little Falls, MN 56345
320-632-7800
[Social Services | Morrison County, MN](#)

PEARL Battered Women's/Sexual Violence Resource Center

Provides support to victims of domestic and sexual violence through direct services, prevention, and community awareness.

P O Box 42

235 2ND Street SW, Unit #105

Milaca, MN 56353

Monday-Thursday 8:00am-4:00pm

Business Line: 320-983-2901

Crisis line: 320-983-6914

Toll free crisis line: 800-933-6914

Sexual violence crisis line:

320-983-5090

Toll free sexual violence crisis line

800-522-2055

[Contact Us \(pearlcrisiscenter.com\)](http://pearlcrisiscenter.com)

TCC Action Partnership

Tri County Community Action Partnership

Todd, Morrison and Crow Wing Counties

"An anti-poverty agency providing critical safety net resources and child development services to qualifying families in Crow Wing, Morrison and Todd counties."

Brainerd:

2410 East Oak Street

Brainerd, MN 56401

218-829-2410

www.tccaction.com

Little Falls

501 LeMieur Street

Little Falls, MN 56345

320-632-3681

888-441-7215

Long Prairie:

CentraCare Health – West Campus

TCCAP

20 9th Street SE

Long Prairie, MN 56347

320-732-4023

888-441-7215

FITNESS AND WEIGHT LOSS



Rolf Olsen Community Center Lions Community and Fitness Center

Open 7 days/week with swipe access.

Gym hours: 5:00am to 9:00PM

Office hours by appointment

806 West Kathio Street

Onamia, MN 56359

320-532-6834

[\(20+\) Onamia Early Childhood Center | Onamia MN | Facebook](#)



Isle Recreation & Education

Fitness Center Hours: 4:00am-10:00pm

Seven days a week

610 Mille Lacs Avenue

P O Box 921

Isle, MN 56342

320-676-3032

Class Schedule:

Mondays and Wednesdays:

9-10:00am Seniors Cardio classes

9:10:00am "Get Buffed with Barbells" total body strength training

Tuesdays and Thursdays:

9-10:00am Silver Sneakers Classic Fitness Class

Walk Free from Ice and Cold:

Monday-Friday 7:30-8:30am

\$5.00/month

[Isle Recreation Education Center \(IREC\) | Isle | Community Center \(isleirec.wixsite.com\)](#)



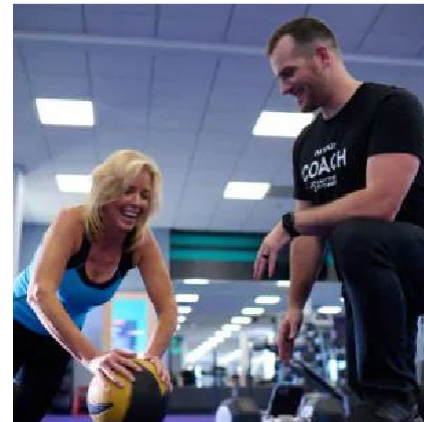
Fitness Connection

505 Broadway

Little Falls, MN 56345

320-632-6704

[Fitness Connection 24 Hours | Little Falls, Minnesota Gym and Tanning Facility](#)



Anytime Fitness (Little Falls)

205 16th Street NE

Little Falls, MN 56345

320-616-4700

[Anytime Fitness - Gym in Little Falls, MN 56345](#)



St. Francis Health & Wellness

116 8th Avenue SE
Little Falls, MN 56345
320-632-0627

[Welcome to St. Francis Health & Recreation | Little Falls, MN 56345](#)
stfrancishealthwellness.org



CrossFit Beyond Sport

31878 126th Street NW
Princeton, MN 55371
763-267-8887

[CrossFit | Home](#)



Anytime Fitness (Princeton)

