

Twin Ports COVID-19 Resource Guide

RESOURCES FOR FOOD ACCESS, EMPLOYMENT, HOUSING, MENTAL HEALTH SUPPORT, FINANCIAL SUPPORT, TRANSPORTATION, AND FAMILY/RELATIONSHIP SAFETY FOR DULUTH AND SUPERIOR

FOR EVEN MORE RESOURCES, PLEASE VISIT WEARERESOURCEFUL.ORG FOR LOCAL FREE OR REDUCED-COST RESOURCES
DIAL 2-1-1 TO BE CONNECTED TO LOCAL RESOURCES 24/7 THROUGH UNITED WAY

Duluth

Food Resources

Grocery Delivery

Agewell Arrowhead Groceries To Go

- 218-623-7800 for inquiry; meant for homebound elderly individuals
- Volunteers call every Tuesday 9am-12pm to take orders; delivery occurs Wednesday or Thursday

Food Distribution

AICHO's Giwiidookoodaadimin "We help each other" COVID-19 Emergency Food Distribution

- Food, household essentials, COVID-19 resources and health info via curbside pick-up, First-come first-served. Visit aicho.org for dates and info
- Limited delivery to elders, households in quarantine due to COVID-19, and those who are homebound. To request delivery, email foodaccess@aicho.org

Damiano Center Community Kitchen

- Free meals for all: Breakfast 8:30-9:30am daily; Lunch 11:30-1pm M, W, F, Sat, Sun; Dinner 5-6pm W, F, Sat, Sun
- Call 218-722-8708 or visit damianocenter.org/programs for more info

Employment

Unemployment Insurance

- If your hours were reduced or you've been laid off, you can apply Mon-Fri 8am-4:30pm at uimn.org, or call 1-877-898-9090

Job Search Assistance

- Reach out to CareerForce (the workforce center) at 651-259-7500. More info at CareerForceMN.com

Community Action Duluth

- Integrated Coaching Program: break down barriers to employment with a coach. Contact a coach: 218-726-1665

Food Distribution Continued

CHUM Emergency Food Shelf

- First come first served food pickup
- 120 N 1st Ave West: Wed and Fri, 10am-12pm
- Our Saviors Lutheran Church on Grand (West Duluth): Mon 10am-12pm
- Call 218-727-2391 to ensure supplies are available before visiting

Community Action Duluth

- Mobile Market: van visits neighborhoods with affordable produce, dairy, canned and dried goods. Email mobilemarket@communityactionduluth.org or call 218-726-1665
- Summer Farmer's Markets: \$15 match for SNAP participants. \$4 to kids under 18 and adults over 60 for produce. Call 218-716-1665

Union Gospel Mission Duluth Meals and Food Shelf

- Full hot meals available curbside at 219 E First St
- Hours: W 8:30am-9am; T, W, Th, Fri 12-12:30pm; M, T, Th 4:15-5pm. Call 218-722-1196 for more info

Second Harvest Northern Lakes Food Bank

- Fresh produce, meat, dairy, baked goods, etc. available; open every Tuesday from 10-1:30pm
- Call 218-336-2312 or visit northernlakesfoodbank.org/find-food

Duluth Public Schools

- Offering free bagged meals on weekdays to children 18 years of age and under. Call 218-336-8707 with questions

[Ecolibrium3 Food Resource Guide](http://Ecolibrium3.org)

For even more food resources and to see a calendar of what is available on each day of the week, please visit ecolibrium3.org/covid-19-resources and go to "Food Resources in Duluth"

Duluth

Financial Resources

Lincoln Park Hope Center Free Store on W 3rd St.

- Open and taking items Thursdays 10am-1pm. Visit hopecenterduluth.org or call 715-919-8944 for more info

AEOA Energy Assistance Program

- Financial assistance available for energy costs, heating bills, crisis situations and repairs. Deadline May 31, 2022
- Visit aEOA.org/energy-assistance-program or call 218-735-6839 or 1-844-568-0149 to apply

LSS Financial Counseling

- Free budget/debt, student loan repayment, credit improvement, foreclosure prevention, homebuyer, and reverse mortgage counseling. Online at LSSFinancialCounseling.org or by phone at 888-577-2227

COVID-19 Funeral Assistance

- FEMA is helping bereaved households with funeral expenses since January 20, 2020 from COVID-19 related deaths. To apply, call 844-684-6333 Mon-Fri 8-8. More info at fema.gov/disasters/coronavirus/economic/funeral-assistance

Community Action Duluth

- Free Taxsite: if you or your family earns <\$57,000/yr you can have your taxes done for free by IRS-certified volunteers. Call 218-726-1665.
- Integrated Coaching Program: break down barriers to financial stability and homeownership with a coach. Call 218-726-1665.
- MNSure & SNAP: sign up for health insurance and food support with a navigator to guide you. Call 218-726-1665.

