



Resource Guide for Refugees and Mentors

Provided by:
Global Friends Coalition
Grand Forks, North Dakota

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www.gfcoalition.org

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Refugee Resettlement Agency

Lutheran Social Services New Americans A program of Lutheran Social Services of North Dakota (LSS)

412 Demers Ave
Grand Forks, ND 58201
701-772-7577

Maps

www.gfcoalition.org (under Resources)

- List of maps designed by UND students for low cost clothing locations to activities for teens and adults

http://arts-sciences.und.edu/geography/maps4community/lss_nas.cfm

Clothing and Furnishings

St. Joseph's Social Care and Thrift Store

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

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

Hours: *M, T, Th, F, Sat - 10:00 - 5:00*
Wed. - 10:00 - 8:00

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

Home Place Thrift Store

1811 South Washington
Grand Forks, ND 58201
701-795-9704

<http://www.prairieharvest.net/thrift-store/>

Hours: *Monday - Friday: 9:00 - 7:00*
Saturday: 9:00 - 6:00
Sunday: 12:00 - 5:00

- Does not accept vouchers

True Colors

8 S. Third St
Grand Forks, ND
(701)795-5660

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

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

- Carries new and used women's clothing
- Features high-end name brands and authentic designer accessories

Plato's Closet

2500 S. Columbia Road Suite F
Grand Forks, ND
(701)757-3100

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

Hours: *Monday - Saturday: 10:00 - 9:00; Sun: 12 - 6*

- Offers name-brand men's and women's clothing for people around the ages of 14 – 24. Will buy clothing from customers for all seasons.

The Salvation Army Smart Shop

3401 South 31st Street
Grand Forks, ND 58201
701-775-7255

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

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

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

Easter Seals Goodwill Thrift Store

3651 South Washington Street
Grand Forks, ND 58201
701-787-8201

<https://www.esqwnd.org/>

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

Saturday: 9:00 - 5:00

Sunday: 12:00 - 5:00

- Ask the LSS agency to get voucher
- Large selection of clothing and accessories

Gramma's Attic

2215 Gateway Drive
Grand Forks, ND 58201
218-779-8117

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

Hours: *Monday - Friday: 9:00 - 5:00*

Saturday: 9:00 - 7:00

- New and used clothing, books, furniture, electronics and more
- UND students receive a 10% discount

Second Impressions Thrift Store

1502 Central Avenue
East Grand Forks, MN 56721

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

/

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

- Nice, affordable selection of clothing and household items

Dakota Boys Ranch Thrift Store

2017 Demers Avenue
Grand Forks, ND 58201
701-775-7805

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

Hours: *Monday - Saturday: 9:00 - 7:00*

Sunday: 12:00 - 5:00

- Accepts clothing vouchers

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

Arc Thrift Store

2500 Demers Ave.
701-772-3855

<http://www.thearcuppervalley.com/Thrift-Store/thrift-store.html>

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

Saturday: 9:00 - 5:00

- Does not accept vouchers
- Merchandise changes daily

Once Upon A Child

2791 32nd Ave. S.
Grand Forks, ND 58201
701-775-1055

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

Hours: *Monday - Saturday: 10:00 - 8:00*

Sunday: 12:00 - 5:00

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

Grand Forks Herald Online

www.grandforksherald.com

- Lists garage sales online under "Classifieds"

Food Pantries and Food Resources

HOPE Church Community Food Pantry

1726 S Washington St.
Grand Forks, ND 58201
701-772-1884

Hours: *Wednesdays 10:00 - 5:00*

Thursdays 5:00 - 8:00

Cottonwood Community Church

308 S 5th St, Grand Forks, ND 58201
Phone number: 701-772-4126

Pantry is open Thursday only from 6pm to 7pm

Zion United Methodist Church Love Feast

1001 24th Avenue South, Grand Forks, ND 58201

- Meal held last Tuesday of each month: 5:30-6:30pm
- Open to general public

The Store House Food Pantry – First Church of God

2856 N. Washington St.
Grand Forks, ND
701-772-0953

tstorehousefoodpantry@gmail.com

- Offers free food to clients who don't know where their next meal is coming from
- Contact for hours

