



Educate. Empower. Embrace.

Resource Guide for Refugees and Mentors

Provided by:

Global Friends Coalition

Grand Forks, North Dakota

Email: info@gfcoalition.org

www.gfcoalition.org

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Refugee and Immigrant Organizations

Refugee Resettlement Agencies

Global Friends Coalition; an affiliate of Church World Service

1815 Demers Avenue
Grand Forks, ND 58201
Phone number: 701-746-8233
Website: <http://www.gfcoalition.org/>

Lutheran Immigration and Refugee Service - North Dakota (LIRS)

3310 Fiechtner Drive
Suite 100
Fargo, ND 58103
Phone number: 701-409-3750
Website: <https://www.lirs.org/north-dakota>

Immigrant Service Organizations

Global Friends Coalition

1815 Demers Avenue
Grand Forks, ND 58201
Phone number: 701-746-8233
Website: www.gfcoalition.org

New Hope for Immigrants

1622 Central Ave. NW
East Grand Forks, ND 58203
Website: <https://www.newhopeforimmigrants.org/>

United African Community

1407 24th Ave S, Ste C,
Grand Forks, ND 58201
Phone number: 701-739-8258
Go to Facebook

Liberian Community

3101 S. 17th St.
Grand Forks, ND 58201
Phone number: 701-746-4755

Clothing and Furnishings

Arc Thrift Store

2500 Demers Ave.

Phone number: 701-772-3855

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

Hours: *Monday - Friday: 10:00 - 5:30*

Saturday: 9:00 - 5:00

- Does not accept vouchers
- Merchandise changes daily

Dakota Boys Ranch Thrift Store

2017 Demers Avenue

Grand Forks, ND 58201

Phone number: 701-775-7805

Main website: <https://www.dakotaranch.org/thrift-stores/>

Store location link: <https://www.dakotaranch.org/thrift-stores/locations/>

Store Hours: *Monday - Saturday: 9:00am - 7:00pm*

Sunday: 12:00pm - 5:00 pm

Donation Hours: *Monday - Saturday: 10:00am - 5:00pm (or until the store's donation quarantine space if full)*

- Accepts clothing vouchers
- Needs to be qualified to receive vouchers by Social Worker.

Easter Seals Goodwill Thrift Store

3651 South Washington Street

Grand Forks, ND 58201

Phone number: 701-787-8201

Main website: <https://www.esgwnd.org/>

Location-specific link: <https://www.esgwnd.org/storelocationsandhours>

Store Hours: *Monday - Saturday: 9:00am - 6:00pm*

Sunday: 12:00pm - 5:00pm

Donation Hours: *Monday - Saturday: 9:00am - 4:00pm*

Sunday: No Donations

- Large selection of clothing and accessories

Grand Forks Herald Online

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

- “Classifieds” Link: <https://www.grandforksherald.com/classifieds>
 - o Lists garage sales online under “Classifieds”

Once Upon A Child

2791 32nd Ave. S.

Grand Forks, ND 58201

Phone number: 701-775-1055

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

Hours: *Monday - Saturday: 10:00am - 6:00pm*

Sunday: 12:00 - 5:00

- Buys and sells gently used children’s toys, clothes, furniture, and equipment

Plato’s Closet

2500 S. Columbia Road Suite F

Grand Forks, ND

Phone number: 701-757-3100

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

Hours: *Monday - Saturday: 10:00am - 9:00pm*

Sunday: 12:00pm - 6:00pm

- Offers name-brand men’s and women’s clothing for teens and twenty-year-olds. Will buy gently used clothing and accessories from customers for all seasons.

Second Impressions Thrift Store

1502 Central Avenue NE

East Grand Forks, MN 56721

Phone number: 701-317-2901

Website: <https://www.facebook.com/secondimpressionsthriftstore/>

Hours: *Tuesday - Saturday: 10:00am - 5:00pm*

Monday and Sunday: Closed

- Nice, affordable selection of clothing and household items

St. Joseph's Social Care and Thrift Store

620 8th Ave. S.

Grand Forks, ND 58201

Phone number: 701-795-8614

Website: <https://www.stjosephsocialcaregf.org/>

Hours: *Monday-Friday: 11:00am - 6:00pm*

Saturday: 10:00am-5:00pm

Sunday: Closed

Donation Hours:

Mon-Sat: 9:30am-4:30pm

- Vouchers for clothing, household items, and furniture
- Make an appointment

The Salvation Army Smart Shop

3401 S 31st Street

Grand Forks, ND 58201

Phone number: 701-775-7255

Website: <https://centralusa.salvationarmy.org/northern/GrandForks/family-store/>

Hours: *Monday - Saturday: 10:00am - 6:00pm*

Donation Hours:

Tuesday-Friday: 11:00am - 4:30pm

Saturday: 10:00am - 2:30pm

- Vouchers for clothing, furniture, and household items may be obtained at 1600 University Avenue
- Needs to be qualified to receive vouchers by Social Worker (Call Salvation Army Main Office 701-775-2597 to find out if you qualify).

Food Pantries and Food Resources

All are limited to one time per organization per month unless noted

Updated August 2024

Hope Community Care Center & Pantry



- <https://www.gfcarecenter.org/what-we-offer.html>
- 1726 S. Washington St., Grand Forks, ND 58201 (on the north side of the Grand Cities Mall, facing 17th Ave.)
 - 701-757-3480
- *By appointment only*
 - Call 701-757-3480 for appointment *Monday 10:00 am - 12:00 pm or Tuesday 1:30 pm - 4:00 pm*
- *Registration required*
 - *Bring photo ID and proof of address (bill, bank statement, etc.)*
- *Can shop or pickup prepared boxes - personal care items available*
- Shopping/pickup:
 - Wednesday: 10:00 am - 12:00 pm
 - Thursday: 5:00 pm - 6:30 pm

Salvation Army



- <https://centralusa.salvationarmy.org/northern/GrandForks/cure-hunger/>
- 1600 University Ave., Grand Forks, ND 58203
- 701-775-2597
- *Walk-in only*
- *Registration required*
 - *Bring photo ID and proof of address (bill, bank statement, etc.)*
- *Select food off the shelves*
- Pickup:
 - Monday through Thursday: 9:00 - 11:15 am & 1:00 - 2:15 pm

St. Joseph's Social Care & Food Pantry



- <https://www.stjosephsocialcaregf.org/get-help.php>
- 620 8th Ave. S, Grand Forks, ND 58201 (use door #3)
 - 701-864-0108
- *By appointment only*
 - Call 701-864-0108 between 10 AM – 12 PM on the day you are able to pick up
- *Registration required*
 - *Bring photo ID and proof of address (bill, bank statement, etc.)*
- *Prepared boxes - personal care items available*
- Pickup:
 - Tuesday, Wednesday, Thursday: 2:00pm
- *Food Baskets*
 - Available if you call them and will need to do an interview the second time
- *Free Summer Lunch Program*
 - June to mid-August, children (18 or younger) may come every day to receive free lunches
 - Must eat on site
 - Link includes map of park sites in Grand Forks and East Grand Forks (Under "Free Summer Lunch Program")
 - <https://www.stjosephsocialcaregf.org/programs.php>



Northlands Rescue Mission

- <https://www.northlandsrescuemission.org/foodhelp#fightpoverty>
- 420 Division Ave., Grand Forks, ND 58201 (use door #2, under the green awning, for pickup)
 - 701-772-6600 ext. 207—you do not need to call ahead
- *Bring photo ID or any paperwork that shows who you are*
- Pickup:
 - Pick up your food box between 10:00 am and 4:00 pm Mondays, Tuesdays, Thursdays and Fridays. On Wednesdays, you may pick up between 10:00am and 7:00pm.
 - Go to door #2 (with the green awning) and ring the doorbell. Please bring a photo ID when you arrive to pick up your box
- Community meals are also available for pickup each day. Lunch is at 12:00 pm and dinner is at 5:00 pm.
 - Ring the doorbell at door #1 to request a pickup - no call needed and no limit on usage



Red River Valley Community Action (Grand Forks Food Pantry)

- <https://rrvca.com/what-we-do/nutrition-programs.html>
- Food box location: 1013 N 5th St, Grand Forks, ND 58201
- Office location: 4212 Gateway Dr., Grand Forks, ND 58203
- 701-746-5431
- *By appointment only*
 - *Call 701-746-5431 on Monday before 4:00pm*
- *Registration required*
 - *Bring photo ID and proof of address (bill, bank statement, etc.)*
- *Prepared boxes*
- Pickup:
 - Tuesdays 8:30 am - 4:00 pm and Wednesdays 8:30 - 11:30 am, by appointment only
 - Enter through the alley at 1013 N 5th St.
 - Not available to EGF residents

EAST GRAND FORKS, MINNESOTA



East Grand Forks Food Shelf

- <https://www.facebook.com/profile.php?id=100064811283645>
- 1715 3rd Ave NW East Grand Forks, MN 56721
- 218-773-8083
- *MUST BE A MINNESOTA RESIDENT*
 - *Call 218-773-8083 to set up a pickup day and time*
- *Registration required*
 - *Bring photo ID and proof of address (bill, bank statement, etc.)*
- *Boxes are prepared for you; you're allowed to say what you want/don't want*
- Must wait 30 days in between each pickup



New Americans Integration Center

- <https://new-americans-integration-center.org>
- 1401 Central Ave. NW, Suite #1, East Grand Forks, MN 56721
- 218-693-9727

No appointment necessary

No registration required

Prepared boxes - all food is halal

Ethnic Stores

Al Amin Grocery & Halal Meats

1440 South Washington St.

Grand Forks, ND 58201

Phone number: 701-757-0737

Hours: *Monday - Sunday: 9:00am - 10:30 p.m.*

FM International Market

205 N Washington St.

Grand Forks, ND 58203

Phone Number: 701-772-0937

Hours: *Monday - Sunday: 9:00am - 5:30pm*

Safari Market/Restaurant

1305 Stanford Road

Grand Forks, ND, 58203

Phone number: 701-757-4056

Hours:

- Market: *Monday - Sunday: 9:00am - 8:00pm*
- Restaurant: *Monday-Sunday: 9:00am-8:00pm*

Toucan International Market

Grand Cities Mall

1826 South Washington Street #62

Grand Forks, ND 58201

Phone number: 701-775-4692

Hours: *Monday - Friday: 10:30am - 7:00pm*

Saturday: 10:30am - 6:00pm

Sunday: Closed

Education

-Preschool Enrollment-

Grand Forks Head Start Center

3600 6th Ave. N.