Mental Health & Recovery Support

Human Development Center

- Mental health and addiction services to everyone, regardless of ability to pay. Telehealth services available
- Call 218-728-4491 or visit humandevelopmentcenter.org
- 24-hour mobile mental health crisis services

Amberwing

- Outpatient services for 2-18 years old
- Family Resource Center offers free family support, parent forums, liaison services between schools, providers, etc.
- Call 218-355-2100 or visit amberwing.org.

Pruitt Center for Mindfulness and Well-Being

- Resources, expertise, and learning projects to support mindfulness and well-being. Virtual activities: live yoga, tai chi, mindfulness workshops
- For more info call 715-394-8094 or visit uwsuper.edu/mindfulness

Mental Health & Recovery Support cont.

Harm Reduction Sisters

- Provides sterile injection supplies, overdose education, and naloxone. For mobile delivery, Tues-Sat 11am-7pm, call or text 218-206-6482. More info at harmreductionsisters.org

Rural AIDS Action Network (RAAN)

- Free, confidential or anonymous HIV and Hepatitis C testing, medical case management, help paying for transportation to medical trips, support groups, syringe exchanges, and more. Call 218-481-7225 or visit raan.org for more info

Recovery Alliance Duluth (RAD)

- Connects people seeking recovery to others who have walked a similar path and are trained to help through peer-to-peer recovery support. RAD's peer based services are confidential, free, and non-clinical. For more info, call (218) 576-6005 or visit recoveryallianceduluth.org

Lutheran Social Service Teen Health Center

- Located in the Center for Changing Lives in Duluth at 1422 East Superior Street. Services for all 13-24 year-olds.
- Free HIV testing and those who get tested get a gift card, free syphilis testing and those who get tested get a gift card, education around HIV/AIDS and other STIs, pregnancy tests and Plan B, and harm reduction supplies like condoms, lubes, NarCan
- For more info, call 218-529-2224

Arrowhead Regional Crisis Line: 844-772-4724 or text HELP to 741 741. 24/7 crisis line for mental health support, info, and problem solving

National Suicide Prevention Lifeline: 800-273-8255 or dial 9-8-8. 24/7, confidential support when experiencing emotional distress or crisis. Or for a "warm line" for those who may not be experiencing a crisis but would like to talk to someone: Mon-Sat 12-10pm, call 877-404-3190 or text "Support" to 85511

Housing

Duluth Warming Center

- Open 6pm-8am Nov. 1 to March 31. Located at 2014 W 3rd St. Free DTA bus rides to and from the warming center
- Call CHUM for more info at 218-720-6521

1 Roof Community Housing Tenant Landlord Connection

- Resources surrounding tenant/landlord rights
- Classes for those looking to establish positive rental history and mediation services to help resolve tenant/landlord disputes
- Call 218-727-5372 or email tcarlson@1roofhousing.org for more info

Salvation Army

- Rent and utility assistance available; call 218-722-7934 to make an appointment
- Visit centralusa.salvationarmy.org/northern/Duluth/provide-housing for more info

Housing cont.

American Indian Community Housing Organization (AICHO)

- Endazhi-Maadaajimon
 - 10 unit building providing long-term housing options for those that already have access to housing vouchers
- Call the front desk at 218-722-7225 or visit aicho.org.

Legal Aid Service of NE MN

- Provides civil legal representation for people in poverty for challenges such as evictions, foreclosures, domestic abuse, denial of government assistance, and more
- Visit lasnem.org or call 218-623-8100

Duluth Housing & Redevelopment Authority HRA

- Family Public Housing program: rental units available- income-eligible families pay 30% of adjusted gross income for rent
- Section 8 Rental Housing Assistance: Makes private market rental housing affordable for income-qualified families
- Apply online at duluthhousing.com. Call 218-529-6300 for questions.

