



**Outreach Resource Guide
Updated January 2025**

Shelters

Clay County, Minnesota (Moorhead)

Micah's Mission (Churches United)

Address: 1901 1st Ave. N. Moorhead, MN 56560

Website: <http://churches-united.org/>

Email: info@churches-united.org

Phone: (218)-656-7495

Information:

- Shelter for men, women, families, and veterans. Community Center is open daily 8:00 AM - 8:00 PM
- Dogs are allowed if up to date with their vaccinations.
- Eligibility limitations: Cannot be a S.O.
- Services include health care, personal hygiene items, and provision of winter gear (depending on availability)
- Sack lunches available from 8pm – 9am
- Hot meals are served:
Monday – Friday: 12:00pm – 1:30pm and 5:30pm – 7:00pm
Saturday – Sunday: 10:00am – 11:30am and 5:30pm – 7:00pm
- Toiletry kits are available upon request (depending on availability)

Cass County, North Dakota (Fargo)

Gladys Ray

Address: 1519 1st Ave S. Fargo, ND 58103

Website: www.cityoffargo.com

Email: jeliassen@fargond.gov

Phone: (701)-476-4145

Information:

- Shelter for adults 18 years or older and have exhausted other options.
- Walk-in assistance and referrals.
- Capacity: 25
- Sobriety is not required.
- Low barrier access to supportive services and consistent opportunities for engagement and connection to supportive services (e.g.: Substance use, mental health outreach, housing, social services, and other referrals)
- Withdrawal Management Unit (*Detox*) Available.
- Open 5:00 PM - 8:00 AM Everyday
- Drop-in services daily 5:00 PM - 8:00 PM

New Life Center

Address: 1902 3rd Ave N. Fargo, ND 58102

Website: www.fargonlc.org

Email: connect@fargonlc.org

Phone: (701)-235-4453

Information:

- Shelter for men 18+ only.
- No tolerance for drugs or alcohol onsite.
- 30-Day emergency shelter w/o case management
- Case management available for housing barriers (legal, documentation, health issues, substance abuse, benefit enrollment, and housing applications)
- Bus stop located on-site.
- 3 meals a day on site along with laundry services, and computer lab
- Sack lunches for community members daily from 12pm-1pm and 5pm-6pm
- 6 Medical Respite beds for individuals recovering from surgery or acute illness.
- Long Term Recovery program (16 months) off site
- Veterans Passport Program: help Veterans to overcome barriers of permanent housing.
- 18-month long term residential discipleship program for addiction

Stepping Stones Resource Center (Fraser)

Address: 711 S. University Dr. Fargo, ND 58103

Phone: (701)-356-8585 Weekdays (701)-356-8588

Website: www.fraserltd.org/housing/emergency-shelterEmail: fraser@fraserltd.org

Information:

- Emergency Shelter for Youth ages 18-26 and their children.
- Open 8:00 PM - 8:00 AM Everyday (*extended hours during winter)
- No SO

YWCA

Address: 3000 S. University Dr. Fargo, ND 58103

Website: www.ywcacassclay.org/

Email: info@ywcacassclay.org

Phone: (701)-232-3449 (24 Hour line)

Information:

- Shelter for women and their children escaping domestic violence, homelessness, and crisis.
- Operates 24/7
- Education and Employment services to set goals, discuss barriers, and plan for moving forward.
- Child services: clothes, school supplies, on site childcare, and counseling referrals
- On site computer lab
- Located on a bus route.

- Photo Identification Required
- Respite Care beds (2)
- Residency access to basic medical care

Youth Works

Address: 1330 18th Ave. S. Fargo, ND 58103

Website: www.youthworksnd.org/fargo/

Email: mbensontuff@youthworksnd.org

Phone: 701-232-8558

Information:

- Short-term transitional housing and support services to homeless individuals who are pregnant or parenting ages 18-21.
- Services available up to 18 months.
- 2–4-week intake process and apartment vacancy.
- Program fee charged each month (upon transition into permanent housing, additional financial assistance may be available)

Under 18:

- Runaway program, services to youth & their families including crisis response, shelter, food & supplies, reunification & family counseling.

Salvation Army

Address: 304 Roberts St. N. Fargo, ND 58102

Website: <http://centralusa.salvationarmy.org/northern/fargo-moorhead/>

Email: abe.tamayo@usc.salvationarmy.org

Phone: (701)-232-5565

Information:

- Domestic Violence Motel Vouchers available based on funding and situation.
- Must have referral from Rape and Abuse Crisis Center
- Must Call ahead.