Grand Forks, ND 58203 Attn: Enrollment

Phone number: 701-746-2433

Website: <https://www.gfschools.org/headstart>

- Primarily low-income-based acceptance (Federal Income-Quality Guidelines here: <https://www.gfschools.org/domain/1360>)
- Apply early (long waiting list)
- 3 and 4-year-olds are eligible
- No Transportation available
- Bring copy of immunization records, copy of I-94/birth certificate, social security card, and proof of income
 - Copy of W-2's or 1040 tax form
 - If your family receives SSI, TANF, child support, unemployment, grants or scholarships, please provide the documentation
- How to apply:
 - Applications can be picked up at 3600 6th Ave North, Grand Forks, ND (door #3, located on the south side of the building)
 - Submit online application: click tab on right side of page: <https://www.gfschools.org/domain/1360>
 - Download (<https://www.gfschools.org/domain/1360>) and print application to complete and bring to office

-K-12 School Enrollment-

Magnet Elementary Schools for English Language Learners:

Grand Forks Public Schools Registration Information (applies to Century Elementary School, Winship Elementary School):

Website: <https://nd02203034.schoolwires.net/site/Default.aspx?PageID=7866>

- Additional information to provide (in addition to forms on website):
 - Primary and Secondary Proof of Residence
 - Copy of Certificate of Immunization Records
 - Copy of State Certified Birth Certificate/I94
 - Record of Release
 - Parent/Guardian identification and signature on all forms

Century Elementary School

3351 17th Ave. S.

Grand Forks, ND 58201

Phone number: 701-746-2440

Website: <https://www.gfschools.org/century>

- To enroll children in K-12 public schools, bring I-94/birth certificate, proof of residence, immunization records, and any documents/transcripts from previous school
- Bring food stamps case number for applying for free/reduced school meals
- See Grand Forks Public Schools Registration Information for more enrollment information

Winship Elementary School

1412 5th Ave. N.

Grand Forks, ND 58203

Phone number: 701-746-2325

Website: <https://www.gfschools.org/winship>

- To enroll children in K-12 public schools, bring I-94/birth certificate, proof of residence, immunization records, and any documents/transcripts from previous school
- Bring food stamps case number for applying for free/reduced school meals
- See Grand Forks Public Schools Registration Information for more enrollment information

Magnet Middle School for English Language Learners:

Grand Forks Public Schools Registration Information (applies to South Middle School):

Website: <https://nd02203034.schoolwires.net/site/Default.aspx?PageID=7866>

- Additional information to provide (in addition to forms on website):
 - Primary and Secondary Proof of Residence
 - Copy of Certificate of Immunization Records
 - Copy of State Certified Birth Certificate/I94
 - Record of Release
 - Parent/Guardian identification and signature on all forms

South Middle School

1999 47th Ave. S.

Grand Forks, ND 58201

Phone number: 701-746-2345

Website: <https://www.gfschools.org/south>

- To enroll children in K-12 public schools, bring I-94/birth certificate, proof of residence, immunization records, and any documents/transcripts from previous school
- Bring food stamps case number for applying for free/reduced school meals
- See Grand Forks Public Schools Registration Information for more enrollment information

Magnet High School for English Language Learners:

Grand Forks Public Schools Registration Information (applies to Red River High School):

Website: <https://nd02203034.schoolwires.net/site/Default.aspx?PageID=7866>

- Additional information to provide (in addition to forms on website):
 - Primary and Secondary Proof of Residence
 - Copy of Certificate of Immunization Records
 - Copy of State Certified Birth Certificate/I94
 - Record of Release
 - Parent/Guardian identification and signature on all forms

Red River High School

2211 17th Ave. S.

Grand Forks, ND 58201

Phone number: 701-746-2400

Website: <https://www.gfschools.org/redriver>

- To enroll children in K-12 public schools, bring I-94/birth certificate, proof of residence, immunization records, and any documents/transcripts from previous school
- Bring food stamps case number for applying for free/reduced school meals
- See Grand Forks Public Schools Registration Information for more enrollment information

Grand Forks Central High School

115 N. 4th Street

Grand Forks, ND 58203

Phone number: 701-746-2375

Website: <https://www.gfschools.org/GFC>

- To enroll children in K-12 public schools, bring I-94/birth certificate, proof of residence, immunization records, and any documents/transcripts from previous school
- Bring food stamps case number for applying for free/reduced school meals
- See Grand Forks Public Schools Registration Information for more enrollment information

-Adult English Language Learning-

Community High School - Adult Learning Center – “Stanford Center”

500 Stanford Road

Grand Forks, ND 58203

Phone number: 701-795-2777

Website: <https://www.gfschools.org/community>

- Adult Learning Center
 - ELL classes (701-795-2767)
 - Register online <https://sites.google.com/mygfschools.org/gfadultelprogram/register-for-classes?authuser=0>
 - GED (For more information, call 701-795-2777)
- Adult Transitions Program
 - Post-high school instruction for adult students
 - Call main office: 701-795-2777

Global Friends Coalition

1815 Demers Avenue

Grand Forks, ND, 58201

Phone number: 701-746-8233

Website: <http://www.gfcoalition.org/>

- Global Friends offers various classes here (Contact Global Friends (info@gfcoalition.org) for more information on classes offered and class times)

Adult Basic Education at Northland Community & Technical College

2022 Central Ave. NE, Room 560

East Grand Forks, MN 56721

Phone number: 218-793-2800 (Northland College Admissions)

Website links:

- <http://www.northlandcollege.edu/support-services/academic-success-center/english-as-second-language-esl/>
- <https://www.nw-service.k12.mn.us/Page/436>

Email Admin Assistant (Chrysti Nielsen, Room 551): cnielsen@nwservice.org

- Phone number: 218-793-2380

Hours: *Monday-Thursday: 9:00am - 4:30pm*

- New student registration by appointment
- Courses offered: GED, ESL, U.S. Citizenship, College Prep, Family Literacy, Life skills (Computer basics, Intro to the internet, Budgeting), Basic Skills Enhancement (Reading, writing, Math, spelling), Citizenship/Civics Education and Driver's License

New American Integration Center

Al-Huda Islamic Center

1401 Central Ave NW

East Grand Forks, MN 56721

Phone number: 218-399-0229

Website: <https://prayersconnect.com/mosques/18797-al-huda-islamic-center-east-grand-forks-minnesota/show>

- Job application help, English language classes, citizenship classes

New Hope for Immigrants

1622 Central Ave NE

East Grand Forks, MN 56721

Phone number: 218-399-0229

Website: <https://www.newhopeforimmigrants.org/>

- English language classes, advocacy

-Employment Training Programs-

Job Service of North Dakota

1501 28th Ave. South

Grand Forks, ND 58201

Phone number: 701-795-3700

Hours: *Monday - Friday: 8:00am - 5:00pm*

Website: <http://www.jobsnd.com/>

<https://www.jobsnd.com/job-seeker/office-locations/grand-forks>

-Scholarships-

Northland Community & Technical College

Apply for *all* scholarships through one link:

<http://nctcfoundation.com/>

- Beware of early deadlines (e.g., November deadline for spring scholarships, June deadline for fall scholarships)
- Foundation scholarships: <https://nctcfoundation.com/scholarships/>
- Workforce Development Scholarships: <https://nctcfoundation.com/scholarships/workforce-scholarships/>
- Early Recruitment Scholarship Application: <https://nctcfoundation.com/early-recruitment-scholarship-application/>

University of North Dakota

Website: <https://und.academicworks.com/>

- “Cultural Diversity Tuition Scholarship” - See above website for eligibility criteria
- “Ralph Engelstad Underrepresented Scholarship” for first-generation college and/or low-income students
- Beware of early deadlines (e.g., November deadline for Spring scholarships)
- General application due early March, applies to over 800 scholarships with one application

Childhood Development, Aid, and Services

Early Head Start/Head Start (2 Locations:)

Grand Cities Mall Suite #10

1726 S. Washington St.

Grand Forks, ND 58201

*Directions: Next door to Play It Again Sports and Rumors (Enter through the exterior entrance by Play It Again Sports; do not enter through interior mall entrance, as that entrance is locked)

Hours: *Monday - Friday: 7:00am - 5:30pm*

Early Head Start Program Hours: *Monday - Friday: 8:30am - 3:00pm* (wrap around care available for some cost from 7:00am - 5:30pm *Monday - Friday*)

School for the Blind

500 Stanford Rd.

Grand Forks, ND 58203

Hours: *Monday - Friday: 7:00am - 5:30pm*

Early Head Start Program Hours: *Monday - Friday: 8:30am - 3:00pm* (wrap around care available for some cost from 7:00am - 5:00pm *Monday - Friday*)

Phone numbers:

- 701-788-4868 (Mayville Main Office; call this number for questions about registering)
- 701-696-9061 (Grand Cities Mall Site; do not call to register, only call once your child is enrolled at this site)
- 701-369-4467 (Grand Forks Stanford Rd. Site; do not call to register, only call once your child is enrolled at this site)

Link to enroll: <https://mayvillestate.edu/community/child-care/enrollment-program/>

Grand Forks specific link: <https://mayvillestate.edu/community/child-care/sites/grand-forks-center/>

Services:

- Services provided by Mayville State University.
- Serves 88 individuals, including 2-4 pregnant women.
- Children in the program are 6 weeks - 5 years old.
- Provide in-home support to mothers (2 home visits; 2 parent-teacher conferences) and prenatal mothers (one visit/month until baby is born & a few more visits after the baby is born)
- The waiting list is based on need but still apply!

North Dakota Child Care Resource and Referral

412 Demers Avenue

Grand Forks, ND 58201

Phone numbers:

- 701-787-7755 (Grand Forks Site)
- 1-800-997-8515 (Staff Directory)

Website: <http://www.ndchildcare.org/>

Email: Referral@ndchildcare.org

Location Link: <https://ndchildcare.org/about/location-services.html>

- Free service that can help you search for licensed child care in North Dakota.
- Search online or contact them.

Right Track

In Developmental Disabilities Regional Offices

151 South 4th Street Suite 401

Grand Forks, ND 58201

Phone number: 701-795-3000

Website: <https://www.hhs.nd.gov/early-childhood-services/early-intervention>

Brochure link: <https://www.hhs.nd.gov/sites/www/files/documents/DHS%20Legacy/right-track-broch.pdf>

Phone number: 701-795-3000

Email: dhsds@nd.gov

- All income levels are eligible.
- Available for children up to age three.
- Consultants provide up to 6 visits per year.

