

Education Programs

Bi-CAP, Inc. Head Start.....	218-547-3438
	800-332-7135
Brainerd Area Education Center	218-829-2915
Cass Lake Area Learning Center	218-335-6529
Cass Lake/Bena Adult Ed.....	218-335-4284
Central Lakes College Brainerd...	218-855-8000
	800-933-0346
Central Lakes College Staples...	218-894-5100
	800-247-6836
Itasca Community College.....	218-327-4460
	800-996-6422
Leech Lake Tribal College.....	218-335-4200
NW Technical College Bemidji....	218-333-6600
NW Technical College Wadena...	218-631-7800
Pillager Community Ed.....	218-746-3557
Pine River/Backus Adult Ed.....	218-587-2080
Pine River Alternative Learning...	218-587-3131
Pine River Community Ed.....	218-587-2080
Remer/Longville Community Ed	218-566-3451
Walker Alternative Learning.....	218-547-4377

Childcare/Clubs

Bi-CAP, Inc Early Head Start.....	218-751-4631
	800-332-7161
Boys & Girls Club of Leech Lake	218-335-4058
Mahube Childcare Referral.....	218-732-7204
	800-450-1385
NW District Childcare Referral...	800-941-7003

Clothing Items

Dollars & Cents Thrift Store.....	218-547-1121
Goodwill-Brainerd.....	218-829-8493
Hidden Jewels-Pine River.....	218-587-4292
HOWA Family Center.....	218-547-4273
Salvation Army-Brainerd.....	218-829-1120
Share & Care-Hackensack.....	218-675-5862
Thrifty Living-Pine River.....	218-587-3451
Tossed & Found-Longville.....	218-363-3949

Transportation Services

Cass County Volunteer Driving.....	218-547-1340
	Ext. 302
Leech Lake Tribal Transit.....	218-335-7290
Medi-Van.....	800-422-0976
Tribal Members Medical Division.....	218-335-4507

Income Tax Services

AARP Now.....	888-227-7669
Bemidji Senior Center.....	218-751-8836

Household Items

Community Resource Connection.....	218-333-6838
American Red Cross.....	218-444-9490

Cass County Resource Guide



Our Mission:
*To help low income people
obtain self-sufficiency.*

Our Vision:
*To eliminate poverty in
Beltrami and Cass
Counties.*

This resource guide is provided by the
Energy Assistance Program



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

Cass County Social Services..... 218-547-1340
Leech Lake Human Services..... 218-335-8270
Social Security Office..... 800-772-1213
Minnesota Chippewa Tribe..... 218-335-8581

Health Care Services

Allergy & Asthma Network..... 800-878-4403
Brain Injury Association..... 800-669-6442
Disability Linkage Line..... 866-333-2466
Eating Disorders Hotline..... 800-511-9225
Family Planning Hotline..... 800-783-2287
Healthcare Information Line..... 877-405-3463
MN Care Health Insurance..... 800-657-3672
Planned Parenthood...Brainerd..... 218-829-1469
Poison Control..... 800-222-1222
Pregnancy Support..... 218-825-0793
800-395-4357
Rural Aids Action Network..... 800-966-9735
Sanford Clinic Walker..... 218-547-7700
Sanford Clinic Cass Lake..... 218-335-2559
Veteran's Services..... 218-547-1340
800-827-1000
24-Hour Nurses Hotline..... 800-821-5167

Mental Health Services

Alcohol & Drug 24 Hr. Crisis Line..... 800-771-5009
Anishinabe Equay Sexual Assault..... 218-444-9524
800-708-2727
R.A.P. Relatives As Parents..... 800-288-8549 x20
Depression & Bipolar Group..... 218-547-3905
Family Safety Network..... 218-547-1636
800-324-8151

Resource Centers

Cass Lake Family Center..... 218-335-7837
Northland Area Family Center..... 218-566-3636
Pillager Family Center..... 218-746-4078
Pine River Family Center..... 218-587-4292
United Way..... 218-444-8929
Walker Resource Center..... 218-547-4273

Employment Services

Brainerd Workforce Center/CEP..... 218-828-2450
Grand Rapids Workforce Center..... 218-327-4480
MN Unemployment..... 877-898-9090

Legal Services

Anishinabe Legal Services..... 218-335-2223
800-422-1335
Leech Lake Tribal Employment
Rights (TERO)..... 218-335-8374
MN Dept. of Human Rights..... 800-657-3704
NE Minnesota Legal Services..... 218-829-1701
800-933-1112

Crisis

Cass County Child Protection..... 218-547-1340
Cass Lake Family Center..... 218-335-7837
Domestic Violence Hotline..... 218-444-1395
866-223-1111
Family Safety Network..... 218-547-1636
800-324-8151
Headwaters Intervention Center..... 218-732-7413
800-939-2199
MN Crisis Line..... 866-379-6363
Native American Youth Hotline..... 877-209-1266
Runaway Youth Hotline..... 800-786-2929

Housing & Emergency Shelter

Bi-CAP, Inc.
Rental, Foreclosure, Heating,
Weatherization..... 218-547-3438
800-332-7135
Brainerd Housing Authority..... 218-828-3705
Cass County Housing Authority..... 218-947-3993
Cass Lake Housing Authority..... 218-335-2674
Leech Lake Tribal Referral..... 218-335-3626
Pequot Lakes Housing Authority..... 218-568-4555
Pine River Housing Authority..... 218-587-4929
Rural Development..... 218-829-5965 x4
Walker Housing Authority..... 218-547-1822
Women's Center of Mid-MN..... 218-828-1216
888-777-1248

Food Programs

Food Shelves
Cass Lake 218-335-7837
Hackensack 218-675-5862
Longville 218-363-3949
Pillager 218-746-4009
Pine River 218-587-4500
Walker 218-547-1713
MAC (Mothers & Children)
Pillager Family Center 218-746-4078
Pine River/Backus 218-587-4292
MN Food Helpline 888-711-1151
Walker Nutrition Center 218-547-4181