Family and Relationship Safety

AICHO Dabinoo'Igan Emergency Domestic Violence Shelter

- 10-bed emergency shelter for victims of physical and sexual violence, trafficking, and stalking who need immediate shelter; can stay for up to 30 days
- Offers advocacy, info and referral, housing search assistance, financial assistance, and culturally specific programming
- Call the Hotline at 218-722-2247 if you are currently fleeing domestic violence

Safe Haven Shelter and Resource Center

- Provides advocacy, shelter and safety planning for victims of domestic violence
- Offers 2 virtual support groups
 - Healing Circle: Tuesdays from 6-8pm
 - Healing Steps: Wednesdays from 5:30-7:30pm
 - Call 218-623-1000 for info on how to attend
- Visit safehavenshelter.org for a list of all services
- 24-hour crisis line: 218-728-6481

Food Resources

Grocery Delivery

Meals on Wheels - Douglas Co.

- Delivers meals for individuals 60 years or older that are homebound
- Available Mon-Fri, donation request of \$4 per meal
- Provides additional benefit of well-being check to those experiencing isolation
- For more info, call 715-394-3611 or email nutritiondirector@seniorconnections.wi.org

Family and Relationship Safety cont.

Program to Aid Victims of Sexual Assault (PAVSA)

- Offers hospital advocacy, mental health support, therapy, forensic medical exams, crisis counseling and legal advocacy for survivors of sexual violence and their loved ones, ages 12 and up.
- Visit pavsa.org for more info. Reach an advocate 24/7 at 218-726-1931

Technology Access

Lighthouse Center for Vital Living

- Helps those challenged by disabilities, vision loss, or aging
- Offers device loans, technology training and set-up services
- Visit lcfvl.org/cccp/program to apply for a device loan; call 218-624-4828 for more info

Transportation

Arrowhead Transit

- Call 800-862-0175 option 9 to schedule a ride to and from your destination. Call at least 1 hr in advance.

Community Action Duluth

- Transportation programs (Drive & BikePlus): can help you obtain a license, navigate insurance, purchase a reliable car, or get a bicycle. Call 218-726-1665

For more resources that span all of St. Louis County, as well as COVID-19 vaccination and testing resources, please visit stlouiscountymn.gov/departments-a-z/public-health-human-services/public-health/covid-19

AICHO's COVID Resource Hotline: call 218-215-2760 Mon-Fri 9-5, or email covidresources@aicho.org to request COVID Resources

Superior

Agewell Arrowhead Groceries To Go

- 218-623-7800 for inquiry; meant for homebound elderly individuals
- Volunteers call every Tuesday 9am-12pm to take orders; delivery occurs Wednesday or Thursday

Food Distribution

Salvation Army Basic Needs Pantry

- Fridays 12-2pm for food and hygienic items
- Bulk produce on the 2nd Tuesday of each month 1-3pm
- Call 715-394-7001 or visit centralUSA.salvationarmy.org/superior for more info

Superior

Food Distribution Cont.

Northwest WI Community Services Agency

- Food pantry M & Th 9-11:30am provides households with 3-5 days of food: at the main office location
- WIC: supplemental nutrition for women and children
 - Visit northwest-csa.org/services.htm or call 715-392-5127 for more info

Vineyard Church of Superior

- Monthly drive-through food shelf every 3rd Sat of the month
- Call 715-718-2600 for more info

Faith United Methodist Church

- Drive-Up/Walk-Up food shelf available each Tues 4-6:30pm
- Call 715-394-9608 for more info

Superior School District

- Free breakfast and lunch for all children 18 and under.
- For more info and to enroll in the program, call 715-394-8707

Superior Douglas County YMCA

- Meal bags for all in need: Sat 10-12 drive thru, Thurs 4-6 in the lobby. Located at 9 N 21st St.
- For more info call 715-392-5611 ext. 101 or visit superiorymca.org/every-meal-fighting-child-hunger

Transportation

Senior Connections

- Curb-to-curb transportation services for people aged 55 and over, or for people with a disability
- Transportation to and from medical appointments, personal appointments, errands
- Available Mon-Fri; call in advance to schedule your ride
- Fee: \$6 each way within city limits of Superior; additional fees apply for rides to Duluth
- Call 715-394-3611 or visit seniorconnectionswi.org for more info

Family and Relationship Safety

Center Against Sexual & Domestic Abuse

- Services to individuals hurt by domestic violence, sexual assault, and child abuse
- Advocacy services, peer counseling, support groups, an emergency shelter, legal services, community education, etc.
- 24 hour help line for crisis counseling and emotional support; call 1 (800) 649-2921
- Call 715-392-3136 or visit casda.org for more info

Financial Resources

Ruth Free Store on Belknap St.