- Can meet in the privacy of your own home and can provide: developmental screenings, information on development for your child, managing behaviors, and information/referrals to local, state, and national organizations.

Safe Kids Grand Forks

Safe Kids Grand Forks

607 Demers Ave.

East Grand Forks, MN 56721

(3 blocks east of Cabela's and across the street from the domed city building)

Phone number: 701-780-1489

Email: safekids@altru.org

Website: www.safekidsgf.com

- Safety information on many topics.
- Car seats provided at cost
- Offer car seat checks at Rydell's on the 2nd Thursday of every month, 4-7 p.m.
- Offers helmets at a reduced cost.

Speech, Language & Hearing Clinic

501 N Columbia Rd

Grand Forks, ND 58203

UND campus

Phone number: 701-777-3232

Hours: *Monday-Thursday: 8am-5pm*

Friday-Sunday: Closed

- \$5 (although no one is denied for inability to pay)
- Evaluations include: language delay/disorders, stuttering, voice disorders, cleft palate, autism, hearing impairment, amongst others.

Health

Altru Free Kids Vitamin Program

Fill out form below:

<https://www.altru.org/documents/menu-links/children-vitamin-program.pdf>

Health Tracks

North Dakota's Early and Periodic Screening, Diagnosis, and Treatment (EPSDT) Program

Phone number: 701-787-8100

Website: <https://www.nd.gov/dhs/services/medicalserv/health-tracks/>

- Offers free health screenings for newborns to 21-year-olds who qualify for Medicaid in ND.
- May cover the following:
 - Physical Exams
 - Hearing and Vision Checks
 - Glasses and Hearing Aids
 - Vaccines and Labs
 - Dental care, braces, fluoride varnish
 - Health Education
 - Behavioral Health Screenings
 - Growth and Development Checks
 - Nutrition Counseling
 - Other Health Services

Third Street Clinic

360 Division Ave, Suite 101

Grand Forks, ND 58201

Phone number for questions or appointments: 701-772-1263

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

Email: help4you@thirdstreetclinic.org

Hours: *Monday - Friday: 9:00am - 4:00pm*

- For low-income, uninsured patients who are not eligible for any medical assistance elsewhere.
- Provides: Health Care (access to a physician), Emergency Dental Care, Vision Care, and Prescription Assistance.
- No need to make an appointment; fill out an application to verify eligibility at clinic:
<https://thirdstreetclinic.org/what-we-do/program-application.html>
- Bring proof of residence and verification of income (valid driver's license & social security card, verification of household income in last two salary statements/pay stubs, latest income tax forms, proof of residency, documentation if you are not working).

-Immunizations-

Grand Forks Public Health

151 South 4th Street, Suite N301

Grand Forks, ND 58201

Phone number: 701-787-8100

Website: <https://www.grandforksgov.com/government/city-departments/public-health>

Email: gfhealth@grandforksgov.com

Office hours: *Monday - Friday: 8:00am - 5:00pm (currently suspended until further notice)*

Immunizations: *Tuesdays, Thursdays, Fridays: By appointment (currently suspended until further notice)*

- Call ahead to make an appointment for immunizations (shots)

-Health Clinics-

Altru Clinic – Family Medicine Center

1380 South Columbia Road

Grand Forks, ND 58201

Clinic number: 701-795-2000

Pharmacy number: 701-795-2020

Clinic Website:

<https://www.altru.org/find-a-location/location-profile/altru-family-medicine-center/?searchId=2db63ee6-f081-e711-b4e7-2c768a4e1b84&sort=11&page=2&pageSize=10>

Pharmacy Website: <https://www.altru.org/services/pharmacy/family-medicine-center/>

Hours:

- Clinic
Monday - Friday: 8:00am - 5:00pm
- Pharmacy:
Monday - Friday: 7:30am - 6:00pm
Saturday: 8:30am - 11:00am
 - *Closed Sundays and holidays*

Altru Clinic - East Grand Forks

607 Demers Ave

East Grand Forks, MN 56721

Phone number: 218-773-0357

Website: <https://www.altru.org/find-a-location/location-profile/altru-clinic-east-grand-forks/>

Hours: *Monday - Friday: 8:00am - 5:00pm*

Lab Hours: *Monday - Friday: 8:00am - 5:00pm*

Aurora Medical Park

1451 44th Ave. S B-1

Grand Forks, ND 58201

Phone number: 701-732-2000

Grand Forks Altru Family Medicine Residency

725 Hamline Street

Grand Forks, ND 58203

Clinic number: 701-780-6800

Pharmacy number: 701-780-6870

Clinic Website: <https://www.altru.org/services/altru-residency/>

Pharmacy Website: <https://www.altru.org/services/pharmacy/altru-family-medicine-residency/>

Hours:

- Altru Family Medicine Residency:
Monday - Friday: 8:00am - 5:00pm
- Altru Family Medicine Residency Pharmacy: *Monday - Friday: 8:30am - 5:00pm*
 - *Closed 12:30pm - 1:30pm for lunch*
 - *Closed weekends and holidays*

MyAlly Health

Previously called Valley Health

4700 South Washington Street, Suite C

Grand Forks, ND 58201

Phone number: 701-757-2559

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

Hours: *Monday - Thursday: 8:00am - 5:00pm*

Friday: 8:00am - 12:30pm

Saturday - Sunday: Closed

- Focus is on reproductive health and family planning
- Sliding scales fee
- *MyAlly Health is unable to assess, and treat the Coronavirus Disease 2019 (COVID-19). If you are experiencing symptoms which can include a fever, cough or shortness of breath please contact the Altru Health 24/7 Coronavirus Screening Hotline: 701-780-6358*
 - Additional information about COVID-19: <https://myallyhealth.org/covid-19/>

Sanford Health Clinic

929 Central Ave. NW

East Grand Forks, MN 56721

Phone number: 218-773-6800

Website: <https://www.sanfordhealth.org/>
Hours: *Monday - Friday: 8:00am - 5:00pm*

Spectra Health Clinic

Formerly "Valley Community Health Center"
Grand Forks Medical
212 South 4th Street, Suite 301
Grand Forks, ND 58201
Phone number: 701-757-2100
Website: <https://spectrahealth.org/>
Hours: *Monday-Friday: 7:00am - 5:00pm*

Third Street Clinic

360 Division Ave, Suite 101
Grand Forks, ND 58201
Questions or Appointments: 701-772-1263
Website: <https://thirdstreetclinic.org/>
Email: help4you@thirdstreetclinic.org
Hours: *Monday - Friday: 9:00am - 4:00pm*

- For low-income, uninsured patients who are not eligible for any medical assistance elsewhere.
- Provides: Health Care (access to a physician), Emergency Dental Care, Vision Care, and Prescription Assistance.
- No need to make an appointment; fill out an application to verify eligibility at clinic: <https://thirdstreetclinic.org/whatwedo>
- Bring proof of residence and verification of income (valid driver's license & social security card, verification of household income in last two salary statements/pay stubs, latest income tax forms, proof of residency, documentation if you are not working).

-Pharmacies-

CVS Pharmacy

1950 32nd Avenue South
Grand Forks, ND 58201
Phone number: 701-746-8643
Main Website: <https://www.cvs.com/pharmacy/v2/#/pharmacy>
Location Link: <https://www.cvs.com/grandforks>
Pharmacy Hours:
Monday - Saturday: 9:00am - 7:00pm
**Closed from 1:30pm-2:00pm for break*
Sunday: 10:00am - 6:00pm
**Closed from 1:30pm - 2:00pm for break*

Thrifty White Drug

2475 32nd Avenue S.
Grand Forks, ND 58201
Phone number: 701-775-4209
Website: <https://www.thriftywhite.com/store/2475-32nd-avenue-s-grand-forks-nd>
Hours: *Monday - Friday: 9:00am - 8:00pm*
Saturday: 9:00am - 5:00pm
Sunday: 12:00pm - 4:00pm

Thrifty White Pharmacy

1395 C South Columbia Road
Grand Forks, ND 58201
Phone number: 701-746-1800
Hours: *Monday - Friday: 9:00am - 7:00pm*
Saturday: 9:00am - 1:30pm
Sunday: Closed
Website: <https://www.thriftywhite.com/store/1395-c-south-columbia-road-grand-forks-nd>

Wall's Health Mart Pharmacy

4400 South Washington St.

Grand Forks, ND 58201

Phone number: 701-732-2900

Website: <http://www.wallsrx.com/>

Hours: *Monday - Thursday: 8:30am - 6:30pm*

Friday: 8:30am - 6:00pm

Wall's LTC Pharmacy

1322 8th Ave. S.

Grand Forks, ND 58201

Phone number: 701-738-0804

Website: <http://www.wallsrx.com/>

Hours: *Monday - Friday: 9:00am - 6:00pm*

Wall's Medicine Center

708 South Washington St.

Grand Forks, ND 58201

Phone number: 701-746-0497

Website: <http://www.wallsrx.com/>

Hours: *Monday - Friday: 7:30am - 6:00pm*

Saturday: 9:00am - 2:00pm

-Emergency and Urgent Care-**Altru Emergency Room**

1200 South Columbia Road

Grand Forks, ND 58201

Phone number: 701-780-5000

If you are experiencing an emergency, call 911

Website: <https://www.altru.org/>

Altru Express Care (4 Locations)

Website: <https://www.altru.org/services/express-care/>

Altru Clinic in East Grand Forks

607 Demers Avenue

East Grand Forks, MN 56721

Phone number: 218-773-0357

Hours: *Monday - Friday: 8:00am - 5:00pm*

Altru Professional Center

4440 S Washington St.

Main Entrance Door #13

Grand Forks, ND 58201

Phone number: 701-732-7600

Hours: *Monday - Friday: 8:00am - 5:00pm*

Altru Family Medicine Residency

725 Hamline Str.

Grand Forks, ND 58203

Phone number: 701-780-6800

Hours: *Monday-Friday 8:00am-5:00pm*

Pediatric Express Clinic at Altru Family Medicine Center

1380 S. Columbia Rd.

Grand Forks, ND 58201

Phone number: 701-795-2000

Hours: *Monday - Friday: 8:00am - 5:00pm*

Aurora Urgent Care

2650 32nd Ave S.
Grand Forks, ND 58201
Phone number: 701-732-2710

-Mental Health-**Altru 860 Columbia**

860 South Columbia Road
Grand Forks, ND 58201
Phone number: 701-780-5000
Hours: *Monday - Friday: 8:00am - 5:00pm*
Website: <https://www.altru.org/services/behavioral-health-clinic/>

