

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

Instacart

- Download app on phone or visit website ([instacart.com](https://www.instacart.com))
- Available stores: Cub Foods, Sam's Club, Target, Aldi, CVS Pharmacy, Whole Foods Co-op, The Vitamin Shoppe, Petco
- Delivery fee applies

Food Distribution

Damiano Center Community Kitchen

- Free to-go meals distributed in west parking lot, available to all
 - Breakfast daily 8:30-9:30am
 - Lunch Mon, Wed, Fri-Sun 11:30am-1pm
 - Dinner Fri-Sun 5-6pm
- Call 218-722-8708 or visit damianocenter.org/programs for more information

CHUM Emergency Food Shelf

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

Duluth Harbor Mission

- Hot meals available Mon, Tues, Thurs, Fri 10am-2pm.
- Other basic needs available during these hours: winter gear, baby essentials, hygiene kits, sleeping gear, etc.
- Call 218-481-7400 for more information

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

Food Distribution Continued

Fruit of the Vine Food Shelf

- Drive thru only; households can come once a month to receive a pre-packed grocery box
- Open Tuesdays from 6-8pm and Saturdays from 9:30-11:30am
- Call 218-525-3462 or visit duluthvineyard.org/ministries/fruit-of-the-vine/

Salvation Army

- Free weekday hot lunch served Monday-Friday from 11am-12:30pm
- Food pantry with free groceries available to all MN residents
 - Mondays and Thursdays from 1:30-4pm

Second Harvest Northern Lakes Food Bank

- Fresh produce, meat, dairy, baked goods, etc. available; open every Tuesday from 10-1:30pm
- Call 218-727-5623 or visit northernlakesfoodbank.org

Miscellaneous

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 ecolibrum3.org/covid-19-food-resources.

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 uimn.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

Duluth

Housing

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, visit aicho.org or call 2-1-1 to schedule an appointment.

Mental Health Support

Duluth Counseling Center

- Telehealth, telephone, and video counseling therapy appointments available
- Offers couples, family & grief counseling, parenting support, stress management, and more
- Call 218-249-0595 or visit duluthcounselingcenter.com

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 25
- Outpatient programs available for all ages, substance use disorder program for ages 12-18
- 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

Birch Tree Crisis Line

- 24 hour crisis phone line for mental health support, information, and problem solving: 218-623-1800 or text HELP to 741 741

Mental Health Support Cont.

Lake Superior Community Health Center

- Offers treatment for anxiety, depression, grief, loss, trauma-informed care, stress management, and more
- Telehealth and in-person appointments available
- Financial assistance available 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 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

Financial Resources

AEOA Energy Assistance Program

- Financial assistance available for energy costs and heating bills
- Funding also available for crisis situations and repairs
- Program runs from Oct. 1 - May 31st; apply early as funds may run out
- Visit aeoa.org/en/energy-assistance-program or call 218-735-6839 or 1-844-568-0149 to apply

Community Action Duluth

- MNsure & SNAP Assistance: Provides step-by-step assistance in the application process for both MNsure and SNAP
 - Schedule an appointment by emailing mail@communityactionduluth.org or by calling 218-726-1665
- Free Tax Site: Offers IRS certified volunteers to do taxes for individuals earning less than \$57,000/year
 - Both virtual and hybrid in-person services offered
 - Email zayla@communityactionduluth.org or call 218-726-1665 ext. 225 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 or over the phone at 888-577-2227

Duluth

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
- Can provide information on at-home COVID testing accommodations, where to obtain PPE, and general questions regarding basic needs
- Visit lcfvl.org/cccpprogram to apply for a device loan; call 218-461-8968 for more information

Food Resources

Grocery Delivery

Walmart

- Same day grocery delivery available every day from 8am-8pm
- Visit walmart.com/grocery or call 715-308-6024

Instacart

- Download app on phone or visit website (instacart.com)
- Only available in some areas of Superior; available stores include Aldi, Cub Foods, CVS Pharmacy, Whole Foods Co-Op, The Vitamin Shoppe, and Petco
- Delivery fee applies

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
- Fees waived until January

Duluth Transit Authority

- Still running as an essential service, fares have resumed

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: 218-215-2750 available Monday-Friday from 9am-5pm, or email covidresources@aicho.org to request COVID Resources

Superior

Grocery Delivery Continued

Meals on Wheels - Douglas Co.

- Delivers meals for individuals 60 years of age or older that are homebound
- Available Monday-Friday, 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

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

Superior

Food Resources Cont.

Food Distribution

Salvation Army Basic Needs Pantry

- Weekdays from 1-3pm for food and hygienic 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

Northwest WI Community Services Agency

- Food pantry: Provides households with 3-5 days of food
 - Located at main office location, Tuesday-Thursday from 1-3:30pm
- Solid Rock Soup Kitchen: Lunch and dinner provided to the public at 12pm and 5pm Monday-Friday; 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 from 4:00 pm to 6:30 pm
- Sunday meals temporarily unavailable due to COVID
- Call 715-394-9608 for more information

Miscellaneous

Superior School District

- Free breakfast and lunch for all children 18 and under
- Curbside pick up available Monday, Tuesday & Thursday 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/uiiben

Job Search Assistance

- Reach out to Workforce Resource in Superior at 1-855-792-5439
- Information and resources available here: workforceresource.org

Housing

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: SHA has 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; individuals pay 30% of income for housing and utilities while SHA pays the difference
- 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

Duluth Transit Authority

- Still running as an essential service, fairs have resumed

Superior

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 humandevlopmentcenter.org.

Lake Superior Community Health Center

- Offer treatment for anxiety, depression, grief, loss, trauma-informed care, stress management, and more
- Telehealth and in-person appointments available
- 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 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

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

Financial Resources

Wisconsin Home Energy Plus Program

- Provides financial assistance for heating and electricity, and energy crisis situations
- To apply, visit homeenergyplus.wi.gov or call 715-395-1651 for more information

Northwest Wisconsin Community Services Agency

- Tax Assistance Program: Offers free preparation of state and federal tax returns for households making less than \$64,000/year
- Free store: Donated clothing and household items available for free 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 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 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

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 for more information

For more resources that span all of Douglas County, please visit douglascountywi.org/1124/COVID-19-Updates

You can also dial 2-1-1 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 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 Food Distribution

- Volunteers needed for food distribution events
- Activities may include loading vehicles with boxes of food, directing traffic, collecting data, and more
- Social distancing and masks required; ages 17+
- Visit aeoa.org or call 218-749-2912 for more information and how to sign up

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

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/

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

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.