



HERO

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MILITARY CONNECTIONS DIRECTORY

A resource guide for veterans and those currently serving in Northeastern MN and Northwestern WI.

CRISIS LINES

DISASTER

American Red Cross – Northland Chapter (800) 950-4275

DOMESTIC AND SEXUAL VIOLENCE

Advocates for Family Peace (800) 909-8336
Grand Rapids (218) 326-0388
Virginia (218) 248-5512
Hibbing (218) 263-8344
Military Sexual Assault Support (877) 995-5247
National Domestic Violence Hotline (800) 799-7233
National Sexual Assault Hotline (800) 656-4673
Northshore Horizons (Lake County) (218) 834-5924
PAVSA South St. Louis Co. (218) 726-1931
Safe Haven Shelter (218) 728-6481
North St. Louis Co Sexual Assault Program. . . (800) 300-3102 or (218) 749-4725
Support Within Reach (Itasca County) (866) 747-5008 or (218) 326-5008
148th Fighter Wing (218) 343-1266
Sexual Assault Response Coordinator (SARC) (651) 282-4078

MENTAL HEALTH/SUICIDE

National Suicide Prevention Hotline (800) SUICIDE (784-2433)
Range Mental Health Center – Virginia (800) 450-2273
Veterans Suicide Prevention Hotline (800) 273-TALK (8255)
Text 838255

POISON CONTROL

Minnesota Poison Control (800) 222-1222

United Way 211 211 or (800) 543-7709
Vet Linkage Line (888) LinkVet (546-5838)

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Many services in this directory are specific to military personnel, family members and veterans. There are many more services that are available to the general public that also may be of assistance. Call 2-1-1 or (800) 543-7709 for more information.

ARMED FORCES EMERGENCY COMMUNICATION SERVICES

American Red Cross

☎ (877) 272-7337

🌐 www.redcross.org/find-help/military-families/emergency-communication-services

When a military family experiences a crisis, the American Red Cross is there to help. Wherever their military service takes them, service members can rest assured that the Red Cross will deliver notification of an emergency such as the death or serious illness of an immediate family member, as well as the good news of the birth of a service member's child or grandchild. Twenty-four hours a day, 365 days a year, the Red Cross relays urgent messages containing accurate, factual, complete and verified descriptions of the emergency to service members stationed anywhere in the world, including on ships at sea and at embassies and remote locations. Even if the service member receives an email or phone call from home, Red Cross-verified information assists the member and his/her commanding officers with making a decision regarding emergency leave. Knowing in advance that communication links, access to financial assistance and information and referral will be available in an emergency brings peace of mind to service members and to the families from whom they are separated.

How to Contact the Red Cross for Assistance

The American Red Cross Emergency Communications Center is available to help 7 days a week, 24 hours a day, 365 days a year. **Call (877) 272-7337** if you are currently one of the following, or if you are a family member calling about one of the following:

- Anyone on active duty in the Army, Marines, Navy, Air Force or Coast Guard
- An activated member of the Guard and Reserve of all branches of the U.S. Armed Forces
- An immediate family member or dependent of anyone in the above categories
- A civilian employed by or under contract to the Department of Defense and stationed outside the Continental United States and any family residing with them at that location
- A military retiree or the retiree's spouse or widow(er)
- A Cadet or midshipman at a service academy; ROTC cadet on orders for training
- A Merchant Marine aboard a U.S. Naval Ship
- A student at Basic Military Training

When calling the Red Cross, be prepared to provide as much of the following information about the service member as is known:

- Full legal name
- Rank/rating
- Branch of service (Army, Navy, Air Force, Marines, Coast Guard)
- Social Security number
- Date of birth
- Military unit address
- Information about the deployed unit and home base unit (for deployed service members only)

BASIC NEEDS

EMERGENCY SHELTER

Bill's House

210 Third St N, Virginia, MN 55792 📞 (218) 741-2063

CHUM Center & Emergency Shelter

125 N First Ave W, Duluth, MN 55802

📞 (218) 726-0153 ✉️ chum@chumduluth.org 🌐 www.chumduluth.org

Emergency Shelter Hours 4:00 p.m. – 8:00 a.m.

CHUM Center Hours 8:00 a.m. – 4:00 p.m.

A day shelter offering a safe, chemical-free environment. Provides access to shower and laundry facilities, Internet access, local phone use and messaging services, storage lockers, free coffee and snacks, meals and a community room.

Grace House

501 SW First Ave, Grand Rapids, MN 55744

📞 (218) 326-2790 🌐 www.gracehousemn.org

Ruth's House

1901 N 12th St, Superior, WI 54880

📞 (715) 392-2833 ✉️ Ruthhousetwinports@gmail.com

Drop-in Center Hours Monday–Friday 8:00 a.m. - 6:00 p.m.

Warming Center Hours Monday–Friday 7:00 p.m. - 7:00 a.m.

A clean safe house for the homeless, underprivileged and those coming out of addiction. Clients can work on their GED or meet with tutors, speak to a case manager about getting services or a treatment assessment, take a shower, wash a load of clothes and find support.

Safe Haven Resource Center and Shelter

414 W First St, Duluth, MN 55802

📞 (218) 728-6481 🌐 www.safehavenshelter.org

Hours 24/7

Provides shelter, food and safety to individuals and families that have been abused.

Union Gospel Misson

219 E First St, Duluth, MN 55802

📞 (218) 722-1196 ✉️ ugmduluth@msn.com 🌐 www.duluth-ugm.org

Office Hours Monday – Friday 10:30 a.m. - 4:30 p.m.

Meals Monday – Friday breakfast 7:30 - 8:15 a.m., lunch 12:00 - 12:45 p.m., dinner 5:00 - 5:45 p.m., Sunday dinner 5:00 - 5:45 p.m.

Operates the Martin Inn, located right above the UGM which provides access to transitional housing.

Warming Center

City Center West, 5830 Grand Ave, Duluth, MN 55807

Hours 10:00 p.m. – 6:30 a.m.

ENERGY ASSISTANCE

NORTHEASTERN MINNESOTA ENERGY ASSISTANCE

Arrowhead Economic Opportunity Agency (AEOA)

Central Offices: 702 S Third Ave, Virginia, MN 55792

📞 (218) 749-2912 or (800) 662-5711 • **TDD** (800) 862-0175

🌐 www.aeoa.org ✉️ eap.document@aeoa.org

How to Apply Call for appointment **Hours** Monday – Friday 8:00 a.m. - 4:30 p.m.

Eligibility Available to individuals or families in Cook, Lake and St. Louis Counties including the City of Duluth and Grand Portage Reservation.

Provides financial grants to be used towards energy costs for residential heating bills. Additional funds are available for crisis situations and energy-related repairs. Runs October 1 – May 31.

WISCONSIN ENERGY ASSISTANCE

Ashland County 📞 (715) 682-7004

630 Sanborn Ave, Ashland, WI 54806

Bayfield County 📞 (715) 373-6144

117 E Fifth St, PO Box 100, Washburn, WI 54891

Douglas County 📞 (715) 395-1304
1316 N. 14th St, Suite 400, Superior, WI 54880

MISCELLANEOUS

Veteran Community Thrift Store
2003 First Ave, Hibbing, MN 55746
📞 (218) 262-1239 **Hours** Monday – Friday 10:00 a.m. – 6:00 p.m.
Eligibility Open to the public, discounts for veterans.

FOOD SHELVES/FOOD ACCESS

Northern Lakes Food Bank

🌐 <https://northernlakesfoodbank.org/get-help/>

If you need food, we can help you locate emergency food assistance in your community. Second Harvest Northern Lakes Food Bank supports a region-wide hunger relief network of food shelves, soup kitchens and other charitable feeding programs.

CARLTON COUNTY

Cloquet Salvation Army 📞 (218) 879-1693
316 Carlton Ave, Cloquet, MN 55720
Hours Tuesdays 8:30 a.m. - 11:30 a.m. and 1:30 p.m. - 2:30 p.m.

Cromwell Tri-Community Food Shelf 📞 (218) 426-4067
5597 Hwy 210, Cromwell, MN 55726
Hours Fridays 3:00 p.m. - 5:30 p.m.

Moose Lake Food Shelf 📞 (218) 382-0058
308 Elm Ave, Moose Lake, MN 55767
Hours Fridays 8:30 a.m. - 12:00 p.m.

Nutrition Assistance Programs for Seniors
📞 (218) 727-5653, ext. 112
NAPS monthly food boxes for seniors are available in Cloquet, Cromwell and Moose Lake.

SNAP (Food Stamps)

Carlton County Public Health & Human Services – Cloquet
14 N 11th St, Cloquet, MN 55720

📞 (218) 879-4583 or (800) 642-9082

Carlton County Public Health & Human Services – Moose Lake
316 Elm Ave, Moose Lake, MN 55767
📞 (218) 485-8520 or (888) 485-8520

COOK COUNTY

Grand Marais Food Shelf First Congregational Church 📞 (218) 387-2113
300 W Second St, Grand Marais, MN 55604
Hours Monday 3:00 p.m. – 5:00 p.m. and first Wednesday 5:00 p.m. – 7:00 p.m.

SNAP (Food Stamps) 📞 (218) 387-3620
Cook County Public Health & Human Services, Cook County Courthouse
411 W Second St, Grand Marais, MN 55604

Nutrition Assistance Program for Seniors
📞 (218) 727-5653, ext. 112 ✉ lynette@northernlakesfoodbank.org
NAPS monthly food boxes for seniors are available in Grand Marais.

DOUGLAS COUNTY

Gordon Area Food Pantry 📞 (715) 376-4798
9709 E County Rd Y, Gordon, WI 54838
Hours Wednesdays 9:00 a.m. – 12:00 p.m.

Poplar – Rural Care and Share 📞 (715) 364-2495
9523 E Hwy 2, Poplar, WI 54864
Hours Third Saturday 9:00 a.m. – 11:00 a.m.

Superior – Faith United Methodist Church 📞 (715) 394-9604
1531 Hughitt Ave, Superior, WI 54880
Hours Tuesdays 4:00 p.m. – 6:30 p.m.

Superior – Northwest Community Service Agency 📞 (715) 392-5127
1118 Tower Ave, Superior, WI 54880
Hours Tuesday - Thursday 1:00 p.m. – 3:30 p.m.

Superior – Freshwater Vineyard 📞 (715) 718-2601
603 Faxon St, Superior, WI 54880
Hours Third Saturday 10:00 a.m. – 11:30 a.m.

Wisconsin Food Share (Food Stamps) 📞 (715) 395-1304
Douglas County Health & Human Services
1316 N 14th St, Suite 400, Superior, WI 54880 🌐 access.wi.gov

Women, Infants and Children (WIC) 📞 (715) 394-2750
1805 N 14th St, Suite 4, Superior, WI 54880 🌐 access.wi.gov

Northwest Community Services Agency (NWCSA) 📞 (715) 392-5127
1118 Tower Ave, Superior, WI 54880 🌐 access.wi.gov

LAKE COUNTY

Silver Bay Food Shelf 📞 (218) 226-4443
99 Edison Boulevard, Silver Bay, MN 55614
Hours Monday – Friday 8:00 a.m. - 4:00 p.m.