Mountainbrooke Recovery Center

112 N. 3rd Street
Grand Forks, ND 58201
Phone number: 701-746-4530
Hours:
Monday: 8:00am-3:00pm
Tuesday: 8:00am-4:00pm
Wednesday: 8:00am-12:00pm/ 5:00pm-7:00pm
Friday: 8:00am-3:00pm
Saturday: 10:00am-2:00pm

Website: <https://www.mhand.org/recovery-centers/grand-forks/>

- Provides mental health recovery services by offering an environment where members can share a meal, participate in leisure activities, and receive support in a social setting

North Dakota Department of Human Services – Northeast Human Service Center

151 South 4th Street, Suite 401
Grand Forks, ND 58201
Phone number: 701-795-3000
Website: <http://www.nd.gov/dhs/locations/regionalhsc/northeast/index.html>
Email: dhsnehsc@nd.gov

Open Access Walk-in Behavioral Health Assessments Hours: *Monday - Friday: 8:00am - 5:00pm*

- Mental health and chemical dependency services
- Sliding scale available; no one will be denied services if they cannot pay
- No appointment necessary on *Monday, Tuesday and Thursday from 8:15am - 10:30 a.m.*

Northern Prairie Community Clinic

Columbia Hall, Room 1300
University of North Dakota
501 North Columbia Road Stop 7132
Grand Forks, ND 58202
Phone number: 701-777-3745
Crisis line phone number: 701-775-0525
Website: <http://www1.und.edu/centers/npcc/>
Hours: *Monday - Thursday: 8:00am - 8:00pm*
Friday: 8:00am - 4:00pm

- “Access for All” is a partnership between this clinic and the school districts. Any school counselor or social worker can refer students to the program, and they are able to get counseling for free.

Northern Prairie Community Clinic

Columbia Hall
501 N Columbia Rd
Grand Forks, ND 58202
Phone number: 701-777-3745

NPCC aims to serve the Grand Forks community and state of North Dakota

Website: <https://und.edu/npcc/>

- Mental health
- Speech-language disorders
- Audiology

Spectra Health Clinic - Behavioral Health

Grand Forks Medical

212 South 4th Street, Suite 200

Grand Forks, ND 58201

Phone number: 701-757-2100

Website: <https://spectrahealth.org/services/behavioral-health/>

Hours: *Monday - Wednesday / Friday: 7:30am - 5:30pm*

Thursday: 7:30am - 7:00pm

Village Family Service Center

Grand Cities Mall

1726 S. Washington, Suite 33A

Grand Forks, ND 58201

Phone number: 701-746-4584

*Please note: Services will be offered online or by phone until further notice.

Office Hours: *Mondays: 8:00am - 7:00pm*

Tuesday - Friday: 8:00am - 5:00pm

Website: <https://www.thevillagefamily.org/content/grand-forks>

- See website for all services offered, including:
 - Outpatient counseling
 - In-home family therapy
 - School-based therapy
 - Pregnancy services
 - Adoption services
 - Family Centered Engagement

-Dental Care-

Spectra Health Dental Clinic

Formerly "Valley Community Health Center"

Grand Forks Dental

212 South 4th Street, Suite 101

Grand Forks, ND 58201

Phone number: 701-757-2100

Website: www.spectrahealth.org

Email: info@spectrahealth.org

Hours: *Monday - Friday: 7:30am - 5:00pm*

Dental Clinic Walk In/Triage Hours:

Monday - Friday: 7:15am - 10:30am

12:45pm - 2:30pm

- Sliding fee available, based on income
- Accepts ND and MN Medicaid
- Sliding fee available, based on income; Accepts ND and MN Medicaid
- Accepting children only

Housing

-Housing Assistance-

Office of Urban Development – Grand Forks Housing Authority

1405 1st Ave. N.

Grand Forks, ND 58203

Phone number: 701-746-2545

Website: <http://www.thegfha.org/>

- Offers a Family Self Sufficiency Program

-Housing Search Resources-

**The following companies are familiar with the Grand Forks Housing Assistance program. The list is a starting point – it is not a complete listing of all housing units available.*

Cambridge Property Management

2603 7th Ave. S. #12

Grand Forks, ND 58201

Phone number: 701-775-8670

Website: <http://www.gfapts.com/>

Email: CambridgeProperties1@gmail.com

Columbia West Apartments

2100 S. 29th Street

Grand Forks, ND 58201

Phone number: 833-280-1647

Website: <http://www.goldmark.com/find-an-apartment/our-communities/cwcolu01>

Dakota Commercial

615 1st Ave North Suite A

Grand Forks, ND 58203

Phone number: 701-772-3101

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

Commercial Listings: <https://www.dakotacommercial.com/commercial-listings/>

Deerwood Property Management

1604 S Washington St #103

Grand Forks, ND 58201

Phone number: 701-787-6085

Website: <https://www.apartmenthomeliving.com/apartment-finder/Deerwood-Property-Management-Grand-Forks-ND-58201-61745>

Goldmark Property Management

3605 S 20th St.

Grand Forks, ND 58201

Phone number: 701-780-9901

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

Grand Forks specific link: <http://www.goldmark.com/grandforks/>

Holiday Air

Skyline Village,

University Heights Apartments

925 N. 43rd St., Suite K-95

Grand Forks, ND 58203

Phone number: 701-775-0597

<https://holidayairgnd.weebly.com>

Investors Management & Marketing

415 N. 42nd Street, Suite B

Grand Forks, ND

Phone number: 701-746-9551

Office Hours: Monday - Friday: 8:00am - 5:00pm

Website: <https://www.immapartments.com/grandforks>

Email: grandforks@immapartments.com

Lawndale Apartments

2815 17th Ave. S.

Grand Forks, ND 58201

Phone number: 701-289-9719

MetroPlains Management

23 North 3rd Street

Grand Forks, ND 58203

Phone number: 701-772-5480

Website: <http://www.metroplains.com>

Mikkleson Real Estate

1319 Chestnut Street

Grand Forks, ND 58201

Phone number: 701-775-0564

Real Estate Management

3101 S. 17th St.

Grand Forks, ND 58201

Phone number: 701-746-4755

Social Security, State ID, & Public Assistance

-Social Security-

Social Security Administration

402 Demers Avenue, Suite #300

Grand Forks, ND 58201

Phone number: 1-888-617-0456

*Note: Must have an appointment to enter offices in person

*For limited service, please contact the office directly at [888-617-0456] or send fax at [833-950-3543].

Website: <https://www.ssa.gov/>

- Must bring I-94 card
- Apply for Social Security card, Social Security Disability (SSDI), or Supplemental Security (SSI) for low-income people age 65+

-State Photo Identification Card-

Grand Forks Driver's License Office

1951 North Washington St.

Grand Forks, ND 58203

Phone number: 701-787-6500

Hours: *Monday - Friday: 8:00am - 4:15pm*

<http://www.dot.nd.gov/>

Grand Forks District Sections: <http://www.dot.nd.gov/district/grandforks/>

- ND State Photo Identification Card: <http://www.dot.nd.gov/divisions/driverslicense/idrequirements.htm>
 - Bring proof of identification (I-94 card, other ID), proof of residency (see below), and cash (about \$8.00) to get a ND state photo identification card
 - Proof of identification: <https://www.dot.nd.gov/divisions/driverslicense/docs/proof-of-identification-documents.pdf>
 - Proof of residency: <http://www.dot.nd.gov/divisions/driverslicense/docs/proof-of-address-documents.pdf>
- REAL ID: <http://www.dot.nd.gov/divisions/driverslicense/real-id-information.htm>
 - To obtain a REAL ID compliant driver license, permit, or ID card, you must present proper documentation. The following documentation from each **category 1,2,3, and 4** is required: [Real ID Checklist](#)
 - Additional information about REAL ID: <http://www.dot.nd.gov/divisions/driverslicense/real-id-information.htm>

-Tax Assistance-

Red River Valley Community Action

1013 N. 5th St.

Grand Forks, ND 58203

Phone number: 701-746-5431

Hours: *Monday - Friday: 8:00am - 5:00pm*

Website: <http://www.rrvca.com/>

- A person has to schedule an appointment to receive tax help.
- One has to qualify by income. There is an income limit of \$15,000.00 for someone single and they have various income levels for families.
- Bring W2's, an identification card, and a social security card.

-Emergency Assistance-

First Link

24 Hour Helpline: 211 or 701-235-7335

24 Hour Suicide Helpline: 1-800-273-8255

Website: www.myfirstlink.org

- Statewide information, referral and crisis management service connecting people to important community services.
- Available 24 hours a day, 7 days a week.

Grand Forks Police Department

122 S. 5th Street #123
Grand Forks, ND 58201
Phone numbers:

- 701-787-8000 (Non-Emergency)
- 911 (Emergency)

Website: <https://www.grandforksgov.com/government/city-departments/police-department>

Red River Valley Community Action

1013 N 5th Street
Grand Forks, ND 58203
Phone number: 701-746-5431

Website: <http://www.rrvca.com/>

- Energy Share
- Budget Counseling
- Voluntary Income Tax Assistance
- Emergency Shelter for Women/Children
- Saving Our Cents/IDA – saving program to save for a home, secondary education or small business.
- Legal Aid
 - *Due to COVID-19 restrictions, Legal Aid does not currently hold office hours at RRVCA. Call Legal Services of North Dakota at 1-800-634-5263. Their intake is on Mondays, Tuesdays, and Thursday between 9:00 AM – 3:00 PM.
- Can help with one-time emergency needs such as rent eviction assistance, assistance with utilities, travel/gas, medical/dental/prescriptions, clothing, furniture, and much more!