Salvation Army Food Shelf

1600 University Avenue Grand Forks, ND 58201

Hours: *Monday - Friday: 9 – 11 AM; 1 - 2:30 PM*

- Bring in proof of residency for the city of Grand Forks or East Grand Forks
- Bring in picture ID or lease
- Food offered are canned goods, dried goods, and frozen meats

St. Joseph's Social Care and Thrift Store

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

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

Hours: *M, Tu, Th: 2:00 - 4:00; Wed: 5:00 - 7:00*

- Food baskets are free of charge to people in crisis – once every 30 days - given up to 12 times per year
- After the second food basket, an appointment for an interview for further services must be made
- Bring picture ID, social security cards for everyone in the household, and proof of residence
- Voucher requirements: resident of city (Grand Forks County or East Grand Forks County), bill/mail with address and name for last thirty days
- Please call first as hours may change

East Grand Forks Food Shelf

1715 3rd Avenue NW
East Grand Forks, MN 56721
218-773-8083

Hours: *Mon 10am-5pm, Wed 10am-5pm, Fri 10am-2pm*

- Food provided according to family size and is enough for 12 days for each member. No voucher needed.
- Bring proof of physical address (utility bill, rent receipt, referral from Financial Social Worker, or landlord lease if having just moved to a new location)
- Bring picture ID, social security cards for everyone in the household
- Food supplies can only be picked up by an adult.

WIC – Women, Infants, and Children

1726 S. Washington St., Suite 57 & 58
Grand Forks, ND 58201
701-775-3667

<http://www.ndhealth.gov/wic/>

Hours: *Monday - Thursday: 8:00 - 4:45*

Friday: 8:00 - 12:00

- Food program for women and young children
- To qualify you must be pregnant or breastfeeding or a new mother with an infant or child under the age of 5. You must also have a nutritional health risk (which staff at WIC will determine). Your annual income must also meet WIC guidelines

**Red River Valley Community Action
Food Commodities**

1013 North 5th Street
Grand Forks, ND 58203
701-746-5431

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

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

- Must be 60 years of age or older to qualify
- Groceries provided every other month to individuals (age 60+) who meet the income qualifications

Northlands Rescue Mission

420 Division Ave,
Grand Forks, ND 58201
701-772-6600

<https://northlandsrescuemission.org/>

- Food baskets available from the 16th of the month to the end of the month.
- Foods offered are shelf stable foods and frozen meats.
- Please call ahead of the 15th to order a basket. When picking up the basket bring photo ID, the social security cards of the other members in your family, and a piece of mail confirming your address that matches your photo ID.
- Contact Kayle@jointhemission.org for more information

Education

-Preschool Enrollment-

Grand Forks Head Start Center

3600 6th Ave. N.
Grand Forks, ND 58203
701-746-2433

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

- Primarily low-income-based acceptance
- Apply early (long waiting list)
- 3 and 4-year-olds are eligible
- Bring immunization record, I-94/birth certificate, social security card, and proof of income

-K-12 School Enrollment-

Magnet Elementary Schools for English Language Learners:

Century Elementary School

3351 17th Ave. S.
Grand Forks, ND 58201
701-746-2440

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

Winship Elementary School

1412 5th Ave. N.
Grand Forks, ND 58203
701-746-2325

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

ELL Bus – Dietrich Bus Service

701-772-0601

- For Elementary School ELL students who live out of the range of the Century & Winship Elementary School bus

Magnet Middle School for English Language Learners:

South Middle School

1999 47th Ave. S.
Grand Forks, ND 58201
701-746-2345

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

ELL Bus – Dietrich Bus Service

701-772-0601

- For Middle School ELL students who live out of the range of the regular South Middle School bus

Magnet High School for English Language Learners:

Red River High School

2211 17th Ave. S.
Grand Forks, ND 58201
701-746-2400

<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

-Adult English Language Learning-

Community High School Adult Learning Center – “Stanford Center”

500 Stanford Road
Grand Forks, ND 58203
701-795-2773

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

ELL: 701-795-2767

- ELL classes, GED. Basic education

Kvasager Learning Center

1802 Continental Drive
Grand Forks, ND, 58201
701-775-2873

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

Adult Education at Northland Community & Technical College

2022 Central Ave. NE, Room 560
East Grand Forks, MN 56721
1-800-959-6282 (Northland College)
218-793-2380 (Classroom Phone)

- Courses offered: GED, ELL, U.S. Citizenship, College Prep, and Driver’s License

