



Housing


Northwest Minnesota Multi-County HRA

 205 Garfield Avenue | Mentor, MN

 218-637-2431


 1708 River Road NW | East Grand Forks, MN


 218-773-2371

 nwmnhra.org

Care & Share Homeless Shelter


 220 E 3rd Street | Crookston, MN

 218-281-2644

 careandsharecrookston.org


Churches United Homeless Shelter


 1901 1st Avenue N | Moorhead, MN

 218-236-0372

 churches-united.org


Northlands Rescue Mission

 420 Division Avenue | Grand Forks, ND

 701-772-6600

 northlandsrescuemission.org


HousingLink

 612-522-2500

 housinglink.org

Alluma

 603 Bruce Street | Crookston, MN


 218-281-3940 | 800-418-7326

 allumacares.org

24/7 Support & Crisis Helpline: 800-282-5005

Tri-Valley Opportunity Council - West Polk


 102 N Broadway | Crookston, MN

 218-281-5832 | 800-584-7020

 tvoc.org

Inter-County Community Council - East Polk


 207 Main Street | Oklee, MN

 218-796-5144 | 888-778-4008

Food

New Hope Food Shelf | Care & Share

 220 E 3rd Street | Crookston, MN


 218-281-2644

 careandsharecrookston.org

Food

Care & Share Soup Kitchen


 220 E 3rd Street | Crookston, MN

 218-281-2644

 careandsharecrookston.org


Climax Perish Food Shelf


 104 W Broadway | Climax, MN

 218-857-3331

East Grand Forks Food Shelf

 1715 3rd Avenue NW | East Grand Forks, MN


 218-773-8083

 [facebook.com/East-Grand-Forks-Food-Shelf-](https://facebook.com/East-Grand-Forks-Food-Shelf-159184780780454)

159184780780454


Fertile-Beltrami Food Shelf

 101 S Mill Street | Fertile, MN

 218-945-3136

Grace Community Food Shelf

 332 Vance Avenue | Erskine, MN


 218-687-2250

 [facebook.com/people/Grace-Community-Food-](https://facebook.com/people/Grace-Community-Food-Shelf/100067326842994)

Shelf/100067326842994

Loaves & Fishes Food Shelf


 203 Johnson Avenue S | Fosston, MN

 218-431-1558

 loavesandfishesfosston.org

North Country Food Bank


 1011 11th Avenue NE | East Grand Forks, MN

 218-399-7356

 northcountryfoodbank.org

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 intercountycc.org

Food

Polk County Social Services

- 📍 1424 Central Avenue NE #104 | East Grand Forks, MN
- 📞 218-773-2431
- 📍 612 N Broadway #302 | Crookston, MN
- 📞 218-281-3127
- 📍 250 SW Cleveland Avenue | McIntosh, MN
- 📞 218-435-1585
- 🌐 co.polk.mn.us/250/Social-Services

Transportation

Tri-Valley Heartland Express (T.H.E. Bus)

- 📍 102 N Broadway | Crookston, MN
- 📞 218-281-0770 | 800-201-3432
- 🌐 tvoc.org/services/transportation/t-h-e-bus-schedule

Rural Transportation Collaborative | TVOC

- 📍 102 N Broadway | Crookston, MN
- 📞 866-884-2695
- 🌐 tvoc.org/services/transportation/rural-transportation-collaborative

Cities Area Transit | East Grand Forks

- 📍 450 Kittson Avenue | Grand Forks, ND
- 📞 701-746-2660
- 🌐 grandforksgov.com/government/city-departments/cities-area-transit-cat

Utilities

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Interpersonal Safety

Polk County Victim Services

- 📞 218-281-1554
- 🌐 co.polk.mn.us/172/Coordinated-Victim-Services

Violence Intervention Project

- 📞 218-681-5557 | 800-660-6667
- 🌐 violenceinterventionproject.org

24/7 crisis line & domestic violence shelter

Alluma

- 📍 603 Bruce Street | Crookston, MN
- 📞 218-281-3940 | 800-418-7326
- 🌐 allumacares.org

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