Salvation Army

1600 University Avenue
Grand Forks, ND 58203
Phone number: 701-775-2597

Website: <https://salvationarmynorth.org/community/grand-forks/>

Email: matthew.beatty@usc.salvationarmy.org

- Stocks a food pantry and offers a wide range of other basic needs programs to anyone in need of assistance without discrimination

St. Joseph's Social Care & Thrift Care

620 8th Ave. S.
Grand Forks, ND 58201
Phone number: 701-795-8614

Website: <https://www.stjosephsocialcaregf.org/>

- Provides assistance to individuals and families in need without discrimination

-Public Assistance-**Grand Forks County Social Services; Human Service Zone**

Grand Forks County Office Building
151 South 4th St
PO Box 5196
Grand Forks, ND 58201

Phone number: 701-787-8500

Director, Grand Forks County: C. Antowan Pickett

<https://www.gfcounty.nd.gov/government/human-service-zone>

Email: social.services@gfcounty.org

- Bring as much information as possible: I-94, Social Security card, housing rental information/lease agreement, income verification, etc.
- Financial/Economical Assistance
 - Phone number: 701-787-8500
 - Economic Assistance Supervisor:
 - Donna Jones

- Beth Metzger
 - Dana Ponce
- o Services available: Food stamps, Temporary Assistance for Needy Families (TANF), Medical Assistance, Fuel Assistance, Child Care Assistance Program
- Adult Services
 - o Phone number: 701-795-3074
 - o Supervisor: Cindy Andrade
 - o Services available:
 - Family Home Care, Homemaker Services, Personal Attendant Care, Basic Care Assessments, Respite Care, Senior Adult Program, Adult Day Care, Case Management, Home and Community Based Services, Adult Family Foster Care & Licensing
- Child Protective Services
 - o Phone Number: 701-787-8500
 - o Supervisor:
 - Tammy Knudson
 - Madisyn Brekke
 - o Services available:
 - Child Abuse/Protective Services, Safety & Permanency Funds
- Family Preservation Services
 - o Phone number: 701-787-8500
 - o Services available:
 - Wraparound Targeted Case Management Services, Parent Aide, Safety & Permanency Funds
- Family Services
 - o Phone number: 701-787-8500
 - o Supervisors:
 - Miranda Confer
 - Kami Myles
 - Dawn Nygaard-Koplin
 - o Services available:
 - Foster Care, Foster Home Licensure, Prime Time, Children's Special Health Services, Crossroads, Home Studies, Subsidized Adoption, Safety & Permanency Funds

-Emergency Shelters-

Community Violence Intervention Center (CVIC)

211 South 4th Street

Grand Forks, ND 58201

Office Line: 701-746-0405

Crisis line (available 24/7): 701-746-8900

www.cviconline.org

- Protective crisis shelter
- Crisis intervention and counseling

Northlands Rescue Mission

420 Division Avenue

Grand Forks, ND 58201

Phone number: 701-772-6600

Website: www.northlandsrescuemission.org

Email: info@jointhemission.org

- Adult men and women only (18+)

Red River Valley Community Action

1013 North 5th Street

Grand Forks, ND 58203

Phone number: 701-746-5431

Website: <http://www.rrvca.com/>

- Women and children only

Job Assistance

Doherty Staffing

1551 28th Avenue S, Suite J

Grand Forks, ND 58201

Phone number: 701-757-0562

Website: <https://www.doherty.jobs/>

Grand Forks Jobs Office Website: <https://www.doherty.com/branches/grand-forks-nd/>

Doherty Website Information: <https://www.doherty.com/talent-acquisition-services/>

Email: DSS_Crookston_GrandForks@doherty.com

Doherty Contact Person Jacob Johnson

Website Profile: <https://www.dohertyexperts.com/employers/442784-your-doherty-contact-jacob-johnson>

- Phone: 701-757-0562, Ext. 5041
- Email: jjohnson@doherty.com
- LinkedIn: <https://www.linkedin.com/in/jacob-johnson-doherty-staffing-solutions-08666082/>

Express Employment Professionals – Temp Agency

3590 South 42nd St.

Grand Forks, ND, 58201

Phone number: 701-787-5655

Main website: <https://www.expresspros.com>

Region specific website:

https://www.expresspros.com/grandforksnd/?utm_source=gmb&utm_medium=organic&utm_campaign=Oiigo

Email: jobs.grandforksnd@expresspros.com

Hours: *Monday-Friday: 8:00am-5:00pm*

Saturday-Sunday: Closed

Job Service of North Dakota

1501 28th Ave. South

Grand Forks, ND 58201

Phone number: 701-795-3700

Hours: *Monday - Friday: 8:00am - 5:00pm*

Saturday-Sunday: Closed

Website: <http://www.jobsnd.com/>

Link for Grand Forks Location: <https://www.jobsnd.com/job-seeker/office-locations/grand-forks>

Kelly Services Inc

3750 32nd Ave S, Suite 101

Grand Forks, ND, 58201

Phone number: 701-780-9509

Website: <http://www.kellyservices.us/>

Email: 4613@kellyservices.com

PeopleReady

2124 Gateway Dr, Suite C

Grand Forks, ND, 58203

Phone number: 701-775-9675

Website:

https://www.peopleready.com/locations/grand-forks-nd-8038?utm_campaign=gmb&utm_medium=organic&utm_source=google

- Per diem staffing

Email: 8038-br@peopleready.com

Hours: *Monday-Friday: 5:30am-6:00pm*

Saturday: Closed

Sunday: Closed

Transportation

Mobility Manager

Website: <https://www.grandforksgov.com/government/city-departments/cities-area-transit-cat/learn-to-ride>

Email: pmccullough@grandforksgov.com

Phone number: 701-746-2696

- Can assist in learning how to ride the bus, how to read the bus schedule, and can help with developing a step by step guide for how to get from one location to another.

Cities Area Transit (C.A.T.) Dial-A-Ride and Senior Rider Service

Attn: Paratransit

PO Box 5200

Grand Forks, ND 58206

Phone number: 701-787-9120

Website for application form (mail to address above):

<https://www.grandforksgov.com/government/city-departments/cities-area-transit-cat/dial-a-ride-senior-rider>

Hours: *Monday-Friday: 6:00am-10:00pm*

Saturdays: 8:00am-10:00pm

Sundays and major holidays: Closed

- Available to anyone who has a disability and senior citizens—applications are on web
- Seniors are 62 & older
- \$3.00 per trip
- Must call at least one day in advance to schedule
 - o Notify at least 2 hours in advance if you wish to cancel your trip
 - o Limit your carry-on items to the equivalent of one armload or two grocery bags

Cities Area Transit (C.A.T.)

Grand Forks City Bus

Metro Transit Center

450 Kittson Ave.

Grand Forks, ND 58201

Phone number: 701-746-2600

Website: <https://www.grandforksgov.com/government/city-departments/cities-area-transit-cat>

Hours: *Monday-Friday: 6:00am-10:00pm*

Saturdays: 8:00am-10:00pm

Sundays and Holidays (New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, and Christmas

Day): No operations

Christmas Eve: Operations end at 5:00pm

- Unlimited rides for monthly fee, or pay by the ride; special rates for 62 & older
- Free training passes available to those assisting
- See link for bus fares: <https://www.grandforksgov.com/government/city-departments/cities-area-transit-cat/fares>
- See link for bus schedules: <https://www.grandforksgov.com/government/routes-schedules>
- *Note: Information in languages other than English will be provided as needed and will be consistent with the Department of Transportation's Limited English Proficiency (LEP) Guidance. Additionally, alternative formats (i.e. large print, braille, audio or video recordings of the use policies and procedures) are available upon request.

Grand Forks Driver's License Division

1951 N. Washington Street

Grand Forks, ND 58203

1-855-633-6835

Hours: *Monday - Friday: 8:00am - 4:45pm*

Website: <http://www.dot.nd.gov/>

Learner's Permit (New Drivers) information: <http://www.dot.nd.gov/divisions/driverslicense/permit.htm>

Drivers License Requirements and information Link: <http://www.dot.nd.gov/divisions/driverslicense/dlrequirements.htm>

- Minimum driving age in North Dakota is 16.
- NO WALK-INS
 - o Drivers License sites are conducting operation by APPOINTMENT ONLY.

- o Appointments are available and can be made at <http://www.dot.nd.gov/> or <https://nqa3.nemoqappointment.com/Booking/Booking/Index/5KIDD4bc>
 - Study materials:
 - English manual: <https://www.dot.nd.gov/divisions/driverslicense/docs/noncommercial-manual.pdf>
 - English Audio manual: <http://www.dot.nd.gov/divisions/driverslicense/noncommercial-audio.htm>
 - Spanish manual: <http://www.dot.nd.gov/divisions/driverslicense/docs/noncommercialspanish.pdf>
 - Comprehensive list of manuals: <http://www.dot.nd.gov/dotnet2/view/publications.aspx>
 - Before COVID-19:
 - o Pick up study materials for driving permit computer test, schedule driving test.
 - Permit Tests are available in many languages (previously-available languages, for example): Spanish, Russian, Serb-Croatian, Vietnamese, Arabic, Somali, Nepali, Turkish, Swahili, and an English-Audio option is also available
 - Drivers Test is in English
- REAL ID: <http://www.dot.nd.gov/divisions/driverslicense/real-id-information.htm>
- o To obtain a REAL ID compliant driver license, permit, or ID card, you must present proper documentation. The following documentation from each **category 1,2,3, and 4** is required: <http://www.dot.nd.gov/divisions/driverslicense/docs/real-id-checklist.pdf>
 - o Additional information about REAL ID: <http://www.dot.nd.gov/divisions/driverslicense/real-id-information.htm>

Red River Valley Community Action

4212 Gateway Dr
 Grand Forks, ND 58203
 Phone number: 701-746-5431
 Website: <http://www.rrvca.com/>

- Bus tickets for special circumstances for low-income individuals; those that are employed or looking for work.

Salvation Army

1600 University Avenue
 Grand Forks, ND 58203
 Phone number: 701-775-2597
 Website: <https://salvationarmynorth.org/community/grand-forks/>
 Email: matthew.beatty@usc.salvationarmy.org

- Bus tickets/gas vouchers for emergencies only

S&S Taxi

2600 Demers Ave.
 Grand Forks, ND 58201
 24 Hours/7 Days Week
 Phone number: 701-772-4142
 Website: <http://sstaxis.com/>
 Email: sstaxigf@gmail.com

Free and Discount Services

Grand Forks Park District

1060 47th Ave. South
Grand Forks, ND 58201
Phone number: 701-746-2750
Website: www.gfparks.org
Email: gfparks@gfparks.org

Business Hours: *Monday-Friday: 8:00am - 5:00pm*

- o Choice Health & Fitness is open: <https://choicehf.com/facility/covid-19-information/>

Programs:

- Community ice skating (need skates)
- Open gyms
- Pools (minimal cost)
 - o Elks Pool
 - o Riverside Pool
- Splash Parks (Free)
 - o University Splash Park
 - o Elks Splash Park
 - o Choice Splash Park
- Special events, like Greenway Ski Days, Family Fun Night, Movie in the Park, Summerthing Kids and more. There may be a small cost associated with some of these events.