New American Integration Center

Al-Huda Islamic Center
1401 Central Ave NW
East Grand Forks, MN 56721

- Job application help, English language classes, citizenship classes

-Employment Training Programs-

Job Service of North Dakota

1501 28th Ave. South
Grand Forks, ND 58201
701-795-3700

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

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

-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)

University of North Dakota

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

- “Cultural Diversity Tuition Waiver” - See above website for eligibility criteria
- “Engelstad Underrepresented Student Scholarship” for first-generation college and/or low-income students
- Beware of early deadlines (e.g., November deadline for Spring scholarships)

Childhood Development, Aid, and Services

Early Head Start

920 Northwestern Drive
Grand Forks, ND 58203
701-777-8153 (Grand Forks Site)
701-788-4868 (Mayville Main Office)

- Services provided by Mayville State University.
- Serves 56 individuals, including pregnant women.
- Children in program are 6 weeks to 3 years old.
- Provide in-home support to mothers and prenatal mothers.
- The waiting list is based on need but still apply!

North Dakota Child Care Resource and Referral

412 Demers Avenue
Grand Forks, ND 58201
701-787-7755 (Grand Forks Site)
1-800-997-8515 (Staff Directory)

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

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

Parent Information Center

Located at Century Elementary School
3351 17th Ave. South
Grand Forks, ND 58201
701-787-4216

- Offer classes, support group, books, videos, DVDs, and CDs on parenting.
- Hours coincide with Grand Forks Public Schools calendar. Closed for summer months

Right Track

914 Boyd Dr.
Grand Forks, ND 58201
701-795-3000

- 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

Safe Kids Grand Forks
607 Demers Ave.
East Grand Forks, MN 56721
701-780-1489

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

Columbia Hall Room 1300
UND campus
Grand Forks ND, 58202
701-777-3232

- 8 a.m. to 5 p.m. Monday-Friday
- \$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.

Free Parent-Child Activities

River Cinema (Discounted Tickets)

Contact Global Friends Coalition 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.

East Grand Forks Campbell Public Library

422 4th St. N. W.
East Grand Forks MN, 56721
(218) 773-9121

Hours: *Monday - Thursday: 9:00 - 8:00*
Friday: 9:00 - 5:00
Saturday: 10:00 - 2:00
Sunday: 12:00 - 4:00

<http://www.egf.mn/index.aspx?nid=185>

- Numerous activities for children including story time, R.A.L.F (Random Awesome Library Fun) Club, Art in the Park, Baby Bounce, Tinker Time, Take-a-break-Tuesdays and more)
- Dial a Story at 218-773-9121 (Pre-recorded stories for children)
- 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
701-772-8116

Hours: *Monday - Thursday: 9:00 - 9:00*
Friday - Saturday: 9:00 - 5:00
Sunday: 1:00 - 5:00

www.gflibrary.com

- Preschool Storytime – Tuesday 10am
- Toddler Storytime – Thursday 10am
- Evening Storytime – First Tuesday of every month 5:30pm.
- Family Fun Day – Last Sunday every month 1-4pm
- Make sure to check calendar as some activities are seasonal

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>

Grand Forks Park District

Visit www.gfparks.org

- 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.

North Dakota Museum of Art "Family Day"

261 Centennial Drive
UND campus
Grand Forks, ND, 58202
701-777-4195

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

- Last Saturday of the month during the school year, 10 a.m. to 12 p.m.
- 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

Ethnic Stores

Al Amin Grocery & Halal Meats

1440 South Washington St.

Grand Forks, ND 58201
701-757-0737
Hours: *Monday - Sunday: 9:00 - 10:30 p.m.*

FM International Market

1309 2nd Avenue North
Grand Forks, ND 58206
701-738-4663
Hours: *Monday - Sunday: 10:00 - 6:00 p.m.*

Hamro Bazar

1375 S Columbia Rd.
Grand Forks, ND 58201
701-850-0526
Hours: *Monday - Saturday: 10:00 - 8:00*
Sunday: 12:00 - 7:00

Toucan International Market

Grand Cities Mall
1826 South Washington Street
Grand Forks, ND 58201
701-775-4692
Hours: *Monday - Friday: 10:30 - 7:00*
Saturday: 10:30 - 6:00