Two Harbors Food Shelf 📞 (218) 391-8191
2124 10th St, Two Harbors, MN 55616
Hours Tuesdays 10:00 a.m. - 4:00 p.m.

Two Harbors Elijah's Pantry Living Waters Fellowship 📞 (218) 835-4545
501 Seventh Ave (Enter at 709 Fifth St) Two Harbors, MN 55616
Hours Wednesdays 1:00 p.m. - 6:00 p.m.

Nutrition Assistance Program for Seniors 📞 (218) 727-5653, ext. 112
NAPS monthly food boxes for seniors are available in Silver Bay and Two Harbors

SNAP (Food Stamps) Lake County Human Services Department
📞 (218) 226-4444 or (218) 226-3609
99 Edison Blvd, Silver Bay, MN 55614

Lake County Human Services Department 📞 (218) 834-8400
616 Third Ave, Two Harbors, MN 55616

NORTH ST. LOUIS COUNTY

Aurora-Biwabik-Hoyt Lakes and Palo Food Shelf 📞 (218) 229-3585
315 Main St N, Aurora, MN 55705
Hours Tuesdays 10:00 a.m. – 1:00 p.m.

Babbitt Food Shelf 📞 (218) 827-2166

Chisholm Food Shelf 📞 (218) 254-0045
208 W Lake St, Chisholm, MN 55719
Hours Thursdays 10:00 a.m. – 3:00 p.m.

Service Territory Chisholm, Buhl, Balkan, Kinney and Side Lake

Cook Community Food Shelf 📞 (218) 666-2715
124 Fifth St SE, Cook, MN 55723
Hours Third Wednesday 9:00 a.m. - 1:00 p.m.

Ely Area Food Shelf 📞 (218) 235-8527
15 W Conan St, Ely, MN 55731 🌐 www.elyareafoodshelf.org
Hours Third Wednesday 11:00 a.m. – 6:00 p.m.

Gilbert - Quad City Food Shelf 📞 (218) 741-1371

3 S Broadway, Gilbert, MN 55741

Hours Wednesdays 10:00 a.m. – 4:00 p.m., Thursdays 11:00 a.m. – 5:00 p.m.

Tower Food Shelf 📞 (218) 753-3503
414 Main St, (the *Timberjay* basement) Tower MN 55790
Hours Third Tuesday of each month 2:30 p.m. – 5:30 p.m.

SOUTH ST. LOUIS COUNTY

Proctor Food Shelf 📞 (218) 624-7558
Community Center - 100 S Pionk Drive, Proctor MN 55810
Hours Wednesdays 10:00 a.m – 1:00 p.m.

Duluth Downtown Emergency Food Shelf 📞 (218) 727-2391
120 N First Ave W, Duluth, MN 55802

Hours Wednesday and Friday 10:00 a.m. – 1:45 p.m.
Wednesday 3:30 p.m. – 6:30 p.m. (First and last Wednesday of the month only)
for working households.

West Duluth Emergency Food Shelf 📞 (218) 624-0333
Our Savior's Lutheran Church – Lower Level
4831 Grand Ave, Duluth, MN 55807
Hours Tuesday and Thursday 11:00 a.m. – 2:00 p.m.

Lakeside Emergency Food Shelf 📞 (218) 525-2779
Faith Lutheran Church
1814 N 51st Ave E, Duluth, MN 55804
Hours Mondays 11:00 a.m. – 1:00 p.m.

Ruby's Pantry
5833 Pecan St, North Branch, MN 55056
📞 (615) 674-0009 ✉ goodnews@rubyspantry.org 🌐 www.rubyspantry.org
Northeastern MN Distribution Sites Babbitt, Cloquet, Cohasset, Cook, Duluth/
West Duluth, Eveleth, Grand Marais, Hermantown, Hibbing, International Falls,
Silver Bay
To procure and distribute corporate surplus food and goods to help fight poverty,
hunger and disease in rural communities for those with low resources and in crisis.

SALVATION ARMY

Salvation Army – Greater Duluth

215 S 27th Ave W, Duluth, MN 55811

☎ (218) 722-793 ☑ salvationarmynorth.org/community/duluth

The Greater Duluth Salvation Army is an intricate part of the local social services network. We offer a wide range of basic needs services including a weekday hot lunch, emergency food shelf, medical food shelf, housing assistance (refer to housing section), rent and mortgage payments, heat and other utilities, clothing and household items from our Salvation Army Thrift Store, transportation, youth enrichment and adult fellowship.

Salvation Army - Hibbing

107 W Howard St, Hibbing, MN 55746

☎ (218) 263-5096 ☑ salvationarmynorth.org/community/hibbing

The Hibbing Salvation Army offers area residents a wide range of basic needs services, such as food shelf and bread distribution, free hot evening meals Monday – Friday, rent and deposit assistance, utility assistance, fuel assistance, lodging for homeless and transients, emergency prescriptions, thrift store vouchers, summer day camp and youth ministry, men's and women's ministries and seasonal assistance like back to school supplies. Help is provided to anyone in need without discrimination.

Salvation Army – International Falls

1301 Third Ave W, P.O. Box 592, International Falls, MN 56649

☎ (218) 283-3394 ☑ salvationarmynorth.org/community/international-falls/

From meeting your most basic needs to outlining the path to long-term solutions, we can help you overcome the obstacles you face today and provide hope for tomorrow. Programs and services include: emergency lodging, utility payments, heatshare program, emergency food pantry, medical help, men's and women's ministries and youth ministry and character-building programs.

Salvation Army - Superior

916 Hughitt Ave, PO Box 485, Superior, WI 54880

☎ (715) 394-7001 ☑ www.salvationarmywi.org/wum/superior

We believe in meeting the basic needs of individuals and families, young and old. These basic needs include food, clothing shelter and household needs. While meeting the physical needs, Salvation Army staff also offer hope and guidance to those coming in for services. Programs available include: Casework Services, Coats for Kids, Community Care Ministries, Community Meals, Holiday Assistance, Hot Meals Program, Pathway of Hope, Seasonal Assistance and Youth Activities.

Salvation Army - Virginia

507 12th Ave W, Virginia, MN 55792

☎ (218) 741-1889 ☑ salvationarmynorth.org/community/virginia

The Virginia Salvation Army assists residents of the Northern Range in emergencies and offers ongoing basic services such as a free dinner program Monday – Friday, a summer food service program for youth, emergency food shelf, Sunday morning worship service and Sunday school for all ages. Aid is provided to anyone in need without discrimination.

COUNTY VETERANS SERVICE OFFICES (CVSO)

County Veterans Service Offices (CVSO) advise and assist all veterans and their dependents with all state and federal benefits including: discharge reviews, disability compensation and insurance, financial assistance, medical and dental care, alcohol and drug dependency treatment, burial benefits and death benefits, education and training, the G.I. Bill and more.

Carlton County Veterans Services (CVSO)

Community Services Building, 14 N 11th St, Suite 120, Cloquet, MN 55720

☎ (218) 499-6838 ☑ www.co.carlton.mn.us

Cook County Veterans Service Office (CVSO)

Cook County Courthouse, 411 W Second St, Room 2100, Grand Marais, MN 55604

☎ (218) 387-3639 ☑ www.co.cook.mn.us

Douglas County Veterans Service Office (CVSO) - WI

1316 N 14th St, Suite 385, Superior, WI 54880

☎ (715) 395-1331 ☑ www.douglascountywi.org/874/Veterans-Service-Office

Hours 8:00 a.m. - 4:30 p.m

Koochiching County Veterans Service Office (CVSO)

715 Fourth St, International Falls, MN 56649

☎ (218) 283-1179 ☑ www.co.koochiching.mn.us

Lake County Veterans Service Office (CVSO)

Lake County Service Center, 616 Third Ave, Two Harbors, MN 55616

☎ (218) 834-8326 ☑ www.co.lake.mn.us

St. Louis County Veterans Service Office (CVSO)-Duluth

4815 Burning Tree Rd, Suite 100, Duluth, MN 55811

☎ (218) 725-5285 Toll Free (800) 450-9777 ☑ www.stlouiscountymn.gov

St. Louis County Veterans Service Office-(CVSO) Ely

320 Miners Drive E, Room 103, Ely, MN 55731

☎ (218) 365-8203 🖨 www.stlouiscountymn.gov

Hours Monday – Friday 8:00 a.m. - 4:30 p.m.

St. Louis County Veterans Service Office-(CVSO) Hibbing

Courthouse Annex 1814 E 14th Ave, Hibbing, MN 55746

☎ (218) 262-6090 **Toll Free** (800) 450-9777 🖨 www.stlouiscountymn.gov

St. Louis County Veterans Service Office-(CVSO) Virginia

Government Services North Building, Virginia, MN 55792

☎ (218) 749-7110 **Toll Free** (800) 450-9777 🖨 www.stlouiscountymn.gov

DEPARTMENT OF VETERANS AFFAIRS

Provides financial assistance for disabled veterans and dependents including financial assistance, dental, optical, health insurance payments, and utilities.

Available for up to six months. Apply through County Veteran Service offices.

Minnesota

State Veterans Service Building

20 W 12th St, Second Floor, Room 206, Saint Paul, MN 55155-2006

☎ (651) 296-2562 🖨 www.mdva.state.mn.us

Eligibility Veterans or their dependents in Minnesota

Wisconsin

30 W Mifflin St, Madison, WI 53707

☎ (800) 947-8387 🖨 dva.state.wi.us

Eligibility Veterans or their dependents in Wisconsin

EDUCATION BENEFITS

College of St. Scholastica Veteran's Resource Center

1200 Kenwood Ave, Tower Hall 2143, Duluth, MN 55811

☎ (218) 723-6645 **TTY** (218) 723-6790 **Toll Free** (800) 447-5444

🖨 www.css.edu ✉ veterans@css.edu

How to Apply Call or walk in **Hours** Monday – Friday 8:00 a.m. – 4:30 p.m.

Eligibility Serves students, staff and faculty that are military veterans, current and former military members and their families.

The mission of the Veterans Resource Center (VRC) is to provide resources and transition services to all military veterans, current and former military members, and their families in a way that promotes the Benedictine values of respect, hospitality, and community. The VRC has comfortable couches for relaxing, closet space for bags and books, fridge and microwave for your lunch, two computers with unlimited printing for college classes, and occasionally free snacks. We organize social events for networking opportunities, such as our Veteran's Day luncheon and new student social.

