



# VETERAN RESOURCE GUIDE 2023



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Crisis Line**  
DIAL 988 then **PRESS 1**

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RECOVERY COMMUNITY NETWORK

A printable PDF version of this guide is available online at:

<http://www.recoverycommunitynetwork.com/>

Additional guides will be available at:

Recovery Community Network

3400 1st St. N., Suite 404,

St. Cloud, MN, 56303



Listings are free to area organizations. Requests to be added to the Recovery Resource Guide, as well as changes or corrections to listings, may be emailed to [admin@rcnstcloud.org](mailto:admin@rcnstcloud.org)

A special thank you to the Minnesota Department of Veterans Affairs for their assistance in making this guide available.



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## COUNTY VETERAN SERVICES OFFICES

County Veteran Services Officers (CVSOs) are your advocate for veteran related issues. They assist you through the process of applying for federal, state, and county veteran benefits. CVSOs help service members, veterans, and their dependents to navigate the Veterans Administration benefits system by applying for VA healthcare, filing claims, such as compensation, pension, or burial benefits. They can also help with applying for financial assistance (state grants), obtaining DD214/discharge papers, providing information on veteran resources, organizations, and more. If you have a veteran related question, don't hesitate to contact your local County Veteran Service Office.

### **Benton County Veteran's Services Veterans, Military, Families**

531 Dewey Street (Office Hours: Mon – Thurs, 7:00 am – 3:30 pm)

Foley, MN 56329

**Phone:** (320) 968-5044

Fax: 320-968-5329

Email: [veterans@co.benton.mn.us](mailto:veterans@co.benton.mn.us)

Website: [www.co.benton.mn.us/161/veterans-services](http://www.co.benton.mn.us/161/veterans-services)

### **Crow Wing County Veteran's Services Veterans, Military, Families**

204 Laurel Street, 1<sup>st</sup> floor, Suite 14 (Office Hours: Mon – Fri, 8:00 am – 5:00 pm)

Brainerd, MN 56401

**Phone:** (218) 824-1058 or 866-507-1058

Fax: (219) 824-1059

Email: [veterans@co.crowwing.mn.us](mailto:veterans@co.crowwing.mn.us)

Website: <https://www.crowwing.gov/209/Veteran-Services>

### **Mille Lacs County Veteran's Services Veterans, Military, Families**

525 2nd St SE (Office Hours: Mon – Fri, 8:00 am – 4:30 pm)

Milaca, MN 56353

**Phone:** 320-983-8208 or 888-270-8208

Fax: 320-983-8306

Email: [amy.dow@millelacs.mn.gov](mailto:amy.dow@millelacs.mn.gov) or [taylor.tollefson@millelacs.mn.gov](mailto:taylor.tollefson@millelacs.mn.gov)

Website: [www.millelacs.mn.gov/2393/veterans-services](http://www.millelacs.mn.gov/2393/veterans-services)

**Morrison County Veteran's Services Veterans, Military, Families**

213 1st Ave SE #27 (Office Hours: Mon – Fri – 8:00 am – 4:30 pm)  
Little Falls, MN 56345  
**Phone:** 320-632-0290  
Email: veterans@co.morrison.mn.us  
Website: [www.co.morrison.mn.us/217/veterans-service-office](http://www.co.morrison.mn.us/217/veterans-service-office)

**Sherburne County Veteran's Services Veterans, Military, Families**

13880 Business Ctr Dr NW, Suite 100 (Office Hours: Mon – Fri – 8:00 am – 4:30 pm)  
Elk River, MN 55330  
**Phone:** 763-765-3100 or 800-433-5228  
Email: veterans@co.sherburne.mn.us  
Website: [www.co.sherburne.mn.us/228/veterans-services](http://www.co.sherburne.mn.us/228/veterans-services)