Safari Market

1305 Stanford Road
Grand Forks, ND, 58203
701-757-4056
Hours: *Monday - Sunday: 8:00 - 8:00*

Asian Grocery

2550 S. Columbia Road; Suite D
Grand Forks, ND 58201
701-757-4335
Hours: *Monday - Saturday: 10:00 - 8:00*
Sunday: 12:00 - 8:00

Steers Somali Restaurant & Shop

2915 S. Washington Street
Grand Forks, ND 58201
701-757-3113
Hours: *Monday - Sunday: 9:00 - 9:00*

Daryeel Grocery

910 Central Ave NW
East Grand Forks, MN 56721
Hours: *Monday - Sunday 10:00 - 8:30*

Health

Third Street Clinic

360 Division Ave, Suite 200
Grand Forks, ND 58201
Questions or Appointments: 701-772-1263
Email: Help4You@thirdstreetclinic.org

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

- 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.
- Bring proof of residence and verification of income (valid driver's license & social security card, verification of household income in last two salary statements, latest income tax forms, proof of residency).

Health Tracks

North Dakota's Early and Periodic Screening, Diagnosis, and Treatment (EPSDT) Program
701-787-8100

<http://www.grandforksgov.com/government/committees/health-department>

- 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

Altru Free Kid's Vitamin Program

Fill out form below:

<https://www.altru.org/app/files/public/9179/7930-0318.pdf>

-Immunizations-

Grand Forks Public Health

151 South 4th Street #N-301
Grand Forks, ND 58201
701-787-8100

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

-Health Clinics and Pharmacies-

Grand Forks Altru Family Medicine Residency

725 Hamline Street
Grand Forks, ND 58203
Appointments: 701-780-6800
Pharmacy: 701-780-6870
Hours: *Monday - Friday: 8:30 - 12:30; 1:30 - 5:00*

Altru Clinic – Family Medicine Center

1380 South Columbia Road
 Grand Forks, ND 58201
 Clinic: 701-795-2000
 Pharmacy: 701-795-2020
 Hours: *Monday - Friday: 7:30 - 6:00*
Saturday: 8:30 - 11:00

Altru Clinic - East Grand Forks

607 Demers Ave
 East Grand Forks, MN 56721
 218-773-0357
 Hours: *Monday - Friday: 8:00 - 5:00*

Aurora Clinic

1451 44th Ave. South, Unit F
 Grand Forks, ND 58201
 701-732-2700
 Hours: *Monday - Friday: 8:00 - 5:00*

Sanford Health Clinic

929 Central Ave. NW
 East Grand Forks, MN 56721
 218-773-6800
 Hours: *Monday - Friday: 8:00 - 5:00*

Third Street Clinic

360 Division Ave, Suite 200
 Grand Forks, ND 58201
 701-772-1263
 Hours: *Monday - Friday: 9:00 - 4:00*

- For low-income, uninsured patients who are not eligible for any medical assistance elsewhere.

Spectra Health Clinic

Formerly "Valley Community Health Center"
 212 South 4th Street, Suite 101
 Grand Forks, ND 58201
 701- 757-2100
www.spectrahealth.org
 Hours: *Monday - Friday: 7:30 - 5:30*

- Sliding fee available, based on income
- Accepts ND and MN Medicaid

Valley Health

360 Division Ave. Suite 200
 Grand Forks, ND 58201
 701-775-4251
 Hours: *Monday - Thursday: 8 -5; Friday: 8 - 12:30*

- Focus is on reproductive health
- Sliding scales fee

Wall's Health Mart Pharmacy at Aurora

4400 South Washington St.
 Grand Forks, ND 58201
 701-732-2900

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

1200 South Columbia Road
 Grand Forks, ND 58201
 701-780-5000
<https://www.altru.org/>

Altru Urgent Care

1200 South Columbia Road
 Grand Forks, ND 58201
 701-780-5000
 Hours: *Monday - Sunday: 10:00 - 9:30*

Aurora Urgent Care

2650 32nd Ave S.
 Grand Forks, ND 58201
 701-732-2710
<http://www.auroraclinic.org/>

-Mental Health-**Altru 860 Columbia**

860 South Columbia Road
 Grand Forks, ND 58201
 701-780-5000
 Hours: *Monday - Thursday: 8:00 - 6:00; Friday: 8 - 5*
<https://www.altru.org/services/behavioral-health-clinic/>

Mountainbrooke Recovery Center

112 N. 3rd Street
 Grand Forks, ND 58201
 701-746-4530
 Hours: *Monday - Friday: 8:00 - 4:00*

- 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
 701-795-3000
<http://www.nd.gov/dhs/locations/regionalhsc/northeast/index.html>

- 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 8:15 - 10:30 a.m.

