

# Resource Guide for Refugees and Mentors

Provided by the Global Friends Coalition  
Grand Forks, North Dakota



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

## **Clothing and Furnishings**

### **St. Joseph's Social Care and Thrift Store**

620 8<sup>th</sup> 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 31<sup>st</sup> 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/secondimpressionthriftstore/>

/

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 32<sup>nd</sup> 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](http://www.grandforksherald.com)

- Lists garage sales online under "Classifieds"

## **Food Pantries and Food Resources**

### **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 24<sup>th</sup> 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](mailto: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 8<sup>th</sup> 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 3<sup>rd</sup> 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 5<sup>th</sup> 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 16<sup>th</sup> of the month to the end of the month.
- Foods offered are shelf stable foods and frozen meats.
- Please call ahead of the 15<sup>th</sup> 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](mailto:Kayle@jointhemission.org) for more information

## **Education**

### ***-Preschool Enrollment-***

#### **Grand Forks Head Start Center**

3600 6<sup>th</sup> 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 17<sup>th</sup> Ave. S.  
Grand Forks, ND 58201  
701-746-2440

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

#### **Winship Elementary School**

1412 5<sup>th</sup> 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 47<sup>th</sup> 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 17<sup>th</sup> 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 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

### ***-Employment Training Programs-***

#### **Job Service of North Dakota**

1501 28<sup>th</sup> 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 17<sup>th</sup> 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](http://www.safekidsgf.com)

- Safety information on many topics.
- Car seats provided at cost
- Offer car seat checks at Rydell's on the 2<sup>nd</sup> 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 4<sup>th</sup> 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](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**

- Follow this facebook group for ideas:  
<https://www.facebook.com/pages/Things-to-do-With-Kids-in-Grand-Forks-ND/236185433092596?ref=nf>

### **Grand Forks Park District**

Visit [www.gfparks.org](http://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 Amiin 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 2<sup>nd</sup> Avenue North

Grand Forks, ND 58206

701-738-4663

Hours: *Monday - Sunday: 10:00 - 6:00 p.m.*

### **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*

## **Health**

### **Third Street Clinic**

360 Division Ave, Suite 200  
Grand Forks, ND 58201

Questions or Appointments: 701-772-1263

Email: [Help4You@thirdstreetclinic.org](mailto: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 4<sup>th</sup> 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 44<sup>th</sup> 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.

### **Valley Community Health Center's Clinic**

212 South 4<sup>th</sup> Street, Suite 101  
Grand Forks, ND 58201



701- 757-2100

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. 3<sup>rd</sup> 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 4<sup>th</sup> 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 44<sup>th</sup> 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

### **Valley Community Health Center's Clinic**

212 South 4<sup>th</sup> Street, Suite 101

Grand Forks, ND 58201

701- 757-2100

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-***

### **Valley Community Health Centers Dental Clinic**

212 South 4<sup>th</sup> Street, Suite 101

Grand Forks, ND 58201

701- 757-2100

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

<http://valleychc.org/>

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

## **Housing**

### ***-Housing Assistance-***

#### **Office of Urban Development – Grand Forks Housing Authority**

1405 1<sup>st</sup> 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 20<sup>th</sup> St.

Grand Forks, ND 58201

701-780-9901

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

#### **Cambridge Property Management**

2603 7<sup>th</sup> Ave. S. #12

Grand Forks, ND 58201

701-775-8670

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

#### **Columbia West Apartments**

2100 S. 29<sup>th</sup> 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 3<sup>rd</sup> Street

701-772-5480

<http://www.metroplains.com>

#### **Real Estate Management**

3101 S. 17<sup>th</sup> 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. 34<sup>th</sup> 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. 5<sup>th</sup> 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](http://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 5<sup>th</sup> 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 – 1<sup>st</sup> and 3<sup>rd</sup> 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 8<sup>th</sup> 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 4<sup>th</sup> St, Suite 201

PO Box 5196

Grand Forks, ND 58206

701-787-8535

[http://gfcountry.nd.gov/Social\\_Services](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 4<sup>th</sup> Street  
Grand Forks, ND 58201  
Office: 701-746-0405  
Crisis line 701-746-8900

[www.cviconline.org](http://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](http://www.northlandsrescuemission.org)

- Adult men and women only

### **Red River Valley Community Action**

1013 North 5<sup>th</sup> Street  
Grand Forks, ND 58203  
701-746-5431

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

- Women and children only

## **Job Assistance**

### **Job Service North Dakota**

1501 28<sup>th</sup> 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 32<sup>nd</sup> 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 5<sup>th</sup> 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.gfparks.org](http://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](http://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](http://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, although donations are welcome.