**Stearns County Veteran's Services Veterans, Military, Families**

3301 County Road 138 (Office Hours: Mon – Fri – 8:00 am - 4:30 pm)  
Waite Park, MN 56387 (Walk-In Hours: Mon – Thurs 8 am - 11:00 am & 1 pm - 3:00 pm)  
**Phone:** 320-656-6176  
Fax: (320) 656-5257  
Email: vetbenefits@co.stearns.mn.us  
Website: [www.stearnscountymn.gov/369/veteran-services](http://www.stearnscountymn.gov/369/veteran-services)

**Todd County Veteran's Services Veterans, Military, Families**

347 Central Ave, Suite 5 (Office Hours: Mon – Fri – 8:00 am – 4:30 pm)  
Long Prairie MN 56347  
**Phone:** (320) 732-6447  
Email: pete.berscheit@co.todd.mn.us  
Website: <https://www.co.todd.mn.us/divisions/veterans-services/>

**Wright County Veteran's Services Veterans, Military, Families**

3650 Braddock Ave NE, Suite 1900 (Office Hours: M-Th, 8:00 am – 4:30 pm)  
Buffalo, MN 55313  
**Phone:** (763) 682-7325  
Email: vso@co.wright.mn.us  
Website: <https://www.co.wright.mn.us/218/Veteran-Services>

Other Counties: <https://www.macvso.org/find-a-cvso.html>

## VA HEALTHCARE/TREATMENT

### ST. CLOUD VA MEDICAL CENTER

4801 Veterans Drive  
St. Cloud, MN 56303-2015  
**Main phone:** 320-252-1670

**Mental health care:** 320-252-1670

### US Department of Veteran's Affairs (VA) – 24-hour Crisis Response Hotline

**Phone:** (800) 273-8255 and select 1

**Call TTY if you have hearing loss (800) 799-4889** Or Text 838255

**VA Crisis Website:** [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

The VA's crisis hotline is available to both a Veteran in crisis, or anyone concerned about one. Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. Available for all veterans, service members, National Guard and Reserves, their family members, and friends.

**Suicide Prevention Coalition – Phone: (320) 252-1670, Ext. 6975**

### Saint Cloud VA Medical Center – Urgent Care

[www.va.gov](http://www.va.gov)

**Phone:** (320) 252-1670

4801 Veterans Dr  
St Cloud, MN 56303  
**(Hours:** 8:00 am – 6:00 pm/7 days a week)

### US Department of Veteran's Affairs (VA) – Homeless Veteran Services

[www.va.gov/homeless/nationalcallcenter.asp](http://www.va.gov/homeless/nationalcallcenter.asp)

4801 Veterans Dr.  
St. Cloud, Minnesota 56303

**Phone:** (877) 424-3838 (24-hour hotline)

Veterans who are homeless or at imminent risk of homelessness are strongly encouraged to contact the National Call Center for Homeless Veterans. If Veterans do not have access to a phone or the internet, only then are they to visit their closest VA medical center without calling in advance.

### St. Cloud VA MH Residential Rehabilitation Treatment Program (R RTP)

**Phone:** 320-252-1670

**Intake Line:** 320-255-6390

4801 Veterans Drive  
Saint Cloud, MN, 56303

**Primary Focus:** Dual Diagnosis Substance Abuse Rehab

**Treatment Type:** Residential, Short-term residential, Long-term residential, General Hospital (including VA hospital)

**Treatment Approaches:** Cognitive/behavioral therapy, Substance disorder counseling, Trauma-related counseling

**Payment/Insurance Accepted**

- Cash or self-payment, State financed health insurance plan other than Medicaid, Private health insurance, Military insurance (e.g., TRICARE), Federal, or any government funding for substance abuse programs.

**Payment Assistance**

- Payment assistance (check with facility for details)

**Type of Care:**

- Substance abuse treatment, Relapse prevention from naltrexone, Buprenorphine used in treatment, Naltrexone (oral), Vivitrol (Injectable Naltrexone), Use methadone/buprenorphine for pain management or emergency dosing, Accepts clients on opioid medication.