304 19th Avenue North
Princeton, MN 55371
763-389-1661

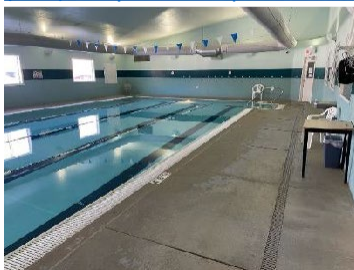
[Anytime Fitness - Gym in Princeton, MN 55371](#)



Snap Fitness Milaca

900 MN-23, Suite B
Milaca, MN 56355
320-983-2300

[Snap Fitness Milaca | Snap Fitness 24-7 \(20+\) Snap Fitness | Facebook](#)



Princeton Fitness

607 South 2nd Street
Princeton, MN 55371
763-631-1326

[Princeton Beyond Sport \(princetonfitness.com\)](http://princetonfitness.com)

Brainerd Family YMCA

602 Oak Street
Brainerd, MN 56401
218-829-4767

[HOME - Welcome to the Y | Brainerd Family YMCA \(brainerdlakesymca.org\)](#)

Health and fitness, swimming and aquatics, sports and recreation, child care and summer camp, safety trainings and community classes



TOPS – Take Off Pounds Sensibly

Brainerd:

Oak Lawn Town Hall Meeting Room
Wednesdays 11:00 -11:15 am weigh-in and
program start times
12404 State Hwy. 18
Brainerd, MN 56401
Advocate: Gwenn M. Smith
218-246-2180
Coordinator: Ami L. Heesch
651-247-5430

Brainerd:

Berrywood Apartments Community Room
Tuesdays 4:30- 5:00pm weigh-in and program
start times
13254 Cypress Drive
Brainerd, MN 56425
Advocate: Gwenn M. Smith
Coordinator: Ami L. Heesch

Crosby

Immanuel Lutheran Church
Mondays 4:00-5:00pm
600 4th Street SW
Crosby, MN 56441-1234
Advocate: Gwenn M. Smith
Coordinator: Ami L. Heesch

Garrison

Shepherd of the Lake Lutheran Church
Thursdays 8:00 – 9:25 am
10583 US Highway 169
Garrison, MN 56450
Advocate: Gwenn M. Smith
Coordinator: Ami L. Heesch

Isle

Isle Baptist Church
Tuesday 8:30am

610 Isle Street West
Isle, MN 56342
320-676-3171
[TOPS Club, Inc.](http://www.topsclub.com)

FOOD SHELF/RESOURCES



Catholic Charities Senior Dining – Milaca

240 2nd Avenue SW

Milaca, MN 56353

320-983-6158

[Senior Dining | St. Cloud Area Catholic Charities
\(ccstcloud.org\)](http://ccstcloud.org)

Community Food Shelf – Aitkin

107 2nd Street SE

Aitkin, MN 56431

218-927-2029

[HOME | FLC-aitkin.com](http://FLC-aitkin.com)



Family Pathways offers healthy food through nine food shelves in Chisago, Isanti, Kanabec, Mille Lacs, and Pine Counties. Fresh fruits, vegetables, bread, and dairy.

651-674-8040

Family Pathways Food Shelf – Cambridge

Monday through Friday 9:00-5:00pm

1575 1ST Avenue East

Cambridge, MN 55008

763-552-3663

[Food Shelves - Family Pathways](#)

Family Pathways Food Shelf – North Branch

Monday 9:00-5:00pm

Wednesday 9:00-5:00pm

Thursday 9:00-5:00pm

Friday 9:00-5:00pm

6381 Main Street

North Branch, MN 55056

651-674-8313

Family Pathways Food Shelf – Onamia

Monday 12:00-5:00pm

Tuesday closed

Wednesday 12:00-5:00pm

Friday 10:00-3:00pm

502 East Main Street

Onamia, MN 56359

320-532-7665

[Food Access & Equity - Family Pathways](#)

Family Pathways Food Shelf – Pine City

Monday 9:00-5:00pm

Wednesday 11:00-5:00pm

Thursday 9:00-5:00pm

Friday closed

220 7th Street SW

Pine City, MN 55063

320-629-0128

[Food Shelves - Family Pathways](#)



Fare for All – the Food Group (nonprofit)

Frozen Meat and Fresh Produce Distribution at greatly reduced prices. Different packs range in price from \$10-25 each.

