

FOOD

Cloquet Salvation Army 879-1693
 Moose Lake Food Shelf 218-382-0058
 TriCommunity Food Shelf 426-4067
 Ruby's Pantry Cloquet 879-3380
 Midwest Area 651-674-0009
 CHUM Drop In Center 720-6521
 Damiano Center 722-8708
 Outreach Center (Cloquet) 879-0303
 Union Gospel Missions 722-1196
 WIC Carlton County 879-4511
 WIC Fond du Lac 878-2147
 MN Food Helpline 888-711-1151
 FDL Food Distribution 218-878-7505
 Meals on Wheels 218-879-5870
 Second Harvest Northern Lakes .. 218-727-5653

CLINICS & HEALTH INFORMATION

Raiter Clinic (Cloquet) 879-1271
 CMH Family Clinic (Cloquet) 878-7626
 Gateway Family Health Clinic (ML) 485-4491
 Gateway Family Health (Sandstone)..... 320-245-2250
 Cromwell Medical Clinic 644-3811
 Min No Aya Win Clinic 879-1227
 Essentia Health 786-8364
 St. Luke's Clinics 249-5555
 Lake Superior Health (Duluth) 722-1497
 Lake Superior Life Care Center 715-394-4102
 Duluth Family Practice 723-1112
 Northland OB/GYN 722-5629
 St. Luke's Pediatrics 249-7870
 La Leche League (Breastfeeding) .. 612-922-4996
 Center for American Indian Resources (CAIR)
 726-1370
 LSS Health & Wellness 733-1383
 Children's Dental Services 866-543-6009
 Med Express - Duluth 722-4989
 Med Express - Cloquet 878-7903

MENTAL HEALTH

Carlton County Human Services 879-4583
 Mobile Crisis Line/Birch Tree 218-623-1800
 Human Development Center (Cloquet) ... 879-4559
 Fond du Lac Mental Health 879-1227
 Counseling Center 878-9352
 Melissa Anderson (Moose Lake) 485-4445
 Awakening Growth (Cloquet) 878-9445
 Crisis Line 800-634-8775
 Outreach Center (Cloquet) 879-0303
 Nystrom & Associates 722-4379
 Essentia Health / Miller Dwan 727-8762
 St. Luke's Mental Health Service 249-7000
 Suicide Prevention 800-273-8255
 Suicide Prevention Txt4Life text MN to 741741

LEGAL

Legal Aid Service of NE MN 855-204-1697
 Carlton County Courthouse 384-4281
 Duluth Courthouse, Information 726-2000
 Volunteer Lawyers Network 612-752-6677
 Volunteer Attorney Program 723-4005
 Self-Help Attorney Program 726-2611
 Indian Legal Assistance Program 727-2881
 Lutheran Social Services 218-302-6837
 Public Defender Office 733-1027

INFORMATION/REFERRAL & TRANSPORTATION

United Way 211 or 800-543-7709
 Volunteer Services of Carlton County .. 879-9238
 Arrowhead Transit 800-862-0175
 Fond du Lac Transit 878-7500
 Northern Access 218-728-5464

FAMILY PLANNING

Family Planning Special Project
 Carlton County 879-3990
 Planned Parenthood Duluth Clinic 722-0833
 Northland Family Programs 786-2378
 Lake Superior Life Center 727-3399
 Women's Health Center 727-3352
 Birthright-Duluth 723-1801
 Minnesota Asap Minnesota Adopt 525-0664
 Cloquet 879-6897 or 879-1527
 Duluth 723-8052 or 529-2222
 Carlton County PH & HS 879-4511

EMERGENCIES

Police, Ambulance, Fire 911
 Carlton County Sheriff Office 384-3843
 St Louis County Sheriff Office 726-2340
 Cloquet Police Dept 879-1247
 Moose Lake Police Dept 485-8404
 Thomson Township CCSO 879-9719
 Fond du Lac Police Dept 878-8040
 Aid to Victims of Sexual Assault 726-1931
 Family Justice Center for Abuse 623-1000
 Safe Haven Shelter 728-6481
 WINDOWS (Victim Services) 499-8088
 National Domestic Abuse Line
 800-799-SAFE(7233)
 MN Statewide Hotline for Abuse ... 866-223-1111
 FDL Domestic Abuse/Sexual Assault/
 General Crime 879-1227
 FDL Crisis Line 218-348-1817
 Crisis Call Center/Suicide Prevention... 800-273-8255
 Suicide Prevention Txt4Life text MN to 741741
 Poison Control Center 800-222-1222