**Facility Operation:**

- U.S. Department of Veterans Affairs, The Joint Commission, Commission on Accreditation and Rehabilitation

## LEGAL SERVICES

### MN Assistance Council for Veterans (MACV)

[www.mac-v.org](http://www.mac-v.org)

**Phone:** (833) 222-6228; **Disability line:** (800) 292-4150

Email: [Mac-v@mac-v.org](mailto:Mac-v@mac-v.org)

1542 Northway Dr., Door 2

St. Cloud, MN 56303

MACV helps Minnesota veterans and their families with legal services and connections.

### Mid-Minnesota Legal Aid

<https://www.findhelp.org/provider/mid-minnesota-legal-aid--st.-cloud-mn/5960037292048384?postal=56301>

110 6th Avenue South

St. Cloud, MN 56301

**Phone:** (612) 334-5970

Mid-Minnesota Legal Aid offers free civil legal assistance to anyone living in their service area who has a low income, a disability, or is at least 60 years of age. This program is designed to help those lacking in material resources to navigate often complex legal systems and assists with citizenship & immigration, advocacy & legal aid, discrimination & civil rights, and representation. The program serves all ages, immigrants, all disabilities, individuals, families, low-income, abuse or neglect survivors, domestic violence survivors.

This program provides:

- Advocacy and Legal Aid

The program assists with:

- Evictions and landlord abuse
- Foreclosure rights
- Public and Section 8 housing
- Housing discrimination
- Denial of public benefits
- Divorce
- Child custody and support
- Domestic abuse
- Disability
- Debt collection and unfair loans
- Immigration
- Youth and elder-related issues

### **St. Cloud VA Legal Advice Clinic**

4801 Veterans Drive

St. Cloud, MN 56303 United States

**Phone:** 651-200-4750

**Minneapolis:** (612) 253-0138

**Willmar:** (320) 253-0138

**Saint. Cloud:** (320)253-0138

Email: vetlaw@mac-v.org

Financially eligible veterans who need assistance with civil legal matters can meet individually with an attorney at the St. Cloud VA Hospital. To be eligible, the client's household must be at or below 125% of the federal poverty guidelines. Pre-registration is required. To complete a financial screening and register for the clinic, call CMLS at 320-257-4855.

*VETLAW: VETERAN LEGAL SERVICES.*

We Help Minnesota Veterans Overcome Their Legal Obstacles MACV's Vetlaw program is committed to removing legal obstacles that prevent Minnesota Veterans from obtaining and maintaining stable employment and housing. Vetlaw provides Veterans with legal assistance, information, and advice via direct representation, community legal clinics, referrals, and phone services. All Veterans are encouraged to contact Vetlaw if you need legal services.

### **Veritas Laboratories - Mobile / Onsite Drug Testing**

St Cloud, MN

**Hours:** 24 hours a day / 7 Days a week

<https://veritaslab.org/onsite-testing/mobile-dot-dna-afterhours-drug-alcohol-dna-st-cloud-mn-benton-county-stearns-county-sherburne-county/>

**Phone:** (888) 398-0059

We understand that in some circumstances, our clients are unable to come in to our collection sites. Therefore, we came up with onsite mobile services where our technicians travel to a client's location in St. Cloud, MN, Benton County/Stearns County/Sherburne County and perform a sample collection. The standard collection procedure and integrity of sample collection are exactly the same as if it is collected in our facility. Veritas Lab has implemented a unique onsite testing program where we deliver the best laboratory testing services to you.

### **Certified Drug and Alcohol Testing in Jail and Prison**

If you are incarcerated in St. Cloud, MN, Benton County/Stearns County/Sherburne County and your defense lawyer suggests that you do a drug or alcohol test, we can send a certified drug and alcohol collector to the police department, jail or prison. Veritas Lab is willing to coordinate a urine or hair follicle drug sample collection in St. Cloud, MN, Benton County/Stearns County/Sherburne County with the warden of your facility.