763-450-3860

[Fare For All - The Food Group
\(thefoodgroupmn.org\)](http://thefoodgroupmn.org)

(See website for time/dates)

Onamia: 1st Wednesday of each month – 3:00-5:00pm
Vets Club
38692 US-169
Onamia, MN 56359

Elk River – Friday/monthly
Central Lutheran Church
1103 School Street NW
Elk River, MN 55330

Little Falls: Monday/monthly
Bethel Lutheran Church
901 Broadway West
Little Falls, MN 56345

St. Cloud: Monday/monthly
Salem Lutheran Church
90 Riverside Drive SE
St. Cloud, MN 56304
[Fare For All - The Food Group \(thefoodgroupmn.org\)](http://thefoodgroupmn.org)

Food Bank by The Dysphagia Outreach Project
300 W. Carolina Avenue, Suite 9
Ruston, Louisiana 71270
[Apply For Assistance — Dysphagia Outreach Project](#)

Food Distribution Program on Indian Reservations (FDPIR)
Mille Lacs Band of Ojibwe Aanjibmaadizing
Lorelei Benjamin 320-630-8362
[Human Services | Mille Lacs Band of Ojibwe](#)

Food Shelf in Isle
1st and 3rd Tuesdays of each month
3:30 to 5:30pm
Serving Wahkon and Isle communities
250 2nd Avenue South
Isle, MN 56342
320-630-0995

Lakes Area Food Shelf
29316 Patriot Avenue
Pequot Lakes, MN 56472
218-568-8474
[Lakes Area Foodshelf](#)

Feeding America
Local Food bank locator
[Find Your Local Food Bank | Feeding America](#)



Meals on Wheels (Catholic Charities)
911 18th Street North
St. Cloud, MN 56303
320-229-4584
[Senior Dining 2023-just locations-6c17b35c.pdf \(cdn-website.com\)](#)

Milaca Area Pantry
P O Box 133
Milaca, MN 56353
120 2nd Avenue SW
Milaca, MN 56353
320-982-3773
[MILACA Food Shelf | Milaca Area Pantry | Food Emergency \(milacapantry.wixsite.com\)](#)

Minnesota Dept. of Human Services
Senior Nutrition Program
800-333-2433

Minnesota Food Helpline (Hunger Solutions Minnesota)
888-711-1151
[Minnesota Food Helpline - Hunger Solutions](#)

Open Arms of Minnesota – Food Distribution Center - Minneapolis

Prepares and delivers nourishing meals to critically ill Minnesotans (HIV/AIDS, Cancer, ALS, MS, ESRD, CHF, and COPD)

2500 Bloomington Avenue
Minneapolis, MN 55404
612-872-1152

[Home - Open Arms of Minnesota \(openarmsmn.org\)](http://openarmsmn.org)

Pierz Area Food Shelf

Hours: Monday 9:00-11:00am and
5:00-7:00pm

220 Main Street, South, Apt. 5
The Old Library Building
320-468-7134

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

Pine River-Backus Food Shelf

245 Barclay Avenue

Pine River, MN

218-587-4292

[Food Shelf \(prbfamilycenter.org\)](http://prbfamilycenter.org)



Ruby's Pantry

www.rubyspantry.org

\$25.00 donation to cover transportation and supply chain costs.