Red River Behavioral Health System

1451 44th Ave. S, Unit A
Grand Forks, ND 58201
701-772-2500

<https://redriverbhs.com/>

Hours: *Open 24 hours a day, 7 days a week*

- Provides services for adolescents and adults experiencing a behavioral health crisis

Psychological Services Center

Montgomery Hall, Room 201
UND campus
Grand Forks, ND 58202
701-777-3691

Hours: *Tuesday - Thursday: 10:00 - 8:00*

- Psychotherapy, counseling, and assessments
- Sliding scales fees based on income

Spectra Health Clinic

212 South 4th Street, Suite 101
Grand Forks, ND 58201
701- 757-2100

www.spectrahealth.org

Hours: *Monday - Friday: 7:30 - 5:30*

- Sliding fee available, based on income
- Accepts ND and MN Medicaid

Village Family Service Center

Grand Cities Mall
1726 S. Washington, Suite 33A
Grand Forks, ND 58201
701-746-4584

<http://www.thevillagefamily.org/>

- See website for all services offered

Northern Prairie Community Clinic

Columbia Hall, Room 1300
University of North Dakota
501 North Columbia Road
Grand Forks, ND 58202
701-777-3745

701-775-0525 (Crisis Line)

<http://www1.und.edu/centers/npcc/>

Hours: *Monday - Friday: 8:00 - 8:00*

- "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.

-Dental Care-

Spectra Health Dental Clinic

212 South 4th Street, Suite 101
Grand Forks, ND 58201

701- 757-2100

Hours: *Monday - Friday: 7:30 - 5:30*

www.spectrahealth.org

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

Housing

-Housing Assistance-

Office of Urban Development – Grand Forks Housing Authority

1405 1st Ave. N.
Grand Forks, ND 58203
701-746-2545

<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.*

Goldmark Property Management

3605 S 20th St.
Grand Forks, ND 58201
701-780-9901

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

Cambridge Property Management

2603 7th Ave. S. #12
Grand Forks, ND 58201
701-775-8670

<http://www.apartments-grandforks.com/>

Columbia West Apartments

2100 S. 29th Street #108
Grand Forks, ND 58201
701-738-8520

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

Holiday Air

Skyline Village, University Heights Apartments

925 N. 43rd St., Suite K-95
Grand Forks, ND 58201
701-775-0597

Dakota Commercial

615 1st Ave North Suite A
Grand Forks, ND 58201
701-772-3101

<http://www.dakotacommercial.com/listings>

Lawndale Apartments

2815 17th Ave. S.
Grand Forks, ND 58201
701-404-4986

MetroPlains Management

23 North 3rd Street
701-772-5480
<http://www.metroplains.com>

Real Estate Management

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

Mikkleson Real Estate

1319 Chestnut Street
Grand Forks, ND 58201
701-775-0564

Deerwood Property Management

1604 S. Washington Street
Grand Forks, ND 58201
701-787-6085

Investors Management & Marketing

2250 S. 34th St. #608
701-746-9551
<https://www.immapartments.com/featured-properties/>

Social Security, State ID, & Public Assistance

-Social Security-

Social Security Administration

402 Demers Avenue, Suite #300
Grand Forks, ND 58201
1-888-617-0456
<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
701-787-6540
Hours: *Monday - Friday: 8:00 - 4:45*

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

- Bring I-94 card, other ID, and cash (about \$8.00) to get a ND state photo identification card

-Tax Assistance-

Red River Valley Community Action

1013 N. 5th St.
Grand Forks, ND 58203
701-746-5431
Hours: *Monday - Friday: 8:00 - 5:00*
<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.
- If you have questions, call Kaye at 746-5431.

-Emergency Assistance-

First Link

211 or 701-235-7335 (24 Hour Helpline)
800-273-8255 (24 Hour Suicide Helpline)
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
Grand Forks, ND 58201
701-787-8000 (Non-Emergency)
911 (Emergency)
<http://www.grandforksgov.com/government/police>

Red River Valley Community Action

1013 North 5th Street
Grand Forks, ND 58203
701-746-5431
<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 – 1st and 3rd Thursday of the month

- 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
701-775-2597

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

- 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
701-795-8614

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

- Provides assistance to individuals and families in need without discrimination

-Public Assistance-

Grand Forks County Social Services

151 South 4th St, Suite 201
PO Box 5196
Grand Forks, ND 58206
701-787-8535

http://gfcountry.nd.gov/Social_Services

- Bring as much information as possible: I-94, Social Security card, housing rental information/lease agreement, income verification, etc.
- Services available: Food stamps, Temporary Assistance for Needy Families (TANF), Medical Assistance, Fuel Assistance

-Emergency Shelters-

Community Violence Intervention Center (CVIC)

211 South 4th Street
Grand Forks, ND 58201
Office: 701-746-0405
Crisis line 701-746-8900

www.cviconline.org

- Protective shelter
- Meals – Soup kitchen
- Crisis intervention and counseling

Northlands Rescue Mission

420 Division Avenue
Grand Forks, ND 58201
701-772-6600

www.northlandsrescuemission.org

- Adult men and women only

Red River Valley Community Action

1013 North 5th Street
Grand Forks, ND 58203
701-746-5431

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

- Women and children only

Job Assistance

Job Service North Dakota

1501 28th Avenue South
Grand Forks, ND 58201
701-795-3700

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

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

- Assists in locating jobs

Kelly Services Inc

3750 32nd Ave S, Suite 101
Grand Forks, ND, 58201
701-780-9509

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

PeopleReady

2124 Gateway Dr, Suite C
Grand Forks, ND, 58203
701-775-9675

<http://www.peopleready.com>

- Per diem staffing

Express Employment Professionals – Temp Agency

3590 South 42nd St., Suite 1
Grand Forks, ND, 58201
701-787-5655

<https://www.expresspros.com>

Doherty Staffing

2524 S. Washington St., Suite #6
Grand Forks, ND 58201
(701) 757-0562

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

- Jacob Johnson: 701-330-6255

Transportation

Ali Rood

Mobility Manager

arood@grandforksgov.com
701-746-8108

- 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.)

Grand Forks City Bus Metro Transit Center

450 Kittson Ave.
Grand Forks, ND 58201
701-746-2600

- 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:
<http://www.grandforksgov.com/government/bus/how-to-ride/fares>

C.A.T. Dial-A-Ride and Senior Rider Service

PO Box 5200
Grand Forks, ND 58206
701-787-9120

<http://www.grandforksgov.com/government/bus/dial-a-ride>

- Available to anyone who has a disability and senior citizens—applications are on web
- Seniors are 62 & older
- \$3.00 per trip
- Must call to schedule

Grand Forks Driver's License Division

1951 N. Washington Street
Grand Forks, ND 58203
701-787-6540

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

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

- Pick up study materials for driving permit computer test, schedule driving test.
- Drivers Tests are available in the following languages: Spanish, Russian, Serb-Croatian, Vietnamese, Arabic, Somali, Nepali, Turkish, Swahili, and an English-Audio option is also available

Red River Valley Community Action

1013 North 5th Street
Grand Forks, ND 58203
701-746-5431

<http://www.rvca.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
701-775-2597

- Bus tickets/gas vouchers for emergencies only

S&S Taxi

24 Hours/7 Days Week

701-772-4142

<http://sstaxis.com/>

Free and Discount Activities **(See also Free Child-Parent Activities)**

Grand Forks Park District

1060 47th Ave. South
Grand Forks, ND 58201
701-746-2750

Info line: 701-787-3499

www.gfparks.org

- Activities for youth and families, special events

Grand Forks Public Library

2110 Library Circle
Grand Forks, ND 58201
701-772-8116

www.gflibrary.com

- Wireless Internet Available
- Guest passes available to use library's computers
- Library cards are free-bring photo ID and proof of address
- Free monthly movie with popcorn for all ages

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!*
- 701-746-0444
- 1-800-866-4566

North Dakota Museum of Art

261 Centennial Drive, Stop 7305
University of North Dakota Campus
Grand Forks, ND 58202
701-777-4195

www.ndmoa.com

- Family Day- Last Saturday of the month, during the school year. 10 am- noon. Children and adults can work together to work on projects related to the Museum exhibit. It is free.