Food Pantry

Clay County, Minnesota (Moorhead) Food Pantry

A Place for Hope

Address: 2419 12th Ave S. Suite 1, Moorhead MN 56560

Website:

Phone: (218) 284-6069

Email:

Information:

- Open Tues-Fri from 11am to 3pm
- Available every other week

- Client must make an appointment

Bridgepointe Community Church

Address: 121 17h St N. Moorhead, MN 56560

Website:

www.bridgepointecommunitychurch.wordpress.com/author/bridgepointecommunitychurch/

Phone: (701)-540-1383

Email: prpaul2005@gmail.com

Information:

- Food Pantry open the 2nd and 4th Wednesday of the month at 10:45 AM - 12:30 PM
- ID required and there is a form to fill out

Dorothy Day Food Pantry (Moorhead)

Address: 1308 Main Ave Moorhead, MN 56560

Website: www.churches-united.org/nutritious-food

Email: ddfp@churches-united.org

Phone: (218)-656-7628

Information:

- In person shopping: Monday & Wednesday: 4:00 PM-8:00 PM
Tuesday & Thursday: 12 PM-4 PM
Friday – Sunday: Closed
- Serves Cass & Clay County residents
- Client choice model, food baskets available.
- Available Monthly

Micah's Mission Community Bread Shelf

Address: 1901 1st Ave N. Moorhead, MN 56560

Website: www.churches-united.org/

Email: info@churches-united.org

Phone: (218)-656-7495

Information:

- Sack lunches available from 8pm – 9am
- Hot meals are served:
Monday – Friday: 12:00pm – 1:30pm and 5:30pm – 7:00pm
Saturday – Sunday: 10:00am – 11:30am and 5:30pm – 7:00pm
- Open Daily 8:00 AM - 8:00 PM
- Located on bus route #4.
- Walk-in available to Clay (MN) and Cass (ND) residents. No SO.

Ruby's Pantry

Address: 4000 28th St. S. Moorhead, MN, 56560

Website: www.rubyspantry.org/location/92

Email & Phone: N/A
Information:

- Pop up pantry on the 3rd Thursday of the Month
- Registration begins at 5:30PM
- Food bundles available 5:30 PM - 7:00 PM
- Costs \$25.00 and is available monthly.

Seed of Hope

Address: 14 Center Ave E Dilworth MN (PO Box 212)

Website: www.destiny-outreach.org

Email & Phone: N/A

Information:

- Tuesday from 6pm-8pm

Cass County, North Dakota (Fargo Food Pantry)

Bethlehem Lutheran Church Food Pantry

Address: 613 16th St. S. Fargo, ND 58103-2548

Website: <http://blcfargo.org/> Email: office@blcfargo.org or sonjal@blcfargo.org

Phone: (701)-235-6522

Information:

- Small food pantry with non-perishable items.
- No eligibility restrictions
- Open Monday - Thursday 9:00 AM - 4: 00 PM
Friday 9:00 AM- 1:00 PM
- *Occasionally has small gift cards for food or gas (depending on donations)*

Emergency Food Pantry

Address: 1101 4th Ave. N. Fargo, ND, 58102-4303

Website: www.emergencyfoodpantry.com/ Email: contact@emergencyfoodpantry.com

Phone: (701)-237-9337

Information:

- Available once every 2 months
- Serves Cass/Clay counties and surrounding areas.
- ID required for first time.
- Hours Monday - Thursday 10:00 AM - 11:30 AM
Monday Tuesday, Thursday, Friday 1:30 PM - 3:30 PM

- Offers toilet paper, soap and other items upon request and depending on availability.
- Daily items available depending on supply.
- Special consideration given to those with dietary restrictions.

Faith United Methodist Church Food Pantry

Address: 909 19th Ave. N., Fargo, ND 58102-2262

Website: www.fargofaithumc.org/

Email: n/a

Phone: (701)-232-6844

Information:

- Distribution 2nd and 4th Friday of the Month 1:30 PM - 3:00 PM
- Bring ID

Olivet Lutheran Food Pantry

Address: 1330 University Drive S. Fargo ND 58103

Website: www.olivet.org/resources/

Email: foodpantry@olivet.org

Phone: (701)-235-6603

Information:

- Food Pantry Available on the 1st and 3rd Monday of the Month

Peace Lutheran Church

Address: 1011 12 Ave N, Fargo ND

Website: www.fargopeace.org/

Email: peacelutheran@fargopeace.org

Phone: (701) 232-7166

Information:

- Available Monthly
- Tuesday from 10am – 12pm

The Arbors at McCormick Park

Address: 618 23rd St. S. Fargo, ND 58103

Website: N/A/

Email: arbors@arnoldgrounds.com

Phone: (701)-293-6014

Information:

- Food Pantry Items Available as Needed
- Tuesday 3:30 PM - 5:00 PM

Tri-City Haitian Ministries Food Pantry

Address: 1419 17th St. S. Fargo, ND 58103
Website: <https://tchmfargo.com/> Email: N/A
Phone: (701)-200-7168
Information:

- Food Pantry Available Weekly on Monday from 4:00 PM - 6:00 PM
- Food box delivery available

West Fargo Eats

Address: 1402 16th St. E. West Fargo, ND 58078 (Lutheran Church of the Cross)
Website: www.lcc-wf.com/west-fargo-eats/ Email: N/A
Phone: (701)-532-0394
Information:

- Available for pick up on Tuesdays and must call ahead to pick up.
- Appointment required for in person shopping.
- Available once a month (not counting pop ups)
- Schedule is subject to change visit website to stay up to date on days pantry is offered.