Fond Du Lac Tribal and Community College

2101 14th St, Cloquet, MN 55720

☎ (218) 879-0800 **Toll Free** (800) 657-3712 🖨 www.fdlccc.edu

Hibbing Community College *Higher Education Veterans Services

1515 E 25th St, Hibbing, MN 55746

☎ (218) 262-7200 **TTY** (218) 262-7294 **Toll Free** (800) 224-4422

🖨 www.hibbing.edu

Eligibility Veterans **How to Apply** Call

Hours Monday – Friday 8:00 a.m. – 4:30 p.m.

The regional coordinator provides information to assist veterans and their families on a full range of benefits, especially military educational benefits.

Itasca Community College *Higher Education Veterans Services

1851 E Highway 169, Grand Rapids, MN 55744

☎ (218) 322-2300 **Toll Free** (800) 996-6422 🖨 www.itascacc.edu

Eligibility Veterans **How to Apply** Call

Hours Refer to monthly online schedule

The regional coordinator provides information to assist veterans and their families on a full range of benefits, especially military educational benefits.

Lake Superior College Veterans Resource Center

2101 Trinity Rd, Duluth, MN 55811 📞 www.lsc.edu

☎ (218) 733-7604 TTY (218) 722-6893 Toll Free (800) 432-2884

Eligibility Veterans How to Apply Call

Hours Monday – Friday 8:00 a.m.-2:00 p.m.

The Veterans Resource Center assists student veterans, active duty personnel, dependents, reservists and National Guard members with G.I. Bill benefits programs. This on-campus office is available to veterans, their family, current military member or dependent.

Mesabi Range Community & Technical College *Higher Education Veterans Services

1001 W Chestnut St, Virginia, MN 55792

☎ (218) 262-6739 TTY (218) 749-7783 Toll Free (800) 657-3860

📞 www.mesabirange.edu

Eligibility Veterans How to Apply Call

Hours Refer to monthly online schedule

The regional coordinator provides information to assist veterans and their families on a full range of benefits, especially military educational benefits.

Rainy River Community College *Higher Education Veterans Services

1501 Highway 71, International Falls, MN 56649

☎ (218) 285-2242 Toll Free (800) 456-3996 📞 www.rainyriver.edu

Eligibility Veterans How to Apply Call

Hours Refer to monthly online schedule

The regional coordinator provides information to assist veterans and their families on a full range of benefits, especially military educational benefits.

University of Minnesota Duluth

42 Solon Campus Center, 1049 University Drive, Duluth, MN 55812

☎ (218) 726-8381 TTY (800) 627-3529

📞 d.umn.edu/onestop/veterans ✉ umdvet@d.umn.edu

As part of One Stop Student Services under the Office of Financial Aid, the Veterans Resource Center assists eligible student veterans, active duty personnel, dependents, reservists, and National Guard members with G.I. Bill benefits and questions regarding state and federal educational benefits programs.

This on-campus office is available to you and your family members if you are a veteran or current military member. Contact the Veterans Resource Center with your concerns or questions regarding VA benefits, employment, family assistance, and transition issues.

The office works with various University staff to ensure that you have access to educational benefits, as well as assistance with and/or information on:

- Payment extensions while waiting for educational benefits
- Military transfer credit
- Veteran resident status
- Withdrawals due to deployments
- Referrals to the correct service providers.

Check out the GI Bill website for complete veterans educational benefits information.

University of Wisconsin – Superior (Veteran & Nontraditional Student Center)

Old Main, 118 Belknap & Caitlin Ave, P.O. Box 2000, Superior, WI 54880

☎ (715) 394-8406 TTY (800) 947-3529

📞 www.uwsuper.edu/vnsc ✉ vnsc@uwsuper.edu

Hours Monday – Friday 8:00 a.m. - 4:30 p.m.

The Veteran and Nontraditional Student Center (VNSC) is committed to assisting veteran and nontraditional students throughout their academic journey. The VNSC serves as a liaison to benefits as well as campus and community resources that address the unique needs of our veteran and nontraditional students. The VNSC facilitates co-curricular programs and events that enhance the overall student experience and improve the campus climate. The VNSC assists veterans and active service members with applying for and obtaining GI Bill benefits. The center assists with educational benefits, financial aid, scholarships, military transfer credit, military orders and leave, as well as providing any referrals to any community and campus resources. The VNSC is committed to assisting our veterans on their transition into higher education, working through the application process, and meeting any academic needs as they arise throughout their time at UW-Superior. The VNSC offers various career workshops, family friendly programs, veteran recognition events, an annual veterans expo and resource fair, as well as many educational, professional, and personal growth opportunities.

Vermilion Community College***Higher Education Veterans Services and Veteran Resource Center**

1900 E Camp St, Ely, MN 55731

☎ (218) 365-7200 Toll Free (800) 657-3608 📞 www.vcc.edu

Eligibility Veterans How to Apply Call

Hours Refer to monthly online schedule

The regional coordinator provides information to assist veterans and their families on a full range of benefits, especially military educational benefits.

Wisconsin Indianhead Technical College (WITC)

600 N 21st St, Superior, WI 54880

☎ (715) 394-6677 **Toll Free** (800) 243-9482 🌐 www.witc.edu

Support for students can include finding the right program fit, navigating the application and enrollment process, providing academic and non-academic support, and assisting in accessing benefits or obtaining credit for prior training and experience in the military.

FISHER HOUSE FOUNDATION

Heroes Legacy Scholarships

🌐 militaryscholar.org/legacy/index.html

A scholarship program of the Fisher House Foundation for military children.

Grant applications open in December of each year.

Eligibility Dependent unmarried children under age 23 of active duty personnel, Reserve/Guard and retired military members, or survivors of service members who died while on active duty may apply for a Heroes' Legacy Scholarship if they meet one of the following additional criteria:

- One of the parents died while serving on active duty on or after September 11, 2001 in any branch or component of the U. S. Armed Forces OR
- One of the parents, while serving on active duty on or after September 11, 2001, became disabled - meaning that the parent qualified for receipt of Traumatic Servicemembers' Group Life Insurance (TSGLI) OR
- One of the parents, who was on active duty on or after September 11, 2001, received a permanent and total compensation rating of 100% from the Department of Defense or Department of Veterans Affairs.

Applicants must be enrolled, or planning to enroll, in a full-time undergraduate program of study leading to a bachelor's degree at an accredited U.S. college or university in the fall term. High school applicants must have a minimum cumulative GPA of 3.0 (on a 4.0 basis). College applicants must have a minimum cumulative GPA of 2.50. College freshmen must submit a first semester college transcript.

Scholarships for Military Children

🌐 militaryscholar.org/sfmc/index.html

A scholarship program of the Fisher House Foundation for military children.

Grant applications open in December of each year.

Eligibility Only dependent unmarried children under age 23 of active duty personnel, reserve/guard and retired military members, or survivors of service members who died while on active duty or survivors of individuals who died while receiving retired pay from the military, may apply for a scholarship. Dependent children of NOAA (National Oceanic and Atmospheric Administration), Public Health Service,

other federal or military related agencies or activities, or DoD civilian employees are not eligible unless they meet the above requirement. Applicants should ensure that they, as well as their sponsor, are currently enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) database and that they have a current dependent military ID card. The DEERS database will be the primary method of verifying eligibility.

Applicants must be enrolled, or planning to enroll, in a full-time undergraduate degree program at an accredited U.S. college or university. Applicants who have earned an undergraduate degree or who are enrolled in a graduate degree program are not eligible. High school applicants must have a minimum unweighted GPA of 3.0 (on a 4.0 basis) to be eligible to apply. College applicants must have a minimum unweighted GPA of 2.5 (on a 4.0 basis) to be eligible to apply. Students attending a community or junior college must be enrolled in a program of studies designed to allow the student to transfer directly into a four-year program. **Applicants who receive an appointment to one of the U.S. Military Academies (or affiliated preparatory schools) or are awarded a full scholarship at any accredited U.S. post-secondary institution of higher education are not eligible to receive funds from this program.** A full scholarship is usually defined as one that provides for payment of tuition, books, lab fees, and other related expenses.

Scholarships for Military Spouses

🌐 www.militaryfamily.org

Spouse scholarship and professional funds range from \$500-\$2500 are available to military spouses with a valid military ID. Applications are open from December through January each year. The award is a one-time payment that must be used within 12 months. You can apply each year, even if you have been awarded in the past.

EMPLOYMENT

Citizen Soldier for Life

Camp Ripley Training Center

☎ (651) 470-2126 🌐 patriotenterprisesllc.com

Hours Monday - Friday 8:00 a.m. - 4:30 p.m., evenings and weekends by appt.

Service Territory Brainerd, Duluth, Moorhead, St. Cloud, (Northern MN)

Eligibility Army National Guard – Dependent, Veteran, Retiree

Upholding our soldiers through financial literacy, career readiness, employment assistance, individual case management, combined with providing resources and support across the entire soldier life cycle and into retirement.

Hero 2 Hired Employment Coordinator (EC)

State of Minnesota

☎ (706) 464-1793 🖨 www.ebenefits.va.gov/ebenefits/jobs

Hours Monday – Friday 8:00 a.m. - 4:30 p.m.

Current or recently separated Veterans, Service Members of all branches to also include Spouses. EC provides resume assistance, employment search, interview tips, mock interviews in person or online.

Employer Support of the Guard and Reserve (ESGR)

Ben Franklin Center, Arden Hills Army Training Site

1536 Ben Franklin Drive, Arden Hills, MN 55112

☎ (651) 282-4487 **Toll Free** (800) 336-4590 🖨 www.esgr.mil/Minnesota.aspx

Department of Defense organization that provides free education, consultation and, if necessary, mediation for employers of Guard and Reserve employees.

Minnesota CareerForce Center

🖨 mn.gov/deed/job-seekers/veteran-services/

Current or former military members, no matter the era of service, receive priority services in all Workforce Centers across the state. WFC staff provide the fastest, most effective service possible – in person or online.

Cloquet 14 N 11th St, Cloquet, MN 55720

☎ (218) 878-5000 ✉ careerforce.cloquet@state.mn.us

Hours Monday – Friday 8:00 a.m. – 4:30 p.m.

Duluth 402 W First St, Duluth, MN 55802

☎ (218) 302-8400 ✉ careerforce.duluth@state.mn.us

Hours Monday – Friday 8:00 a.m. – 4:30 p.m.

Grand Rapids 1215 SE Second Ave, Grand Rapids, MN 55744

☎ (218) 327-6760 ✉ careerforce.grandrapids@state.mn.us

Hours Monday – Friday 8:00 a.m. – 4:30 p.m.

Hibbing 3920 13th Ave E, Hibbing, MN 55746

☎ (218) 231-8590 ✉ careerforce.hibbing@state.mn.us

Hours Monday – Friday 8:00 a.m. – 4:30 p.m.

