

**RESOURCES AVAILABLE IN THE PARK RAPIDS AREA**

Developed by: A Better Connection, Inc. 218-252-2785

**\*Disclaimer: ABC is providing a list of the following resources and will update with information provided to ABC. If you have additional or differing information, please email [danielle@abetterconnectioninc.com](mailto:danielle@abetterconnectioninc.com) . ABC does not represent the third parties below and is not responsible for services or content provided by these third parties. Please contact the third party directly to verify accuracy of information and products/services provided.**

ORGANIZATION/GROUP	SERVICES	SERVICE PROVIDED	LOCATION
A BETTER CONNECTION	Chemical Dependency Treatment	Outpatient Mental Health for all ages. Chemical Dependency Treatment, Psychological Assessments, Spiritual Counseling, Healthy Choices (Registered Dietician), Weight Management, Co-occurring, Chronic Pain Management, ADHD	266 Henrietta Ave, N. and 1009 Hollinger St Park Rapids MN 56470
A BETTER CONNECTION	Psychological Assessments	Outpatient Mental Health for all ages. Chemical Dependency Treatment, Psychological Assessments, Spiritual Counseling, Healthy Choices (Registered Dietician), Weight Management, Co-occurring, Chronic Pain Management, ADHD	266 Henrietta Ave, N. and 1009 Hollinger St Park Rapids MN 56470
A BETTER CONNECTION	Spiritual Counseling	Outpatient Mental Health for all ages. Chemical Dependency Treatment, Psychological Assessments, Spiritual Counseling, Healthy Choices (Registered Dietician), Weight Management, Co-occurring, Chronic Pain Management, ADHD	266 Henrietta Ave, N. and 1009 Hollinger St Park Rapids MN 56470
A BETTER CONNECTION	Healthy Choices	Outpatient Mental Health for all ages. Chemical Dependency Treatment, Psychological Assessments, Spiritual Counseling, Healthy Choices (Registered Dietician), Weight Management, Co-occurring, Chronic Pain Management, ADHD	266 Henrietta Ave, N and 1009 Hollinger St Park Rapids MN 56470
A BETTER CONNECTION	Weight Management	Outpatient Mental Health for all ages. Chemical Dependency Treatment, Psychological Assessments, Spiritual Counseling, Healthy Choices (Registered Dietician), Weight Management, Co-occurring, Chronic Pain Management, ADHD	266 Henrietta Ave, N. and 1009 Hollinger St Park Rapids MN 56470
A BETTER CONNECTION	Co-Occuring	Outpatient Mental Health for all ages. Chemical Dependency Treatment, Psychological Assessments, Spiritual Counseling, Healthy Choices (Registered Dietician), Weight Management, Co-occurring, Chronic Pain Management, ADHD	266 Henrietta Ave, N. and 1009 Hollinger St Park Rapids MN 56470
A BETTER CONNECTION	Chronic Pain Management	Outpatient Mental Health for all ages. Chemical Dependency Treatment, Psychological Assessments, Spiritual Counseling, Healthy Choices (Registered Dietician), Weight Management, Co-occurring, Chronic Pain Management, ADHD	266 Henrietta Ave, N. and 1009 Hollinger St Park Rapids MN 56470
A BETTER CONNECTION	ADHD	Outpatient Mental Health for all ages. Chemical Dependency Treatment, Psychological Assessments, Spiritual Counseling, Healthy Choices (Registered Dietician), Weight Management, Co-occurring, Chronic Pain Management, ADHD	266 Henrietta Ave, N. and 1009 Hollinger St Park Rapids MN 56470
A BETTER CONNECTION	Spanish Speaking Therapist	Outpatient Mental Health for all ages. Chemical Dependency Treatment, Psychological Assessments, Spiritual Counseling, Healthy Choices (Registered Dietician), Weight Management, Co-occurring, Chronic Pain Management, ADHD	266 Henrietta Ave, N. and 1009 Hollinger St Park Rapids MN 56471
CARE WELL Minnesota Family Caregiver Support	Respite	Information for the following services: Respite, Caregiver Education and Training, Support Groups, Caregiver Coach/ Consultant Services, Supplemental Services	
CARE WELL Minnesota Family Caregiver Support	Caregiver Education & Training	Information for the following services: Respite, Caregiver Education and Training, Support Groups, Caregiver Coach/ Consultant Services, Supplemental Services	
CARE WELL Minnesota Family Caregiver Support	Support Groups	Information for the following services: Respite, Caregiver Education and Training, Support Groups, Caregiver Coach/ Consultant Services, Supplemental Services	
CARE WELL Minnesota Family Caregiver Support	Caregiver Coach/Consultant Services	Information for the following services: Respite, Caregiver Education and Training, Support Groups, Caregiver Coach/ Consultant Services, Supplemental Services	