Our technician will have clearance to visit an inmate and perform a collection following a chain of custody form. Our urine drug test results, alcohol test results, and hair follicle test results help many people to support their case in trial and prove their innocence. If you or your relative is in a situation that requires a drug or alcohol test as evidence in your case, please call us our hotline 24/7 so our knowledgeable case managers can help you choose the right test and schedule a collection in jail or prison in St. Cloud, MN, Benton County/Stearns County/Sherburne County.



## FINANCIAL AID

### Minnesota Department of Veterans Affairs (MDVA)

<https://mn.gov/mdva/resources/familyassistance/financialassistance.jsp>

The Minnesota Department of Veterans Affairs works closely with our federal, state and community partners to link Veterans and their families with benefits they have earned. MDVA also provides financial assistance on a case-by-case basis. We encourage Veterans, military and families to contact their local County Veterans Service Officer (CVSO) for personal assistance and more information on eligibility and application to any of these programs. You can contact MDVA's one-stop customer service line for Minnesota Veterans and their families by calling **1-888-LinkVet (546-5838)** or find your CVSO for assistance at [www.macvso.org](http://www.macvso.org).

### Minnesotans' Military Appreciation Fund

<https://thankmntroops.org/>

**Phone:** 1-877-668-4269

Email: [ThankMNTroops@gmail.com](mailto:ThankMNTroops@gmail.com)

A 501(c)(3) nonprofit organization that provides cash grants to Minnesota service members who have served in a combat zone since September 11, 2001. Grant applications are available online at Minnesotan's Military Appreciation Fund website.

### MN Military Family Foundation

<https://minnesotamilitaryfamilyfoundation.org/>

**Phone:** (763) 544-2255

Email: [info@minnesotamilitaryfamilyfoundation.org](mailto:info@minnesotamilitaryfamilyfoundation.org)

620 Mendelssohn Ave North

Golden Valley, MN 55427

The mission of the Minnesota Military Family Foundation is to provide timely financial assistance to deployed and currently serving Minnesota military personnel and their families – which includes active duty, national guard and reserve components, across all services – who have a financial crisis that is not supported by existing state or federal programs.

### Minnesota Veterans 4 Veterans Trust Fund

<https://www.mnv4v.org/>

20 – 12<sup>th</sup> St. West, Floor 2

St. Paul, MN 55155-2002

Email: [dra.ascheman@gmail.com](mailto:dra.ascheman@gmail.com) – for general questions or grant applications

Our vision is to be a leading, productive resource for financial aid to organizations focused on supporting veterans in Minnesota through:

- Effective administrative operations
- Productive networks with the Minnesota veteran community
- High impact results applied to a broad veteran community.

A community in Minnesota where no veteran is left without a resource, where every veteran has the opportunity for enhanced and meaningful participation in the community, and where dynamic partnerships exist between organizations that serve veterans.

### Soldiers' Angels

<https://soldiersangels.org/get-support/>

**Phone:** (210) 629-0020

2895 NE Loop 410, Suite 107

San Antonio, TX 78218

The mission of Soldiers' Angels is to provide aid, comfort, and resources to the military, veterans, and their families.

## **VA Special Needs Grant**

Special Needs assistance provides a once-per-lifetime financial grant to help Veterans and dependents stabilize their lives in a time of hardship. Requests are reviewed and approved on a case-by-case basis and applicants must demonstrate future sustainability beyond the requested amount of assistance. Approved amounts of assistance are paid directly to the vendors chosen by the Veteran as part of their application.

Please contact your County Veteran Service Officer for assistance in applying for Special Needs benefits. Find your CVSO at [www.macvso.org](http://www.macvso.org) or by calling 1-888-LinkVet (546-5838), MDVA's one-stop customer service line for all Minnesota Veterans and their families.

## **EDUCATION ASSISTANCE**

### **Montgomery GI Bill®**

The Montgomery GI Bill (MGIB) is available for those who enlist in the U.S. Armed Forces. MGIB encompasses both the Montgomery GI Bill-Active Duty (Chapter 30) and The Montgomery GI Bill-Selected Reserve (Chapter 1606). Under Chapter 30, Active-Duty members enroll and pay \$100 per month for 12 months; and are then entitled to receive a monthly education benefit once they have completed a minimum service obligation. Under Chapter 1606, a reservist must be actively drilling and have a 6-year obligation in the Selected Reserve to be eligible.