Virginia 820 N Ninth St, Suite 250, Virginia, MN 55792

☎ (218) 735-3740 ✉ careerforce.virginia@state.mn.us

Hours Monday – Friday 8:00 a.m. – 4:30 p.m.

State of Wisconsin – Office of Veteran Employment Services (OVES)

1805 N 14th St, Suite 1, Superior, WI 54880

☎ (715) 392-7808 🖨 jobcenterofwisconsin.com

Hours Monday – Friday 7:45 a.m. – 4:30 p.m.

Service Territory Northern Wisconsin – Outreach to Counties of Douglas, Ashland, Bayfield, Iron, Burnett, Washburn and Sawyer

Provide outreach to Targeted Veterans with a primary focus on meeting the needs of Veterans unable to reach their employment goals without intensive services. Assists veterans with resumes, interviewing skills, job search techniques and various techniques for obtaining employment through networking and social media. In order to fulfill that primary duty, this is done by offering and conducting workshops and networking sessions and outreach activities at a variety of sites. In other words, we try to go to the Veterans. We help participants identify aptitudes and abilities developed in the military, arrive at a plan for transferring them to a civilian job setting, and assist program participants in understanding and mastering key job-search resources and services for optimal job placement. We assist in helping the Veteran acquire the training necessary to achieve their career goals as well. Whatever the Veteran and their family needs we are prepared to assist or refer them to someone who can help.

FINANCIAL ASSISTANCE

Home Loans – Veterans Affairs

🖨 www.benefits.va.gov/homeloans

The U.S. Department of Veterans Affairs helps Service members, Veterans, and eligible surviving spouses become homeowners. As part of our mission to serve you, we provide a home loan guaranty benefit and other housing-related programs to help you buy, build, repair, retain, or adapt a home for your own personal occupancy. VA Home Loans are provided by private lenders, such as banks and mortgage companies. The VA guarantees a portion of the loan, enabling the lender to provide you with more favorable terms.

- **Purchase Loans** help you purchase a home at a competitive interest rate often without requiring a down payment or private mortgage insurance. Cash Out Refinance loans allow you to take cash out of your home equity to take care of concerns like paying off debt, funding school, or making home improvements.
- **Interest Rate Reduction Refinance Loan (IRRRL)** Also called the Streamline Refinance Loan can help you obtain a lower interest rate by refinancing your existing VA loan.

- **Native American Direct Loan (NADL) Program** Helps eligible Native American Veterans finance the purchase, construction, or improvement of homes on Federal Trust Land, or reduce the interest rate on a VA loan.
- **Adapted Housing Grants** Help Veterans with a permanent and total service-connected disability purchase or build an adapted home or to modify an existing home to account for their disability.
- **Other Resources** any state offers resources to Veterans, including property tax reductions to certain Veterans.

Minnesotans' Military Appreciation Fund ("Thank Minnesota Troops")

P.O. Box 2070, Minneapolis, MN 55402

☎ (877) 668-4269 ✉ thankmntroops@gmail.com 💻 www.thankmntroops.org

Eligibility MN Resident prior to deployment and served in a designated Combat Zone and received Hostile Fire Pay after September 11, 2001. All branches of service, Active service or honorably discharged providing DD214.

Provides cash grants to all service members deployed in combat zones such as Iraq and Afghanistan, and to the families of service members who were killed in combat.

National Veterans Service Fund (Honor Bound Foundation)

Limited Emergency Assistance, P.O. Box 2465, Darien, CT 06820

☎ (800) 521-0198 💻 www.nvsf.org

Eligibility All veterans and their families

Last resort agency for financial assistance.

Operation Homefront

2615 Commerce St, LaCrosse, WI 54603

☎ (608) 658-5290 💻 www.operationhomefront.net

Assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items and financial assistance.

USA Cares, Inc.

11760 Commonwealth Drive, Louisville, KY 40299

☎ (800) 773-0387 💻 www.usacares.org ✉ info@usacares.org

Eligibility Post 9/11 Veterans and family members

USA Cares exists to help bear the burdens of service by providing post-9/11 military families with financial and advocacy support in their time of need. Our four core programs are Emergency Financial Assistance, Jobs Program, Combat Injured (PTSD) (TBI) and Housing Assistance.

United Way of Northeastern Minnesota – United for Veterans Program

608 E Drive, Chisholm, MN 55719

☎ (218) 254-3329 ✉ info@unitedwaynemn.org 💻 www.unitedwaynemn.org

Offers financial assistance to veterans, active military and their families residing in the United Way of Northeastern MN territory that are experiencing a crisis or hardship through the payment of a medical/dental expense, utility bill, travel expense, etc. The organization also provides annual retreats, access to free counseling and supports the operation of a local transitional home for veterans.

VFW Unmet Needs Program

406 W 34th St, Kansas, MO 64111

☎ (816) 756-3390 ✉ unmetneeds@vfw.org 💻 www.vfw.org/UnmetNeeds

Unmet Needs is there to help America's service members who have been deployed in the last six years and have run into unexpected financial difficulties as a result of deployment or other military-related activity. The program provides financial aid of up to \$5,000 to assist with basic life needs in the form of a grant -not a loan- so no repayment is required. To further ease the burden, we pay the creditor directly.

Eligibility The Service Member or Veteran must have been Honorably Discharged from the military within the past 72 months prior to applying. The applicant must be the service member or eligible dependent listed under DEERS. The hardship must be due to one of the following: deployment, military pay issue or military illness or injury. Applicants can only receive funds only once every 18 months, and only twice total.

HOUSING ASSISTANCE

Arrowhead Economic Opportunity Agency (AEOA)

Central Offices 702 S Third Ave, Virginia, MN 55792

☎ (218) 749-2912 or (800) 662-5711 TDD (800) 862-0175 💻 www.aeo.org

How to Apply Call for appointment **Hours** Monday – Friday 8:00 a.m. - 4:30 p.m.

• **Fix-Up Fund Program**

☎ (218) 735-6827 or (800) 662-5711 ext. 6827

Eligibility Available to individuals or families in Cook, Lake and St. Louis Counties (excluding Duluth)

Provides low interest loans to fix up your home, improve energy efficiency, address accessibility issues, upgrade wells and septic systems, build a garage or build an addition.

- **Homeless Services**

Virginia Resource Specialist 📞 (218) 748-7357 or (800) 662-5711 ext. 7357

Emergency Shelter, Bills House 📞 (218) 741-2063

Hibbing Outreach Officer & Shelter 📞 (218) 263-8487

Lake County Homeless Case Manager 📞 (218) 623-3033

Cook County Contact 📞 (218) 387-4547

Eligibility Available to individuals or families in Cook, Lake and St. Louis Counties (excluding Duluth)

Provides assistance in meeting basic needs, homeless shelters in Virginia and Hibbing, financial assistance, counseling, case management and referrals.

Housing assistance is available for those facing homelessness. Financial assistance and counseling is available to help people keep their current housing or find new stable housing.

- **Single Family Rehabilitation**

📞 (218) 735-6827 or (800) 662-5711 ext. 6827

Provides funding for current homeowners to improve the condition of their housing. Typical rehabilitation projects include new roofs, windows, doors, flooring, or upgrades on heating, wiring and plumbing. Loans may be deferred or low-interest depending on household income.

Eligibility Available to individuals or families in Cook, Lake and St. Louis Counties (excluding Duluth)

- **Energy Assistance Program**

✉ eap.document@aeoa.org Fax (612) 465-5869

Virginia 📞 (218) 735-6839 or (844) 568-0149

Duluth 📞 (218) 623-3011 or (800) 662-5711 ext. 3011

Energy Assistance Program (EAP) helps pay for some heatings costs and furnace repairs for income qualified households.

INFORMATION AND REFERRAL

Habitat For Humanity – Northern St. Louis County

5558 Enterprise Drive NE, P.O. Box 24, Virginia, MN 55792

📞 (218) 749-8910 🌐 www.nslchfh.org

How to Apply Call for appointment Hours Monday – Friday 8:00 a.m. - 5:00 p.m.

Eligibility Clients are selected based on three criteria – need for housing, ability to pay back an affordable 30-year mortgage and willingness to partner and invest at least 200 hours of “sweat equity” into building their own home.

Habitat for Humanity provides eligible families with the opportunity to affordably build and buy a simple, decent and affordable home. Habitat provides the funding, know-how and volunteers to partner with families in need of affordable homes. Families are able to build strength, stability and self-reliance through the process of building a home for themselves and others.

Minnesota Assistance Council for Veterans - MACV

5209 Ramsey St, Duluth, MN 55807

📞 (218) 722-8763 🌐 www.mac-v.org

How to Apply Call for appointment Hours Monday – Friday 8:00 a.m. - 5:00 p.m.

Eligibility Clients must be a veteran with 181 days of active duty service. For most programs, MACV follows the same eligibility criteria as the Minnesota Department of Veterans Affairs. The veteran must be a Minnesota resident (30 days) and homeless or at imminent risk of becoming homeless and must be motivated to make positive change.

MACV is a statewide non-profit 501(c)(3) organization that exists to help veterans who are homeless or at risk of becoming homeless, or dealing with a life crisis. MACV accomplishes its mission by providing services directly or in collaboration with other service agencies.

- **Assistance** MACV is dedicated to honoring those who served us first. MACV does not duplicate any services already available through Federal, State or County veteran benefits. Primary services include housing and employment assistance with: rent, mortgage, utilities, transportation, food assistance, employment, and legal referrals through our Vetlaw Program.
- **Housing** MACV operates Duluth Veterans' Place in Duluth that has eleven permanent housing units, four transitional and one handicap transitional unit. Supportive services for veterans are provided onsite. MACV also offers Structured Independent Living (SIL) in a five bedroom house in Duluth and three bedroom home in Hibbing. There are many other programs that offer assistance throughout MN for other housing options.
- **Standowns** MACV hosts a number of StandDowns each year which offer one-stop services for veterans to gather information and receive assistance from multiple agencies at one time. A calendar of events can be found at www.mac-v.org/calendar.html

Minnesota Veterans Home – Silver Bay

45 Banks Blvd, Silver Bay, MN 55614

☎ (218) 353-8700 or (877) 729-8387 🖥 mn.gov/mdva/homes/silver-bay

How to Apply Call for appointment **Hours** Monday – Friday 8:00 a.m. - 5:00 p.m.

Eligibility Residents must be honorably discharged Veterans who entered service from Minnesota, or are current residents who served 181 consecutive days on active duty, unless discharged earlier because of disability incurred in the line of duty or the spouse of an eligible Veteran who is at least 55 years old, meets residency requirements and able to demonstrate a medical or clinical need for admission. Residents contribute to the cost of their care according to their means.

Residents enjoy an assortment of services designed to meet their physical, social and spiritual needs. They include: skilled nursing care, specialized dementia care, medical service with 24-hour nursing care, social services, individualized recreational services, rehabilitation services including physical, occupational and speech therapy, large rehabilitation gym for specialized programming or independent activity, mental/behavioral health service, chaplain and spiritual care service, nutritional service, pharmaceutical service, transportation service locally and to Duluth, barber and beauty services, and activities that utilize our natural resources.