<b>CARE WELL Minnesota Family Caregiver Support</b>	<b>Supplement Services</b>	Information for the following services: Respite, Caregiver Education and Training, Support Groups, Caregiver Coach/ Consultant Services, Supplemental Services	
<b>COMMUNITY CHRISTMAS DINNER</b>	<b>Meals</b>	Charitable meal at the American Legion	PO Box 143 Park Rapids, MN 56470
<b>DERMATOLOGY PROFESSIONALS</b>	<b>Dermatology</b>	Some options they offer are laser surgery, mole evaluation and removal, acne treatment, psoriasis and eczema treatment.	2300 24th St NW Suite 110 Bemidji, MN 56601 218-444-3998
<b>DWI CLINICS</b>			
Bemidji Program For Recovery		Every Other Month on a Saturday	403 4th St. NW. Suite300 Bemidji, MN
Lakes Counseling		Every Wednesday Alternating Between Morning and Evening	1008 8th St. SE Suite A Detroit Lakes, MN

ORGANIZATION/GROUP	SERVICES	SERVICE PROVIDED	LOCATION
Lakes Region Chemical Depend.		Every Other Month on Friday	1510 Bemidji Ave. N. #13 Bemidji, MN
Rewind, Inc.		1st. Saturday of each Month	Calvary Lutheran Church Perham
<b>ESSENTIA HEALTH</b>	<b>Primary Health Care</b>	Primary Health Care, Walk-In Clinic, with specialists available thru Detroit Lakes and Fargo	705 Pleasant Ave Park Rapids, MN 56470
<b>ESSENTIA HEALTH</b>	<b>Walk-In Clinic</b>	Primary Health Care, Walk-In Clinic, with specialists available thru Detroit Lakes and Fargo	705 Pleasant Ave Park Rapids, MN 56470
<b>ESSENTIA HEALTH</b>	<b>Specialists available thru Detroit Lakes and Fargo</b>	Primary Health Care, Walk-In Clinic, with specialists available thru Detroit Lakes and Fargo	705 Pleasant Ave Park Rapids, MN 56470
<b>EXPRESS LEARNING SERVICES</b>		Educational Revolution; Reading Comprehension, spelling and math systems for schools, business, agencies and Industry	
<b>FEDERAL BONDING PROGRAM</b>	<b>Employer Services</b>	No cost employee dishonesty insurance policy that protects employers against employee theft of money or property.	
<b>FOOD SHELF</b>		Emergency food assistance	308 Pleasant Ave, Park Rapids, MN, 56470
<b>FRANK WHITE LEARNING CENTER</b>	<b>English Class</b>	English as a Second Language for Adults course	301 Huntsinger Ave, Room F150 Park Rapids, MN 56470
<b>FRANK WHITE LEARNING CENTER</b>	<b>Education Classes</b>	GED, college and Accuplacer prep, general math, reading and language/writing review.	301 Huntsinger Ave, Room F150 Park Rapids, MN 56470
<b>GROUP WORKS</b>	<b>Diagnostic Assessments</b>	Diagnostic assessments, individual and family counseling, outpatient mental health.	201 1st. St. E. Park Rapids, MN 56470
<b>GROUP WORKS</b>	<b>Individual Counseling</b>	Diagnostic assessments, individual and family counseling, outpatient mental health.	201 1st. St. E. Park Rapids, MN 56470
<b>GROUP WORKS</b>	<b>Family Counseling</b>	Diagnostic assessments, individual and family counseling, outpatient mental health.	201 1st. St. E. Park Rapids, MN 56470
<b>GROUP WORKS</b>	<b>Outpatient Mental Health</b>	Diagnostic assessments, individual and family counseling, outpatient mental health.	201 1st. St. E. Park Rapids, MN 56470
<b>HEADWATERS ANIMAL SHELTER</b>		Emergency animal shelter	901 Western Ave. S Park Rapids, MN 56470
<b>HEADWATERS INTERVENTION CENTER AND FAMILY CRISIS CENTER</b>		Serving domestic violence victims.	PO Box 564 Park Rapids, MN 56470
<b>HELEN'S KITCHEN</b>	<b>Meals</b>	Served the first Tuesday of every month from 5:30-6:30	305 5th St W Park Rapids, MN 56470
<b>HOSPICE</b>		Cardiac blood pressure monitoring, 24 hours monitoring and care for management of chronic illnesses, i.e.. diabetic, COPD, congestive heart failure, cancer, pneumonia, asthma, IV therapy, showers, baths, dressing, wound care	1009 Hollinger St. Park Rapids, MN
<b>HUBBARD COUNTY REGIONAL ECONOMIC DEVELOPMENT COMMISSION</b>		Economic development	301 Court Avenue Park Rapids, MN 56470
<b>HUNGER SOLUTIONS</b>			
<b>KINSHIP</b>		Mentoring program for children ages 6 years to 18 years living in Park Rapids and the surrounding area	PO Box 282 Park Rapids, MN 56470
<b>KITCHIGAMI PUBLIC LIBRARY</b>		Public library, computers with internet access, free wi-fi, area newspapers (for use in house), books, audiobooks, music and movies for checkout, play space for children and families, free programs for all ages (includes concerts, author visits, and other special events), complimentary printing of resumes, complimentary faxing of job applications and resumes	210 W. First St.
<b>KNUTE NELSON</b>	<b>Hospice</b>	Hospice, Cardiac Blood Pressure Monitory, Wound Care, Management of Chronic Illness, ie diabetes, COPD, CHF, Cancer, Pneumonia, Asthma, IV Therapy, Showers, Bathes, Dressing . Accepts MA and most private insurance.	1009 Hollinger St. Park Rapids, MN
<b>KNUTE NELSON</b>	<b>Cardiac Blood Pressure Monitory</b>	Hospice, Cardiac Blood Pressure Monitory, Wound Care, Management of Chronic Illness, ie diabetes, COPD, CHF, Cancer, Pneumonia, Asthma, IV Therapy, Showers, Bathes, Dressing . Accepts MA and most private insurance.	1009 Hollinger St. Park Rapids, MN