### **University of North Dakota Office of International Programs: International Centre**

Memorial Union, Room 261  
2901 University Ave. Stop 7109  
Grand Forks, ND 58202  
701-777-4231

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

- Thursday night cultural series – presentation featuring one culture each week with dinner for \$1.00; held at the Loading Dock in the Memorial Union

## **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](http://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](mailto: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](http://www.uscis.gov)

National Customer Service Hotline:  
1-800-375-5283

## **U.S. Citizenship and Immigration Services in Fargo**

657 2<sup>nd</sup> Ave. N, Suite 248  
Fargo, ND 58102

## **Bhutanese Resources**

### **Bhutanese Refugees**

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

### **BRYCS List of Highlighted Resources**

<http://www.brycs.org/clearinghouse/Highlighted-Resources-Bhutanese.cfm>

<http://apfanews.com/>

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

<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/r/pa/ei/bgn/2821.htm>

### **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**

<http://www.brycs.org/clearinghouse/Highlighted-Resources-Iraqi-Refugees.cfm>

## **Somali Resources**

### **Somali Refugees**

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

### **BRYCS List of Resources about Somalis**

<http://www.brycs.org/documents/upload/ResourcesSomaliYouth.pdf>

### **BRYCS "Somali Bantu Refugees: Cultural Considerations for Service Providers"**

<http://www.brycs.org/documents/upload/SBantu-Service-Considerations.pdf>

## **Liberian Resources**

### **Liberians United Association of Grand Forks**

C/O Reginald Tarr  
Phone: 612-245-5120

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

- Resource site on the Liberian government

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

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

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

- Executive mansion of Liberia

[www.liberianforum.com/news.htm](http://www.liberianforum.com/news.htm)

- Newspaper

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

- Online Radio Station

## **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 \$20.00 landlines and broadband internet for \$10.00 a month. To find the applications, go to [www.midcoomm.com](http://www.midcoomm.com) and click under services. From the dropdown menu you will find the applications listed under the tab Lifeline Broadband Assistance. Print out the forms and collect additional information needed by Midcontinent, and mail them to, ATTN: Telecom Services

Midcontinent Communications  
3901 N Louise Ave.  
Sioux Falls, SD 57117-9908

## ***-ND-Based Organizations-***

### **Global Friends Coalition**

Grand Forks, ND  
[www.gfcoalition.org](http://www.gfcoalition.org)  
701-746-8233  
info@gfcoalition.org

- Provides in-home tutors and mentors

### **Lutheran Social Services New Americans**

Lutheran Social Services of North Dakota  
Fargo, Grand Forks, and Bismarck, ND  
412 Demers Ave.  
Grand Forks, ND 58201  
701-772-7577  
<http://www.lssnd.org/what-we-do/humanitarian-work/new-americans/nas-overview.html>

### **Giving + Learning**

Fargo, North Dakota  
701-231-7147  
<http://givingpluslearning.org/>  
Provides volunteers to English language learners in the Fargo/Moorhead area

## ***-Country Information-***

### **CIA World Factbook**

[www.cia.gov/library/publications/the-world-factbook/](http://www.cia.gov/library/publications/the-world-factbook/)

### **U.S. Human Rights Country Reports**

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

## ***-Refugee Related Websites-***

### **American Refugee Committee**

<http://arcrelief.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](http://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](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/>

### **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 error or omissions and ask that you please bring these to our attention. Email us at [info@gfcoalition.org](mailto:info@gfcoalition.org) with your comments. Thank you.*

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