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 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.stjosephssocialcaregf.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.truecolorsrgf.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
https://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.esgwnd.org/
Hours: Monday - Friday: 9:00 - 5:00
Saturday: 9:00 - 7:00
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.stjosephssocialcaregf.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/
- 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,

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.

-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)
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](http://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_
- 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](http://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**

**Grand Forks Park District**
Visit [www.gfparks.org](http://www.gfparks.org)
- 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
UND campus
Grand Forks, ND, 58202
701-777-4195
[http://ndmoa.com/family-day](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

**Health Tracks**
North Dakota’s Early and Periodic Screening, Diagnosis, and Treatment (EPSDT) Program
701-787-8100

- 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:

-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: 8:00 - 6:00; Friday: 8:00 - 5:00
https://www.altru.org/services/behavioral-health-clinic/

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: 8:00 - 5:00
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.stjosephssocialcaregf.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://gfcounty.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
aroood@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
- 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.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
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.gfpark.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
● 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

BRYCS Somali Bantu Refugees: Cultural Information

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
Congoese 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.lssnd.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

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/](https://www.hias.org/)

IRC - International Rescue Committee  
[https://www.rescue.org/](https://www.rescue.org/)

LIRS – Lutheran Immigration and Refugee Service  
[https://www.lirs.org/](https://www.lirs.org/)

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

Refugees International  
[https://www.refugeesinternational.org/](https://www.refugeesinternational.org/)

Refugee Studies Centre  
[https://www.rsc.ox.ac.uk/](https://www.rsc.ox.ac.uk/)

UNHCR – The United Nations High Commission for Refugees  
[www.unhcr.org](http://www.unhcr.org)

U.S. Department of State  
[www.state.gov](http://www.state.gov)

U.S. Department of State – Bureau of Population, Refugees, and Migration  
[https://www.state.gov/j/prm/](https://www.state.gov/j/prm/)

USCRI – U.S. Committee for Refugees and Immigrants  

World Relief  
[https://www.worldrelief.org/](https://www.worldrelief.org/)

-Amnesty International  
[https://www.amnesty.org/en/](https://www.amnesty.org/en/)

Human & Constitutional Rights  

Human Rights Watch  
[https://www.hrw.org/](https://www.hrw.org/)

International Criminal Court  
[https://www.icc-cpi.int/](https://www.icc-cpi.int/)

Human Rights First  

Witness  
[https://witness.org/](https://witness.org/)

-International Agencies-

Asian Development Bank  
[https://www.adb.org/](https://www.adb.org/)

European Union  

Humanitarian Law Instruments and Information Council of Europe  

Inter-American Development Bank  
[https://www.iadb.org/en](https://www.iadb.org/en)

Organization of American States  

United Nations  

The World Bank Group  

World Trade Organization  
[https://www.wto.org/](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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