ORGANIZATION/GROUP	SERVICES	SERVICE PROVIDED	LOCATION
KNUTE NELSON	Wound Care	Hospice, Cardiac Blood Pressure Monitory, Wound Care, Management of Chronic Illness, ie diabetes, COPD, CHF, Cancer, Pneumonia, Asthma, IV Therapy, Showers, Bathes, Dressing . Accepts MA and most private insurance.	1009 Hollinger St. Park Rapids, MN
KNUTE NELSON	Management of Chronic Illness i.e. diabetes, COPD, CHF, Cancer, Pneumonia, Asthma, IV Therapy, Showers, Baths, Dressing	Hospice, Cardiac Blood Pressure Monitory, Wound Care, Management of Chronic Illness, ie diabetes, COPD, CHF, Cancer, Pneumonia, Asthma, IV Therapy, Showers, Bathes, Dressing . Accepts MA and most private insurance.	1009 Hollinger St. Park Rapids, MN
LAKE COUNTRY ASSOCIATES	Outpatient Mental Health Services for All Ages	Outpatient Mental health services for all ages, diagnostic and psychological assessments, Individual and family, ARMHS	515 Bridge St. Park Rapids, MN 56470
LAKE COUNTRY ASSOCIATES	Diagnostic Assessments	Outpatient Mental health services for all ages, diagnostic and psychological assessments, Individual and family, ARMHS	515 Bridge St. Park Rapids, MN 56470
LAKE COUNTRY ASSOCIATES	Psychological Assessments	Outpatient Mental health services for all ages, diagnostic and psychological assessments, Individual and family, ARMHS	515 Bridge St. Park Rapids, MN 56470
LAKE COUNTRY ASSOCIATES	Individual Counseling	Outpatient Mental health services for all ages, diagnostic and psychological assessments, Individual and family, ARMHS	515 Bridge St. Park Rapids, MN 56470
LAKE COUNTRY ASSOCIATES	Family Counseling	Outpatient Mental health services for all ages, diagnostic and psychological assessments, Individual and family, ARMHS	515 Bridge St. Park Rapids, MN 56470
LAKE COUNTRY ASSOCIATES	ARMHS	Outpatient Mental health services for all ages, diagnostic and psychological assessments, Individual and family, ARMHS	515 Bridge St. Park Rapids, MN 56470
LIVING AT HOME	Individual Living Skills	Mobilizing volunteers and other community resources to help seniors remain in the home of their choice.	301 Huntsinger Ave, Park Rapids, MN 56470
LUTHERAN SOCIAL SERVICES	Food/Meals	Provide meals for seniors 60 and older	Contact either Great Northern Cafe or Court Apartments
MAHUBE-OTWA	Low Income & Elderly	Service to low income and elderly. Child Care Center, additional resources-energy assistance, Head Start, family development, early childhood, housing	120 Central Ave. Park Rapids, MN 56470
MAHUBE-OTWA	Child Care Center	Service to low income and elderly. Child Care Center, additional resources-energy assistance, Head Start, family development, early childhood, housing	120 Central Ave. Park Rapids, MN 56470
MAHUBE-OTWA	Energy Assistance	Service to low income and elderly. Child Care Center, additional resources-energy assistance, Head Start, family development, early childhood, housing	120 Central Ave. Park Rapids, MN 56470
MAHUBE-OTWA	Head Start	Service to low income and elderly. Child Care Center, additional resources-energy assistance, Head Start, family development, early childhood, housing	120 Central Ave. Park Rapids, MN 56470
MAHUBE-OTWA	Family Development	Service to low income and elderly. Child Care Center, additional resources-energy assistance, Head Start, family development, early childhood, housing	120 Central Ave. Park Rapids, MN 56470
MAHUBE-OTWA	Early Childhood	Service to low income and elderly. Child Care Center, additional resources-energy assistance, Head Start, family development, early childhood, housing	120 Central Ave. Park Rapids, MN 56470
MAHUBE-OTWA	Housing	Service to low income and elderly. Child Care Center, additional resources-energy assistance, Head Start, family development, early childhood, housing	120 Central Ave. Park Rapids, MN 56470
MAHUBE-OTWA HEAD START		Serving children ages birth to 5 and pregnant women, education, school readiness Family literacy, health and nutrition, mental health self-sufficiency, self-esteem, in-home (birth - 3years)	120 Central Ave. Park Rapids, MN 56470
MINNESOTA WORKS	Employment Opportunities	Job postings	
MOPS	Parenting Support	Support for mothers of young children	Faithbridge Church 1505 Park Ave S Park Rapids, MN 56470
NORTHWOOD'S BANK		Financial Services, Housing/Rental Information	1200 East First Street Park Rapids, MN 56470
PARK RAPIDS CHAMBER OF COMMERCE		Business promotion and collaboration	PO Box 249 Park Rapids, MN 56470