- Clothing and personal hygiene items available
- Open Mondays, Wednesdays, and Saturdays

Wisconsin Home Energy Plus Program

- Financial assistance for heating and electricity, and energy crisis situations
- To apply, visit homeenergyplus.wi.gov or call 866-432-8947 for more info

Northwest Wisconsin Community Services Agency

- Affordable Housing: Individuals who meet income guidelines may be eligible for non-subsidized "capped rent" rental units
- Call 715-392-5127 or visit northwest-csa.org/services-douglas.htm for more info

LSS Financial Counseling

- Provides free budget/debt, student loan repayment, credit improvement, foreclosure prevention, homebuyer, and reverse mortgage counseling
- Online at LSSFinancialCounseling.org or over the phone at 888-577-2227

Senior Connections Elder Benefit Specialist (EBS)

- Provides info, advocacy, and assistance for Douglas County residents aged 60 and over with programs including Health Insurance, Income Support, Community-Based Services, Housing/Utilities and consumer issues such as Debt Collection
- Call 715-394-3611 for more info

Harbor House Crisis Shelters

- SAMaritan Fund: funding available for rental and utility assistance, prescription co-pays, and transportation assistance. Mon-Fri 10am-2pm appointment only; call 715-997-7184 to schedule

COVID-19 Funeral Assistance

- FEMA is helping bereaved households pay for funeral expenses paid since January 20, 2020 from COVID-19 related deaths
- Apply over the phone 844-684-6333 Monday-Friday 8am-8pm
- fema.gov/disasters/coronavirus/economic/funeral-assistance for more info

Mental Health & Recovery Support

Human Development Center

- Mental health and addiction serves to everyone, regardless of ability to pay. Telehealth services available
- Call 218-728-4491 or visit humandevelopmentcenter.org

Mental Health & Recovery Support cont.

Harm Reduction Sisters

- Provides sterile injection supplies, overdose education, and naloxone. For mobile delivery, Tues-Sat 11am-7pm, call or text 218-206-6482. More info at harmreductionsisters.org.

Rural AIDS Action Network (RAAN)

- Free, confidential or anonymous HIV and Hepatitis C testing, medical case management, help paying for transportation to medical trips, support groups, syringe exchanges, and more. Call 218-481-7225 or visit raan.org for more info

Lutheran Social Service Teen Health Center

- Located in the Center for Changing Lives in Duluth at 1422 East Superior Street. Services for all 13-24 year-olds.
- Free HIV testing and those who get tested get a gift card, free syphilis testing and those who get tested get a gift card, education around HIV/AIDS and other STIs, pregnancy tests and Plan B, and harm reduction supplies like condoms, lubes, NarCan
- For more info, call 218-529-2224

Lake Superior Community Health Center

- Treatment for anxiety, depression, grief, loss, trauma-informed care, stress management, & more
- Financial assistance to those without insurance
- Call 218-722-1497 or visit lschc.org

Pruitt Center for Mindfulness and Well-Being

- Resources, expertise, and learning projects to support mindfulness and well-being. Virtual activities including "Mindful Mondays" via Zoom each Monday 12-12:30pm.
- Call 715-394-8094 or visit uwsuper.edu/mindfulness

National Alliance on Mental Illness

- Support, education, and advocacy to those affected by mental illness
- Virtual peer support and family support groups offered
 - First and third Thursdays, second and fourth Wednesdays of each month, 5:30pm
 - Call 920-452-5152 or email chrissybarnard22@gmail.com to get Zoom links
- Visit namidouglascountywi.wordpress.com for more info

Douglas County 24-Hour Crisis Line

- State-certified mental health professionals are available 24 hours a day for mental health support by calling 715-395-2259

Arrowhead Regional Crisis Line: 844-772-4724 or text HELP to 741 741. 24/7 crisis line for mental health support, info, and problem solving

National Suicide Prevention Lifeline: 800-273-8255 or dial 9-8-8. 24/7, confidential support when experiencing emotional distress or crisis. Or for a "warm line" for those who may not be experiencing a crisis but would like to talk to someone: Mon-Sat 12-10pm, call 877-404-3190 or text "Support" to 85511

Housing

Ruth House All-Night Warming Center

- Open 8am-7pm when temps are below 30 degrees
- Call 715-392-2833 or visit walkingvictorious.net/all-night-warming-center for more info

Wisconsin Emergency Rental Assistance

- Emergency Rental Assistance for those who have fallen behind on rent or who fear that could happen
- Eligible applicants: adult Wisconsin residents, household income at or below 80% of county median income in the month of or prior to application date
- To apply, visit wiscap.org/wera
- NWCSA is a Field Partner and has navigators to assist renters and landlords with applications and questions: Call 715-392-5127 for help