### **Post 9/11 GI Bill®**

The Post-9/11 GI Bill provides financial support for education and housing to individuals with at least 90 days of aggregate service after September 10, 2001, or individuals discharged with a service-connected disability after 30 days. You must have received an honorable discharge to be eligible for the Post-9/11 GI Bill. For more information visit the federal [US Department of Veterans Affairs Post 9/11 GI Bill page](#).

### **Minnesota GI Bill**

The Minnesota GI Bill program provides assistance to eligible Minnesota Veterans, currently serving military, National Guard and Reserve members who served after September 11, 2001, and eligible spouse and children. The Program provides a maximum benefit of \$10,000. Eligible participants can use the benefit in Higher Education, On-the-job training (OJT)/Apprenticeship or License and Certification.

This program is different than the Federal GI Bill (Montgomery, Post 9-11, Veterans Education Assistance Program, Dependents Education Assistance Program, or Vocational rehabilitation). See the [MDVA page on Federal GI Bill Programs](#).

[MN GI Bill brochure](#)

## Eligibility Requirements

- [Veteran](#) who is serving or has served honorably in any branch of the United States armed forces at any time, or;
- Non-Veteran who has served honorably for a total of five credible years or more cumulatively as a member of the Minnesota National Guard or any other active or reserve component of the United States armed forces, and any part of that service occurred on or after September 11, 2001, or,
- Surviving spouse or children of a person who has served in the military at any time on, and who has died or has a 100% VA determined permanent and total disability as a direct result of that military service and must be eligible to receive federal education benefits under Chapter 33 Fry Scholarship, or Chapter 35 and provide a certificate of eligibility.
- Minnesota Resident – see specific program for requirements.

## Financial Aid Resources

- [MN GI Bill Manual](#) (2022 - 2023 academic year)
- Participation Agreements will be sent out via DocuSign to all participating institutions in July.
- Additional Funding Request; contact Luke Johnson at [luke.johnson@state.mn.us](mailto:luke.johnson@state.mn.us) for additional funding requests.
- [MN GI Bill Refund Return Form](#) (2021 - 2022 academic year)

## VETERAN ORGANIZATIONS

### **American Legion - Minnesota**

<https://mnlegion.org/>

[Minnesota American Legion Post Locator](#)

The American Legion provides services that really help Benefits assistance, career fairs and workshops, guidance on education, health care, personal finance and more. They also offer direct aid to veterans through the [Minnesota Veterans Assistance Fund \(MVAF\)](#).

### **American Legion Auxiliary - Minnesota**

<https://www.legion.org/auxiliary>

The American Legion is one of the nation's most prominent supporters of veterans, military, and their families. They support Veterans, military and their families, offer patriotic youth programs, provide advocacy efforts on legislative priorities and offer a disaster relief/emergency fund.

### **Disabled American Veterans of Minnesota (DAV MN)**

<https://davmn.org/>

Disabled American Veterans

Department of Minnesota Headquarters

State Veterans Service Building 3rd Floor

Saint Paul, MN 55155

**Phone:** 651-291-1212

Email: [admin@davmn.org](mailto:admin@davmn.org)

[www.myDAV.org](http://www.myDAV.org) (DAV National website for Members)

### **DAV Auxiliary of Minnesota**

<https://davmn.org/about-us/mn-dav-auxiliary/>

DAVA oversees a variety of supportive programs, to include Americanism, Community Service, Junior Activities, Legislation, Membership, Veterans Affairs Volunteer Service and Report Awards.