ORGANIZATION/GROUP	SERVICES	SERVICE PROVIDED	LOCATION
P A R K R A P I D S COMMUNIT Y EDUCATIO N	<b>Community Involvement</b>	Classes of all types offered for all age ranges	301 Huntsinger Ave, Park Rapids, MN 56470
P A R K R A P I D S COMMUNIT Y EDUCATIO N	<b>Early Childhood</b>	Early childhood coalition, family education, head start, special education and community health	301 Huntsinger Ave, Park Rapids, MN 56470
PETER'S TABLE	<b>Meals</b>	Served the third Tuesday of every month from 5:30-6:30	305 5th St W Park Rapids, MN 56470
PINE MANOR		Residential Chemical Dependency Treatment, AA and NA meetings	22195 State Hwy. 34 Nevis, MN 56467
PREGNANCY RESOURCE CENTER	<b>Pregnancy Testing</b>	Free Pregnancy Test, education on pregnancy, abortion, sexually transmitted infections, food available, peer counseling, emotional and spiritual support, abstinence education,referral to social services, earn supplies for you and your baby, maternity, infant and toddler clothing	200 6th St. W. Park Rapids, MN 56470
PREGNANCY RESOURCE CENTER	<b>Pregnancy Education</b>	Free Pregnancy Test, education on pregnancy, abortion, sexually transmitted infections, food available, peer counseling, emotional and spiritual support, abstinence education,referral to social services, earn supplies for you and your baby, maternity, infant and toddler clothing	200 6th St. W. Park Rapids, MN 56470
PREGNANCY RESOURCE CENTER	<b>Abortion</b>	Free Pregnancy Test, education on pregnancy, abortion, sexually transmitted infections, food available, peer counseling, emotional and spiritual support, abstinence education,referral to social services, earn supplies for you and your baby, maternity, infant and toddler clothing	200 6th St. W. Park Rapids, MN 56470
PREGNANCY RESOURCE CENTER	<b>Sexually Transmitted Infections</b>	Free Pregnancy Test, education on pregnancy, abortion, sexually transmitted infections, food available, peer counseling, emotional and spiritual support, abstinence education,referral to social services, earn supplies for you and your baby, maternity, infant and toddler clothing	200 6th St. W. Park Rapids, MN 56470
PREGNANCY RESOURCE CENTER	<b>Food/Meals</b>	Free Pregnancy Test, education on pregnancy, abortion, sexually transmitted infections, food available, peer counseling, emotional and spiritual support, abstinence education,referral to social services, earn supplies for you and your baby, maternity, infant and toddler clothing	200 6th St. W. Park Rapids, MN 56470
PREGNANCY RESOURCE CENTER	<b>Peer Counseling</b>	Free Pregnancy Test, education on pregnancy, abortion, sexually transmitted infections, food available, peer counseling, emotional and spiritual support, abstinence education,referral to social services, earn supplies for you and your baby, maternity, infant and toddler clothing	200 6th St. W. Park Rapids, MN 56470
PREGNANCY RESOURCE CENTER	<b>Emotional Support</b>	Free Pregnancy Test, education on pregnancy, abortion, sexually transmitted infections, food available, peer counseling, emotional and spiritual support, abstinence education,referral to social services, earn supplies for you and your baby, maternity, infant and toddler clothing	200 6th St. W. Park Rapids, MN 56470
PREGNANCY RESOURCE CENTER	<b>Spiritual Support</b>	Free Pregnancy Test, education on pregnancy, abortion, sexually transmitted infections, food available, peer counseling, emotional and spiritual support, abstinence education,referral to social services, earn supplies for you and your baby, maternity, infant and toddler clothing	200 6th St. W. Park Rapids, MN 56470
PREGNANCY RESOURCE CENTER	<b>Abstinence Eduation</b>	Free Pregnancy Test, education on pregnancy, abortion, sexually transmitted infections, food available, peer counseling, emotional and spiritual support, abstinence education,referral to social services, earn supplies for you and your baby, maternity, infant and toddler clothing	200 6th St. W. Park Rapids, MN 56470
PREGNANCY RESOURCE CENTER	<b>Clothing</b>	Free Pregnancy Test, education on pregnancy, abortion, sexually transmitted infections, food available, peer counseling, emotional and spiritual support, abstinence education,referral to social services, earn supplies for you and your baby, maternity, infant and toddler clothing	200 6th St. W. Park Rapids, MN 56470
SALVATION ARMY		Emergency assistance	37238 US 71 Lake George, MN 56458
SUPPORT WITHIN REACH		Sexual Violence Resource Center	323 Main Ave S, Park Rapids 609 Minnesota Ave W, Walker