Greater Grand Forks Connection and Visitors Bureau

<https://www.visitgrandforks.com/>

- Website of things to see and do in the Grand Forks community *Great event calendar!*

Email: info@visitgrandforks.com

Phone number: 701-746-0444

Toll Free: 1-800-866-4566

North Dakota Museum of Art

261 Centennial Drive, Stop 7305
University of North Dakota Campus
Grand Forks, ND 58202
Phone number: 701-777-4195
Main Website: www.ndmoa.com

- Family Day - Last Saturday of the month, during the school year. *10:00am - 12:00pm*. Children and adults can work together to work on projects related to the Museum exhibit. It is free.
 - o Family Day Link: <http://ndmoa.com/family-day>
- Last Saturday of the month during the school year, *10:00am - 12:00pm* (drop in or stay the entire time)
- Free and open to the public to work on art projects, learn about materials, etc.
- Museum itself is also free and open for viewing most days

Printing and Scanning (2 locations)

LaGrave Learning Center
832 4th Ave S.
Grand Forks, ND 58201
Phone number: 701-795-6300
Website: <http://www.lagrave.com/>

2501 14th Ave S.
Grand Forks, ND 58201
Phone number: 701-757-2004

University of North Dakota Office of International Programs: International Center

UND McCannel Hall, Room 190
2891 2nd Ave North, STOP 7109
Grand Forks, ND 58202

Phone number: 701-777-4231

Website: <http://und.edu/academics/international-center/>

International Student and Scholar Services Link:

<https://und.edu/academics/international-center/international-student-scholar-services/index.html>

- Cultural nights

Family Friendly Activities

Libraries (Grand Forks and East Grand Forks):

East Grand Forks Campbell Public Library

422 4th St. N. W.

East Grand Forks MN, 56721

(Behind Opticare-Forks Vision Clinic, diagonal to Sherlock Forest Playground, and next to Edgewood Vista Memory Care)

Phone number: 218-773-9121

*Hours that library staff is answering phone calls and emails: *Monday-Friday: 9:00am-5:00pm*

Hours:

Monday/Tuesday: 9:00am - 7:00pm

Wednesday: 9:00am-5:00pm

Thursday: 9:00am - 7:00pm

Friday: 9:00am - 5:00pm

Saturday: 10:00am - 2:00pm

Sunday: Closed

*Masks are encouraged

*Contact Free book pickup available upon request

Website contains links to additional activities for kids and teens: <http://www.egf.mn/index.aspx?nid=1>

- Numerous activities for children including story time, RALF (Random Awesome Library Fun) Club, Art in the Park, Baby Bounce, Tinkertown Club for STEM (Science, Technology, Engineering, and Math), LEGO Club, and more)
- Virtual Baby Bounce: <https://www.youtube.com/playlist?list=PLGnjMbuhDZBUwn-N8RQW2pldL-ECAtpCa>
- Virtual Storytime: <https://www.youtube.com/playlist?list=PLGnjMbuhDZBU5WmQ16n-0wy0VTO26AxpS>
- Storytime songs: <https://www.youtube.com/playlist?list=PLGnjMbuhDZBVj5WBKFOJAJX8-Ln5VNgoT>
- Dial-A-Story at 218-399-3435 (Pre-recorded stories for children)
 - Watch the Facebook page to see what story is playing now: <https://www.facebook.com/egfcampbelllibrary/>
- Tutoring for any subject
- Make sure to check calendar as some activities are seasonal

Grand Forks Public Library

2110 Library Circle

Grand Forks, ND 58201

Phone number: 701-772-8116

Hours: *Monday - Thursday: 9:00am - 9:00pm*

Friday - Saturday: 9:00am - 5:00pm

Sunday: 1:00pm - 5:00pm

Website: www.gflibrary.com

- Curbside Pickup Hours:
 - Monday-Thursday: 9:00am - 8:00pm
 - Friday/Saturday: 9:00am - 4:00pm
 - Place items on hold through website: <https://polaris.odinlibrary.org/polaris/default.aspx?ctx=82.1033.0.0.1>
 - If you need assistance placing holds, call: 701-772-8116
 - Once you receive a hold confirmation letter via email or mail, you can pick up your available items on the next curbside pickup day
- Resources for New Americans: <http://gflibrary.com/142/Resources-for-New-Americans>
 - Educational Links
 - Driving
 - English Language
 - Citizenship

In-person events:

- Baby Storytime: *Wednesdays 10am - 10:30am*

- Teen Dungeons & Dragons Club: *On the 4th Tuesday of each month from 5:30pm - 8pm*
- Teen Anime Club: *Alternating Thursdays 6pm - 8pm*
- Drop-In LEGO: *Alternating Wednesdays 2pm - 3:30pm*
- Preschool Storytime: *Tuesdays 10am - 10:30am*
- Toddler Storytime: *Thursdays 10am - 10:30am*
- Chess Club: *Select Sundays each month from 2pm - 4pm*
- Family Movie Day: *On the 2nd Saturday of each month from 2pm - 4pm*
- Robotics and Coding Club: *Mondays 2:30pm - 3:30pm each week in June and July*
 - Anyone can play with robots
- Make sure to check calendar as some activities are seasonal

Grand Forks Park District

1060 47th Ave. South

Grand Forks, ND 58201

Phone number: 701-746-2750

Website: <https://www.gfparks.org/programs-activities/>

Email: gfparks@gfparks.org

Business Hours: *Monday-Friday: 8:00am - 5:00pm*

Programs during COVID-19:

- Movies in the Park-ing Lot
- Open gyms
 - Choice Health & Fitness is open with limited access: <https://choicehf.com/facility/covid-19-information/>

Programs before COVID-19:

- Community ice skating (need skates)
- Open gyms
- Pools (minimal cost)
 - Elks Pool
 - Riverside Pool
- Splash Parks (Free)
 - University Splash Park
 - Elks Splash Park
 - Choice Splash Park
- Special events, like Greenway Ski Days, Family Fun Night, Movie in the Park, Summerthing Kids and more. There may be a small cost associated with some of these events.

North Dakota Museum of Art “Family Day”

261 Centennial Drive Stop 7305

University of North Dakota campus

Grand Forks, ND, 58202

Phone number: 701-777-4195

Website: <http://ndmoa.com/family-day>

- Last Saturday of the month during the school year, *10:00am - 12:00pm* (drop in or stay the entire time)
- Free and open to the public to work on art projects, learn about materials, etc.
- Museum itself is also free and open for viewing most days

River Cinema (Discounted Tickets)

211 Demers Ave #4

East Grand Forks, MN 56721

Website: <https://www.moorefamilytheatres.com/location/10644/River-Cinema-15-Showtimes>

Contact Global Friends Coalition (Phone number: 701-746-8233; Email: info@gfcoalition.org) if you are interested in attending a movie with your New American friend(s). We can acquire tickets for 10% off a bulk order or \$1 off individual tickets.

Things to do With Kids in Grand Forks

Follow this facebook group for ideas:

<https://www.facebook.com/pages/Things-to-do-With-Kids-in-Grand-Forks-ND/236185433092596?fref=nf>

Legal Assistance

Global Friends Coalition

Legal Representatives

1815 Demers Avenue
Grand Forks, ND 58201
701-746-8233

Call ahead for an appointment

Hours: *Monday - Friday: 9:00am - 4:00pm*
Saturday - Sunday: Closed

Legal Services of North Dakota

Grand Forks Office
215 N 3rd St. Suite 200
Grand Forks, ND 58203
Phone number: 701-852-4369, Ext. 333
Office Hours: *Monday - Thursday: 8:00am - 5:00pm*
Friday: 8:00am - 12:00pm

- Charge based on income

Under the age of 60 years old

1-800-634-5263
Hours: *Monday, Tuesday, Thursday: 9:00am - 3:00pm*

Over the age of 60 years old

1-866-621-9886 (age 60+)
Hours: *Monday - Thursday: 8:00am - 5:00pm*
Friday: 8:00am - 2:00pm

Swanson Law Office—Immigration Law

118 Belmont Road
Grand Forks, ND 58201
Phone number: 701-787-8802
Website: <https://swansonimmigrationlaw.com/>
Email: sue@swansonimmigrationlaw.com

Hours: *Monday - Friday: 8:00am - 5:00pm*

- Provides free office consultations to refugees.
- Financial situation and payment options are evaluated on a case-by-case basis.

U.S. Citizenship and Immigration Services

Website: www.uscis.gov

National Customer Service Hotline:

Phone number: 1-800-375-5283

Phone number for those who are deaf, hard of hearing, or have a speech disability: TTY 800-767-1833

- Both phone numbers:
 - Live help from a USCIS representative is available Monday-Friday from 8am-8pm Eastern (except on federal holidays)
 - Automated information is available 24 hours a day, 7 days a week through an interactive menu

U.S. Citizenship and Immigration Services in Fargo

USCIS Application Support Center

657 2nd Ave. N, Room 248

Fargo, ND 58102

Call the national number: 1-800-375-5283

Regional link with COVID-19 information: <https://egov.uscis.gov/office-locator/#/ascprofile/ND/Fargo/XSK>

National Link: <https://www.uscis.gov/>

Hours: *Monday - Friday: 8:00am - 4:00pm*
Saturday - Sunday: Closed

Bhutanese Resources

Bhutan News - <http://www.kuenselonline.com/>

- Updates about Bhutan and people of Bhutan

Bhutan New Service - <http://www.bhutannewsservice.org/>

- Online news portal founded by Bhutanese refugee youths
- Documents success and challenges stories from Diaspora post-resettlement
- Welcomes *your* editorial input and submissions for review

Bhutanese Refugees - <http://www.bhutanese-refugees.com>

BRYCS (Bridging Refugee Youth & Children's Services) - <https://brycs.org/>

Cultural Orientation Resource Center (COR) - Bhutanese Refugees - <http://www.culturalorientation.net/learning/populations/bhutanese>

U.S. Department of State Bhutan page - <https://www.state.gov/countries-areas/bhutan/>

Burundian Resources

BRYCS (Bridging Refugee Youth & Children's Services) - <https://brycs.org/>

Burundi Blog - <http://burundi2007.blogspot.com/2008/06/kirundi-basic-phrases.html>

- Essential Kirundi phrases, among other things
- Information about Burundi with a special focus on relief and development issues

