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

Duluth

Food Resources

Grocery Delivery

Agewell Arrowhead Groceries To Go
- (218) 623-7800 for inquiry, meant for homebound elderly individuals
- Volunteers call every Tuesday between 9am-12pm to take orders; delivery occurs every Wednesday or Thursday

Food Distribution

AICHO’s Giwiidookoodaadimin “We help each other” COVID-19 Emergency Food Distribution
- Distributing 200 bags of food, household essentials, personal protective equipment (PPE) and COVID-19 health information via curbside pick-up. Supplies distributed on a first-come, first-served basis. Occurs every other week.
- Visit aicho.org for more information
- Offering limited delivery services to elders, households in quarantine due to COVID-19, and those who are homebound. To make a request for delivery, register by emailing foodaccess@aicho.org

Damiano Center Community Kitchen
- Free to-go meals distributed at 4th St entrance, available to all: Breakfast 8:30-9:30am daily, Lunch 11:30-1pm M, W, F, Sat, Sun; Dinner 3-6pm M-Th, 5-6pm F, Sat, Sun
- Call 218-722-8708 or visit damianocenter.org/programs for more information

CHUM Emergency Food Shelf
- 120 N 1st Ave West hours: Wednesdays and Fridays, 10am-12pm
- Our Saviors Lutheran Church on Grand (West Duluth) hours: Mondays, 10am-12pm
- Call 218-727-2391 to ensure supplies are still available before visiting

Food Distribution Continued

Ruby’s Pantry Duluth
- Drive up pantry every Third Thursday of each month from 4:30-6pm at the First United Methodist Church
- $20 for a large box of groceries
- Visit rubyspantry.org/location/64 for more information

Fruit of the Vine Food Shelf
- Open Tuesdays, 6-8pm and Saturdays, 9:30-11:30am
- Unlimited visits thru April 30, After May 1 - 2x/month
- Call 218-525-3462 or visit duluthvineyard.org/ministries/fruit-of-the-vine/
- Accepting requests for food delivery for people unable to make it to our food shelf or send someone to pick up food in proxy for them. To make a request, fill out this form: https://forms.gle/4477zhxX89H93DWl9

Duluth Harbor Mission
- Hot meals available M, T, Th, F 10am-4pm; Sat 9-12
- Other basic needs available during these hours: hygiene kits, baby essentials, sleeping gear, shoes and socks, etc.
- Call 218-481-7400 for more information

Second Harvest Northern Lakes Food Bank
- Fresh produce, meat, dairy, baked goods, etc. available, open every Tuesday from 10-130pm
- Call 218-727-5623 or visit northernlakesfoodbank.org

Duluth Public Schools
- Offering free bagged meals on weekdays to children 18 years of age and younger
- Call 218-336-8707 with questions

Ecolibrium3 Food Resource Guide
For even more food resources and to see a calendar of what is available for each day of the week, visit ecolibrium3.org/covid-19-food-resources
Mental Health Support Cont.

Pruitt Center for Mindfulness and Well-Being
- Provides resources, expertise, and learning projects to support mindfulness and well-being
- Virtual activities live yoga, tai chi, and mindfulness workshops
- For more information call 715-394-8094 or visit uwsuper.edu/mindfulness

Birch Tree Crisis Line
- 24 hour crisis phone line for mental health support. Information and problem solving: 218-623-1800 or text HELP to 741741

National Suicide Hot Line
- Call 800-273-8255 for 24/7, free and confidential support when experiencing emotional distress or crisis
- Offers a "warm line" for those who may not be experiencing a crisis, but would like to talk to someone. Available Tuesday-Sunday from 4-10pm: call 877-404-3190

Housing

Rent Help MN
- Emergency Rental Assistance for those who have fallen behind on rent or fear that could happen due to pandemic hardship
- Eligible renters can get caught up on overdue rent and utilities dating back to March 13, 2020
- To apply, go to renthelpmn.org
- AICHO is a Field Partner and has navigators on staff to assist renters and landlords with applications and other questions.
  - They can be reached by phone at 218-722-7225 or 218-215-2760 or by email at covidresources@aicho.org

1 Roof Community Housing Tenant Landlord Connection
- Provides resources surrounding tenant/landlord rights
- Offers 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 information

Salvation Army
- Rent and utility assistance available: call 218-722-7934 to make an appointment
- More information available online at centralusa.salvationarmy.org/northern/Duluth/provide-housing

American Indian Community Housing Organization (AICHO)
- Gimaajii Mino Bimaadizimin
  - Offers case management, assessment, advocacy, mental health services
- 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

Mental Health Support

Human Development Center
- Offers mental health and addiction services to everyone, regardless of ability to pay
- Telehealth therapy available with limited in-person appointments
- Call 218-728-4491 or visit humandevelopmentcenter.org

Amberwing
- Offers services to youth from birth to age 18
- Family Resource Center offers free family support, parent forums, liaison services between schools, providers, etc.
- Call 218-355-2100 or visit amberwing.org for more information

Financial Resources

AEOA Energy Assistance Program
- Financial assistance available for energy costs, heating bills, crisis situations and repairs
- Program deadline is Sept 1, 2021
- Visit aeoa.org/en/energy-assistance-program or call 218-735-6839 or 1-844-568-0149 to apply

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

COVID19 Funeral Assistance
- FEMA is helping bereaved households pay for funeral expenses from Covid-19 related deaths back to January 20, 2020
- Apply over the phone 844-684-6333
- fema.gov/disasters/coronavirus/economic/funeral-assistance for more info

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

Employment

Unemployment Insurance
- If your hours were reduced or you’ve been laid off, you can apply for Unemployment Insurance Sunday-Friday from 6:00am-8:00pm at umn.org or by calling 1-877-898-9090

Job Search Assistance
- Need help finding a job? Call CareerForce (the workforce center) at 218-302-8400. There is no cost to access our services.
- Find job search resources and virtual workshops at CareerForceMN.com
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, information 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 two virtual support groups
  - Healing Circle: Tuesdays from 6-8pm
  - Healing Steps: Wednesdays from 5:30-7:30pm
- Call 218-623-1000 for information on how to attend
- Visit safehavenshelter.org for a list of all services
- 24-hour crisis line: 218-728-6381

Program to Aid Victims of Sexual Assault (PAVSA)
- Offers hospital advocacy, mental health support, medical services, and legal assistance to victims of sexual assault
- 24-hour help line: 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 lcvl.org/ccsprogram to apply for a device loan; call 218-624-4828 for more information

Transportation

Semcac Transportation
- Provides free, non-emergency transportation to COVID-19 positive individuals
- Transportation to or from medical services (i.e COVID-19 testing, medical appointments, medication pick-up)
- Trip must originate in Minnesota
- Call 1 (800) 528-7622, option 3 to request a ride

Arrowhead Transit
- Call 800-862-0175 option 9 to schedule a ride to and from your destination
- Must call at least 24 hrs in advance to schedule pick-up time

For more resources that span all of St. Louis County, please visit stlouiscountymn.gov/covid19resources. You can also dial 2-1-1 to get connected to local resources, available 24/7.

AICHO’s COVID Resource Hotline: 218-215-2760 available Monday-Friday from 9am-5pm, or email covidresources@aicho.org to request COVID Resources

Food Resources

Grocery Delivery
Meals on Wheels - Douglas Co.
- Delivers meals for individuals 60 years of age 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
- Call 715-394-3611 or email nutritiondirector@seniorconnectionswi.org for more information

Superior

Agewell Arrowhead Groceries To Go
- (218) 623-7800 for inquiry; meant for homebound elderly individuals
- Volunteers call every Tuesday between 9am-12pm to take orders, delivery occurs every Wednesday or Thursday

Food Distribution
Salvation Army Basic Needs Pantry
- Weekdays from 1-3pm for food and hygiene items
- Bulk produce available on the 2nd Tuesday of each month from 1-3pm
- Call 715-394-7001 or visit centralusa.salvationarmy.org/superior/ for more information
**Food Resources Cont.**

**Food Distribution Cont.**

Northwest WI Community Services Agency
- Food pantry: Provides households with 3-5 days of food
  - Located at main office location, M & Th 9-11:30am
- Solid Rock Soup Kitchen: Lunch 12pm, Dinner 5pm M-F, 4-5pm Saturdays

Vineyard Church of Superior
- Monthly drive-through food shelf held every 3rd Saturday of the month
- Call 715-718-2600 for more information

Faith United Methodist Church
- Drive-Up/Walk-Up food shelf available each Tuesday 4:00-6:30 pm
- Call 715-394-9608 for more information

Superior School District
- Free breakfast and lunch for all children 18 and under
- Curbside pick up available Mon, Tues & Thurs at Superior High School; Door N1 from 9:30-10:15am
- Wednesdays: Curbside pickup available at SHS from 10-12:30pm; also distributed through the bus route
- For more information call 715-394-8706

**Employment**

Unemployment Insurance
- Apply for Unemployment Insurance at [dwd.wisconsin.gov/iiben](dwd.wisconsin.gov/iiben)

Job Search Assistance
- Reach out to Workforce Resource in Superior at 1-855-792-5439
- Information and resources available here: [workforceresource.org](workforceresource.org)

**Family and Relationship Safety**

Center Against Sexual & Domestic Abuse
- Provides services to individuals hurt by domestic violence, sexual assault, and child abuse
- Offers advocacy services, peer counseling, support groups, an emergency shelter, legal services, community education, etc.
- 24 hour help line available for crisis counseling and emotional support; call 1 (800) 649-2921
- Call 715-392-3136 or visit [casda.org](casda.org) for more information

**Financial Resources**

**Wisconsin Home Energy Plus Program**
- Provides financial assistance for heating and electricity, and energy crisis situations
- To apply, visit [homeenergypluswi.gov](homeenergypluswi.gov) or call 715-395-1651 for more information

Northwest Wisconsin Community Services Agency
- Free store: Donated clothing and household items available at main office location
- 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](northwest-csa.org/services-douglas.htm) for more information

**LSS Financial Counseling**
- Provides free budget/debt, student loan repayment, credit improvement, foreclosure prevention, homebuyer, and reverse mortgage counseling
- Online at [LSSFinancialCounseling.org](LSSFinancialCounseling.org) or over the phone at 888-577-2227

**Senior Connections Elder Benefit Specialist (EBS)**
- Provides information, 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 information

**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

**COVID19 Funeral Assistance**
- FEMA is helping bereaved households pay for funeral expenses for Covid-19 related deaths back to January 20, 2020
- Apply over the phone 844-684-6333
- [fema.gov/disasters/coronavirus/economic/funeral-assistance](fema.gov/disasters/coronavirus/economic/funeral-assistance) for more info
Mental Health Support

Human Development Center
- Offers mental health and addiction services to everyone, regardless of ability to pay
- Telehealth therapy available with limited in-person appointments
- Call 218-728-4491 or visit humandevdevelopmentcenter.org

Lake Superior Community Health Center
- Offer treatment for anxiety, depression, grief, loss, trauma-informed care, stress management, & more
- Offer financial assistance to those without insurance
- Call 218-722-1497 or visit lschc.org

Pruitt Center for Mindfulness and Well-Being
- Provides resources, expertise, and learning projects to support mindfulness and well-being
- Offers virtual “Mindful Mondays” via Zoom each Monday from 12-12:30pm
- Other virtual activities include live yoga, tai chi, and mindfulness workshops
- For more information call 715-394-8094 or visit uwsuper.edu/mindfulness

National Alliance on Mental Illness
- Offers 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 namidouglastountywi.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

National Suicide Hot Line
- Call 800-273-8255 for 24/7, free and confidential support when experiencing emotional distress or crisis
- Offers a “warm line” for those who may not be experiencing a crisis, but would like to talk to someone; Available Tuesday-Sunday from 4-10pm; call 877-404-3190

Housing

Wisconsin Emergency Rental Assistance
- Rent and utility assistance available
- Eligible applicants: adult Wisconsin residents, household income at or below 80% of county median income in the month of or prior to application date
- Visit wiscap.org/wera for more info and application details

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

Superior Housing Authority (SHA)
- Public Housing program: rental units available where 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
- Office is closed, but you can apply online at superiorhousing.org/how-to-apply/ or call 715-394-6601 with questions

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 Monday-Friday; 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 information

For more resources that span all of Douglas County, please visit douglascountywi.org/1124/COVID-19-Updates
You can also dial 211 to get connected to local resources, available 24/7.
Give Help

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](http://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](http://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 [aega.org/volunteer-opportunities-overview](http://aega.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 MNRecruit@redcross.org for more information

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 information or visit [northwest-csa.org/volunteer.htm](http://northwest-csa.org/volunteer.htm)

Head of the Lakes United Way
- Database of continuously updated volunteer opportunities with local organizations
- Projects assist elderly individuals, people experiencing homelessness, food insecure families, and more
- Call 218-726-4770 (Duluth) or 715-394-2733 (Superior) or visit [hlunitedway.org/get-involved/volunteer/](http://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 us at [fotv@duluthvineyard.org](mailto:fotv@duluthvineyard.org) or 218-305-4546.

Helping Hands in the Northland
- Online Facebook group that allows community members to reach out to one another for specific requests, information sharing, and/or volunteer opportunities
- Link to join: [facebook.com/groups/193014918661156](http://facebook.com/groups/193014918661156)

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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](http://readynorth.org) or email [VISTA@dsacommunityfoundation.com](mailto:VISTA@dsacommunityfoundation.com).