**SURGE SUPPORT CHILD  
CARE SERVICES**

Providing child care for Minnesota's deployed Army National  
Guard and Reserve Families

Mahube Child  
Care Resource &  
Referral  
120 N. Central Ave. PO  
Box 229, Park Rapids

ORGANIZATION/GROUP	SERVICES	SERVICE PROVIDED	LOCATION
THE FATHER PROJECT		Assistance for fathers to overcome barriers that prevent them from supporting their children economically and emotionally. Night group	CHI St. Joseph's Hospital 600 Pleasant Ave. Park Rapids, MN 56470
TXT4LIFE		Suicide prevention program. By texting: <b>life:</b> to <b>612-22</b> the tester is connected to counselors. Student Resources - Suicide Resource Center OK2TALK Campaign, 1(800)273-8255 Parent Resources: Suicide Prevention Resource Center, <b>StopBullying.Gov</b> , Child Mind Institute's Symptom Checker tool. Community Resources: Suicide Prevention Resource Center, Action Signs Toolkit	Stellher Human Services, Inc. PO Box 430 Bemidji, MN 56619
UPPER MISSISSIPPI MENTAL HEALTH	Outpatient Chemical Dependency	Outpatient Chemical Dependency Treatment, Rule 25's	Park Rapids, MN 56470
UPPER MISSISSIPPI MENTAL HEALTH	Rule 25's	Outpatient Chemical Dependency Treatment, Rule 25's	Park Rapids, MN 56470
WADENA COUNTY EARLY CHILDHOOD COALITION	Public Health	Early Childhood Family Education, Head Start, Child Care Aware, Human Services, Special Education Screening, Hospital and Clinic Health Services, Public Health,	
WADENA COUNTY EARLY CHILDHOOD COALITION	Early Childhood Education	Early Childhood Family Education, Head Start, Child Care Aware, Human Services, Special Education Screening, Hospital and Clinic Health Services, Public Health,	
WADENA COUNTY EARLY CHILDHOOD COALITION	Family Education	Early Childhood Family Education, Head Start, Child Care Aware, Human Services, Special Education Screening, Hospital and Clinic Health Services, Public Health,	
WADENA COUNTY EARLY CHILDHOOD COALITION	Head Start	Early Childhood Family Education, Head Start, Child Care Aware, Human Services, Special Education Screening, Hospital and Clinic Health Services, Public Health,	
WADENA COUNTY EARLY CHILDHOOD COALITION	Child Care Aware	Early Childhood Family Education, Head Start, Child Care Aware, Human Services, Special Education Screening, Hospital and Clinic Health Services, Public Health,	
WADENA COUNTY EARLY CHILDHOOD COALITION	Human Services	Early Childhood Family Education, Head Start, Child Care Aware, Human Services, Special Education Screening, Hospital and Clinic Health Services, Public Health,	
WADENA COUNTY EARLY CHILDHOOD COALITION	Special Education Screening	Early Childhood Family Education, Head Start, Child Care Aware, Human Services, Special Education Screening, Hospital and Clinic Health Services, Public Health,	
WADENA COUNTY EARLY CHILDHOOD COALITION	Hospital and Clinic Health Services	Early Childhood Family Education, Head Start, Child Care Aware, Human Services, Special Education Screening, Hospital and Clinic Health Services, Public Health,	
WIC		Nutrition for Women, Infants, and Children	CHI St. Joseph's Hospital 600 Pleasant Ave. Park Rapids, MN 56470
WILLOW TREE STABILIZATION		Crisis stabilization services for adults who are experiencing a mental health crisis	201 1/2 East Willow Ave Detroit Lakes, MN 56501