Cultural Orientation Resource Center (COR) - The 1972 Burundians in Kibondo, Tanzania - <http://www.culturalorientation.net/learning/populations/other-populations-from-africa>

Radio Isanganiro - <http://www.isanganiro.org/>

- Burundian radio station, in Kirundi, Swahili, and French
- Email: info@isanganiro.org

U.S. Department of State Burundi page - <https://www.state.gov/countries-areas/burundi/>

Congolese Resources

Cultural Orientation Resource Center (COR) - Congolese Refugees - <http://www.culturalorientation.net/learning/populations/congolese-refugees>

Cultural Orientation Resource Center (COR) - Congolese (DRC) Refugees in Sub-Saharan Africa - <http://www.culturalorientation.net/learning/populations/other-populations-from-africa>

U.S. Department of State Democratic Republic of the Congo page - <https://www.state.gov/countries-areas/democratic-republic-of-the-congo/>

El Salvador Resources

United States Department of Justice - <https://www.state.gov/wp-content/HUMAN-RIGHTS-REPORT.pdf>

BRYCS (Bridging Refugee Youth & Children's Services) - <https://brycs.org/blog/migration-resettlement-awareness/>

Central American - <https://www.acaps.org/sites/acaps/>

Guatemala Resources

United States Department of Justice - <https://www.state.gov/wp-content/GUATEMALA-2022-HUMAN-RIGHTS-REPORT.pdf>

BRYCS (Bridging Refugee Youth & Children's Services) - <https://brycs.org/blog/migration-resettlement-awareness/>

Central American - <https://www.acaps.org/sites/acaps/>

Honduras Resources

United States Department of Justice - <https://www.state.gov/wp-content/HONDURAS-2022-HUMAN-RIGHTS-REPORT.pdf>

BRYCS (Bridging Refugee Youth & Children's Services) - <https://brycs.org/blog/migration-resettlement-awareness/>

Central American - <https://www.acaps.org/sites/acaps/>

Iraqi Resources

BRYCS (Bridging Refugee Youth & Children's Services) - <https://brycs.org/>

Cultural Orientation Resource Center (COR) - Iraqi Refugees - <http://www.culturalorientation.net/learning/populations/iraq>

U.S. Department of State Iraq page - <https://www.state.gov/countries-areas/iraq/>

Liberian Resources

Embassy of the Republic of Liberia to the United States - <http://www.liberianembassyus.org/>

Executive Mansion of Liberia - <http://www.emansion.gov.lr/>

- Executive mansion of Liberia

Liberian Forum - www.liberianforum.com/news.htm

- Online Newspaper

Liberian News - The Perspective - <http://www.theperspective.org/>

- Resource site on the Liberian government and other important news

Liberians United Association of Grand Forks

C/O Reginald Tarr

Phone: 701-739-8258

U.S. Department of State Liberia page - <https://www.state.gov/countries-areas/liberia/>

Somali Resources

BRYCS List of Resources about Somali Youth -

<https://brycs.org/youth-development/positive-youth-development-and-somali-youth-research-and-resources/>

BRYCS Raising Children in a New Country

- Audio: https://www.youtube.com/playlist?list=PL9OgJw7bVn-pNcihwT1BM2pu_at6H7ils
- PDF: <https://brycs.org/wp-content/uploads/2018/08/BRYCS-RaisingChildren-Somali.pdf>
- Pre/Post Tests: <https://brycs.org/wp-content/uploads/2018/09/Book-1-Quiz-Somali.pdf>

BRYCS Somali Bantu Refugees: Cultural Information -

<https://brycs.org/migration-resettlement-awareness/somali-bantu-refugees-resources-on-children-youth-families/>

Cultural Orientation Resource Center (COR) - Somali Refugees -

<http://www.culturalorientation.net/learning/populations/other-populations-from-africa>

U.S. Department of State Somalia page <https://www.state.gov/countries-areas/somalia/>

Helpful Links and Other Resources

-Services at reduced rates-

Midcontinent Lifeline Assistance

This service offered by Midcontinent makes access to a phone line and broadband affordable for those who meet the income requirements. It allows those who qualify, reduced rates. To find the application, go to <https://www.midco.com/lifeline/apply/application-form/> Print out the forms and collect additional information needed by Midcontinent, and mail them to:

- USAC
Lifeline Support Center
PO Box 7081
London, KY 40742

-ND-Based Organizations-

Global Friends Coalition

1815 Demers Avenue
Grand Forks, ND 58201
Website: www.gfcoalition.org
Phone number: 701-746-8233
Email: info@gfcoalition.org

Hours: *Monday-Friday: 9:00am-4:00pm*
Saturday-Sunday: Closed

- Provides in-home tutors and mentors
- Embracing, empowering, and educating

Global Neighbors

Gateway Mall (Near Door #3)
2700 State St. -Suite F2,
Bismarck, ND 58503
Website: <https://www.bismarckglobalneighbors.org/>
Phone numbers: 701-595-0135 or 701-955-5257
WhatsApp: 701-955-5257

Board members are fluent in the following languages (please ask for an interpreter):

- Spanish
- Swahili
- French

Interpreter support available in:

- Ukrainian
- Arabic
- Russian
- Tagalog
- Mandarin

Email: bismarckglobalneighbors@gmail.com

- Provides in-home mentors

Lutheran Immigration and Refugee Service - North Dakota (LIRS)

3310 Fiechtner Drive
Suite 100
Fargo, ND 58103
Phone number: 701-409-3750
Website: <https://www.lirs.org/north-dakota>

New American Consortium for Wellness and Empowerment (WE)

15 21st St S, Suite 102

Fargo, North Dakota 58102
Phone number: 701-478-3636

Website: <https://www.newamericanconsortium.org>

Email: info@newamericanconsortium.org

- A consortium made up of 3 member organizations serving the community in the Fargo/Moorhead area
- Hours: Monday-Friday 9:30am - 5:00pm

-Country Information-

CIA World Factbook - <https://www.cia.gov/the-world-factbook/>

U.S. Human Rights Country Reports

<https://www.state.gov/j/drl/rls/hrrpt/>

<https://www.state.gov/reports/2021-country-reports-on-human-rights-practices/>

-Refugee Related Websites-

Alight--formerly American Refugee Committee - <https://wearealight.org/>

Amnesty International – International Human Rights - <https://www.amnesty.org/en/>

BRYCS (Bridging Refugee Youth & Children’s Services) - <https://brycs.org/>

BRYCS (Bridging Refugee Youth and Children’s Services) “Refugee Portal” - <https://brycs.org/refugee-portal/>

Includes information on:

- Parenting & Family Strengthening
 - Bullying & Discrimination Resources for Newcomer Parents
 - Domestic Violence Resources for Newcomers
 - Raising Young Children/Children/Teens in a New Country Guides
 - Available in multiple languages
- Resources for Refugee Children & Youth
 - Bullying & Discrimination: Resources for Newcomer Youth
 - Books about the Refugee & Immigrant Experience
 - Early Childhood & Pre-school Students
 - Elementary School Students
 - Middle School Students
 - Young Adults
 - Keeping Safe: Children’s and Teen’s Bilingual Guides
 - Overcoming the Financial Challenge of Higher Education
 - Preparing for College & Financial Aid
 - Resources for Undocumented Students
 - Raising Teens in a New Country: A Guide for the Whole Family
 - Available in multiple languages
- Education & Literacy
 - Bullying & Discrimination: Resources for Newcomer Parents
 - English Language Resources
 - Multilingual School Related Resources for Refugee Families
 - Overcoming the Financial Challenge of Higher Education
 - Preparing for College (including Financial Aid)
 - Resources for Undocumented Students
- Health & Wellness
 - Health and Health Care
 - Maya Health Toolkit for Medical Providers
 - Starting a Conversation with YOur Doctor for WOMen and Girls Who Have Experienced FGC (Female Genital Cutting)
- Navigating U.S. Legal Systems
 - Avoiding Immigration Scams
 - Bullying & Discrimination

- Employment: Labor Rights
- Guardianship Toolkit
- Immigration and Naturalization
- Immigration Raid Resources
 - Community Preparedness Materials
 - Know Your Rights
- Navigating Your New Community
 - Cultural Orientation
 - Financial Literacy
 - Housing Resources
 - Job Search & Development

COR – Cultural Orientation Resource Center - www.culturalorientation.net/learning

- Learning About Refugees

CWS – Church World Service - <https://cwsglobal.org/>

ECDC – Ethiopian Community Development Council - <http://www.ecdcus.org/>

EMM - Episcopal Migration Ministries – Serving Refugees and Immigrants - <http://www.episcopalchurch.org/page/episcopal-migration-ministries>

HIAS - Hebrew Immigrant Aid Society - <https://www.hias.org/>

IRC - International Rescue Committee - <https://www.rescue.org/>

LIRS – Lutheran Immigration and Refugee Service - <https://www.lirs.org/>

Office of Refugee Resettlement - <https://www.acf.hhs.gov/orr>

Refugees International - <https://www.refugeesinternational.org/>

Refugee Studies Centre - <https://www.rsc.ox.ac.uk/>

UNHCR – The United Nations High Commission for Refugees - www.unhcr.org

U.S. Department of State - www.state.gov

- Use “Countries & Areas” tab to search for country-specific pages

U.S. Department of State – Bureau of Population, Refugees, and Migration - <https://www.state.gov/bureaus-offices/under-secretary-for-civilian-security-democracy-and-human-rights/bureau-of-population-refugees-and-migration/>

USCRI – U.S. Committee for Refugees and Immigrants - <http://refugees.org/>

World Relief - <https://www.worldrelief.org/>

-National/International Organizations Cont.-

Amnesty International - <https://www.amnesty.org/en/>

Human & Constitutional Rights - <http://www.hrcr.org/>

- Provides information but is no longer being updated as of March 26, 2008

Human Rights First - <http://www.humanrightsfirst.org/>

Human Rights Watch - <https://www.hrw.org/>

International Criminal Court - <https://www.icc-cpi.int/>

Witness - <https://witness.org/>

-International Agencies-

Asian Development Bank - <https://www.adb.org/>

European Union - <http://europa.eu/>

Humanitarian Law Instruments and Information Council of Europe - <http://www.refworld.org/>

Inter-American Development Bank - <https://www.iadb.org/en>

Organization of American States - <http://www.oas.org/en/>

United Nations - <http://www.un.org/>

The World Bank Group - <http://www.worldbank.org/>

World Trade Organization - <https://www.wto.org/>

COVID-19 Information and Resources

The following section includes information on:

- [At-Home Testing Kits](#)
- [Vaccination and Booster Sites](#)
- [Vaccine and Booster Eligibility](#)
- [Allergic Reactions](#)
- [Symptoms](#)
- [What To Do As A Close Contact](#)
- [Treatment Options At Home](#)
- [COVID Dashboards](#)

-At-Home Testing Kits-

- Some testing sites may offer at-home testing kits, which can be taken home with you and administered by yourself.
- Availability of testing kits may be limited to 2-4 kits per person
- Each testing kit comes with 2 COVID-19 tests
- Instructions on how to complete the tests are included inside each testing kit
- Testing kits do not last forever and will usually have expiration dates listed on the outside of each box
- Click this link to learn more about COVID-19 at-home testing kits:

<https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests>

-Vaccination and Booster Sites-

*Vaccine availability may vary by location. Call ahead to confirm availability of your preferred COVID-19 vaccination.