Wisconsin Help for Homeowners Program

- Emergency rent and utility assistance for those who have fallen behind on housing-related bills
- Eligible applicants: WI residents with or without a mortgage, who meet income and eligibility requirements and have experienced a qualified economic hardship since January 21, 2020
- To apply and for more info visit homeownerhelp.wi.gov
- Northwest WI Community Services Agency is a Field Partner and has navigators to assist: Call 715-392-5127

Harbor House Crisis Shelters

- Shelter, transitional living, and services for homeless women and families
- Call 715-394-9608 for the main office (Mon-Thurs 9am-4pm)
- Call 715-392-4157 (24/7) for shelter availability

Solid Rock Safe Haven by Harbor House

- Homeless shelter for men
- Check in for men needing shelter is 4-8pm
- Call 715-392-6264 for more info

Superior Housing Authority (SHA)

- Public Housing program: rental units available-income-eligible families pay 30% of adjusted gross income for rent
- Housing Choice Voucher program: Provides rental subsidies for families living in privately-owned homes
- Apply online at superiorhousing.org/how-to-apply/ or call 715-394-6601 with questions

Superior

Employment

Unemployment Insurance

- If your hours were reduced or you've been laid off, you can apply at dwd.wisconsin.gov/uiben

Job Search Assistance

- Reach out to Workforce Resource in Superior at 855-792-5439. More info at workforceresource.org

For more resources that span all of Douglas County, as well as COVID-19 vaccination and testing resources, please visit douglascountywi.org/1176/COVID-19-Vaccine-Information-Resources

Opportunities to Give Help in the Twin Ports

Community Action Duluth

- GED Tutors: Looking for tutors in the areas of math, grammar, and/or reading comprehension
- Tax Site: Volunteer as a greeter, screener, or tax preparer for the Tax Assistance program (can choose to volunteer in-person or from home); looking for volunteers for 2022 only
- Contact 218-726-1665 or visit communityactionduluth.org/support to learn more

Second Harvest Northern Lakes Food Bank

- Looking for volunteers for their food distribution center, office, special events, and programming
- Face masks and social distancing required
- Opportunities in NE Minnesota and NW Wisconsin
- Call 218-727-5653 or visit northernlakesfoodbank.org to apply

AEOA

- Volunteer driving program: provide transit to medical appointments, social service appointments, employment opportunities, etc. for clients without transportation access
- Arrowhead RSVP/NVC: opportunities include delivering Meals on Wheels, helping children read, protecting our natural environment, and more
- Call 218-410-9775 or visit aeoa.org/volunteer-opportunities-overview

American Red Cross

- Volunteer remotely, behind the scenes, or in-person at blood drives
- Call 612-871-7676 Ext. 5 or email MNRRecruit@redcross.org for more info

Northwest Wisconsin Community Services Agency, Inc.

- Volunteer opportunities available in soup kitchen, food pantry, community garden, senior center, tax assistance program, and more
- Call 715-392-5127 for more info or visit northwest-csa.org/volunteer.htm

Head of the Lakes United Way

- Database of continuously updated volunteer opportunities with local organizations
- Assist elderly individuals, people experiencing homelessness, food insecurity, and more
- Call 218-726-4770 (Duluth) or 715-394-2733 (Superior) or visit hlunitedway.org/get-involved/volunteer/

Fruit of the Vine

- Looking for volunteers to assist in a variety of services, including weekly food distributions, food deliveries, stocking and behind the scenes work.
- Food distribution volunteer hours: Tuesdays 5-8:30pm, Saturday 9pm-12pm. Other volunteer opportunity hours are flexible!
- Contact at fotv@duluthvineyard.org or 218-305-4546.

Duluth Stream Corps

Volunteer with a crew to tackle invasive species, improve water resources and natural habitats, and make our green spaces safer. Contact their Stream program at 218-726-1665.

Twin Ports Helping Hands During a Crisis

- Online Facebook group that allows community members to reach out to one another for specific requests, info sharing, and/or volunteer opportunities
- Link to join: facebook.com/groups/193014918661156

This Resource Guide was created by the Ready North disaster resiliency network. Ready North strives to build greater regional resilience and strengthen disaster recovery through community-aligned preparedness projects. Members are committed to being inclusive in efforts to mitigate, prepare for, respond to, and recover from disasters. To learn more about Ready North, or if you're interested in joining the network, visit readynorth.org or email VISTA@dsacommunityfoundation.com