

# Twin Ports COVID-19 Resource Guide

RESOURCES FOR FOOD ACCESS, EMPLOYMENT, HOUSING, MENTAL HEALTH SUPPORT, FINANCIAL SUPPORT, TRANSPORTATION, AND FAMILY/RELATIONSHIP SAFETY FOR DULUTH AND SUPERIOR

## Duluth

### Food Resources

#### Grocery Delivery

##### Agewell Arrowhead Groceries To Go

- (218) 623-7800 for inquiry; meant for homebound elderly individuals
- Volunteers call every Tuesday between 9am-12pm to take orders; delivery occurs every Wednesday or Thursday

##### Instacart

- Download app on phone or visit website ([instacart.com](https://www.instacart.com))
- Available stores: Cub Foods, Sam's Club, Target, Aldi, CVS Pharmacy, Whole Foods Co-op, The Vitamin Shoppe, Petco
- Delivery fee applies

#### Food Distribution

##### Damiano Center Community Kitchen

- Free to-go meals distributed in west parking lot, available to all
  - Breakfast daily 8:30-9:30am
  - Lunch Mon, Wed, Fri-Sun 11:30am-1pm
  - Dinner Fri-Sun 5-6pm
- Call 218-722-8708 or visit [damianocenter.org/programs](https://damianocenter.org/programs) for more information

##### CHUM Emergency Food Shelf

- 120 N 1st Ave West hours: Mondays and Fridays from 10am-12pm
- Our Saviors Lutheran Church on Grand (West Duluth) hours: Mondays from 10am-12pm
- Call 218-727-2391 to ensure supplies are still available before visiting

##### Duluth Harbor Mission

- Hot meals available Mon, Tues, Thurs, Fri 10am-2pm,
- Other basic needs available during these hours: winter gear, baby essentials, hygiene kits, sleeping gear, etc.
- Call 218-481-7400 for more information

##### Ruby's Pantry Duluth

- Drive up pantry every Third Thursday of each month from 4:30-6pm at the First United Methodist Church
- \$20 for a large box of groceries
- Visit [rubyspantry.org/location/64](https://rubyspantry.org/location/64) for more information

#### Food Distribution Continued

##### Fruit of the Vine Food Shelf

- Drive thru only; households can come once a month to receive a pre-packed grocery box
- Open Tuesdays from 6-8pm and Saturdays from 9:30-11:30am
- Call 218-525-3462 or visit [duluthvineyard.org/ministries/fruit-of-the-vine/](https://duluthvineyard.org/ministries/fruit-of-the-vine/)

##### Salvation Army

- Free weekday hot lunch served Monday-Friday from 11am-12:30pm
- Food pantry with free groceries available to all MN residents
  - Mondays and Thursdays from 1:30-4pm

#### Miscellaneous

##### Duluth Public Schools

- Offering free bagged meals on weekdays to children 18 years of age and younger
- Call 218-336-8707 with questions

#### Ecolibrium3 Food Resource Guide

For even more food resources and to see a calendar of what is available for each day of the week, visit [ecolibrium3.org/covid-19-food-resources](https://ecolibrium3.org/covid-19-food-resources).

## Employment

#### Unemployment Insurance

- If your hours were reduced or you've been laid off, you can apply for Unemployment Insurance Sunday-Friday from 6:00am-8:00pm at [uimn.org](https://uimn.org) or by calling 1-877-898-9090

#### Job Search Assistance

- Need help finding a job? Call CareerForce (the workforce center) at 218-302-8400. There is no cost to access our services.
- Find job search resources and virtual workshops at [CareerForceMN.com](https://CareerForceMN.com)

#### For High Schoolers

- Visit [youthprise.org/mn-youth-unemployment-information](https://youthprise.org/mn-youth-unemployment-information) to apply for unemployment insurance by December 26th, 2020

# Duluth

## Housing

### 1 Roof Community Housing Tenant Landlord Connection

- Provides resources surrounding tenant/landlord rights
- Offers classes for those looking to establish positive rental history and mediation services to help resolve tenant/landlord disputes
- Call 218-727-5372 or email [tcarlson@1roofhousing.org](mailto:tcarlson@1roofhousing.org) for more information

### Salvation Army

- Rent and utility assistance available; call 218-722-7934 to make an appointment
- More information available online at [centralusa.salvationarmy.org/northern/Duluth/provide-housing](http://centralusa.salvationarmy.org/northern/Duluth/provide-housing)

### American Indian Community Housing Organization (AICHO)

- Gimaajii-Mino-Bimaadizimin
  - Offers case management, assessment, advocacy, mental health services
- Giiwe Mobile Team
  - 35 units of housing for homeless families to obtain affordable homes
- Endazhi-Maadaajimon
  - 10 unit building providing long-term housing options for those that already have access to housing vouchers
- Call the front desk at 218-722-7225, visit [aicho.org](http://aicho.org) or call 2-1-1 to schedule an appointment.

## Mental Health Support

### Duluth Counseling Center

- Telehealth, telephone, and video counseling therapy appointments available
- Offers couples, family & grief counseling, parenting support, stress management, and more
- Call 218-249-0595 or visit [duluthcounselingcenter.com](http://duluthcounselingcenter.com)

### Human Development Center

- Offers mental health and addiction services to everyone, regardless of ability to pay
- Telehealth therapy available with limited in-person appointments
- Call 218-728-4491 or visit [humandevelopmentcenter.org](http://humandevelopmentcenter.org)

### Amberwing

- Offers services to youth from birth to age 25
- Outpatient programs available for all ages, substance use disorder program for ages 12-18
- Family Resource Center offers free family support, parent forums, liaison services between schools, providers, etc.
- Call 218-355-2100 or visit [amberwing.org](http://amberwing.org) for more information

### Birch Tree Crisis Line

- 24 hour crisis phone line for mental health support, information, and problem solving: 218-623-1800 or text HELP to 741 741

## Mental Health Support Cont.

### Lake Superior Community Health Center

- Offers treatment for anxiety, depression, grief, loss, trauma-informed care, stress management, and more
- Telehealth and in-person appointments available
- Financial assistance available to those without insurance
- Call 218-722-1497 or visit [lschc.org](http://lschc.org)

### Pruitt Center for Mindfulness and Well-Being

- Provides resources, expertise, and learning projects to support mindfulness and well-being
- Offers virtual "Mindful Mondays" via Zoom each Monday from 12-12:30pm
- Other virtual activities include live yoga, morning mindfulness workshops, and educational webinars on gratitude
- For more information call 715-394-8094 or visit [uwsuper.edu/mindfulness](http://uwsuper.edu/mindfulness)

### National Suicide Hot Line

- Call 800-273-8255 for 24/7, free and confidential support when experiencing emotional distress or crisis
- Offers a "warm line" for those who may not be experiencing a crisis, but would like to talk to someone; Available Tuesday-Sunday from 4-10pm; call 877-404-3190

## Financial Resources

### AEOA Energy Assistance Program

- Financial assistance available for energy costs and heating bills
- Funding also available for crisis situations and repairs
- Program runs from Oct. 1 - May 31st; apply early as funds may run out
- Visit [aeoa.org/en/energy-assistance-program](http://aeoa.org/en/energy-assistance-program) or call 218-623-3011 to apply

### Community Action Duluth

- MNsure & SNAP Assistance: Provides step-by-step assistance in the application process for both MNsure and SNAP
  - Schedule an appointment by emailing [mail@communityactionduluth.org](mailto:mail@communityactionduluth.org) or by calling 218-726-1665
- Free Tax Site: Offers IRS certified volunteers to do taxes for individuals earning less than \$57,000/year
  - Both virtual and hybrid in-person services offered
  - Email [zayla@communityactionduluth.org](mailto:zayla@communityactionduluth.org) or call 218-726-1665 ext. 225 for more information

### LSS Financial Counseling

- Provides free budget/debt, student loan repayment, credit improvement, foreclosure prevention, homebuyer, and reverse mortgage counseling
- Online at [LSSFinancialCounseling.org](http://LSSFinancialCounseling.org) or over the phone at 888-577-2227

## Duluth

### Family and Relationship Safety

#### AICHO Dabinoo'Igan Emergency Domestic Violence Shelter

- 10-bed emergency shelter for victims of physical and sexual violence, trafficking, and stalking who need immediate shelter; can stay for up to 30 days
- Offers advocacy, information and referral, housing search assistance, financial assistance, and culturally specific programming
- Call the Hotline at 218-722-2247 if you are currently fleeing domestic violence

#### Safe Haven Shelter and Resource Center

- Provides advocacy, shelter and safety planning for victims of domestic violence
- Offers two virtual support groups
  - Healing Circle: Tuesdays from 6-8pm
  - Healing Steps: Wednesdays from 5:30-7:30pm
- Call 218-623-1000 for information on how to attend
- Visit [safehavenshelter.org](http://safehavenshelter.org) for a list of all services

#### Program to Aid Victims of Sexual Assault (PAVSA)

- Offers hospital advocacy, mental health support, medical services, and legal assistance to victims of sexual assault
- 24-hour help line: 218-726-1931

### Technology Access

#### Lighthouse Center for Vital Living

- Helps those challenged by disabilities, vision loss or aging
- Offers device loans, technology training and set-up services
- Can provide information on at-home COVID testing accommodations, where to obtain PPE, and general questions regarding basic needs
- Visit [lcvl.org/cfccprogram](http://lcvl.org/cfccprogram) to apply for a device loan; call 218-461-8968 for more information

### Transportation

#### Semcac Transportation

- Provides free, non-emergency transportation to COVID-19 positive individuals
- Transportation to or from medical services (i.e COVID-19 testing, medical appointments, medication pick-up)
- Trip must originate in Minnesota
- Call 1 (800) 528-7622, option 3 to request a ride

#### Arrowhead Transit

- Call 800-862-0175 option 9 to schedule a ride to and from your destination
- Must call at least 24 hrs in advance to schedule pick-up time
- Fees waived until January

#### Duluth Transit Authority

- Still running as an essential service, fares have resumed

For more resources that span all of St. Louis County, please visit [stlouiscountymn.gov/covid19resources](http://stlouiscountymn.gov/covid19resources). You can also dial 2-1-1 to get connected to local resources, available 24/7.

AICHO's COVID Resource Hotline: 218-215-2750 available Monday-Friday from 9am-5pm, or email [covidresources@aicho.org](mailto:covidresources@aicho.org) to request COVID Resources

## Superior

### Food Resources

#### Grocery Delivery

##### Walmart

- Same day grocery delivery available every day from 8am-8pm
- Visit [walmart.com/grocery](http://walmart.com/grocery) or call 715-308-6024

##### Instacart

- Download app on phone or visit website ([instacart.com](http://instacart.com))
- Only available in some areas of Superior; available stores include Aldi, Cub Foods, CVS Pharmacy, Whole Foods Co-Op, The Vitamin Shoppe, and Petco
- Delivery fee applies

#### Grocery Delivery Continued

##### Meals on Wheels - Douglas Co.

- Delivers meals for individuals 60 years of age or older that are homebound
- Available free of cost Monday-Friday (donation request of \$4 per meal)
- Provides additional benefit of well-being check to those experiencing isolation
- Call 715-394-3611 or email [nutritiondirector@seniorconnectionswi.org](mailto:nutritiondirector@seniorconnectionswi.org) for more information

# Superior

## Food Resources Cont.

### Food Distribution

#### Salvation Army Basic Needs Pantry

- Weekdays from 1-3pm for food and hygienic items
- Bulk produce available on the 2nd Tuesday of each month from 1-3pm
- Call 715-394-7001 or visit [centralusa.salvationarmy.org/superior/](http://centralusa.salvationarmy.org/superior/) for more information

#### Northwest WI Community Services Agency

- Food pantry: Provides households with 3-5 days of food
  - Located at main office location, Tuesday-Thursday from 1-3:30pm
- Solid Rock Soup Kitchen: Lunch and dinner provided to the public at 12pm and 5pm Monday-Friday; 4-5pm Saturdays

#### Vineyard Church of Superior

- Monthly drive-through food shelf held every 3rd Saturday of the month
- Call 715-718-2600 for more information

### Miscellaneous

#### Superior School District

- Free breakfast and lunch for all children 18 and under
- Curbside pick up available Monday-Friday at Superior High School; Door N1 from 10am-1pm
- Mobile Meal City Routes run Monday-Thursday; look for the School Bus
- For more information call 715-394-8706

## Employment

#### Unemployment Insurance

- Apply for Unemployment Insurance at [dwd.wisconsin.gov/uiiben](http://dwd.wisconsin.gov/uiiben)

#### Job Search Assistance

- Reach out to Workforce Resource in Superior at 1-855-792-5439
- Information and resources available here: [workforceresource.org](http://workforceresource.org)

## Housing

#### Harbor House Crisis Center

- SAMaritan Fund: funding available for rental and utility assistance, prescription co-pays, and transportation assistance
  - Mon-Fri 10am-2pm appointment only; call 715-997-7184 to schedule
- Transitional Living Center: housing assistance for homeless families and single women; case management services available to help with poor credit, poor rental history, unpaid fines, mental illness, domestic violence, or lack of education/employment

#### Superior Housing Authority (SHA)

- Public Housing program: SHA has rental units available where income-eligible families pay 30% of adjusted gross income for rent
- Housing Choice Voucher program: Provides rental subsidies for families living in privately-owned homes; individuals pay 30% of income for housing and utilities while SHA pays the difference
- Office is closed, but you can apply online at [superiorhousing.org/how-to-apply/](http://superiorhousing.org/how-to-apply/) or call 715-394-6601 with questions

## Transportation

#### Senior Connections

- Curb-to-curb transportation services for people aged 55 and over, or for people with a disability
- Transportation to and from medical appointments, personal appointments, errands
- Available Monday-Friday; call in advance to schedule your ride
- Fee: \$6 each way within city limits of Superior; additional fees apply for rides to Duluth
- Call 715-394-3611 or visit [seniorconnectionswi.org](http://seniorconnectionswi.org) for more information

#### Duluth Transit Authority

- Still running as an essential service, fares have resumed

# Superior

## Mental Health Support

### Human Development Center

- Offers mental health and addiction services to everyone, regardless of ability to pay
- Telehealth therapy available with limited in-person appointments
- Call 218-728-4491 or visit [humandevelopmentcenter.org](http://humandevelopmentcenter.org)

### Lake Superior Community Health Center

- Offer treatment for anxiety, depression, grief, loss, trauma-informed care, stress management, and more
- Telehealth and in-person appointments available
- Offer financial assistance to those without insurance
- Call 218-722-1497 or visit [lschc.org](http://lschc.org)

### Pruitt Center for Mindfulness and Well-Being

- Provides resources, expertise, and learning projects to support mindfulness and well-being
- Offers virtual "Mindful Mondays" via Zoom each Monday from 12-12:30pm
- Other virtual activities include live yoga, morning mindfulness workshops, and educational webinars on gratitude
- For more information call 715-394-8094 or visit [uwsuper.edu/mindfulness](http://uwsuper.edu/mindfulness)

### National Alliance on Mental Illness

- Offers support, education, and advocacy to those affected by mental illness
- Peer support and family support groups offered both in-person and virtually
- COVID-friendly quarterly social outing to maintain wellbeing
- Call 920-452-5152 or visit [namidouglascountywi.wordpress.com](http://namidouglascountywi.wordpress.com)

### Douglas County 24-Hour Crisis Line

- State-certified mental health professionals are available 24 hours a day for mental health support by calling 715-395-2259

### National Suicide Hot Line

- Call 800-273-8255 for 24/7, free and confidential support when experiencing emotional distress or crisis
- Offers a "warm line" for those who may not be experiencing a crisis, but would like to talk to someone; Available Tuesday-Sunday from 4-10pm; call 877-404-3190

## Financial Resources

### Wisconsin Home Energy Plus Program

- Provides financial assistance for heating and electricity, and energy crisis situations
- To apply, visit [homeenergyplus.wi.gov](http://homeenergyplus.wi.gov) or call 715-395-1651 for more information

### Northwest Wisconsin Community Services Agency

- Tax Assistance Program: Offers free preparation of state and federal tax returns for households making less than \$64,000/year
- Free store: Donated clothing and household items available for free at main office location
- Affordable Housing: Individuals who meet income guidelines may be eligible for non-subsidized "capped rent" rental units
- Call 715-392-5127 or visit [northwest-csa.org/services-douglas.htm](http://northwest-csa.org/services-douglas.htm) for more information

### LSS Financial Counseling

- Provides free budget/debt, student loan repayment, credit improvement, foreclosure prevention, homebuyer, and reverse mortgage counseling
- Online at [LSSFinancialCounseling.org](http://LSSFinancialCounseling.org) or over the phone at 888-577-2227

## Family and Relationship Safety

### Center Against Sexual & Domestic Abuse

- Provides services to individuals hurt by domestic violence, sexual assault, and child abuse
- Offers advocacy services, peer counseling, support groups, an emergency shelter, legal services, community education, etc.
- 24 hour help line available for crisis counseling and emotional support; call 1 (800) 649-2921
- Call 715-392-3136 or visit [casda.org](http://casda.org) for more information

For more resources that span all of Douglas County, please visit [douglascountywi.org/1124/COVID-19-Updates](http://douglascountywi.org/1124/COVID-19-Updates)

You can also dial 2-1-1 to get connected to local resources, available 24/7.

## Give Help

### Community Action Duluth

- GED Tutors: Looking for tutors in the areas of math, grammar, and/or reading comprehension
- Tax Site: Volunteer as a greeter, screener, or tax preparer for the Tax Assistance program (can choose to volunteer in-person or from home)
- Contact 218-726-1665 or visit [communityactionduluth.org/support](https://communityactionduluth.org/support) to learn more

### Second Harvest Northern Lakes Food Bank

- Looking for volunteers for their food distribution center, office, special events, and programming
- Face masks and social distancing required
- Opportunities in NE Minnesota and NW Wisconsin
- Call 218-727-5653 or visit [northernlakesfoodbank.org](https://northernlakesfoodbank.org) to apply

### AEOA Food Distribution

- Volunteers needed for food distribution events through the end of December
- Activities may include loading vehicles with boxes of food, directing traffic, collecting data, and more
- Social distancing and masks required; ages 17+
- Visit [aeoa.org](https://aeoa.org) or call 218-749-2912 for more information and how to sign up

### American Red Cross

- Volunteer remotely, behind the scenes, or in-person at blood drives
- Call 612-871-7676 Ext. 5 or email [MNRecruit@redcross.org](mailto:MNRecruit@redcross.org) for more information

### City of Duluth Snow Removal Assistance Program

- Sign up to shovel snow for elderly or disabled individuals
- Sign up online at [forms.duluthmn.gov/Forms/Snow-Removal-Assistance-Volunteer](https://forms.duluthmn.gov/Forms/Snow-Removal-Assistance-Volunteer) or call (574) 344-0059

### Northwest Wisconsin Community Services Agency, Inc.

- Volunteer opportunities available in soup kitchen, food pantry, community garden, senior center, tax assistance program, and more
- Call 715-392-5127 for more information or visit [northwest-csa.org/volunteer.htm](https://northwest-csa.org/volunteer.htm)

### Head of the Lakes United Way

- Database of continuously updated volunteer opportunities with local organizations
- Projects assist elderly individuals, people experiencing homelessness, food insecure families, and more
- Call 218-726-4770 (Duluth) or 715-394-2733 (Superior) or visit [hlunitedway.org/get-involved/volunteer/](https://hlunitedway.org/get-involved/volunteer/)

### Helping Hands in the Northland

- Online Facebook group that allows community members to reach out to one another for specific requests, information sharing, and/or volunteer opportunities
- Link to join: [facebook.com/groups/193014918661156](https://facebook.com/groups/193014918661156)

This Resource Guide was created by the Ready North disaster resiliency network. Ready North strives to build greater regional resilience and strengthen disaster recovery through community-aligned preparedness projects. Members are committed to being inclusive in efforts to mitigate, prepare for, respond to, and recover from disasters. To learn more about Ready North, or if you're interested in joining the network, visit [readynorth.org](https://readynorth.org) or email [VISTA@dsacommunityfoundation.com](mailto:VISTA@dsacommunityfoundation.com).