

JAMESTOWN & VALLEY CITY

Barnes, Kidder, LaMoure, Logan, Stutsman, & Wells Counties

The purpose of the Great Plains Food Bank resource guides are to inform our neighbors of the resources in their region that could improve their quality of life. These resources include abuse, addiction, human, medical, mental health, legal and housing services. This guide lays out the resources in your area including services it provides, contact information, and any other necessary information to access the resource. If you have any question, please contact the Great Plains Food Bank at 701-232-6219 or info@greatplainsfoodbank.org.

ABUSE SERVICES

CAWS

Confidential sexual and domestic abuse support for women across all of North Dakota.

701-255-6240

www.cawsnorthdakota.org

521 E Main Avenue, Suite 320, Bismarck
ND 58501

ABUSED PERSONS OUTREACH CENTER

Confidential crisis intervention, advocacy, support, counseling, and emergency shelter for women facing domestic abuse.

24 hour crisis line: 701-845-4189

www.apocnd.org

160 2nd St NW, Valley City ND 58072

ADDICTION SERVICES

SEEDS OF EDEN

Addiction counseling for all of North Dakota

<https://seedsofeden.net/>

701-415-6233

IDEAL OPTION

Outpatient, affordable addiction treatment.

<https://my.ideoption.org>

1-877-522-1275

ELDERLY ASSISTANCE

SOUTH CENTRAL ADULT SERVICES

Meals and transportation for seniors <https://southcentralseniors.org/> Must be 60+

Use this contact page to find the contact number and address for your county:

<https://southcentralseniors.org/contact-us/>

JAMES RIVER SENIOR CENTER

Meals and community for seniors

701-252-2882

419 5th St NE, Jamestown ND

<https://jamesriverseniors.com/wells-sheridan-aging-councilharvey-senior-center/>

MEALS ON WHEELS

Provides meals to seniors (60+)

There are not meals delivered to every area. Use the website to check if there is a distributor in your area.

www.mealsonwheelsamerica.org

Look for your local distributor's number by using the [find meals tab](#) on the website.

FOOD ASSISTANCE

PROGRESS COMMUNITY CENTER FOOD DISTRIBUTION CENTER

Food distribution on Monday, Wednesday, and Fridays starting at 10:30 until food is gone.

701-251-2964

429 2nd St SW Jamestown, ND

KIDDER COUNTY FOOD PANTRY

Food distribution for those in need. Open on the 1st Monday of every month from 4pm-5pm.

701-214-3320

202 1st Ave NW, Steele, ND

Call for questions.

HUMAN SERVICES

BUFFALO BRIDGES HUMAN SERVICES

Eligibility services, child welfare services, programs for elderly and disabled.

701-952-6850

www.stutsmancounty.gov/departments/human-services/

116 1st St E Jamestown, ND

JAMESTOWN SALVATION ARMY

Rent and utility assistance, disaster relief, food pantry, emergency lodging, youth programs, women and men programs

701-252-0290

<https://centralusa.salvationarmy.org/northern/jamestown/>

320 1st Ave N, Jamestown, ND

SOUTH CENTRAL HUMAN SERVICE CENTER

Child services, addiction and mental health counseling, food assistance, health assistance, and information and assistance with finances and government documents for all of North Dakota.

24 hour crisis line: 988 Office Phone: 701-253-6300 www.hhs.nd.gov/HSC.region-6

South Central Human Service Center 520 3rd St, NW Jamestown, ND

Must reside in either Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, or Wells County.

WEST CENTRAL HUMAN SERVICE CENTER

Child services, addiction and mental health counseling, food assistance, health assistance, and information and assistance with finances and government documents for all of North Dakota.

24 hour crisis line: 988 Office Phone: 701-388-8888 www.hhs.nd.gov/HSC/region-7

West Central Human Service Center 1237 W. Divide Ave. Suite 5 Bismarck, ND

Must reside in either Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, Sioux County, or affiliated with the Standing Rock Sioux Tribe and Part of the Mandan, Hidatsa, and Arikara Nation.

COMMUNITY ACTION REGION VI

Anti-poverty and life improvement resources. Including financial assistance, food pantry housing, emergency services, and individual and family services.

701-252-1821 www.cap6.com

Must reside in either Barnes, Dickey, foster, Griggs, LaMoure, Logan, McIntosh, Stutsman, or Wells County.

COMMUNITY ACTION REGION VII

Anti-poverty and life improvement resources. Including financial assistance, food pantry housing, emergency services, and individual and family services.

701-258-2240 2150 Lee Ave Bismarck, ND www.cap7.com

Must reside in either Burleigh, Emmons, Grant, Kidder, McLean, Mercer, Morton, Oliver, Sheridan, or Sioux County.

MEDICAL & MENTAL HEALTH SERVICES

FREEDOM RESOURCE CENTER

Free disability information, connections, advocacy, and services.

Jamestown Office: 701-252-4693

www.freedomrc.org

300 2nd Avenue NE Suite #226
Jamestown, ND

NORTH DAKOTA STATE HOSPITAL

Physical and mental health services of the sliding payment scale.

701-253-3650

www.hhs.nd.gov/north-dakota-state-hospital

2605 Circle Drive Jamestown, ND

A sliding payment scale is a scale that takes into account your level of poverty into the cost of service.

HEATH CARE LINKS

[Health Insurance](#)

[Telehealth](#)

[BetterHelp Therapy](#)

[Hotlines](#)

THRIFT STORES

NEARLY NEW

Discount clothes and household items

701-845-1022

Monday-Wednesday 9:30am-5:30pm

Thursday 9:30am-8pm

Friday 9:30am-5:30pm

Saturday 9:30am-5pm

Sunday Closed

301 Central Ave N, Valley City, ND

GOODWILL

Discount clothes and household items

701-253-7301

Monday-Friday 10am-6pm

Saturday 10am-5pm

Sunday 12pm-5pm

2629 8th Ave SW, Jamestown, ND

NINA'S ATTIC

Discount clothes and household items

701-952-2795

Monday-Friday 10am-5:30pm

Saturday 10am-4pm

Sunday Closed

215 1st Ave, Jamestown, ND

THRIFT-E-SHOP

Discount clothes and household items

701-845-4189

141 2nd St NE, Valley City, ND

OTHER RESOURCES

NORTH DAKOTA LEGAL SERVICES INC

Legal services for all, regardless of race, gender, socioeconomic status, religion, and sexual orientation.

<https://lsnd.org/>

Contact for under 60: 1-800-634-5263 (Call on Monday, Tuesday, Wednesday Thursday)

Contact for over 60: 1-866-621-9886 (Contact on Monday, Tuesday, Wednesday, and Thursday)

HIGH PLAINS FAIR HOUSING

Housing advocacy and prevention of discrimination. **You cannot be discriminated against** in housing (sale, financing, rental) based upon race, color, religion, national origin, gender, presence of children, disability, **and in North Dakota**, based on age (40 and over), status of marriage and public assistance.

701-203-1077 www.highplainsfhc.org 405 Bruce Ave #101 Grand Forks, ND

HOMELESS SHELTER DIRECTORY

This website has the location of the homeless shelters and other resources across the country. Additionally it has other links for other services which are free or discounted included food services, health care, dental care, and housing.

<https://www.homelesshelterdirectory.org>