No income nor residency requirement

501c3 non-governmental non-profit

Food donated by corporate food donors

Aitkin (2nd Saturday of the month)

Registration at 8:00am

Food bundles available 8-9:30am

Host: Northwoods Community Church

810 2nd Street NW

Aitkin, MN 56431

[Aitkin, MN \(rubyspantry.org\)](http://aitkin.rubyspantry.org)

Brainerd (2nd Tuesday of the month)

Registration begins at 4:00pm

Food bundles available 4:30-6:00pm

Host: The Journey North Church

Northern Pacific Center, Bldg. 2

1511 Northern Pacific Road

Brainerd, MN 56401

[Brainerd, MN \(rubyspantry.org\)](http://brainerd.rubyspantry.org)

Foley (3rd Tuesday of the month)

Registration begins at 4:30pm

Food bundles available 5-6:30pm

Host: First Presbyterian Church of Foley

931 Norman Avenue North

Foley, MN 56329

[Foley, MN \(rubyspantry.org\)](http://foley.rubyspantry.org)

Little Falls (4th Monday of the month)

Registration begins at 4:30pm

Food bundles available 4:30-6:00pm

Host: Little Falls Alliance Church

Tractor Fleet Supply Parking Lot

15615 Highway 27

Little Falls, MN 56345

[Little Falls, MN \(rubyspantry.org\)](http://littlefalls.rubyspantry.org)

Onamia (1st Monday of the month)

Registration begins at 9:00am

Food bundles available 9:30-12:00noon

Host: Bethany Lutheran Church

ROC – Rolf Olson Center

Onamia Community & Fitness Center

806 West Kathio Street

Onamia, MN 56345

[Onamia, MN \(rubyspantry.org\)](http://onamia.rubyspantry.org)

Staples (1st Tuesday of the month)

Registration begins at 4:30pm
Food bundles available 4:30-6:00pm
Host: Staples United Methodist Church
Central Lakes College – Staples Campus
1830 Airport Road
Staples, MN 56479
[Staples, MN \(rubyspantry.org\)](http://rubyspantry.org)

PhilanthroFEED

“Unique St. Cloud meal program; a partnership between the Salvation Army and local restaurants, businesses and civic organizations”
320-257-7437
[PhilanthroFEED Support - St. Cloud Salvation Army](#)

The Salvation Army – St. Cloud

400 US Highway 10 south
St. Cloud, MN 56304
320-252-4552
[Programs and Services - St. Cloud Salvation Army](#)

SNAP – Supplemental Nutritional Assistance Program (for older adults)

[Get Help Paying for Food with SNAP Benefits \(benefitscheckup.org\)](http://benefitscheckup.org)
(See also Senior Services on pages 49-51)

United Way’s First Call for Help

211
[Call 211 for Essential Community Services | United Way 211](#)

USDA National Hunger Hotline

866-348-6479

Notes:

GAMBLING ADDICTION RESOURCES



State of Minnesota Gambling Helpline:
800-333-4673

**All Treatment – List of Minnesota Gambling
Addiction Treatment Centers**
24/7 Treatment Specialist 269-248-5248
[List of Minnesota Gambling Addiction
Treatment Centers \(22\) \(alltreatment.com\)](#)

**CentraCare – St. Cloud Hospital Addiction
Services**
3701 12th Street N, #201
St. Cloud, MN
320-229-3760
[CentraCare – St. Cloud Hospital Addiction
Services | CentraCare](#)

Gamblers Anonymous
Region V Adult Mental Health Initiative
24 hour help line 855-222-5542
[Gamblers Anonymous - Region 5+ Mental
Health](#)

Gamblers Anonymous – Minnesota
888-222-5542
[www.MinnesotaGA.com 1-855-222-5542 -
Welcome to Minnesota Gamblers Anonymous](#)

Meeting Locator (National headquarters)
[U.S. Meetings | Gamblers Anonymous](#)

Minnesota Alliance on Problem Gambling
800-333-HOPE
Text: 53342
[Home - Minnesota Alliance on Problem
Gambling \(mnapg.org\)](#)

MN. Department of Human Services
800-333-HOPE
[www.getGamblingHelp.com](#)

[Problem gambling / Minnesota Department of
Human Services \(mn.gov\)](#)