ORGANIZATION/GROUP	SERVICES	CONTACT/ PHONE NUMBER	Website
A BETTER CONNECTION	Chemical Dependency Treatment	(218)252-2785	<a href="http://www.abetterconnectioninc.com">www.abetterconnectioninc.com</a>
A BETTER CONNECTION	Psychological Assessments	(218)252-2785	<a href="http://www.abetterconnectioninc.com">www.abetterconnectioninc.com</a>
A BETTER CONNECTION	Spiritual Counseling	(218)252-2785	<a href="http://www.abetterconnectioninc.com">www.abetterconnectioninc.com</a>
A BETTER CONNECTION	Healthy Choices	(218)252-2785	<a href="http://www.abetterconnectioninc.com">www.abetterconnectioninc.com</a>
A BETTER CONNECTION	Weight Management	(218)252-2785	<a href="http://www.abetterconnectioninc.com">www.abetterconnectioninc.com</a>
A BETTER CONNECTION	Co-Occuring	(218)252-2785	<a href="http://www.abetterconnectioninc.com">www.abetterconnectioninc.com</a>
A BETTER CONNECTION	Chronic Pain Management	(218)252-2785	<a href="http://www.abetterconnectioninc.com">www.abetterconnectioninc.com</a>
A BETTER CONNECTION	ADHD	(218)252-2785	<a href="http://www.abetterconnectioninc.com">www.abetterconnectioninc.com</a>
A BETTER CONNECTION	Spanish Speaking Therapist	(218)252-2785	<a href="http://www.abetterconnectioninc.com">www.abetterconnectioninc.com</a>
CARE WELL Minnesota Family Caregiver Support	Respite	Senior LinkAge Line 1(800)333-2433	<a href="http://www.mnaging.org/advisor/SLL.htm">www.mnaging.org/advisor/SLL.htm</a>
CARE WELL Minnesota Family Caregiver Support	Caregiver Education & Training	Senior LinkAge Line 1(800)333-2433	<a href="http://www.mnaging.org/advisor/SLL.htm">www.mnaging.org/advisor/SLL.htm</a>
CARE WELL Minnesota Family Caregiver Support	Support Groups	Senior LinkAge Line 1(800)333-2433	<a href="http://www.mnaging.org/advisor/SLL.htm">www.mnaging.org/advisor/SLL.htm</a>
CARE WELL Minnesota Family Caregiver Support	Caregiver Coach/Consultant Servies	Senior LinkAge Line 1(800)333-2433	<a href="http://www.mnaging.org/advisor/SLL.htm">www.mnaging.org/advisor/SLL.htm</a>
CARE WELL Minnesota Family Caregiver Support	Supplement Services	Senior LinkAge Line 1(800)333-2433	<a href="http://www.mnaging.org/advisor/SLL.htm">www.mnaging.org/advisor/SLL.htm</a>
COMMUNITY CHRISTMAS DINNER	Meals	(218)732-8250	
DWI CLINICS			
Bemidji Program For Recovery		(218)444-5155	<a href="http://bemidjiareaprogramforrecovery.com">bemidjiareaprogramforrecovery.com</a>
Lakes Counseling		(218)847-0696	<a href="http://www.lakescounselingcentermn.com">www.lakescounselingcentermn.com</a>



ORGANIZATION/GROUP	SERVICES	CONTACT/ PHONE NUMBER	Website
Lakes Region Chemical Depend.		(218)444-5740	
Rewind, Inc.		(218)346-6100	<a href="http://www.rewindcenter.org">www.rewindcenter.org</a>
ESSENTIA HEALTH	Primary Health Care	(218)732-2800	<a href="http://www.essentiahealth.com">www.essentiahealth.com</a>
ESSENTIA HEALTH	Walk-In Clinic	(218)732-2800	<a href="http://www.essentiahealth.com">www.essentiahealth.com</a>
ESSENTIA HEALTH	Specialists available thru Detroit Lakes and Fargo	(218)732-2800	<a href="http://www.essentiahealth.com">www.essentiahealth.com</a>
EXPRESS LEARNING SERVICES		(218) 255-0009	<a href="mailto:expresslearningservices@wtca.net">expresslearningservices@wtca.net</a>
FEDERAL BONDING PROGRAM	Employer Services		<a href="https://mn.gov/deed/business/finding-workers/incentives/federal-bonding.jsp">https://mn.gov/deed/business/finding-workers/incentives/federal-bonding.jsp</a>
FOOD SHELF		(218) 732-1282	
FRANK WHITE LEARNING CENTER	English Class	(218) 230-5733	
FRANK WHITE LEARNING CENTER	Education Classes	(218) 237-6627	
GROUP WORKS	Diagnostic Assessments	(218)366-2636	<a href="http://www.groupworkswellness.com">www.groupworkswellness.com</a>
GROUP WORKS	Individual Counseling	(218)366-2636	<a href="http://www.groupworkswellness.com">www.groupworkswellness.com</a>
GROUP WORKS	Family Counseling	(218)366-2636	<a href="http://www.groupworkswellness.com">www.groupworkswellness.com</a>
GROUP WORKS	Outpatient Mental Health	(218)366-2636	<a href="http://www.groupworkswellness.com">www.groupworkswellness.com</a>
HEADWATERS ANIMAL SHELTER		(218) 237-7100	<a href="http://www.headwatersanimalshelter.org">www.headwatersanimalshelter.org</a>
HEADWATERS INTERVENTION CENTER AND FAMILY CRISIS CENTER		(218)732-7413 1(800)939-2199	<a href="http://headwatersinterventioncenter.org">headwatersinterventioncenter.org</a>
HELEN'S KITCHEN	Meals	(218)732-5142	
HOSPICE		218.732.2256	
HUBBARD COUNTY REGIONAL ECONOMIC DEVELOPMENT COMMISSION		218.732.2256	<a href="http://www.hubbardcountyedc.com">www.hubbardcountyedc.com</a>
HUNGER SOLUTIONS			
KINSHIP		(218) 732-0058	<a href="http://www.kinshipparkrapids.org/index.php">www.kinshipparkrapids.org/index.php</a>
KITCHIGAMI PUBLIC LIBRARY		(218) 732-4966	<a href="http://www.krls.org/branches/branch_pk.html">www.krls.org/branches/branch_pk.html</a>
KNUTE NELSON	Hospice	(218)237-2350	<a href="http://www.knutenelson.org">www.knutenelson.org</a>
KNUTE NELSON	Cardiac Blood Pressure Monitory	(218)237-2350	<a href="http://www.knutenelson.org">www.knutenelson.org</a>