Range Transitional Housing

442 Pine Mill Court, Virginia, MN 55792 ☎ (218) 741-9628

2515 First Ave, Hibbing, MN 55746 ☎ (218) 263-9250

🖥 www.rthousing.org ✉ rth@rthousing.org

How to Apply Call for appointment **Hours** Monday – Friday 8:00 a.m.-4:00 p.m.

Provides transitional and permanent supportive housing to homeless individuals and families in Northern St. Louis County. A case manager is assigned to each client to assist with supportive services to achieve self-sufficiency.

Salvation Army – Greater Duluth

215 S 27th Ave W, Duluth, MN 55806

☎ (218) 722-7934 🖥 <http://salvationarmynorth.org/community/duluth/community-pages/housing-programs/>

Rapid Re-housing for Families in Shelter

☎ (218) 722-7934

Supports low-income families in shelter who need up to one year of rental assistance to obtain stable housing. Participants must complete a coordinated intake and referral. Support is offered to locate and maintain housing through rent subsidies, utility assistance, housing deposit grants, application fees, moving assistance and advocacy.

Family Homelessness Prevention

☎ (218) 740-3156

Provides support and financial assistance to single households or families that are at risk of becoming homeless. Those served must have already applied for St. Louis County emergency assistance, have an income and an eviction notice. Program benefits include food, transportation and medical care, advocacy and referral to other resources, rent and utility assistance (if eligible).

Family Transitional Housing

☎ (218) 740-3051

Family Transitional Housing provides up to two years of housing in furnished units and intensive support services to homeless families with children under age 18. Participants pay 30 percent of their income as rent and must have maintained sobriety for at least six months. Program benefits include, safe, affordable housing, intensive, supportive services, education and employment assistance, personal budgeting classes, advocacy and referral to other resources.

Access North/Center For Independent Living of Northeastern MN

Duluth Branch Office 118 E Superior St, Duluth, MN 55802

☎ (218) 625-1400 V/TTY (888) 625-1401

Hibbing Main Office 1309 E 40th St, Hibbing, MN 55746

☎ (218) 262-6675 V/TTY (800) 390-3681

🖥 www.accessnorth.net/vServices/veteransServices.html

Access North provides a number of services for veterans with disabilities and their families that include: budgeting/money management, benefits management, locate housing, interview job skills, independent living skills, PCA services, social recreation and the home access/ramp program. Staff work closely with Veteran service providers to assist individuals and their families with navigating the system so they can receive the benefits they are entitled to. Access North services are intended to supplement benefits and services the veteran may receive from the Department of Veteran Affairs (VA), state veteran services, programs offered by the respective unit, and those offered by other federal or state VA programs.

Lutheran Social Service of MN – Veteran CORE Program

424 W Superior St, Suite 204, Ordean Building Duluth, MN 55802

☎ (218) 529-2296 **Toll Free** (844) 577-2673

💻 www.lssmn.org/services/military-and-veterans/core

Eligibility The client must reside in Minnesota. Children, spouses, or parents of veterans are eligible for the Veteran CORE Program. Family members and/or veteran must present a DD214 that demonstrates the veteran meets the Minnesota definition of a veteran. Exceptions can be made for veterans with a letter of service-connected disability. Please call to inquire about eligibility if you have further questions.

The Veteran CORE program provides free, confidential services statewide for eligible veterans and their family members. The program is a partnership between the Minnesota Department of Veterans Affairs (MDVA) and Lutheran Social Service of Minnesota (LSS). The CORE program provides Veterans and their families with: mental health, behavioral, employment, and financial counseling services statewide.

CORE counselors and case managers work with men, women, adolescents, and children experiencing issues related to their well-being, including depression and anxiety, PTSD, marital and family problems, divorce, addiction, unemployment, financial issues, and overall life stressors. The client may meet with a Lutheran Social Service mental health provider, or may be connected with a contracted private provider in the area in which the client lives. Case management services include creating individualized plans for each client, and can include assisting clients in filling out paper work (such as filling out college applications or applying for county, state, and federal benefits), connecting clients with volunteer opportunities, providing referral to other community resources, finding permanent housing, providing accountability check-ins (when requested), providing emotional support in person or over the phone, and other advocacy activities. Clients can also access our financial counseling program free of cost. In-home counseling and case management visits are available depending on location.

Military OneSource

☎ (800) 342-9647 💻 www.militaryonesource.mil

Hours 24 hours a day/7 days a week

Military OneSource is a confidential Department of Defense funded program providing comprehensive information on every aspect of military life at no cost to active duty, National Guard, reserve members, and their families. Information includes, but is not limited to, deployment, reunion, relationships, grief, spouse employment and education, parenting and childhood services. It is a virtual extension to installation services.

Confidential services, including non-medical counseling and specialty consultations are available through Military OneSource. Eligible individuals may receive confidential

services at no cost. Check eligibility. International calling options. Non-medical Counseling options include: face-to face counseling, online counseling, telephonic counseling and video counseling.

Military OneSource - Exceptional Family Member Program

☎ (800) 342-9647

💻 <https://www.militaryonesource.mil/family-relationships/special-needs>

Over 100,000 military families have members with special needs. These include spouses, children, or dependent parents who require special medical or educational services due to a diagnosed physical, intellectual, or emotional condition. The Exceptional Family Member Program & Resources, Options, Consultations (EFMP ROC) works with these families to address their unique needs. The materials within this section of Military OneSource are designed to give service members and their family's critical information and resources.

Minnesota Department of Veterans Affairs

☎ (888) 546-5838 💻 www.minnesotaveteran.org

Eligibility Veterans or their dependents in Minnesota

Toll-free phone line offering information, referrals, and a suicide prevention lifeline to Minnesota veterans and the families. Information is available on veterans' benefits, health care and reintegration services.

National Veterans Foundation

Assistance for Veterans and Their Families

5777 W Century Boulevard Suite 350, Los Angeles, CA 90045

☎ (888) 777-4443 💻 www.nvf.org

Toll-free helpline for all veterans and their families, live chat, Resource Center with information on benefits, employment and events, and guide to available financial assistance.

U.S. Army Wounded Soldier and Family Hotline

Fort Belvoir, VA 22060 ☎ (800) 984-8523

💻 armymedicine.health.mil/My-Health/Wounded-Soldier-and-Family-Hotline

✉ usarmy.jbsa.medcom.mbx.medcom-wsf-support@mail.mil

Hours 24/7

Eligibility Wounded or injured soldiers and their families

Provides wounded and injured soldiers resources to obtain outpatient related assistance regarding issues they have not been able to resolve through their own chain of command or medical treatment facility. Captures timely and accurate information from soldiers and their families on the quality of outpatient care in

order to ensure prompt and thorough response to concerns and to increase the reality and perception of soldiers receiving timely, quality care.

United Way 2-1-1

424 W Superior St, Suite 402, Duluth, MN 55802

☎ 2-1-1 or (800) 543-7709 🖥 www.211unitedway.org

Text Text your zip code to 898-211 - (Monday – Friday 8:00 a.m. – 7:00 p.m.)

Hours 24/7

Provides information on and referrals to community, health and social services. Using a state-wide database, call specialists direct callers to appropriate programs in their area. Serves Minnesota and Douglas County in Wisconsin.

LEGAL ASSISTANCE

ABA Military Pro Bono Project

321 N. Clark St, Chicago, IL 60654

☎ (312) 988-5728 🖥 www.militaryprobono.org

The ABA Military Pro Bono Project accepts case referrals from military attorneys on behalf of junior-enlisted, active-duty military personnel and their families with civil legal problems, and it places these cases with pro bono attorneys where the legal assistance is needed. The Project is also the platform for Operation Stand-By, through which military attorneys may seek attorney-to-attorney advice to further assist their service member clients.

Legal Aid of Northeastern MN

☎ (800) 933-1112 ✉ info@lasnemn.org 🖥 www.lasnemn.org

Duluth ☎ (218) 623-8100

302 Ordean Building, 424 W Superior St, Duluth, MN 55802

Grand Rapids ☎ (218) 322-6020

350 N.W. First Ave Suite F, Grand Rapids, MN 55744

Virginia ☎ (218) 749-3270

Olcott Plaza Suite 200, 820 N. Ninth St, Virginia, MN 55792

Brainerd ☎ (218) 829-1701

324 S Fifth St, Suite A, P.O. Box 804, Brainerd, MN 56401

Pine City, MN ☎ (320) 629-7166

1015 Hillside Ave SW, Suite 4, Pine City, MN 55063

The law offices of Legal Aid Service of Northeastern Minnesota (LASNEM) provide free legal advice and representation to low income people who live in Northeastern MN. Our goal is to provide representation and legal services to as many clients as

possible consistent with the most important needs of our clients. Our attorneys provide basic protection by enforcing the law when our clients' rights are violated, by representing our clients' interests in obtaining changes in law where its effect is unjust, and by informing low income people of their legal rights and responsibilities.

MEDICAL, MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES

MEDICAL SERVICES

TRICARE 🖥 www.tricare.mil

Tricare West Region (Minnesota) ☎ (844) 866-9378 🖥 www.tricare-west.com

Tricare North Region (Wisconsin) ☎ (800) 444-5445 🖥 www.tricare-east.com

Eligibility TRICARE is military health care available to active duty service members and retirees of the seven uniformed services, their family members, survivors and others who are registered in the Defense Enrollment Eligibility Reporting System (DEERS) and possess a valid military ID card.

TRICARE offers several health care programs which beneficiaries can choose from. Eligibility for each program varies. Services include: medical care, dental care, mental health care, vision care, and prescription coverage

VA Clinic – Hibbing, MN

990 W 41st St, Suite 78, Hibbing, MN 55746

☎ (218) 263-1400 🖥 www.minneapolis.va.gov/locations/Hibbing

Hours Monday – Friday 8:00 a.m. - 4:30 p.m.

Eligibility Must be enrolled in the Minneapolis VA Health Care System to receive treatment at this clinic.

Outpatient medical services for veterans including primary care, immunizations, Tele-Health Care, Tele-Retinal Services, laboratory, X-ray (imaging) services, women's health care, OEF/OIF services and mental health services.

VA Clinic – Ely, MN

720 Miners Drive E, Ely, MN 55731

☎ (218) 365-0001 🖥 www.minneapolis.va.gov/locations/Ely

Hours Tuesday and Thursday 8:00 a.m. - 4:30 p.m.

Eligibility Must be enrolled in the Minneapolis VA Health Care System to receive treatment at this clinic.

Outpatient medical services for veterans.

VA Clinic – Twin Ports

3520 Tower Ave, Superior, WI 54880

☎ (715) 398-2400 🌐 www.minneapolis.va.gov/locations/TwinPorts

Hours Monday – Friday 7:30 a.m. - 4:30 p.m.

Eligibility Must be enrolled in the Minneapolis VA Health Care System to receive treatment at this clinic.

Primary care including chronic disease management, patient education and health promotion, immunizations, mental health services with on-site staff and telemedicine capability linked to providers in Minneapolis, laboratory services, minor procedures, women's health care, OEF/OIF services, radiology and imaging services, audiology services, ophthalmology services and physical therapy services.

Veterans Affairs Health Care System – Minneapolis, MN

One Veterans Drive, Minneapolis, MN 55417

☎ (612) 725-2000 **Toll Free** (866) 414-5058 🌐 www.minneapolis.va.gov

Hours 24 hours/day for hospital. Service hours vary.

Eligibility Veterans with one day or more of honorable active military service who enlisted before 9/7/80. Veterans enlisting after 9/7/80 require two full years active duty. There may be limitations based on income and assets. For questions regarding eligibility or enrollment call (612) 467-2071.

Medical specialties with both inpatient and outpatient services including: AIDS care, addiction recovery, blind rehabilitation, cancer care, caregiver program, chaplain service, chronic pain management, community resource and referral center, dental care, depression and anxiety, drug and alcohol, extended care and rehabilitation, flu shots, foster home program, geriatric research and education, HIV care, hematology/oncology, homelessness, hospice & palliative care, imaging services, MOVE weight management program, medical foster home program, mental health, military sexual trauma, retroviral treatment, Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn Program, oncology, pharmacy, psychological trauma, radiology, sleep disorders, stress management, surgical, women's veteran services

Fisher House Lodging Program

One Veterans Drive, Minneapolis, MN 55417

☎ (612) 467-5602

Monday – Friday 7:00 a.m. - 4:00 p.m.

A Fisher House is “a home away from home” for families and caregivers of veterans and active duty military receiving treatment at major military and VA medical facilities. VA Fisher House accommodations are provided at no cost to guests, and are located within walking distance of the treatment facility. Homes can have up to 21 suites, with private bedrooms and baths. Families share a common kitchen,

laundry facilities, a warm dining room and inviting living room. There are currently two Fisher Houses located in Minneapolis.

Veterans Affairs Health System - St. Cloud, MN

4801 Veterans Drive, Saint Cloud, MN 56303

☎ (320) 252-1670 **Toll Free** 800-247-1739 🌐 www.stcloud.va.gov

Eligibility All Veterans who meet VA eligibility guidelines

Audiology clinic, dental clinic, optometry clinic, orthopedic clinic, podiatry clinic, surgery clinic, urology clinic, clinical pharmacy clinic, diabetic clinic, environmental exams, general medical clinic, hematology/oncology clinic, internal medicine clinic, rheumatology clinic, physical rehabilitation, weight loss clinic, women's clinic, VA compensation and pension exams, mental health services, rehabilitation services, skilled nursing home.

MENTAL HEALTH SERVICES

Birch Tree Center

4720 Burning Tree Rd, Duluth, MN 55811

☎ (218) 623-1800 **Toll free** (844) 772-4724 ✉ info@thrivebehavioralnetwork.com

🌐 www.birchtreeduluth.com

Hours 24/7

A community and regional collaboration providing mobile crisis services to adults and children and crisis stabilization to adults experiencing a mental health crisis or emergency.

Duluth Vet Center

4402 Haines Rd, Suite 3, Duluth, MN 55811

☎ (218) 722-8654 **Toll Free** (877) 927-8387 🌐 www.vetcenter.va.gov

Hours 8:00 a.m. – 4:30 p.m. (Evening appointments are available)

How to Apply Call or Walk-In

Eligibility Vet Centers serve all eras of war zone veterans. Service area includes veterans living in northern 24 counties of Minnesota.

Readjustment Counseling Services for combat veterans and their families. Services are free for eligible veterans and family members. The Duluth Vet Center provides services through individual, group, and marriage and family counseling. The majority of the vet center employees are veterans themselves.

Give an Hour

P.O. Box 5918, Bethesda, MD 20824

📧 www.giveanhour.org ✉ info@giveanhour.org

Give an Hour mental health providers offer free counseling to individuals, couples and families in the military and veteran community. Our providers help people deal with a range of mental health concerns, including relationship issues, anger, depression, anxiety, nightmares, substance abuse, as well as post-traumatic stress and traumatic brain injuries. We also offer counseling to family members experiencing the deployment of a loved one and to service members and their families during the transition from military to civilian life.

Kind Mind Center

2602 First Ave, Hibbing, MN 55746

☎ (218) 263-5949 📧 www.kindmindcenter.com

Provides long and short-term psychotherapy for individuals, families and teens, in the treatment of behavior patterns, depression, anxiety, grief/loss, crisis counseling, major life changes, trauma, chronic pain/health and PTSD using a variety of techniques including but not limited to acceptance and commitment therapy, attachment therapy, motivational interviewing, eye movement desensitization and reprocessing (EMDR), and cognitive behavioral therapy.

Military and Family Life Counselor Program

☎ (651) 282-4029 or (651) 282-4288

Support military families struggling with issues such as deployment-related stress, reintegration, and pressures of managing parenting and finances while a loved one is deployed through short-term, non-medical counseling services to service members and their families at no cost.

**Non-medical counseling services include: anger management, communication, relationship issues, conflict resolution, parenting, decision-making skills, deployment stress, coping skills, homesickness, relocation adjustment, and reintegration, separation, building resiliency, sadness, grief and loss.*

MN Adult & Teen Challenge

2 E Second St, Duluth, MN 55802

☎ (218) 740-5510 📧 www.mntc.org

To assist teens and adults in gaining freedom from chemical addictions and other life controlling problems by addressing their physical, emotional and spiritual needs. Effective and affordable programs are offered throughout Minnesota with campuses in Minneapolis, Brainerd, Duluth, Rochester and Buffalo. Offers both a long-term, faith-based recovery program and short-term licensed treatment program, allowing staff to effectively serve individuals with a broad spectrum of

addiction issues; from those seeking treatment for the first time, to those who have been struggling with addiction for many years.

Range Mental Health Center

624 13th St S, Virginia, MN 55792 (Main Office) ☎ (218) 749-2881 or (800) 450-2273

3203 W Third Ave, Hibbing, MN 55746 ☎ (218) 263-9237

📧 www.rangementalhealth.org

Provides comprehensive integrated behavioral health care to adults and children in Northern Minnesota that include outpatient, inpatient, home based and drop-in services.

Speare Psychological Services, P.A.

225 First St N Suite 3100, Virginia, MN 55792

☎ (218) 741-3740 📧 jonathanspeare.com

Provides short term and long term psychotherapy for individuals and couples experiencing difficulties such as: anxiety, phobias and panic attacks, depression and grief, victimization, abuse and trauma, stress management, pain management, marital and other relationship problems, alcoholism, chemical dependency and substance abuse problems and nightmares. Uses a variety of therapeutic approaches including: Rational Emotive/Cognitive behavior Therapy, Psychodynamic Therapy, Family/Marital/Relationship Therapy, Clinical Hypnosis, Guided Imagery, Gestalt Therapy and Eye Movement Desensitization Therapy and Reprocessing (EMDR). Other non-traditional and experimental approaches available may include: Thought Field Therapy, Emotional Freedom Therapy, Tapas Acupuncture Technique, Energy Diagnostic and Treatment Methods and Advanced Integrative Therapy.

- Give An Hour Provider – Provides one free hour a week of critical mental health services to those who serve and their loved ones. www.giveanhour.org

SUBSTANCE ABUSE SERVICES

Arrowhead Center

505 12th Ave W, Virginia, MN 55792

☎ (218) 749-2877 📧 www.arrowheadcenterinc.org

Provides outpatient treatment for chemical dependency and substance abuse.

Catherine Booth Residence for Chemical Dependency

215 S 27th Ave W, Duluth, MN 55806

☎ (218) 740-3051 **Intake phone** (800) 543-7709

Hours Monday – Friday 8:30 a.m. – 4:30 p.m.

A transitional housing program that focuses on people recovering from chemical dependency. The residence is open to men and women with children.

Katherine's House

426 Monroe St, Eveleth, MN 55734

☎ (218) 744-4040 ✉ info@lotus-mn.com 🌐 www.lotus-mn.com

Katherine's House is a licensed board and lodge facility specializing in supporting women who are in the recovery process for their mental health and/or chemical dependency struggles.

Lotus

608 Ninth St N, Virginia, MN 55792

☎ (218) 744-4040 ✉ info@lotus-mn.com 🌐 www.lotus-mn.com

Provides mental health and substance abuse disorder treatment to individuals that are in need.

Center for Alcohol & Drug Treatment

1402 E Superior St, Duluth, MN 55805

☎ (218) 723-8444 ✉ Admissions@CADT.org 🌐 cadt.org

Hours 24/7

Provides chemical health, substance abuse and addiction treatment as well as recovery services to anyone seeking help for drug, alcohol or gambling problems. CADTs programs utilize many different approaches to treatment and recovery.

Douglas County Alcohol and Other Drug Abuse (AODA) Services

1313 Belknap St, Superior, WI 54880

☎ 715-395-1304 🌐 www.douglascountywi.org

Hours 24/7

Provides chemical dependency services to address and treat problems related to alcohol and other drug abuse.

Joint Substance Abuse Prevention Program

600 Cedar St, St. Paul, MN 55101

☎ (651) 268-8909

The Minnesota National Guard Counter Drug Program provides substance abuse prevention and awareness education, treatment resources, referrals and outreach to all service members and military families, in an effort to reduce substance abuse, strengthen our families, increase retention and enhance combat readiness.

Minnesota Recovery Connection

822 S. Third St Suite 101, Minneapolis, MN 55415

☎ (612) 584-4158 ✉ info@minnesotarecovery.org

🌐 www.minnesotarecovery.org

Telephone Recovery Support – This peer-to-peer recovery support program provides volunteers the opportunity to reach out over the phone to individuals seeking recovery in order to connect them to the resources they need to achieve and maintain recovery.

Range Treatment and Detox Center

626 13th St S, Virginia, MN 55792

☎ (218) 741-9120 **Hours** 24/7

Provides a multi-disciplinary approach toward the treatment of chemically dependent individuals, their families, and significant others. Services are available on both a residential or outpatient basis for adolescents and adults.

MILITARY FAMILY ASSISTANCE CENTERS

Military Family Assistance Center (FAC) Locations

- 133rd Airlift Wing ☎ (612) 713-2367
631 Minuteman Dr, St. Paul, MN 55111
- 148th Fighter Wing ☎ (218) 788-7833
4680 Viper St, Duluth, MN 55811
- 934th Airlift Wing ☎ (800) 231-3517
760 Military Hwy, Minneapolis, MN 55450
- Arden Hills ☎ (651) 282-4055
1536 Ben Franklin Dr, Arden Hills, MN 55443
- Bloomington ☎ (651) 282-4748
3300 W 98th St, Bloomington, MN 55431
- Cambridge ☎ (651) 282-4031
505 Spirit River Dr S, Cambridge, MN 55008
- Camp Ripley ☎ (320) 616-3119
15000 Hwy 115, Little Falls, MN 56435
- Cottage Grove ☎ (651) 282-4209
8180 Belden Blvd, Cottage Grove, MN 55016
- Detroit Lakes ☎ (651) 268-8884
1220 Rossman Ave, Detroit Lakes, MN 56501
- Duluth ☎ (218) 723-4852
4015 Airpark Blvd, Duluth, MN 55811

- Mankato 📞 (651) 268-8413
100 Martin Luther King Jr Dr, Mankato, MN 56001
- Montevideo 📞 (651) 268-8475
711 S 17th St, Montevideo, MN 56265
- Rosemount 📞 (651) 282-4749
13865 S Robert Trail, Rosemount, MN 55068

Office Hours Monday – Friday 8:00 a.m. – 4:30 p.m. with 24/7 Emergency Call

Eligibility Currently serving military, their families and veterans of all branches Military Family Assistance Centers (FACs) are geographically dispersed throughout the nation to offer resources, referrals and support to all service members and their families. FACs are confidential and have 24/7 emergency on call regardless of status mandated by the Department of Defense (DoD). FACs provide information and referrals on crisis intervention, legal, financial and community resources, TRICARE, and DEERS/ID Cards. In addition, case-by-case emergency financial assistance via the MN Military Family Foundation is available. FACs network with military and civilian resources to answer any and all questions you may have.

North Star Inter-Service Family Assistance Committee (ISFAC)

📞 (218) 722-8763 ✉ ppedersen@mac-v.org

An Inter-Service Family Assistance Committees (ISFAC) is a voluntary military cooperative partnership at a regional or state level organized to provide a comprehensive view of the needs of service members, military families and veterans within their specific locations and to recommend solutions from the resources of that community. They foster a sustainable network of local support, facilitate governmental/non-governmental, non-profit, corporate partners and local citizens collaboration and fill service and information gaps.

MILITARY YOUTH

Child Care Aware of Minnesota

380 E Lafayette Frontage Rd, Suite 103, St. Paul, MN 55107

📞 (651) 290-9704 **Toll Free** (888) 308-3224

🌐 usa.childcareaware.org/fee-assistancerespite/military-families/

A resource website to assist parents in locating high quality child care.

• Give Army Parents a Break Respite Care

Qualified families from each branch receive 8-16 hours of child care every month for each child up to age 12.

• Operation: Military Child Care (OMCC)

📞 (800) 424-2246

An initiative sponsored by the DOD to support the childcare needs of military parents who are activated and deployed in support of the global war on terrorism. Fee reductions vary depending on total family income (TFI), geographic locations, military service/DOD childcare fee, policies and available funding.

MN National Guard – Child and Youth Services (CYS)

8180 Belden Blvd, Cottage Grove, MN 55016

📞 (651) 268-8695 or (651) 242-6938

The purpose of the National Guard CYS is to support the readiness and resilience of geographically dispersed soldiers and their families by reducing the conflict between parental responsibilities and mission requirements through age-appropriate youth programming within the program core elements.

Operation Purple Camp (OPC)

📞 (651) 636-1645 🌐 www.militaryfamily.org/kids-operation-purple/camps
McGregor, MN

Operation Purple Camp offers military kids a FREE WEEK of camp where they connect with other kids, just like them. And purple happens to be the perfect mix of Army green, Coast Guard blue, Air Force blue, Marine Corps red and Navy blue! At camp, kids have the opportunity to bond through a unique and memorable summer camp experience.

- **Catholic Youth Camp (CYC)** is a traditional resident camp. Campers stay in cabins based on age and gender and participate in a variety of activities such as archery, arts and crafts, fishing, swimming, canoing, dance, drama, sports and group games. During OPC, CYC is a nondenominational camp, open to campers of all backgrounds.

Special Needs Resource Project

380 E Lafayette Frontage Rd, Suite 103, St. Paul, MN 55107

🌐 www.snrproject.com

Provides a basic guide for parents of children with chronic health issues, disabilities and special needs. The site is designed to help you get a jump-start in your search for helpful information and resources. Our aim is to help you learn the basic skills you'll need to obtain the specific resource information, equipment, and services your child and family needs. Focused on children ages 0-22.

SERVICE ORGANIZATIONS

AMVETS

201 N First St, Keewatin, MN 55753

☎ (218) 885 4101 ✉ amvets.post12.mn@mediacombb.net

💻 www.amvets.org/

To enhance and safeguard the entitlements for all American Veterans who have served honorably and to improve the quality of life for them, their families, and the communities where they live through leadership, advocacy and services.

Blue Star Mothers – Lake Superior Chapter, (MN Chapter 15)

☎ (218) 724-0661 ✉ sealund55@gmail.com

PO Box 3493, Duluth, MN 55803

We are a military service and support organization for mothers of military members in any branch of the service, active or veteran. Dads, grandparents, and interested friends are also welcome to attend meetings and participate in service events. We meet on the third Thursday of every month (except for July) from 6:30 p.m. - 8:30 p.m. at the First United Methodist Church, 230 E Skyline Blvd, Duluth, MN. We support one another and our military families during the deployment cycle, do service activities related to our local military and veteran groups, and invite speakers on issues related to our military. We pack and send care packages to deployed military every other month. In addition, we support our local Gold Star Families (who have lost a military member while on active duty).

Disabled American Veterans

Duluth - GILBERT W NORDMAN #6

Mailing Address 4602 Grand Ave, Ste 500-194, Duluth, MN 55807

Meeting Location GCS, 320 W Second St, Duluth, MN 55731

☎ (218) 341-9098

Grand Rapids – ITASCA COUNTY #13

Mailing Address P.O. Box 5025, Grand Rapids, MN 55744

Meeting Location 123 Fourth St NE, Grand Rapids, MN 55744

☎ (218) 341-9098

Hibbing – RUSSO-GOLOB CHAPTER #3

Mailing Address 5141 First Ave, Hibbing, MN 55746

Meeting Location Memorial Building, 400 E 23rd St, Hibbing, MN 55746

☎ (218) 262-2563

Superior – EDWARD B FROELICH #4

Mailing Address: P.O. Box 412, Superior, WI 54880

Meeting Location: Senior Citizens Center – 1527 Tower Ave, Superior, WI 54880

☎ (715) 394-9537

Virginia – KOLSTAD #23

Mailing Address: P.O. Box 719, Virginia, MN 55792

Meeting Location: 125 Third St N, Virginia, MN 55792

☎ (218) 741-2426

Disabled American Veterans Groups provide free, professional assistance to veterans and their families in obtaining benefits and services earned through military service and provided by the Department of Veterans Affairs (VA). Represents disabled veterans with military claims providing advocacy, information, and forms assistance. Participates in medical equipment loan program called Vets for Vets which loans beds, electric wheelchairs, and other medical equipment to vets in need.

Military Officers Association of America (MOAA)

201 N Washington St, Alexandria, VA 22314

☎ (800) 234-6622 💻 www.moaa.org

Hours Monday through Friday 9:00 a.m. - 5:00 p.m.

Service Territory National organization with local chapters in every state

Eligibility Open to active duty, former, retired, National Guard and Reserve Commissioned and Warrant Officers of the uniformed services and their surviving spouses.

MOAA is the largest military officers association. MOAA fights for the welfare of all service members and Veterans and their families. On Capitol Hill, MOAA's greatest mission has been to protect the earned military benefits. MOAA provides numerous services such as career placement opportunities, financial planning resources, life insurance plans, supplemental health insurance options and potential college scholarships. MOAA also provides excellent Federal and State Legislative Updates pertaining to issues affecting Veterans and the military. The local Head O'The Lakes Chapter provides a MOAA presence for Northern Minnesota and Northwestern Wisconsin.

Mid Range Honor Guard

PO Box 495, Keewatin, MN 55753

☎ (218) 969 3932

Present the American Flag and military honors at parades, special events, and burial ceremonies for our fallen heroes.

Minnesota American Legion

20 W 12th St, Room 300A, Third Floor, Veterans Service Building, St. Paul, MN 55155

☎ (651) 291-1800 **Toll Free** (866) 259-9163 🌐 www.mnlegion.org

Eligibility Based on honorable service with the U.S. Armed Forces.

Provides information to veterans on benefits available to them. Provides information on educational scholarships. Individual posts provide social, educational, and other services to their members. To find an American Legion post in Minnesota, visit www.mnlegion.org/html/minn_posts.html

NEMN Women Veterans

☎ (218) 969 7137 ✉ magnussonc@yahoo.com

🌐 www.facebook.com/groups/NEMNWomenVeterans

Service Area Northeastern corner of Minnesota

Eligibility Women Veterans

The Northeastern Minnesota Women Veterans hold monthly Coffee Talks the third Monday of the month at 6:00 p.m. Even months meet at Mike's Pub in Hibbing and odd months at Perkins in Mountain Iron and plan occasional events and community service projects.

Northland Vietnam Veterans Association

🌐 www.nvva.us

Meeting Address 5209 Ramsey St, Duluth, MN 55807

Mailing Address P.O. Box 16975, Duluth, MN 55816

Meetings Fourth Monday of each month for members

Eligibility Membership is open to Vietnam and Vietnam era veterans. Spouses and friends of veterans are eligible for associate memberships.

Offers information and referral, advocacy and some counseling. Voting membership open to Veterans who served between 1960-1975.

Veterans of Foreign Wars Posts - Minnesota

B52 Veterans Service Building, 20 W 12th St, St. Paul, MN 55155

☎ (651) 291-1757 🌐 www.mn.vfw.org

Eligibility VFW membership is available to all U.S. Citizens who have been honorably discharged from the U.S. armed forces and who have earned an overseas campaign medal.

VFW Posts offer a variety of social and educational activities and other services to their members and members families. Services vary by post.

To find VFWs throughout Minnesota, go to www.mnvfw.org

Volunteer Services of Carlton County

199 Chestnut Ave #3, Carlton, MN 55718

☎ (218) 879-9268 🌐 www.vsccl.com

A non-profit service provider and advocate working to improve the quality of life in the community. With a caring network of dedicated volunteers and partners, we secure and distribute food, clothing, information, referrals, and emergency assistance in a respectful and dignified manner to people in need.

Women Veterans Initiative

987 Ivy Ave, St. Paul, MN 55106

☎ (612) 930-2WVI (2984) ✉ womenveteransinitiative@gmail.com

🌐 www.womenveteransinitiative.com

Service Territory State of Minnesota

Eligibility Women veterans

To improve the lives and well-being of women who have served in the military through access and innovative programs and services. One program provides a "Sister Assister" for women who would like company when attending VA medical appointment in Minneapolis.