[Problem gambling State-approved gambling
treatment providers / Minnesota Department
of Human Services \(mn.gov\)](#)

Freedom Center – Princeton
Outpatient drug and alcohol treatment,
domestic violence
105 6th Avenue South
Princeton, MN 55371
763-308-0006
Cindi Naumann – naumann.cindi@gmail.com
320-260-5797

Freedom Center – Milaca
140 2nd Avenue NE
Milaca, MN 56353
763-308-0006
[Freedom Center Inc. | The Best Choice](#)

Minnesota Lottery Gambling Help
800-333-HOPE
[Gambling Help - Minnesota Lottery
\(mnlottery.com\)](#)

GERIATRIC PSYCHOLOGY



Mille Lacs Health System Senior Care Unit
200 North Elm Street
Onamia, MN 56359
320-532-2750

- *Helping people 55 and older with dementia and dementia-related behaviors.*
- *Behavioral disturbances associated with Alzheimer's and other forms of dementia.*
- *Managing medications and stabilizing the individual*
- *Evaluating cognitive disorders in the elderly, as well as performing psychiatric evaluation*

[Senior Care Unit | Services | Mille Lacs Health System \(mlhealth.org\)](#)

**Mercy Hospital- Unity Campus– Fridley
(part of Allina Health)**

550 Osborne Road
Fridley, MN 55432
763-236-5000

[Mental Health and Addiction Medicine Care | Psychiatry | Allina Health](#)

Notes:

GRIEF SUPPORT GROUPS



Notes:

Essentia Health – Duluth
218-786-4402
[Grief & Bereavement Support | Essentia Health](#)
[| MN, ND, WI](#)

**Essentia Health -Brainerd
Adult Grief Support Group**
St. Joseph’s Medical Center
523 North 3rd Street
Brainerd, MN 56401
218-828-7442
[Adult Grief Support Group \(Fall\) - Brainerd, MN](#)
[\(essentiahealth.org\)](#)
Email: griefcenter@essentiahealth.org

Grief Support Group facilitated by Pastor Brian Kimbler
CRMC – partnership between Cuyuna Regional Medical Center and Presbyterian Homes & Services
Heartwood Senior Living Community
218-232-2515 (Pastor Kimbler)
[New Grief Support Group Available :: Cuyuna Regional Medical Center \(cyunamed.org\)](#)

*HOMELESS/ TRANSITIONAL
HOUSING/
WOMEN'S SHELTERS*

**If this is an emergency, call 911
National Domestic Abuse Hotline:
800-799-7233**

Text START to 88788

Teen Group Homes

Nexus: New Trails Group Home (for men)

(ages 14-19)
407 130th Avenue South
Onamia, MN 56359
320-532-4005
Human Resources: 320-532-4005

Nexus: Willow Trails Group Home (for women)

(ages 12-18)
407 130th Avenue South
Onamia, MN 56359
320-532-4005

Adult/Families Group Homes

Anna Marie's Alliance – St. Cloud

*“Shelter programs, children and youth
programs, community advocacy,
Prevention and education”*

P O Box 367
St. Cloud, MN 56302
24 hour crisis line
320-253-6900
800-950-2203

[Women's Domestic Violence Shelter | St. Cloud
MN | Anna Marie's Alliance \(annamaries.org\)](#)

A Place for You Homeless Shelter – Pine City
Serving Carlton, Chisago, Isanti, Kanabec, Mille
Lacs and Pine Counties

220 3rd Avenue SE
Pine City, MN 55063
320-438-7070

[A Place For You \(apfy.org\)](http://apfy.org)

**Catholic Charities Adult Transitional Housing –
St. Cloud**

157 Roosevelt Road, Suite 200
St. Cloud, MN 56301
320-259-9270

[Transitional Housing | Catholic Charities of St.
Cloud \(ccstcloud.org\)](#)

**Lincoln Center Homeless Warming Center
“Homeless Helping Homeless”**

24/7 community snack bar, wi-fi, computers,
phones.