University of North Dakota Office of International Programs: International Centre

UND McCannel Hall, Room 190
2891 2nd Ave North, STOP 7109
Grand Forks, ND 58202
701-777-4231

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

- Cultural nights

Legal Assistance

Immigration Specialist – Lutheran Social Services of North Dakota

3911 20th Ave. S.
Fargo, ND 58103
701-235-7341

Legal Services of North Dakota

UND School of Law Ste 1
215 Centennial Drive Stop 9003
Grand Forks, ND 58202
www.legalassist.org

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

218 South 3rd St.
Grand Forks, ND 58201
701-787-8802
sue@swansonimmigrationlaw.com

- 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

www.uscis.gov
National Customer Service Hotline:
1-800-375-5283

U.S. Citizenship and Immigration Services in Fargo

657 2nd Ave. N, Suite 248
Fargo, ND 58102

Bhutanese Resources

Bhutanese Refugees

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

Bhutanese Refugees Cultural Orientation

<http://www.culturalorientation.net/learning/populations/bhutanese>

BRYCS (Building Refugee Youth & Children's Services)

<https://brycs.org/>

Bhutan New Service

<http://www.bhutannewsservice.org/>

Bhutan News

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

- updates about Bhutan and people of Bhutan

Burundian Resources

U.S. Department of State Diplomacy in Action Burundi page

<https://www.state.gov/countries-areas/burundi/>

Radio Isanganiro

<http://www.isanganiro.org/>

- Burundian radio station, in Kirundi and French

Burundi Blog

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

- essential Kirundi phrases, among other things

Iraqi Resources

Iraqi Refugees

<http://www.culturalorientation.net/learning/populations/iraq>

BRYCS List of Highlighted Resources

<https://brycs.org/>

Somali Resources

Somali Refugees

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

BRYCS List of Resources about Somali Youth

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

BRYCS Somali Bantu Refugees: Cultural Information

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

Liberian Resources

Liberians United Association of Grand Forks

C/O Reginald Tarr
Phone: 701-739-8258

Liberian News

<http://www.theperspective.org/>

- Resource site on the Liberian government

<http://www.liberianembassyus.org/>

- Embassy of the Republic of **Liberia** in Washington, DC

<http://www.emansion.gov.lr/>

- Executive mansion of Liberia

www.liberianforum.com/news.htm

- Newspaper

Congolese Resources

Congolese Refugees

<http://www.culturalorientation.net/learning/populations/congolese-refugees>

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

600 Demers Avenue; Suite 406A--in the US Bank
Grand Forks, ND

www.gfcoalition.org

701-746-8233

email: info@gfcoalition.org

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

Global Neighbors

Bismarck, ND

<https://www.bismarckglobalneighbors.org/>

701-595-0135

email: bismarckglobalneighbors@gmail.com

- Provides in-home mentors

Lutheran Social Services New Americans

Lutheran Social Services of North Dakota
Fargo, Grand Forks, and Bismarck, ND

412 Demers Avenue
Grand Forks, ND 58201
701-772-7577

<https://www.issnd.org/humanitarian-work/>

- Resettlement

New American Consortium for Wellness and Empowerment (WE)

15 21st St S, Suite 102

Fargo, North Dakota

701-231-7147

<https://www.newamericanconsortium.org/tag/we-center/>

/

A consortium made up of 3 member organizations serving the community in the Fargo/Moorhead area

-Country Information-

CIA World Factbook

<https://www.cia.gov/library/publications/resources/the-world-factbook/index.html>

U.S. Human Rights Country Reports

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

-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 and Children’s Services

“Refugee 101”

<http://www.brycs.org/aboutRefugees/refugee101.cfm>

CWS – Church World Service

<https://cwsglobal.org/>

CORS – Cultural Orientation Resource Center

www.culturalorientation.net/learning

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

U.S. Department of State – Bureau of Population, Refugees, and Migration

<https://www.state.gov/j/prm/>

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/>

Human Rights Watch

<https://www.hrw.org/>

International Criminal Court

<https://www.icc-cpi.int/>

Human Rights First

<http://www.humanrightsfirst.org/>

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/>

** **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. Email us at info@gfcoalition.org with your comments. Thank you.*

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