ORGANIZATION/GROUP	SERVICES	CONTACT/ PHONE NUMBER	Website
KNUTE NELSON	Wound Care	(218)237-2350	<a href="http://www.knutenelson.org">www.knutenelson.org</a>
KNUTE NELSON	Management of Chronic Illness i.e. diabetes, COPD, CHF, Cancer, Pneumonia, Asthma, IV Therapy, Showers, Baths, Dressing	(218)237-2350	<a href="http://www.knutenelson.org">www.knutenelson.org</a>
LAKE COUNTRY ASSOCIATES	Outpatient Mental Health Services for All Ages	(218)366-9229 Crisis Line: 1(800)422-08 63	<a href="http://lakecountryassociates.com">lakecountryassociates.com</a>
LAKE COUNTRY ASSOCIATES	Diagnostic Assessments	(218)366-9229 Crisis Line: 1(800)422-08 63	<a href="http://lakecountryassociates.com">lakecountryassociates.com</a>
LAKE COUNTRY ASSOCIATES	Psychological Assessments	(218)366-9229 Crisis Line: 1(800)422-08 63	<a href="http://lakecountryassociates.com">lakecountryassociates.com</a>
LAKE COUNTRY ASSOCIATES	Individual Counseling	(218)366-9229 Crisis Line: 1(800)422-08 63	<a href="http://lakecountryassociates.com">lakecountryassociates.com</a>
LAKE COUNTRY ASSOCIATES	Family Counseling	(218)366-9229 Crisis Line: 1(800)422-08 63	<a href="http://lakecountryassociates.com">lakecountryassociates.com</a>
LAKE COUNTRY ASSOCIATES	ARMHS	(218)366-9229 Crisis Line: 1(800)422-08 63	<a href="http://lakecountryassociates.com">lakecountryassociates.com</a>
LIVING AT HOME	Individual Living Skills	218) 732-3137	<a href="http://www.parkrapidslivingathome.org">www.parkrapidslivingathome.org</a>
LUTHERAN SOCIAL SERVICES	Food/Meals	(218)732-3342 or (218)237-2798	<a href="http://www.lssmn.org/seniordining/locations/region2/">www.lssmn.org/seniordining/ locations/region2/</a>
MAHUBE-OTWA	Low Income & Elderly	(218)732-7204	<a href="http://www.mahube.org">www.mahube.org</a>
MAHUBE-OTWA	Child Care Center	(218)732-7204	<a href="http://www.mahube.org">www.mahube.org</a>
MAHUBE-OTWA	Energy Assistance	(218)732-7204	<a href="http://www.mahube.org">www.mahube.org</a>
MAHUBE-OTWA	Head Start	(218)732-7204	<a href="http://www.mahube.org">www.mahube.org</a>
MAHUBE-OTWA	Family Development	(218)732-7204	<a href="http://www.mahube.org">www.mahube.org</a>
MAHUBE-OTWA	Early Childhood	(218)732-7204	<a href="http://www.mahube.org">www.mahube.org</a>
MAHUBE-OTWA	Housing	(218)732-7204	<a href="http://www.mahube.org">www.mahube.org</a>
MAHUBE-OTWA HEAD START		1(800)450-1385 (218)732-7204	<a href="http://www.mahube.org">www.mahube.org</a>
MINNESOTA WORKS	Employment Opportunities		<a href="https://mn.gov/deed/assets/employers-guide_tcm1045-131008.pdf">https://mn.gov/deed/ assets/employers- guide_tcm1045-131008.pdf</a>
MOPS	Parenting Support	(218)732-1404	<a href="http://www.faithbridgepr.org">www.faithbridgepr.org</a>
NORTHWOOD'S BANK		(218)732-7221	<a href="http://www.northwoodsbank.com/community/housing-rental-listing.html">www.northwoodsbank.co m/ community/housing- rental- listing.html</a>

**PARK RAPIDS CHAMBER  
OF COMMERCE**

(218)732-4111

[parkrapids.com](http://parkrapids.com)