Meal Sites

Clay County, MN (Moorhead)

Micah's Mission (Churches United)

Address: 1901 1st Ave N. Moorhead, MN 56560-2307
Website: www.churches-united.org/ Email: info@churches-united.org
Phone: (218)-656-7495
Information:

- Community meals served daily in dining room (Enter through Door 1 of Shelter)
 - Mon-Fri: Lunch: 12:00 PM – 1:30 PM
Dinner: 5:30 PM – 7:00 PM
 - Sat – Sun: Brunch: 10:00 AM – 11:30 AM
- Sack lunches from 8:00 pm to 9:00am
- No SO.

Cass County, ND (Fargo)

Blessed Sacrament Catholic Church (West Fargo)

Address: 210 5th Ave. W. West Fargo, ND, 58078-1747
Website: <https://www.bscwf.org/contact/> Email: info@bscwf.org
Phone: (701)-282-3321
Information:

- Free meal served on the 2nd and 4th Thursday of the Month at 5:30 PM - 6:30 PM (come early for coffee and fellowship time)
- Thanksgiving Dinner Every Year 11am – 2pm
- Free will offering without obligation.

Fargo First United Methodist Church

Address: 906 1st Ave. S. Fargo ND 58103-1702

Website: <http://firstumcfargo.org/> Email: firstumc@firstumcfargo.org

Phone: (701)-232-4416

Information:

- Meals Offered on Wednesdays from 5pm – 6pm
- Includes brief message and prayer.

Heart-N-Soul Community Cafe

Address: 1610 12th Ave. S. Fargo, ND 58103-3026

Website: <http://heartnsoulcafe.com/> Email: heartsoulcc@gmail.com

Phone: (701)-866-5394

Information:

- **Pop up** cafe that serves various locations. See website for current details and meal sites.
- Serves locally grown fresh food.
- Operates under a pay-what-you-can model.

New Life Center

Address: 1902 3rd Ave. N. Fargo ND 58104-4124

Website: <http://fargonlc.org/> Email: connect@fargonlc.org

Phone: (701)-235-4453

Information:

- Sack lunches available daily from 12p – 1pm and 5pm – 6pm

Salvation Army

Address: 304 Roberts St. N. Fargo, ND 58102-4717

Website: <http://centralusa.salvationarmy.org/northern/Fargo-Moorhead>

Email: abe.tamayo@usc.salvationarmy.org

Phone: (701)-232-5565

Information:

- Hot meals are provided to community members in need.

- Breakfast Monday - Friday 8:00 AM - 9:00 AM
Lunch Monday-Friday 11:30 AM - 12:30 PM
Weekend Meal Sunday 5:00 PM - 6:00 PM
- Walk-in service. No restrictions.
- Has some food items to take depending on availability.

Rent and Utility Assistance

Clay County, MN (Moorhead)

Arc Minnesota West Central Region

Address: 810 4th Ave S #134 Moorhead, MN 56560

Website: <https://arcminnesota.org/regions/west-central/>

Email: info@arcminnesota.org

Phone: (952)-920-0855

Information:

- Hours Monday through Friday 8:30 AM – 4:30 PM
- MN resident with a serious mental illness receiving inpatient or residential mental health care or SUD treatment for 90 days or less.
- Qualifying applicants may receive deposit and moving assistance
- Applicant household must be low to moderate income
- Online application can be found at <https://bit.ly/ArcCrisisHousing>

Clay County Social Services

Address: 715 11th St N. Suite 102 Moorhead, MN 56560-2094

Website: <http://claycountymn.gov/207/Financial-Assistance-Services>

Email: social.services@co.clay.mn.us

Phone: (800)-757-3880 (Toll Free) (218)-299-5200

Information:

- Eviction Notices for Permanent Housing, Disconnect Notices for Utilities, Emergency Assistance, Emergency General Assistance, Emergency Minnesota Supplemental Aid
- Hours: Monday - Friday 8:00 AM - 4:30 PM
- Must meet eligibility criteria, live in service area, and fill out a formal application.

First Link (CARES APP)

Address: 4342 15th Ave S. Suite 201A Fargo, ND 58103

Website: <https://myfirstlink.org/> Email: N/A

Phone: (701)-293-6462 (Business) (701)-235-7335 (Crisis Line/Cares APP)

Information:

- Cares Application for housing prevention related crisis
- Deposit assistance prioritized by need and vulnerability
- Referrals, Resource recommendations, Crisis intervention
- Centralized Resource for community directories to help locate assistance with services related to food, housing, utilities, etc.
- Serves Cass and Clay

West Central Minnesota Community Action

Address : 715 11th St. N. Suite 100 Moorhead, MN 56560

Website: <https://wcmca.org/>

Email: eap@wcmca.org ; office@wcmca.org

Phone: (218)-685-4486 (Energy) (800)-492-4805 (Toll Free) (218)-299-7846 (Main)

Information:

- Energy Assistance available for energy bills, water bills, utility disconnections, fuel delivery, repairs
- Assists income eligible households with bill payments, crisis, and furnace repair/replacement

Cass County, ND (Fargo)

Blessed Sacrament Catholic Church

Address: 210 5th Ave W west Fargo ND, 58078-1747

Website: <http://bscwf.org/>

Email: julie@bscwf.org info@bscwf.org

Phone: (701)-282-3321

Information:

- Provides help on a case-by-case basis depending on available funds.
- Assists with utilities and rent.
- Only available to parish members and individuals residing in the parish boundaries. Parish boundaries are all residents north of 13th Ave in West Fargo between the Fairgrounds and Interstate 29.
- Hours Sept - May: Monday - Friday 8:00 AM - 12:00 PM & 1:00PM - 5:00 PM
Memorial Day - Labor Day: Monday - Thursday 8:00 AM -12:00 PM & 1:00 PM - 5:00 PM
- Contact via phone to set up an interview. Bring printed documentation for assistance needed (past due bills, invoices, etc.)

Cass County Human Service Zone

Address: 1010 2nd Ave S. Fargo, ND 58103-8226

Website: <http://www.casscountynd.gov/our-county/human-services/economic-assistance>

Email: N/A

Phone: (866) 614-6005 (Toll Free)

Information:

- Childcare Assistance, Crossroads, General Assistance, LIHEAP, Medical assistance, Medicaid, Supplemental Nutrition Assistance Program (SNAP), and Temporary Assistance to Needy Families (TANF)
- Low Income Home Energy Assistance Program (LIHEAP)
- Mat Bus Route 14,15 &18 Bus stop shelter 241.
- Must live in a service area and meet income guidelines.
- Hours: Monday - Friday 8:00 AM - 5:00 PM

First Link (CARES APP)

Address: 4342 15th Ave S. Suite 201A Fargo, ND 58103

Website: <https://myfirstlink.org/>

Phone: (701)-293-6462 (Business) (701)-235-7335 (Crisis Line/Cares APP)

Information:

- Cares Application for housing prevention related crisis
- Deposit assistance prioritized by need and vulnerability.
- Referrals, Resource recommendations, Crisis intervention
- Centralized Resource for community directories to help locate assistance with services related to food, housing, utilities, etc.
- Serves Cass and Clay

Holy Spirit Catholic Church Financial Assistance

Address: 1420 7th St. N Fargo, ND 58102-2606

Website: <http://holyspiritfargo.com/>

Email: info@holyspiritfargo.com

Phone: (701)-232-5900

Information:

- Applicants MUST be parishioners of Holy Spirit Catholic Church or live within parish boundaries; Parish boundaries are all residents north of 12th Ave N in Fargo between the Red River and Interstate 29.
- Up to \$200 MAY be provided twice a year with a 4 month break between assistance
- Hours: Monday : 1:00 PM -5:00 PM
 Tuesday : 9: 0 AM - 4:00 PM
 Wednesday: 8: 00 AM - 6:30 PM
 Thursday: 9:00 AM - 4:00 PM
 Friday: 8:00 AM - 12: 00 PM
- MAY provide rental, mortgage, utility, homeowners insurance, automobile insurance, bus passes, and other payments.

Homeless Health Services

[Cass County, ND \(Fargo\)](#)

Downtown Engagement Center (DEC)

Address: 222 4th St. N, Fargo ND 58102

Website: none

Email: none

Phone: 701-551-2449

Information:

- Showers, Lockers for storage, and laundry services
- Operated 24/7
- Access to services provided by local agencies: Housing, Health Care, Harm Reduction Services, Meeting Rooms, Meaningful Activities
- Brain Injury Supports
- Care Coordination
- Family Planning
- Access to Southeast Human Services
- Sweet Medicine (indigenous healing)

Family Health Care

Address: 222 4th St. N, Fargo ND 58102

Website: www.famhealthcare.org/our-services/homeless-care/

Email: none

Phone: 701-551-2449

Information:

- Walk in – no appointment needed Mon-Fri 8am – 12pm
- Provide healthcare that addresses chronic disease and wellness.
- Addresses barriers to patients finding access to care.
- Provide case management, outreach, and access to mental health and substance abuse programs.

Dental Health

Clay County, MN (Moorhead)

Family Health Care Dental

Address: 715 N. 11th Street, Suite 106B

Website: www.famhealthcare.org/our-services/dental-services/

Email: none

Phone: 701-271-3344

Information:

- Comprehensive dental exams and cleanings
- Fluoride treatments and sealants
- X-rays
- Cavity fillings and extractions
- Emergency/Walk-in dental care (8am – 12pm)

- Denture Care
- Bridges
- Restorative Care
- Open 7am – 5pm Monday – Friday

Cass County, ND (Fargo)

Family Health Care Dental

Address: 301 NP Ave

Website: www.famhealthcare.org/our-services/dental-services/

Email: none

Phone: 701-271-3344

Information:

- Comprehensive dental exams and cleanings
- Fluoride treatments and sealants
- X-rays
- Cavity fillings and extractions
- Emergency/Walk-in dental care (8am – 12pm)
- Denture Care
- Bridges
- Restorative Care
- Open 7am – 5pm Monday – Friday

Harm Reduction and Substance Use

Clay County, MN (Moorhead)

Lost and Found Recovery Center

Address: 111 7th St. South, Moorhead MN 56560

Website: www.lostandfoundrecoverycenter.org

Email: info@lostandfoundrecoverycenter.onmicrosoft.com

Phone: 701-271-3344

Information:

- Peer Recovery Specialist (by appointment only)
- Community Connect (ND referral for Free Through Recovery)
- Chemical Use Evals, provided by a third-party L.A.D.C
- Naloxone Access Point, including fentanyl testing strips and Naloxone free to the public.
- Community Resource Navigation for food, housing, employment, and recovery
- Wellness Library
- Support meeting.

The Lotus Center

Address: 1404 8th St. S. #3

Website: www.thelotuscenterinc.org

Email: lotus.center.inc@gmail.com

Phone: 218.284.1800

Information:

- Outpatient Services for adults 18 years or older, MN and ND welcome
- Recovery Enhancement Group (REG)
- Chemical Use Assessments
- Housing Support Services for clients
- Peer Support Services
- Naloxone Access Point for individuals and communities

Cass County, ND (Fargo)

Community Medical Services

Address: 901 28th St S. Suite C

Website: www.communitymedicalservices.org

Email:

Phone: 701-404-1100

Information:

- Medication Assistant Treatment of Opioid Use
- Counseling Services
- Peer support

Harm Reduction Center

Address: 510 5th St. N, Fargo ND 58102

Website: www.fargond.gov/

Email: none

Phone: 701-298-6982

Information:

- Provides education and outreach services.
- Syringe Services Program (SSP)
- Overdose prevention training (Narcan and Naloxone)
- Rapid testing for HIV & Hep C
- Referrals to area services
- Hours: M & Th 4pm – 8pm
 - Tu & Wed 1pm – 5pm
 - Fri 8am -12pm
 - Closed Sat & Sun

Ideal Options

Address: 3345 39th St. S. Suite 2

Website: <https://www.idealoption.com/>

Email:

Phone: 1-877-522-1275

Information:

- Provides Medication assisted treatment for opioids, alcohol and other addictions.
- Office based treatment (Outpatient)
- Offers Financial assistance to help pay for medication.

Ridge

Address: 121 N University Drive

Website: ridgend.org/mental-health

Email:

Phone: 701-478-5808

Information

- Recovery Groups/Support Groups
- Intensive Outpatient Treatment
- Relapse Prevention
- Dialectical Behavior Therapy (DBT)
- Women's group
- Domestic Violence Class
- DUI Seminars
- Re Entry Services

Mental Health

Clay County, MN (Moorhead)

Community Outreach Center

Address: Lommen Hall 113 1213 6th Ave S. Moorhead, MN 56563

Website: <https://www.mnstate.edu/academics/graduate/counseling/counseling-services/>

Email: counseling@mnstate.edu

Phone: (218)-477-2513

Information:

- FREE Counseling services for children, adolescents, adults and families in the Fargo-Moorhead Community
- Afternoon and Evening Hours Available. Schedule Appointment in Advance

- Services are provided to those who are uninsured, underinsured, or who have no mental health insurance coverage
- Counselors meet with clients for 6-12 sessions for 50 minutes each week.

Creative Care for Reaching Independence

Address: 2903 15th St S. Moorhead, MN 56560

Website: <https://ccrimoorhead.org/> Email: N/A

Phone: 218-236-6730

Information:

- Mental Health Services available for those diagnosed with a Serious Mental Illness or Serious and Persistent Mental Illness
- Adult Rehabilitative Mental Health Services, Individual Psychotherapy, Diagnostic Assessment, Aftercare, and Referrals available.
- Complete online referral form to begin process

Lakeland Mental Health

Address: 1010 32nd Ave S. Moorhead, MN 56560-5001

Website: <https://www.lmhc.org/moorhead/> Email: N/A

Phone: (218)-233-7524 (Main Line) (800) 223-4512 (Crisis Line)

Information:

- Serves community, homes, and schools in Clay County to provide services to adults, children, and families.
- Emergency mental health services are available during business hours
- Offers Therapy, Psychiatric Evaluation, Medication Management, Case Management, Community Support Programs (Adults), Adult Rehabilitative Mental Health Services (ARMHS), Day Treatment (Children), Children's Therapeutic Services and Supports (CTSS), Mental Health Screening of Youth, and Emergency Crisis Services
- Hours: Monday - Friday 8:00 AM - 5:00 PM
- Evening Appointments Available by Request

Nystrom & Associates

Address: 2405 8th St. South, Suite 200

Website: <https://www.nystromcounseling.com/our-locations/minnesota> Email: N/A

Phone: (218) 382-1232

Information:

- Hours: Mon- Thursday 7:00 am – 7:00 pm
Friday 7:00 am – 5:00pm
Saturday & Sunday: Closed
- Adult Rehabilitative Mental Health Services (ARMHS)
- Counseling & Therapy
- Dialectical Behavior Therapy (DBT)

- Medication Management
- Marriage and Couples Counseling
- Child and Family Therapy

Solutions

Address: 1547 30th Ave. S. Moorhead, MN 56560

Website: <http://www.solutionsinpractice.org/> Email: N/A

Phone: (218)-287-4338

Information:

- Hours: Monday 8:00 AM - 6:00 PM
Tuesday 8:00 AM - 8:00 PM
Wednesday 8:00 AM - 5:00 PM
Thursday 8:00 AM - 7:00 PM
Friday 8:00 AM - 4:30 PM
- Additional hours by appointment only. Closed on weekends.
- Serves adults and children
- Psychiatrists, Psychologists, and Therapists offer a wide range of mental health services including testing and evaluation
- Community Based Services: Rehabilitative Mental Health Services, Mental Health Case Management, Behavioral Intervention, Independent Living Services, and Residential Services
- Fee for services, most insurance accepted, sliding scale for income eligible. Necessary services will not be denied based upon inability to pay.

Summit Guidance

Address: 1132 28th Ave S. Suite 102 Moorhead, MN 56560

Website: <https://summit-guidance.com/> Email: moorhead@summit-guidance.com

Phone: (218)-227-5376

Information:

- Services include outpatient clinics, community based support, rehabilitative programs, hospital liaison, intensive family services, and long term supports.
- Clinic services available to anyone, and include psychotherapy, counseling, medication management, training, consultation, and workshops.
- In-Home services available to anyone, and include assessments, therapy, skill building, behavior analysis, family consultation, case coordination, education, and training
- Specialize in severe and persistent mental illnesses.

Cass County, ND (Fargo)

Midwest Mental Health

Address: 1122 1st Ave N

Website: <https://www.ridgend.org/walk-in-clinic> Email: N/A

Phone: 218-477-1353

Information

- Hours Mon- Thursday 9:00 am – 1:00 pm

Prairie St. Johns

Address: 510 4th St. S. Fargo, ND 58103

Website: <https://prairie-stjohns.com/> Email: N/A

Phone: (701)-476-7200 (Local) (877)-333-9565 (Toll Free)

Information:

- Provides inpatient and partial hospitalization for children and adolescents
- Provides acute inpatient, partial hospitalization (outpatient day program), and intensive outpatient services for adults
- Therapy, psychiatry, counseling, nursing, education, and discharge planning available.
- Staffed 24/7

Solutions

Address: 1635 43rd St. S. Suite 105 Fargo, ND 58103

Website: <http://www.solutionsinpractice.org/> Email: N/A

Phone: (701)-412-2973

Information:

- Hours: Monday 8:00 AM - 8:00 PM
Tuesday 8:00 AM - 5:00 PM
Wednesday 8:00 AM - 5:00 PM
Thursday 8:00 AM - 5:00 PM
Friday 8:00 AM - 4:00 PM
- Additional hours by appointment only. Closed on weekends.
- Serves adults and children
- Psychiatrists, Psychologists, and Therapists offer a wide range of mental health services including testing and evaluation
- Community Based Services: Rehabilitative Mental Health Services, Mental Health Case Management, Behavioral Intervention, Independent Living Services, and Residential Services
- Fee for services, most insurance accepted, sliding scale for income eligible. Necessary services will not be denied based upon inability to pay.

Southeast Human Services

Address: 2624 9th Ave S. Fargo, ND 58103-2350

Website: <https://www.hhs.nd.gov/southeast-human-service-center-region-v>

Email: N/A

Phone: (701)-298-4500 (Main) (701)-298-4459 (VRH) (888)-342-4900 (Toll Free)
Information:

- Hours: Monday - Friday 8:00 AM - 5:00 PM
- Mental Health & Psychological Services
- Walk in behavioral health assessments available. No Appointment Needed.

Youth works (13-21)

Address: 1330 18th Ave. S. Fargo, ND 58103

Website: www.youthworksnd.org/fargo/

Email: cbjerk@youthworksnd.org

Phone: 701-232-8558

Information:

- Open Tuesday and Thursday 3:00pm – 5:00pm
- No appointment needed!
- Counseling & confidential services

Valley Hope Counseling (Fraser)

Address: 2902 University Dr. S. Fargo, ND 58103

Website: <https://fraserltd.org/services/valley-hope-counseling/>

Email: fraser@fraserltd.org

Phone: (701)-232-3301

Information:

- Variety of counseling services available from licensed clinical social workers, licensed master of social work, and licensed marriage and family therapists
- Serves adults, children, and families

Legal Aid & Advocacy

Clay County, MN (Moorhead)

Legal Service of Northwest Minnesota

Address: 1015 7th Ave N. Moorhead, MN 56561

Website: <https://lsnmlaw.org/>

Email: N/A

Phone: 1-(877)-696-6529 (housing) 1-(800)-450-8585 (all other

Information:

- Provides free legal help and advice for civil legal aid to households at or below 125% of the Federal Poverty Guideline
- Hours: Monday - Friday 8:00 AM - 4:30 PM (Winter) Offices close at 3:00 PM and on Fridays during the summer
- Client applications taken via phone Monday - Wednesday 9:00 AM - 5:00 PM
Thursday-Friday 9:00 AM - 4:00 PM

- Take consumer, education, employment, family, housing protective orders, public assistance, and senior issue cases

Cass County, ND (Fargo)

Freedom Resource Center

Address: 2701 9th Ave S. Suite H. Fargo, ND 58103

Website: www.freedomrc.org Email: freedom@freedomrc.org

Phone: (701)-478-0459 ; (800)-450-0459 (toll free)

Information:

- Free services for increasing independence of people of any age with any type of disability.
- Hours: Monday - Friday 8:00 AM - 5:00 PM

High Plains Fair Housing Center

Address: 405 Bruce Ave #101 Grand Forks, ND 58102

Website: <https://www.highplainsfhc.org/> Email: highplainsfairhousing@gmail.com

Phone: (701)-203-1077 (Intake) 1-(866) 380-2738 (Toll free)

Information:

- Assists people who believe they have experienced discrimination while attempting to rent or purchase housing
- Fair housing rights information, resources
- Can help with requesting reasonable accommodations

Legal Services of ND

Address: 112 N University Suite 220 PO Box 1327 Fargo, ND 58107

Website: <http://www.legalassist.org> Email: N/A

Phone: 1-(800)-634-5263 (Under 60) 1-(866)-621-9886 (60+)

Information:

- Under 60 line hours: Monday, Tuesday, Thursday 9:00 AM - 3:00 PM
- Over 60 line hours: Monday - Thursday 8:00 AM - 5:00 PM & Friday 8:00 AM - 2:00PM
- Provide legal advice, education, and representation to low-income and disadvantaged elderly North Dakotans in civil law areas
- Accepts applications for assistance via phone
- Legal resources on website

Migrant Legal Services

Address: 112 N University Suite 220 PO Box 1327 Fargo, ND 58107
St Paul Office: Southern Minnesota 700 Minnesota Building St Paul, MN 55101

Website: <http://www.legalassist.org> Email: N/A

Phone: (651)-291-2837 ; 1(800)-652-9733 (Clients Only)

Information

- Provide free legal services to migrant farmworkers in MN and ND
- Farmworker must not exceed 125% of the Federal Poverty Guideline
- Handle Cases with crewleader problems, wage claims food stamps, pesticide issues, security deposits, civil rights & discrimination, contract disputes, immigration, landlord/tenant issues, immigration and others
- Makes referrals for criminal charges, personal injury cases, family law, and workers' compensation migrant legal services

Rape and Abuse Crisis Center

Address: 317 8th St. N Fargo, ND 58102

Website: <https://www.raccfm.com/> Email: N/A

Phone: (800)-344-7273 (24Hr Crisis Line) ; (701)-293-7273

Information:

- Provides crisis intervention, counseling services, community education, service coordination, and advocacy services
- Rainbow Bridges Parenting Time Center for transfer or visitation with children without contact between parental parties
- For persons affected by abuse

Social Security Administration

Address: 657 2nd Ave N #320 Fargo ND 58102

Website: <https://ssofficelocation.com/offices/north-dakota/fargo/fargo-social-security-office-58102/>

Email: N/A

Phone: (877)-335-4114

Information:

- Hours: Monday - Friday 9:00 AM - 4:00 PM
- Request replacements and changes to social security card, review social security statements, estimate retirement benefits, apply for social security, supplemental security, social security disability insurance, and survivor benefits. Apply for Medicare or get a replacement Medicare care.
- Most applications can be made online.
- Check which documents are needed before attending appointments.
- Serves Fargo and Moorhead

Clothing

Clay County, MN (Moorhead)

Cass County, ND (Fargo)

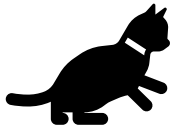
Open Doors 65

Address: 307 Main Ave. Suite A Email: N/A

Phone: 701-799-7550

Information

- Hours: Monday, Wednesday, Friday 12:00 pm – 2:30 pm
- Faith Based free thrift store
- Provides clothing, shoes, household items, and linens



Resources for Pet Owners



Pet Food

[Cass County, ND \(Fargo\)](#)

Minn Kota PAAWS

Address: 1517 32nd Ave S, Fargo ND

Phone: 701-356-0523

Hours: Monday - Thursday, 9 am - 5:00 pm

- One Food Distribution per month per household.
- Clients are required to fill out a short form the first time they come to the pantry.

[Clay County, MN \(Moorhead\)](#)

Financial Assistance for Veterinary Care- Grants

Minnesota Humane Society- Online Application

<https://www.mnhumane.org/vet-expense/>

- Covers Injury and Illness
- Must be a Minnesota Resident
- Animals must reside with the individual applying
- All pets over 6 months of age must be spayed/neutered
- Income Requirements
- Household Size Requirements
- Animals must not be used for breeding purposes.
- Grant Recipients will be responsible for 25% of the bill.
- Household cannot apply if they have received \$1000 or more within the 6-month grant period.

