

Dodge, Mandaree, New Town, Plaza

Dunn, McKenzie, McLean, Mountrail 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

DOMESTIC VIOLENCE CRISIS CENTER

Confidential domestic violence services

24 hour crisis line: 701-857-2200

Office line: 701-852-2288

<https://courage4change.org/>

3900 11th Ave SE Minot, ND

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

FOOD ASSISTANCE

GARRISON AREA RESOURCE CENTER AND FOOD PANTRY

Food distribution for those in need.

701-463-2020

71 S Main St. S, Garrison, ND

www.facebook.com/garrisonfoodpantry/

Hours on Facebook page.

COMMUNITY CUPBOARD OF UNDERWOOD

Food pantry and thrift store

701-595-0320

208 Lincoln Ave, Underwood, ND

www.facebook.com/underwoodfoodpantry/

Hour posted on Facebook page

THE LORD'S CUPBOARD FOOD PANTRY

Food distribution for those in need.

<https://thelordscupboardfoodpantry.com/>

701-839-1990

1725 Burdick Expy West Minot, ND

HOUSING SERVICES

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.homelessshelterdirectory.org>

PROJECT BEE

Anti-poverty services to rural North Dakota. Includes: emergency shelter, diaper pantry, career assistance, basic need pantry, rental assistance, hygiene assistance.

1901 S Broadway Ave. Minot, ND

<https://projectbeend.org/>

701-838-1812

MEN'S WINTER REFUGE

Homeless shelter for men in North Dakota. Men must possess a photo ID, must pass a background check, must be clean and sober every night.

1038 43rd St SE Minot, ND

Emergency Shelter

701-822-2585

www.menswinterrefuge.com

HUMAN SERVICES

COMMUNITY ACTION WILLISTON

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

701-572-8191

120 Washington Ave. Williston, ND

<https://dickinsoncap.org/>

Must reside in either Divide, Williams, or McKenzie County.

COMMUNITY ACTION DICKINSON

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

701-227-0131

202 E Villard Dickinson, ND

<https://dickinsoncap.org/>

Must reside in either Dunn, Billings, Golden Valley, Stark, Slope, Hettinger, Bowman, or Adams County.

COMMUNITY ACTION MINOT

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

701-839-7221

2020 8th Ave SE Minot, ND

www.capminotregion.org/home

Must reside in either Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, or Ward County

BADLANDS 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: 701-774-4600 www.hhs.nd.gov/HSC/region-8

1463 I-94 Business Loop East Dickinson, ND

Must reside in Dunn, Billings, Golden Valley, Stark, Slope, Hettinger, Bowman, or Adams County

NORTHWEST 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: 701-774-4600 www.hhs.nd.gov/HSC/northwest

1015 S Broadway, Suite 18 Minot, ND

Must reside in either Divide, Williams, or McKenzie County

NORTH 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: 701-774-4600 www.hhs.nd.gov/HSC/region-2

1015 S Broadway, Suite 18 Minot, ND

Must reside in either Bottineau, Burke, McHenry, Mountrail, Pierce, Renville, or Ward County.

MEDICAL & MENTAL HEALTH SERVICES



NORTHLAND HEALTH CENTER

Health and dental services regardless of the patient's ability to pay.

701-448-2054 <https://northlandhealthcenters.org/>

Locations in Bismarck, Bowbells, McClusky, Minot, Ray, Rolette, St. John, and Turtle Lake.

ELBOWOODS MEMORIAL HEALTH CENTER

Health care for Native Americans and persons affiliated with provided by the MHA Tribe. Elbowoods health center provides free or discounted services if the patient fits into at least one of the categories listed here.

<http://www.elbowoodshealth.com/?id=75&page=Coverage+for+Services>

www.elbowoodshealth.com 1058 College Drive New Town, ND

Find contacts at: <http://www.elbowoodshealth.com/?id=12>

ONLINE HEALTHCARE RESOURCES

www.healthcare.gov

<https://www.pleaselive.org/hotlines/>

<https://my.idealoption.org>

<https://www.betterhelp.com>

THRIFT STORES

BAKKEN OIL RUSH MINISTRY

Discount clothes and household items

701-444-2288

<https://oilrushministry.com/>

600 12th St NE, Watford City, ND

Tuesdays, Thursdays, and Saturdays 10-5

HOUSING SERVICES

MEN'S WINTER REFUGE

Men must possess a photo ID, must pass a background check, must be clean and sober every night.

1038 43rd St SE Minot, ND

Emergency Shelter

701-822-2585

www.menswinterrefuge.com

PROJECT BEE

Anti-poverty services to rural North Dakota. Includes: emergency shelter, diaper pantry, career assistance, basic need pantry, rental assistance, hygiene assistance.

1901 S Broadway Ave. Minot, ND

701-838-1812 <https://projectbeend.org/>

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.homelessshelterdirectory.org>

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