

## CHILD/FAMILY SERVICES

Child Abuse Hotline (24/7)	800.422.4453
Domestic Violence/Crisis Intervention	320.212.9033
Health Tracks	701.787.8100
KB Kidz Child Care	701.789.1870
Lakota Child Care Center, Inc.	701.247.2606
Michigan Munchkins Child Care	701.259.2104
NDSU Extension	
Griggs County	701.797.3312
Nelson County	701.247.2521
Poison Control	800.222.1222
Prevent Child Abuse ND	800.403.9932
The Growing Tree Daycare	701.322.5570
Tolna Tots	701.262.4246
WeeCare Day Care Center	701.797.2717

## FOOD AND NUTRITION

Great Plains Food Bank Mobile Food Pantry	701.361.1004
Griggs County Bread of Life Food Pantry	701.730.6221
Griggs County WIC	701.575.9041
Lakota Food Pantry	701.247.2904
McVillage Lutheran Church Food Pantry	701.322.4952
Michigan Food Pantry	701.259.2225
Nelson County WIC	
Lakota	701.247.2263
McVillage	701.322.4952

## HOUSING/REPAIRS

504 Program	701.495.7690
Cooperstown Housing Authority	701.797.2386
Nelson County Housing Authority	701.247.2293
Options	800.726.3692

## CLOTHING/HOUSEHOLD

More for Less Thrift Store	701.797.3499
NU-2-U Thrift Store	701.676.2777

## WELLNESS, ACTIVITIES & ARTS

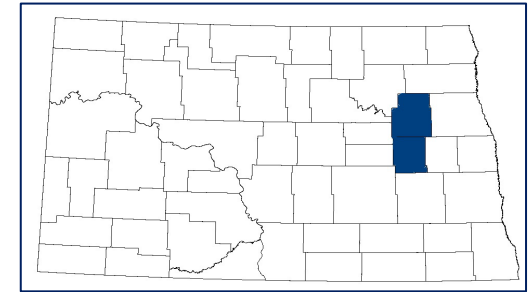
Cooper Theatre	701.797.2317
Dakota Prairie Fitness Center	701.322.4771
Griggs County Council on the Arts	
<a href="http://www.facebook.com/griggscountycouncilonthearts/">www.facebook.com/griggscountycouncilonthearts/</a>	
Lakota Swimming Pool	701.247.2330
Nelson County Arts Council	701.296.4410
RC Cooper Athletic Club	701.789.1022
Stump Lake Park	701.797.7234

## ONLINE RESOURCES

Alcoholics Anonymous (AA)	
<a href="http://www.aa.org">www.aa.org</a>	
AL-Anon Family Groups	
<a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>	
Adult Children of Alcoholics	
<a href="http://www.adultchildren.org">www.adultchildren.org</a>	
Alcohol Serving Sizes	
<a href="http://www.speakvolumes.nd.gov">www.speakvolumes.nd.gov</a>	
First Link (information and referral)	
<a href="http://www.211.org">www.211.org</a>	
National Institute on Alcohol Abuse & Alcoholism	
<a href="http://www.niaaa.nih.gov">www.niaaa.nih.gov</a>	
North Dakota Job Services	
<a href="http://www.jobsnd.com">www.jobsnd.com</a>	
Parenting Resources	
<a href="http://www.parentslead.org">www.parentslead.org</a>	
Suicide Prevention	
<a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>	

# Community Resource Guide

NELSON & GRIGGS COUNTIES,  
NORTH DAKOTA



A collection of services and resources  
available in the Nelson &  
Griggs County Area.

THIS GUIDE IS BROUGHT TO YOU BY



**Public Health**  
Prevent. Promote. Protect.  
**Nelson-Griggs  
District Health Unit**

Nelson-Griggs District Health Unit  
PO Box 365 - 116 S. Main Street  
McVillage, ND 58254-0356  
701.322.5624  
[www.nelsongriggshealth.com](http://www.nelsongriggshealth.com)

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EMERGENCY SERVICES

Ambulance/Fire/Sheriff/Police 911  
FirstLink Hotline 211  
National Suicide Prevention Lifeline 988

GOVERNMENT OFFICES

Griggs County Courthouse 701.797.3117  
Griggs County Sheriff 701.797.3911  
Nelson County Courthouse 701.247.2462  
Nelson County Sheriff 701.247.2474

SOCIAL SERVICES

Eastern Plains Social Services  
Covers Nelson & Griggs Counties  
Nelson County 701.247.2945  
Griggs County 701.797.2127

SENIOR SERVICES

Great Plains Food Bank Senior Food Pack  
Program (CSFP) 701.476.9113  
Nelson County Transit 701.322.5557  
Nelson County Services for Seniors 701.270.3010  
South Central Adult Services 800.472.0031

TRANSPORTATION

Nelson County Veterans Transport 701.270.7085  
South Central Transit Network  
Nelson County 701.270.1491  
Griggs County 701.789.7155

VETERANS SERVICES

Griggs Co. Veterans Service 701.797.3717  
Nelson Co. Veterans Service 701.247.2531

MEDICAL ALERT SYSTEMS

Dakota Regional Medical Center 701.786.1700  
NoDak Security 855.779.7798  
Northwood Deaconess - Tom Engen 701.587.6485

HOME CARE SERVICES

Nelson County Health System Home Care 701.322.4328  
Aging & Disability Resource Link 855.462.5465

ASSISTIVE DEVICES

ND Association for the Disabled 800.532.6323  
North Dakota Assistive 800.895.4728

HEALTH SERVICES

Dakota Regional Medical Center 701.786.1700  
Altru Telemedicine Services 701.780.2348  
Dr. Tom Dunham, Optometrist 701.322.5111  
Fire Audiology & Hearing Center 218.693.2696  
Nelson County Health System 701.322.4328  
Altru Telemedicine Services 701.780.2348

**Remember to discuss with your  
healthcare provider legal documents such as:  
Power of Attorney, Health Directives  
Living Wills, etc.**

NURSING HOMES/ASSISTED LIVING

Aneta Parkview Health Center 701.326.4234  
Good Samaritan Society, Lakota 701.247.2902  
Prairie Rose Assisted Living, Lakota 701.247.2214  
Griggs County Care Center 701.786.1700  
Park Place Assisted Living, Cooperstown 701.786.1700  
Nelson County Health System Care Center &  
Summerfield Assisted Living 701.22.4314

FOOTCARE

Griggs County (Binford & Cooperstown) 218.242.1379  
Nelson County (GF Senior Ctr.) 701.757.4878

PHARMACY SERVICES

Cooperstown Drug 701.797.2414  
Lakota Drug & Gift 701.247.2781

MENTAL/BEHAVIORAL HEALTH

988 Suicide & Crisis Lifeline 988  
Lake Region Human Service Center 701.665.2200  
Northeast Human Service Center 701.795.3000  
South Central Human Service Center 701.253.6300

CHEMICAL DEPENDENCY

Lake Region Human Service Center 701.662.2200  
NDQuits Tobacco Quitline 800.784.8669  
Northeast Human Service Center 701.795.3000  
South Central Human Service Center 701.253.6300

LIBRARIES

Aneta 701.326.4107  
Cooperstown 701.797.2214  
Lakota 701.247.2543  
McVille 701.322.5541  
Michigan 701.259.2122