Thrifty Drug Store

1395 C South Columbia Rd
Grand Forks, North Dakota 58201
Phone number: 701-746-1800

Hours: *Monday - Friday: 9:00am - 7:00pm*
Saturday: 9:00am - 1:30pm

Website: <https://www.thriftywhite.com/store/1395-c-south-columbia-road-grand-forks-nd>

- Click the link above to fill out the “Request Your Vaccination” form prior to arriving.

White Drug Pharmacy/Thrifty White Drug

2475 32nd Avenue S #1
Grand Forks, North Dakota 58201
Phone number: 701-775-4209

Hours: *Monday - Friday: 9:00am - 8:00pm*
Saturday: 9:00am - 5:00pm
Sunday: 12:00pm - 4:00pm

Website: <https://www.thriftywhite.com/store/2475-32nd-avenue-s-grand-forks-nd>

- Click the link above to fill out the “Request Your Vaccination” form prior to arriving.

Sanford Health Grand Forks Clinic

1750 47th Avenue S
Grand Forks, North Dakota 58201
Phone number: 701-757-8700

Hours: *Monday - Thursday: 8:00am - 8:00pm*
Friday: 8:00am - 5:00pm
Saturday - Sunday: 8:00am - 2:00pm

Website:

<https://www.mysanfordchart.org/MyChart/Authentication/Login?postloginurl=Scheduling%3fworkflow%3dProcedure%26selRfvId%3d20>

- Click the link above to sign in with your Sanford Health account and schedule a vaccination appointment.

CVS Pharmacy

1950 32nd Avenue S

Grand Forks, North Dakota 58201

Phone number: 701-746-8643

Hours: *Monday - Friday: 9:00am - 7:00pm*

Saturday: 9:00am - 7:00pm

Sunday: 10:00am - 6:00pm

Website:

<https://www.cvs.com/store-locator/grand-forks-nd-pharmacies/1950-32nd-ave-s-grand-forks-nd-58201/storeid=8620/covid-19-vaccine>

- Click the link for CVS Pharmacy and select “Schedule an appointment” to set up a COVID-19 vaccination appointment.

Altru Hospitals and Clinics

Phone number: 701-780-6358

- Call the number (listed above) for Altru’s Nurse Advice Line to schedule an appointment at one of the various Altru locations near you.

-Vaccine and Booster Eligibility-

Vaccine Eligibility

- You must be at least 6 months old to receive a COVID-19 vaccine
- You can receive the vaccine if you are pregnant and it is recommended.
- You can receive the vaccine if you are immunocompromised and it is recommended. Click this link to learn more recommendations for those immunocompromised:
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html>
- You should NOT receive the vaccine if you know you are allergic to any component of the vaccine.
- Children ages 6mo - 5yo can receive the Pfizer-BioNTech COVID-19 and Moderna COVID-19 vaccines.
- Children ages 5yo -11yo can receive the Pfizer-BioNTech COVID-19 and Moderna COVID-19 vaccines.
- Children ages 12yo -17yo can receive the Pfizer-BioNTech COVID-19, Moderna COVID-19, or Novavax COVID-19 vaccines.
- Click this link to learn more about vaccine eligibility and dosage effectiveness by age:
<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/covid-19-vaccines-for-kids/art-20513332#what-vaccine>

Booster Eligibility

- Children under 5 years old are not yet recommended to receive a booster.
- The CDC recommends that people ages 5 years and older receive one updated (bivalent) booster if it has been at least 2 months since their last COVID-19 vaccine dose.
- Click this link to learn about how long you should wait in between your last vaccine and your next vaccine (or booster):
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html#children>
- Click this link to learn more about the new bivalent boosters:
<https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/covid-19-bivalent-vaccine-boosters>

Mixing Products

- The CDC does not generally recommend mixing products for your primary series vaccine doses. So, for example, if you get Moderna for the first dose in your primary series, you should get Moderna again going forward.
- If you experience an allergic reaction and cannot receive the same product, speak with your doctor to discuss whether it would be safe for you to mix products to complete your vaccination.

-Allergic Reactions-

*Though it is very uncommon, some people have experienced unexpected allergic reactions to doses of the COVID vaccine or booster. So, it is important to know what to do next if you or someone you know experiences an allergic reaction.

Signs of An Allergic Reaction

*You may experience some symptoms that are not listed below. If you think you are having an allergic reaction, call 911. Common symptoms of allergic reactions include...

- Hives

- Rash
- Lip or tongue swelling
- Throat swelling
- Difficulty breathing, wheezing
- Drop in blood pressure

Next Steps

- Though it is not generally recommended to mix COVID vaccine products, after experiencing an allergic reaction from a COVID vaccine, mixing products may be an option for you. Speak to your doctor to discuss what vaccine may be a safe possibility for you to take instead.
- If you need to receive a different product of COVID vaccine following an allergic reaction, you may keep the same COVID vaccination card that you received during your first vaccine dose.
- The Vaccine Adverse Event Reporting System (VAERS) automatically collects reports of allergic reactions from vaccination providers, healthcare professionals, and vaccine manufacturers. So, you do not need to report the allergic reaction yourself.
- Click here to learn more about allergic reactions and safeguards in place at testing sites:
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/allergic-reaction.html>

-Symptoms-

Common Symptoms of COVID-19

*There may be symptoms of COVID that are not listed below. Call your doctor or take a COVID test if you think you may have COVID.

- Fever or chills
- Cough
- Shortness of breath, some difficulty breathing
- Fatigue
- Muscle or body aches
- Headaches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

When to Go to the Emergency Room

*Many people contract COVID and do not need emergency intervention. However, there are extreme cases where symptoms become unmanageable and need immediate medical attention. Here are some signs that you should either call 911 or have someone drive you to the ER (Emergency Room).

- Significant difficulty breathing
- Confusion or disorientation
- Lips or hands that start to look pale, blue-ish, or gray-ish (discoloration)
- Inability to stay awake or wake up
- Intense chest pain
- Feeling lightheaded

-What To Do As A Close Contact-

Definition of a “Close Contact”

*You are generally considered to be a close contact if you...

- Live with someone who has COVID
- Have spent more than 4 hours with someone in a closed environment (such as a household or elderly care center) since they developed COVID
- Spent more than 15 minutes with someone infected with COVID at a distance of less than 6 feet away

Next Steps If You Are A Close Contact

- QUARANTINE: If you are a carrier of COVID, this means that you can pass the virus onto others. Quarantining will help reduce the amount of people that you transmit COVID to. While

sometimes complete quarantine is not an option, it is recommended to isolate yourself from others as much as possible. Click this link to learn more about quarantining guidelines, isolation and precautions for people with COVID-19:

https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fyour-health%2Fquarantine-isolation.html

- Click here for the COVID Isolation Calculator to find out how long you should isolate for:
https://ndhealth.co1.qualtrics.com/jfe/form/SV_6EbZG4CMfBIcvB3
- **GET TESTED:** If you suspect that you have contracted COVID, the best way to be sure is to get tested. Even if you do not have symptoms, if you know you are a close contact, it is important to get tested as soon as possible because symptoms may develop later. Some people are also asymptomatic and do not have any symptoms but are still infected with COVID. Asymptomatic people can still spread COVID to others who may experience symptoms.
- **WEAR A MASK:** If you cannot avoid going out in public for certain tasks like getting food, or if you live with others in your household, wearing a mask can help stop the spread of COVID to those you come into contact with (who are not already infected). Click this link to learn more about what type of mask to wear based on COVID-19 levels in your community:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

-Treatment Options At Home-

*A majority of COVID-19 cases can be treated at home and do not require professional medical attention at a hospital. Here are some recommendations from Mayo Clinic for at-home treatment options if you are experiencing a mild case of COVID-19.

- **REST:** Rest as much as possible. If you have COVID you should not be going to work and should avoid going out in public as much as possible. Limit activity in the home as much as you can to help your body rest and recover.
- **FLUIDS:** A steady intake of fluids will help keep your body hydrated. This is especially important if you are experiencing symptoms like diarrhea that can dehydrate the body quickly. Fluids could include water, tea, fresh juices, broths, or electrolyte solutions like Gatorade or Powerade.
- **PAIN RELIEVERS:** Pain relievers can help with symptom management if you are experiencing body aches, headaches, a fever or a sore throat. Common pain relievers that are sold over-the-counter (without a prescription from a doctor) include medications like Tylenol, Motrin, or Advil. Make sure to read the instructions and recommendations for whichever pain reliever you purchase to see if it is a safe medication for you to take.

-COVID Dashboards-

*The following are links to various COVID dashboards. COVID dashboards display regularly updated information like virus transmission rates, vaccination rates, county information and demographics.

North Dakota

<https://www.hhs.nd.gov/public-health-information/coronavirus/covid-19-vaccine-dashboard>

United States

<https://www.mayoclinic.org/coronavirus-covid-19/map>

or

<https://covid.cdc.gov/covid-data-tracker/#datatracker-home>

World

<https://covid19.who.int/>

***Disclaimer:** This information was compiled from various sources and every effort was made to provide complete and accurate information. We apologize for any inadvertent errors or omissions and ask that you please bring these to our attention. Due to the COVID-19 pandemic, in-person appointments, aid opportunities, and activities may be changing rapidly as the situation continues; therefore, we apologize as well for any changes as a result of social distancing measures that were not captured in this Resource Guide. We recommend practicing social distancing and mask wearing at all in-person appointments, aid opportunities, and activities that are still occurring, as well as when visiting friends and family and leaving your home. Email us at info@gfcoalition.org with your comments. Thank you.

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