Beyond the Yellow Ribbon Cities/Communities

🌐 www.mnbtyr.ng.mil

Duluth ☎ (218) 590-7716 ✉ ppedersen@mac-v.org

Grand Rapids ☎ (218) 259-4711 ✉ sharon.voltz63@gmail.com

Hibbing/Chisholm ☎ (218) 969-7173 ✉ magnussonc@yahoo.com

A Yellow Ribbon Community unites all areas within a community to create a comprehensive network that connects and coordinates agencies, organizations, resources and employers for the purpose of pro-actively supporting Servicemembers and military families.

CEMETERIES

Fort Snelling National Cemetery

7601 34th Ave S, Minneapolis, MN 55450

☎ (612) 726-1127

To schedule a burial (866) 900-5417 and follow up with a call to (800) 535-1117

Office Hours Monday – Friday 8:00 a.m. - 4:25 p.m.

Closed federal holidays except Memorial Day and Veterans Day.

Visitation Hours April - October:

Open Monday – Friday 7:30 a.m. - 8:00 p.m.

Saturday, Sunday and federal holidays 8:00 a.m. – 8:00 p.m.

Visitation Hours October - April:

Open Monday – Friday 7:30 a.m. - 5:00 p.m.

Open Saturday, Sunday and federal holidays - 8:00 a.m. to 5:00 p.m.

Minnesota State Veterans Cemetery–Little Falls

15550 Hwy 115, Little Falls, MN 56345

☎ (320) 616-2527 ✉ info.cemlf@state.mn.us

💻 <http://mn.gov/mdva/resources/burials/stateveterans.jsp>

Office Hours Monday – Friday 8:00 a.m. - 4:30 p.m.

Visitation Hours Seven days a week during daylight hours

Minnesota State Veterans Cemetery–Duluth (Saginaw)

4777 US Hwy 53, Saginaw, MN 55779

☎ (218) 520-0120 ✉ Info.CemDU@state.mn.us

💻 <http://mn.gov/mdva/resources/burials/stateveterans.jsp>

Office Hours Monday – Friday 8:00 a.m. - 4:30 p.m.

Visitation Hours Seven days a week during daylight hours

SURVIVOR OUTREACH PROGRAMS

Navy Gold Star Program (NSG)

Sandra Neuman - Navy Gold Star Installation Coordinator

☎ (866) 854-0638, Fleet and Family ✉ Sandra.neuman@navy.mil

13910 45th Ave NE, Suite 857, Marysville, WA 98271

💻 www.navygoldstar.com

Navy Gold Star is the Navy's official program for providing long-term support to surviving families of sailors who pass while on active duty. Personnel eligible to participate in the NGS program include the widow, parents and the next of kin. The term "widow" includes widower; the term "parents" includes mother, father, stepmother, stepfather, mother through adoption, father through adoption, and foster parents

who stood in loco parentis; the term "next of kin" only includes children, brothers, sisters, half-brothers, and half-sisters; and the term "children" includes stepchildren and children through adoption.

Survivor Outreach Services

💻 www.sos.army.mil

Support Coordinator – Northern MN

☎ (651) 268-8112 Cell (218) 255-6121

1115 Wright St, Brainerd, MN 56401

Support Coordinator - Twin Cities/Metro

☎ (651) 282-4116 Cell (651) 331-8581

8180 Belden Blvd, Cottage Grove, MN 55016

Support Coordinator - Southern MN

☎ (651) 268-8265 Cell (507) 696-5424

410 Prospect Ave, Albert Lea, MN 56007

Survivor Outreach Services is the official Army program designed to provide long term support to surviving Families of Fallen Soldiers. Survivor Outreach Services is a "one" Army program. Regardless of a service member's Army component, duty status, location, or manner of death, Survivor Outreach Services Support Coordinators and Financial Counselors are here to provide dedicated outreach and support when, and for as long as the family members desire. The Support Coordinators and Financial Counselors will also provide the same services to surviving families from any of the other branches of service (Navy, Air Force, Marine Corps and Coast Guard) and we want to encourage those families to contact us so that we can add them to our outreach and introduce them to other MN Families of the Fallen. We know that there are no words or actions that can ever fully solace a family in their loss, for there is no greater calling than to serve ones' nation with honor and dignity. For us, there is no greater duty than to support the Families of those who have died in service to our nation.

TRANSPORTATION

Arrowhead Transit

702 Third Ave S. Virginia, MN 55792

☎ (800) 862-0175 💻 www.arrowheadtransit.com

Eligibility Public transportation to meet personal transportation needs from most cities in the eight counties of the Arrowhead. Bus service is provided to Duluth or Brainerd once a month. *Disabled Veterans ride free, just show the driver your VA ID Card.

Duluth Transit Authority (DTA)

2402 W Michigan St, Duluth, MN 55806

☎ (218) 722-7283 🌐 www.duluthtransit.com ✉ info@duluthtransit.com

Eligibility Disabled Veterans displaying a Department of Veteran Affairs Service Connected identification card or “Service Connected” or “SC card” will be afforded free public transportations on DTA buses on regular DTA bus routes. Buses in Superior, Proctor and Duluth

Fisher House Foundation

111 Rockville Pike Suite, 420, Rockville, MD 20850

☎ (888) 294-8560 or (301) 294-8560

- **Hero Miles** Provides round-trip airline tickets to wounded, injured, and ill service members and/or their families who are undergoing treatment at a military or VA medical center; or who are attending an authorized event. Flights are made possible through frequent flyer mile donations made by individual airline passengers.
- **Hotels for Heroes** Provides hotel rooms to the families of wounded, injured, and ill military service members who are undergoing treatment at authorized medical centers when a Fisher House is not available. Rooms are made possible through the donation of rewards points by hotel reward members.

Wisconsin and Minnesota Disabled American Veterans Transportation Program

3520 Tower Ave, Superior, WI 54880

☎ WI (715) 398-2406 or MN (218) 204-0693

Complimentary Transportation to VA Medical Center – Approved appointments only

Eligibility Serves Veterans in Northeast Minnesota and Northwest Wisconsin. The Veteran must have a VA approved appointment.

How to Apply Call for scheduling and availability (Please try to give a week notice)

Hours Wisconsin DAV: 1000-1400 Monday - Friday

Minnesota DAV: 0800-1600 Monday - Friday

Van provides transportation for veterans whom have a VA approved appointment.

Caregivers may ride with the veteran.

Routes:

- **Minneapolis VA Medical Center:** Monday – Thursday for appointments between 0900 – 1300 and Friday for appointments between 0900 - 1200. The van MUST depart the VA Medical Center no later than 1445 M – TH and no later than 1300 on Fridays.
Pick-ups: Depart from VA Outpatient Clinic in Superior at 0530, West Duluth McDonald's at 0545, and Scanlon at 0600. Arrival time to MVAMC 0830 – 0900.
- Local Transportation to Twin Ports Outpatient Clinic for surrounding areas (20-mile radius from Clinic): Monday – Friday for appointments between 0800 – 1400. We do not run after 1600.
Van is staffed by Volunteer Drivers.

- **Hibbing/Virginia Area Program** Trips are even calendar days of the month Monday – Friday for VA approved appointments at the VA Medical Center Minneapolis between 0930 - 1330. Please utilize the DAV of MN phone number (218) 204-0693 for scheduling in this area.

OTHER

Veterans on the Lake Resort

161 Fernberg Rd, Ely, MN 55731

☎ (218) 365-6900 🌐 www.veteransonthelakeresort.org

Eligibility Person making a reservation must be from one of the following categories: disabled veteran, survivor of deceased disabled veteran or survivor of veteran killed in action, veteran age 65 or older, non-veteran disabled, active duty military, able bodied veteran. Also permitted: Groups or governmental agencies, walk-ins.

*** Disability can be from in or out of military service. Disabled veterans category includes spouse and children of service person killed in action and spouse of deceased disabled veteran. Anyone from one of the above qualifying categories can bring guests of their choice.*

A barrier free setting for memorable outdoor recreation. Veterans on the Lake Resort was started for the sole purpose of creating a recreational facility for disabled veterans to enjoy vacations. As a non-profit facility, this recreational location was designed to and currently serves the needs of disabled veterans, able bodied veterans, active duty military, their families and friends.

Transition Assistance Advisor

476 Hamline Ave, Arden Hills, MN 55112

☎ (612) 308-5723 🌐 www.jointservicessupport.org/WS/transitionsupport

Hours 8:00 a.m. – 4: 00 p.m.

Eligibility Anyone who has served

Transition Assistance Advisors (TAA) work with Joint Force Headquarters staff members and the Director of State Family Programs to build a statewide network of support with Veterans Affairs and community organizations for service members and their families to access in their community. TAA's cut through red tape by helping service members and their families understand processes and guidelines and assist in accessing benefits. TAA's coordinate with VA, TRICARE, Veteran Service Organizations, and other federal, state and community resources to provide important information and help with obtaining services to meet your needs during the post-deployment period.

OTHER RESOURCES

Army Medicine armymedicine.mil/Pages/Home.aspx

Commissaries and Exchanges www.commissaries.com

Disabled Veterans Rest Camp www.vetscampmn.org

Housing Link www.housinglink.org

LawHelpMN www.lawhelpmn.org/issues/veterans/assistance-for-veterans

Lawyers For Warriors lawyersforwarriors.blogspot.com/2009/06/minnesota-legal-assistance-to-military.html

Minnesota AMVETS www.mn-amvets.org

Minnesota Veterans Website www.mn.gov.mdva

Military HOMEFRONT www.militaryhomefront.dod.mil

Military Spouse Career Center www.military.com/spouse

Military Spouse www.careeronestop.org/militaryspouse

Military Student www.militaryimpactedschoolsassociation.org

National Center for PTSD www.ptsd.va.gov

National Coalition for Homeless Veterans www.nchv.org

OurMilitary.mil www.ourmilitary.mil/

Special Needs Stop www.specialneedsstop.com/minnesota-resources

Transition Assistance Program/Turbo TAP www.turbotap.org/register.tpp

Tutor.com www.military.tutor.com

US Department of Housing and Urban Development www.portal.hud.gov

US Department of Veteran Affairs www.va.gov

USA4Military Families www.usa4militaryfamilies.dod.mil

Vietnam Veterans of America www.vva.org

NOTES

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This directory was compiled by the North Star Inter-Service Family Assistance Committee and the United Way of Northeastern Minnesota. Inclusion of an organization in this directory does not constitute endorsement of its programs or policies by the above listed organizations, while exclusion does not imply disapproval. Every effort has been made to obtain accurate information about the organizations listed in this directory.

Printing of the Military Connections
Guide made possible by
United Way of Northeastern Minnesota