HOSPITALS

Community Memorial
 Hospital-Cloquet 879-4641
 Mercy Hospital-Moose Lake 485-4481
 St Luke's Hospital-Duluth 249-5555
 Essentia St Mary's-Duluth 786-4000
 Essentia Miller Dwan-Duluth 727-8762
 Polinsky Medical Rehab Center 786-5360

JOBS

MN Workforce Center 878-5000
 Outreach Center 879-0303
 AEOA 749-2912 or 800-662-5711
 SOAR Career Solutions 722-3126
 CHUM Employment Services 720-6521
 Workforce Development (Duluth) 730-5241
 Human Development Center
 Employment Connection Program 879-4559

CLOTHING

Damiano Center 722-8708 or 727-1834
 Goodwill-Cloquet 879-1944
 Goodwill-Duluth 722-6351 or 522-4461
 Salvation Army Thrift Store-Cloquet 879-5447
 Salvation Army-Duluth 722-7723 or 722-7934
 Red Cross 384-4898 or 722-0071
 Sonshine Closet 218-485-5758
 Moose Lake Covenant 218-485-4122
 Clothing Depot, Hwy 73N, R-Tech Insulation Bldg
 Cromwell, MN

HEALTH AND HUMAN SERVICES

Carlton County Public Health &
 Human Services 879-4511 or 800-642-9082
 Fond du Lac Human Services 879-1227
 St Louis County Public Health &
 Human Services 725-5210 or 800-450-9777
 Southern Carlton County Services 485-8520
 MN Adult Abuse Reporting Center
 (MAARC) 844-880-1574
 CTC (Child & Teen Check Ups) 879-4511

CHEMICAL DEPENDENCY/TREATMENT

Cloquet Alano Club 879-9884
 The Haven-Cloquet 879-5545
 Liberalis-Carlton, MN 384-4106
 Pioneer Recovery Center 879-6844
 Phoenix Treatment Center 879-1223
 MashKaWisen Treatment Center 879-6731
 Human Development Center-Cloquet 879-4559
 Carlton County PHS Assessment
 & Information 879-4511
 MinNoAyaWin Human Services Center
 879-1227
 Miller-Dwan Chemical Dependency Services ...
 786-1356
 Alcoholic Anonymous Twin Ports Area Intergroup
 727-8117
 Center for Alcohol and Drug Treatment and Gamblers
 Intervention Services 723-8444
 MN Adult and Teen Challenge-Duluth... 529-3733
 MN Problem Gambling Help Line .. 800-333-HOPE
 Carlton County Veterans Service 499-6838
 FDI. Veterans Affairs Office 878-2670

HOUSING

Cloquet Public Housing Authority
 and Carlton County Housing List 879-3353
 Bridges Rental Assistance 879-3353 ex 12
 Lakes and Pines Housing Assistance 320-679-1800
 CHUM Drop In Center-Duluth 726-0153
 Carlton Youth Shelter 879-1527
 Bethany Youth Crisis Shelter 626-2726
 Salvation Army 879-1693
 Fond du Lac Housing Division 879-8050
 Fond du Lac Veterans Housing 878-8055
 Lifehouse-Duluth 722-7431
 Loaves & Fishes-Duluth 724-2054
 Dorothy Day House 724-2054
 Olive Branch 728-0629
 AICHO-Duluth 722-7225
 MN Assistance Council for Veterans 722-8763
 Union Gospel Mission 722-1196
 Street Outreach Team 24/7
 (homeless and living on the street) 218-461-8505
 Lake Venoh Board & Lodge Men Only ... 384-3548
 Anderson Pines Board & Lodge Men Only
 218-453-5554
 Dabinoog'an Shelter 218-720-2247



CARLTON COUNTY RESOURCE GUIDE