630 Lincoln Avenue SE
St. Cloud, MN 56304

320-342-2232 (house phone; no answering
machine)

612-868-0465

[Lincoln Center | Homeless Helping Homeless](#)

New Pathways – Cambridge

*“Empower and provide support to families with
children experiencing homelessness in central
Minnesota.”*

310 Ashland Street South
Cambridge, MN 55008
763-691-0121

Contact: Jenny Henthorn –
hello@newpathwaysmn.com

[New Pathways | Serving Minnesota Families in
Crisis \(newpathwaysmn.com\)](#)

Oasis Central Minnesota – Little Falls

“Emergency housing in motel setting and case management to individuals and families experiencing homelessness.”

107 2nd Street SE, #101
Little Falls, MN 56345
320-632-9140

[Home of Oasis Central Minnesota - Helping Morrison County \(oasiscentralmn.org\)](http://www.oasiscentralmn.org)

Overcomers International Fellowship – Dream Center – St. Cloud

(Adult men)

529 16th Avenue North
St. Cloud, MN 56303
320-656-1550

[Overcomers Program in Saint Cloud, MN | OIF Dream Center \(dreamcenterstcloud.org\)](http://www.dreamcenterstcloud.org)

Pearl Crisis Center – Milaca

235 2nd Street SW
Milaca, MN 56353
320-982-2901
800-933-6914 (immediate help)

REM Central Lakes – St. Cloud (part of Sevita Health)

*“Children and Family Services
Specialized Health and Rehabilitation
Community and Support Services
Senior Day Care, In-Home Health and Nursing Services”*

2700 1st Street North
St. Cloud, MN 56303
320-259-6022

REM Minnesota – Brainerd (part of Sevita Health)

Services for people with disabilities

Adults 21 plus
500 Tamarac Street
Brainerd, MN 56401

[REM Minnesota Brainerd - Services for People with Disabilities in Brainerd, MN - Sevita \(sevitahealth.com\)](http://www.sevitahealth.com)

Salvation Army – Brainerd

208 South 5th Street
Brainerd, MN 56401
218-829-1120

[Brainerd Lakes Salvation Army](http://www.salvationarmy.org)

Salvation Army Emergency Shelter – St. Cloud

400 US Highway 10 South
St. Cloud, MN 56304
320-252-4552

[St. Cloud Salvation Army](http://www.salvationarmy.org)

The Bridge on 7th Overnight Shelter – Brainerd

Safe place to sleep for individuals 18+ experiencing homelessness in Brainerd Lakes Area.

Bridges of Hope partnering with Law enforcement, Crow Wing County, non-profits, church partners and community members.

Open from 7:00pm to 8:00am year round
Walk-ins accepted from 7:00-11:00pm
First come, first served.

1926 South 7th Street
Brainerd, MN 56401
218-825-7682

info@bridgesofhopemn.org

2011 South 6th Street, Brainerd, MN 56401

[Overnight Shelter | Bridges of Hope \(bridgesofhopemn.org\)](http://www.bridgesofhopemn.org)

Women’s Center of Mid-Minnesota - Brainerd

1414 Maple Steet
Brainerd, MN 5601
218-828-1216

Kanabec County Jail Lobby

100 South Vine Street
Mora, MN 55051
320-679-8400

Mille Lacs County Sheriff's Office

640 3rd Street SE
Milaca, MN 56353
320-983-8250

Morrison County Sheriff's Office

213 1st Avenue SE
Little Falls, MN 56345
320-632-9233

Nisswa Police Department

5442 City Hall Street
Nisswa, MN 56468
218-963-4301

North Branch Police Department

6408 Elm Street
North Branch, MN 55056
651-674-8848

Pequot Lakes Police Department

4638 County Road 11
Pequot Lakes, MN

Pine County Sheriff's Office

635 Northridge Drive NW
Suite 100
Pine City, MN 55063
320-629-8380

Notes:
