

Housing & Emergency Shelter

ARC United.....	218-759-0097
Bi-CAP, Inc.	
Rental, Mortgage Foreclosure,	
Heating Assistance, Weatherization,	
Furnace Repair.....	218-751-4631
	800-332-7161
Evergreen Youth Crisis Shelter.....	218-751-4332
Evergreen Youth Housing.....	218-308-9014
Habitat for Humanity.....	218-751-4649
Housing & Redevelopment	
Authority (HUD).....	218-444-4522
Northwoods Coalition for Family	
Safety Line.....	218-444-1395
	800-558-6229
Rural Development.....	218-751-1942
Salvation Army (after 6PM).....	218-751-9111
Village of Hope.....	218-751-0722

Food Programs

Bemidji Senior Center.....	218-751-8836
Bemidji Soup Kitchen.....	218-444-6847

Food Shelves

Bemidji	218-444-6580
Blackduck	218-835-4423
Evergreen Youth Services.....	218-751-8223
MAC (Mothers & Children).....	218-333-6856
MN Food Helpline.....	888-711-1151
SNAP (Supplemental Nutrition Assistance Program)	
Bemidji.....	218-333-8300
Blackduck.....	218-835-5768
Senior Meals on Wheels.....	218-444-3987
WIC (Women, Infants & Children).....	218-333-8140

Crisis

Beltrami County Child Protection.....	218-333-4223
Domestic Violence Hotline-Bemidji.....	218-444-1395
Domestic Violence Hotline.....	866-223-1111
Evergreen House.....	218-751-4332
MN Crisis Line.....	866-379-6363
Native American Youth Hotline.....	877-209-1266
Peacemaker Resources.....	218-444-8048
Peacemaker Resources.....	218-444-8048
Timber Bay House.....	218-751-9783
Children's Mobile Crisis Team.....	800-422-0045

Clothing & Household Items

Goodwill.....	218-759-2147
Seventh-day Adventist Center.....	218-751-1985
St. Philip's Clothing Depot.....	218-444-3835
Twice But Nice.....	218-751-4241
TK'z Closet.....	218-444-8406
American Red Cross.....	218-444-9490
Restore.....	218-444-6398

Transportation Services

1st City Taxi.....	218-444-8294
Bemidji Cab.....	218-759-1368
Living At Home Caregivers.....	218-732-3137
Medi-Van.....	800-422-0976
Northwoods Caregivers.....	218-333-8264
Paul Bunyan Transit.....	218-751-8765
Red Lake Transit.....	218-679-2395
	877-239-9285

Income Tax Services

AccountAbility MN.....	651-287-0187
Bemidji Senior Center.....	218-751-8836

Legal Services

Anishinabe Legal Services.....	218-335-2223
Greater MN Racial Justice.....	218-444-2285
Home Hotline-Legal info for renters..	866-866-3546
Legal Services of MN.....	218-751-9201
	800-450-9201
MN Dept. of Human Rights.....	800-657-3704
MN Disability Law Center.....	800-292-4150



Beltrami County Resource Guide



Our Mission:

To help low income people obtain self-sufficiency.

Our Vision:

To eliminate poverty in Beltrami and Cass Counties.

BEMIDJI OFFICE

PO Box 579, Bemidji MN 56619
Location: 6603 Bemidji Ave N
(218) 751-4631 • Fax (218) 333-9910

WALKER OFFICE

PO Box 995, Walker, MN 56484
Location: 8245 Industrial Park Rd NW
(218) 547-3438 • Fax (218) 547-3809
Website: www.bicap.org

Human & Financial Services

Beltrami County Human Services.....	218-333-8300
Beltrami County Crisis Line.....	800-422-0045
Evergreen Youth Services.....	218-751-8223
Lutheran Social Services.....	218-751-1305
Northwoods Interfaith Volunteers.....	218-333-8264
Social Security Office.....	218-751-2904
	800-772-1213
Veterans Services.....	218-333-4177
Veterans Linkage Line.....	888-546-5838
MN Assistance for Veterans.....	218-722-8763

Health Care Services

Adult Day Services.....	218-751-1324
Allergy & Asthma Network.....	800-878-4403
Beltrami County Nursing Services.....	218-333-8140
Beltrami County Home Care.....	218-333-8100
Birthright.....	218-751-9237
Brain Injury Association.....	800-669-6442
Eating Disorders Hotline.....	800-511-9225
Deaf & Hard of Hearing Services.....	218-333-8283
Disability Linkage Line.....	866-333-2466
Family Advocacy Center.....	218-333-6011
Family Planning Hotline.....	800-783-2287
Indian Health Services.....	218-444-0450
MN Care Health Insurance.....	800-657-3672
North Country Home Care.....	218-333-5665
Northern Dental Access Center.....	218-444-9646
	888-678-3033
Planned Parenthood.....	218-751-8683
Poison Control.....	800-222-1222
Pregnancy Support.....	218-444-3035
Rural Aids Action Network.....	218-444-4561
	800-966-9735
Sanford Clinic.....	218-333-5000
Services for the Blind.....	218-333-8206
24-Hour Nurses Hotline.....	800-821-5167

Mental Health Services

Advocates for Family Peace.....	800-909-8336
Alcohol & Drug Hotline.....	800-771-5009
Evergreen 35 Day Evaluation-Pam....	218-751-4332
Evergreen Youth Services.....	218-308-9016
Gambling Hotline.....	800-333-4673
Headwaters Suicide Prevention.....	218-751-4332
Hope House.....	218-444-6748
Lake Region Chemical Dependency..	218-444-5740
Northern Psychological Services.....	218-759-2825
Suicide Prevention Crisis Line.....	800-273-8255
Upper Mississippi Mental Health.....	800-422-7843
	218-751-3280
Upper Mississippi Crisis Line.....	800-422-0045
Veterans Support Group.....	218-755-6360

Employment Services

Experience Works.....	218-631-3483
Job Service/CEP/Workforce Center ...	800-569-4196
	218-333-8200
MN Unemployment.....	877-898-9090
Northwest Indian OIC.....	218-759-2022
Occupational Development Center....	218-751-6001
Search Resources.....	218-759-9787

Resource & Referral

Beltrami Public Library.....	218-751-3963
Beltrami Relatives As Parents.....	800-450-1385
Bridges to Benefits.....	651-227-6121
Churches United.....	218-444-1380
Community Resource Centers	
Beltrami	218-333-6856
Blackduck	218-835-5768
Cass Lake.....	218-335-7837
Senior Linkage Line.....	800-333-2433
United Way.....	218-444-8929

Education Programs

Bemidji Area Learning Center.....	218-333-3299
Bemidji Community Education.....	218-333-3284
Bemidji Early Childhood Education....	218-333-8329
Bemidji State University.....	218-755-2040
	800-475-2001
Bi-CAP, Inc. Head Start.....	218-751-4631
	800-332-7161
Blackduck Adult & Community Ed....	218-835-5241
Cass Lake/Bena Adult Ed.....	218-335-8002
Kelliher Community Ed.....	218-647-8286
Evergreen Young Parents.....	218-309-9011
Leech Lake Tribal College.....	218-335-4200
Northwest Technical College.....	218-333-6600
Youthbuild (Bi-CAP, Inc.).....	218-751-4631
	800-332-7161

Childcare/Clubs/Youth

Alano Club.....	218-444-2525
Beltrami County Licensed Day Care...	218-333-8300
Bemidji Early Head Start.....	218-751-4631
	800-332-7161
Boys & Girls Club of Bemidji.....	218-444-4171
Boys & Girls Club of Leech Lake.....	218-335-4058
Boy Scouts of America.....	800-939-5811
Childcare Resource & Referral.....	800-941-7003
Evergreen Shelter.....	218-751-4332
Evergreen Youth Services.....	218-751-8223
Girl Scouts of America.....	218-751-4886
Headwaters Science Center.....	218-444-4472
Kinship North Mentoring Program.....	218-308-9012

This resource guide is provided by
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