ORGANIZATION/GROUP	SERVICES	CONTACT/ PHONE NUMBER	Website
P A R K R A P I D S COMMUNIT Y EDUCATIO N	Community Involvement	(218) 237-6600	<a href="http://www.parkrapids.k12.mn.us">www.parkrapids.k12.mn.us</a>
P A R K R A P I D S COMMUNIT Y EDUCATIO N	Early Childhood	(218) 237-6540	
PETER'S TABLE	Meals	(218)732-5142	
PINE MANOR		(218)732-4337	
PREGNANCY RESOURCE CENTER	Pregnancy Testing	(218)732-5212	<a href="http://www.prcparkrapids.org">www.prcparkrapids.org</a>
PREGNANCY RESOURCE CENTER	Pregnancy Education	(218)732-5212	<a href="http://www.prcparkrapids.org">www.prcparkrapids.org</a>
PREGNANCY RESOURCE CENTER	Abortion	(218)732-5212	<a href="http://www.prcparkrapids.org">www.prcparkrapids.org</a>
PREGNANCY RESOURCE CENTER	Sexually Transmitted Infections	(218)732-5212	<a href="http://www.prcparkrapids.org">www.prcparkrapids.org</a>
PREGNANCY RESOURCE CENTER	Food/Meals	(218)732-5212	<a href="http://www.prcparkrapids.org">www.prcparkrapids.org</a>
PREGNANCY RESOURCE CENTER	Peer Counseling	(218)732-5212	<a href="http://www.prcparkrapids.org">www.prcparkrapids.org</a>
PREGNANCY RESOURCE CENTER	Emotional Support	(218)732-5212	<a href="http://www.prcparkrapids.org">www.prcparkrapids.org</a>
PREGNANCY RESOURCE CENTER	Spiritual Support	(218)732-5212	<a href="http://www.prcparkrapids.org">www.prcparkrapids.org</a>
PREGNANCY RESOURCE CENTER	Abstinence Eduation	(218)732-5212	<a href="http://www.prcparkrapids.org">www.prcparkrapids.org</a>
PREGNANCY RESOURCE CENTER	Clothing	(218)732-5212	<a href="http://www.prcparkrapids.org">www.prcparkrapids.org</a>
SALVATION ARMY		(218)732-1451	<a href="http://salvationarmynorth.org">http://salvationarmynorth.org</a>
SUPPORT WITHIN REACH		218)237-0300 800-708-2727 (218)547-4892 800-708-2727	<a href="http://www.supportwithinreach.org">www.supportwithinreach.org</a>

**SURGE SUPPORT CHILD  
CARE SERVICES**

(218)732-7204 or  
1(800)450-1385



ORGANIZATION/GROUP	SERVICES	CONTACT/ PHONE NUMBER	Website
THE FATHER PROJECT		(218)255-2063	<a href="http://www.sjahs.org">www.sjahs.org</a>
TXT4LIFE		(218)766-1114	<a href="http://www.stellher.com">www.stellher.com</a>
UPPER MISSISSIPPI MENTAL HEALTH	Outpatient Chemical Dependency	(218)732-7266	<a href="http://www.ummhcmn.org">www.ummhcmn.org</a>
UPPER MISSISSIPPI MENTAL HEALTH	Rule 25's	(218)732-7266	<a href="http://www.ummhcmn.org">www.ummhcmn.org</a>
WADENA COUNTY EARLY CHILDHOOD COALITION	Public Health	(218)631-7605 (218)385-5450	<a href="http://www.co.wadena.mn.us">www.co.wadena.mn.us</a> <a href="http://www.co.otter-tail.mn.us">www.co.otter-tail.mn.us</a>
WADENA COUNTY EARLY CHILDHOOD COALITION	Early Childhood Education	(218)631-7605 (218)385-5450	<a href="http://www.co.wadena.mn.us">www.co.wadena.mn.us</a> <a href="http://www.co.otter-tail.mn.us">www.co.otter-tail.mn.us</a>
WADENA COUNTY EARLY CHILDHOOD COALITION	Family Education	(218)631-7605 (218)385-5450	<a href="http://www.co.wadena.mn.us">www.co.wadena.mn.us</a> <a href="http://www.co.otter-tail.mn.us">www.co.otter-tail.mn.us</a>
WADENA COUNTY EARLY CHILDHOOD COALITION	Head Start	(218)631-7605 (218)385-5450	<a href="http://www.co.wadena.mn.us">www.co.wadena.mn.us</a> <a href="http://www.co.otter-tail.mn.us">www.co.otter-tail.mn.us</a>
WADENA COUNTY EARLY CHILDHOOD COALITION	Child Care Aware	(218)631-7605 (218)385-5450	<a href="http://www.co.wadena.mn.us">www.co.wadena.mn.us</a> <a href="http://www.co.otter-tail.mn.us">www.co.otter-tail.mn.us</a>
WADENA COUNTY EARLY CHILDHOOD COALITION	Human Services	(218)631-7605 (218)385-5450	<a href="http://www.co.wadena.mn.us">www.co.wadena.mn.us</a> <a href="http://www.co.otter-tail.mn.us">www.co.otter-tail.mn.us</a>
WADENA COUNTY EARLY CHILDHOOD COALITION	Special Education Screening	(218)631-7605 (218)385-5450	<a href="http://www.co.wadena.mn.us">www.co.wadena.mn.us</a> <a href="http://www.co.otter-tail.mn.us">www.co.otter-tail.mn.us</a>
WADENA COUNTY EARLY CHILDHOOD COALITION	Hospital and Clinic Health Services	(218)631-7605 (218)385-5450	<a href="http://www.co.wadena.mn.us">www.co.wadena.mn.us</a> <a href="http://www.co.otter-tail.mn.us">www.co.otter-tail.mn.us</a>
WIC		(218)237-5464 or 1(800)566-3311	<a href="http://www.sjahs.org">www.sjahs.org</a>
WILLOW TREE STABILIZATION		(218) 844-1733 or (218) 850 HELP	