Onyx and Breezy Foundation- Online Application

<https://www.onyxandbreezy.org/grant-application.html>

- Food
- Medication
- Supplies
- Medical Hardship

The Pet Fund – Online or by Phone

<http://www.thepetfund.com/>

Phone: 916.503.0550

- Must have had the pet for 6+ months
- Non-basic (Vaccines/Spay or Neuter), Non-Urgent Care (Emergency Vet)

Red Rover- Online Application

<https://redrover.org/relief/urgent-care-grants/urgent-care-pre-application/>

- You must be seeking assistance for one animal with a life-threatening injury or illness that requires urgent and specific treatment.
- There must be a current diagnosis and treatment plan from a veterinarian. Red Rover cannot pay for office exams or testing.
- Treatment must have a good or favorable outcome.
- Household income cannot exceed \$60,000 per year
- Both the applicant and the animal must live in the United States.
- If a grant is awarded, the grant recipient must be willing to provide updates and photos to Red Rover. Pictures may be shared with our supporters in print and online. Upon request, we are happy to change identifying information.
- Average grant award is \$250.

Live Like Roo Foundation- Online Application

(<https://www.livelikeroo.org/>)

- Provides Financial Assistance for pets completing cancer treatments
- Requires proof of cancer diagnosis and treatment.
- Dogs and Cats

Bow-Wow Buddies Foundation- Online Application

<https://www.bowwowbuddies.com/faqs/>

- Broken Limb Repair

- Amputation
- Intestinal Blockage
- Cancer
- Life altering Procedures
- Dogs Only

Paws for a Cure- Online Application

<https://www.paws4acure.org/askforhelp.php>

- Cancer Treatments
- Must provide diagnosis and proof of financial hardship
- Dogs and Cats

Spay and Neuter/ Basic Care

Cass County, ND (Fargo)

Minn Kota PAAWS- Spay It Forward

<https://minnkotapaaws.org/spay%2Fneuter-grants>

Address: 1517 32nd Ave. S. Fargo, ND

Phone: [701-356-0523](tel:701-356-0523)

- You will hear back regarding the status of your application within a week of application submission.
- Applications will be reviewed as they come in and funded as grant monies are available.
- Paper copies of this application are available.
- Vaccinations for people barred from shelters due to having unvaccinated animals. Please contact amy@minnkotapaaws.org Wednesdays and Thursdays.

Minnesota- Mobile Clinic

MNSNAP- Minnesota Spay and Neuter Assistance Program

Phone: (612) 720-8236

Email: info@mnsnap.org

[https://mnsnap.org/personal-pets/#:~:text=MN%20SNAP%20provides%20high%2Dquality,for%20their%20pet\(s\).](https://mnsnap.org/personal-pets/#:~:text=MN%20SNAP%20provides%20high%2Dquality,for%20their%20pet(s).)

- Must be 18 years of Age
- Income Qualifications: Automatically Qualify if you receive SNAP, SSI, WIC, Minnesota Medical Assistance (Medicaid, PMAP, MinnesotaCare)
- If you do not receive the above assistance, you must earn less than \$47,600 as an individual or less than \$68,000 as a family.

- Services:

SURGERY

- Cat Neuter = **\$100**
- Cat Spay = **\$120**
- Dog Spay or Neuter (29.9 lbs. & under) = **\$160**
- Dog Spay or Neuter (30 to 49.9 lbs.) = **\$180**
- Dog Spay or Neuter (50 lbs. & over) = **\$200**

VACCINATIONS & OTHER SERVICES (FOR SURGERY PATIENTS ONLY)

- Rabies (for pets over 3 months old) = **\$15**
- PRC (panleukopenia/rhinotracheitis/calicivirus combo for cats) = **\$15**
- DHPP (distemper/hepatitis/parainfluenza/parvovirus combo for dogs) = **\$15**
- Topical flea/ear mite/tick treatment = **\$20**
- Injectable tapeworm medication = **\$10**
- Oral roundworm/hookworm medication = **\$5**
- Cardboard cat carrier = **\$5**
- E-collar = **\$5**
- Microchip including registration = **\$20**

Local Pet Shelters

Homeward Animal Shelter

Address: 1201 28th Avenue North Fargo, ND

Phone: **701.239.0077**

Email: info@homewardonline.org

<https://www.homewardonline.org/resources/community-pet-resources.html>

- Shelters Dogs, Cats and Small Animals (rabbits, ferrets etc.)
- Resource Page

Cats Cradle

Address: 9 ninth St. S. Fargo, ND

Phone: 701-356-7877

<https://catscradleshelter.org/>

- Cat Shelter
- Resource Page

4 Luv of Dog

Address: 1523 23rd ST. S. Moorhead, MN

Phone: [\(701\) 205-0190](tel:(701)205-0190)

<https://www.4luvofdog.org/>

- Dog Rescue
- Resource Page