[DAV Auxiliary – Find your unit](#)

### **Fort McCoy Retirement Services Office**

<https://www.facebook.com/profile.php?id=100091981900713>

The Fort McCoy Retirement Services Office is now on Facebook. You'll now be able to see the 2023 Retiree Appreciation Days schedule, Updates coming from DFAS, Tricare, DEERS and many more. You'll also be able to know exactly when the latest copy of the HONORS will be printed and shipped.

### **Marine Corps League**

<http://www.midwestdivisionmarinecorpsleague.org/minnesota.html>

[Find other local detachments on the Marine Corp League website](#)

**Phone:** (320) 251-1152

Marine Corp League - Valhalla #171

Contact: John Schiel

9 18th Ave N

Saint Cloud MN 56303

The Marine Corps League supports various programs to promote and honor the spirit and traditions of the Marines: Marine-4-Life/Injured Marine Support Program: Mentors and provides support for transitioning Marines. National Marksmanship Program: keeping the heritage and tradition of elite marksmanship.

## Minnesota Department of Veterans Affairs (MDVA)

<https://mn.gov/mdva/resources/familyassistance/>

The Minnesota Department of Veterans Affairs works closely with our federal, state and community partners to link Veterans and their families with benefits they have earned. In addition to browsing the categories below, we encourage Veterans, military and families to contact their local County Veterans Service Officer (CVSO) for personal assistance and more information on eligibility and application to any of these programs.

You can contact MDVA's one-stop customer service line for Minnesota Veterans and their families by calling **1-888-LinkVet (546-5838)** or find your CVSO for assistance at [www.macvso.org](http://www.macvso.org).

### [Brochure - State Benefits for Veterans](#)

- [Dental Assistance](#)
- [Financial Assistance](#)
- [Gold Star Families](#)
- [Homeless Prevention and Assistance](#)
- [Minnesota Service CORE](#)
- [Optical Assistance](#)
- [Special Needs Grant](#)
- [Women Veterans Program](#)
- [Surviving Spouse & Dependent Education Benefit](#)
- [Veteran Education Assistance](#)
- [Post-9/11 Veterans Service Bonus](#)

## Military Order of the Purple Heart (MOPH) of Minnesota

<https://purpleheartmn.org/missing-military-records-missing-medals-missing-dd-214s-and-military-records/>

**Phone:** 507-236-8978

**Email:** [purpleheart1900@gmail.com](mailto:purpleheart1900@gmail.com)

The Military Order of the Purple Heart supports many programs:

- Americanism Program
  - First Responder Program
  - Youth Activities Program ROTC/JROTC
  - Purple Heart Trail Program
  - The Minnesota Purple Heart Scholarship Program
  - The National Purple Heart Scholarship Program
- [Missing Military Records, Missing Medals, Missing DD-214s, and Military Records](#)

## MN Paralyzed Veterans of America (PVA)

<https://mnctf.org/minnesota-paralyzed-veterans/>

Founded in 1946, the Paralyzed Veterans of America (PVA) is a national organization dedicated to serving former members of the U.S. Armed Forces who have suffered catastrophic paralysis because of spinal cord injury or disease. Veterans with Spinal Cord Injury and Disease (SCI/D), Multiple Sclerosis (MS), Amyotrophic Lateral Sclerosis (ALS), and other service-connected injuries or conditions can seek help by contacting the Veterans Benefits Department within one of our National Service Offices. We have over 70 offices nationwide for your convenience.

- Vocational rehabilitation for Veterans seeking employment
- Health benefits, such as prosthetics, home care, and mental health treatment
- Housing and auto grants for Veterans with qualifying disabilities
- VA Pension, survivor benefits, and more

Benefits Helpline: 1-866-734-0857  
Veterans Crisis Hotline: Dial 988, Press 1  
Women Veterans Hotline: 1-855-829-6636  
Caregiver Support: 1-855-260-3274

### **Minnesota VFW**

<https://mnvfw.org/di/vfw/v2/default.asp?nid=1>  
[Find a VFW Post \(Central MN\)](#)

The VFW's Veterans & Military Support Program includes assistance to veterans who are not in hospitals or nursing homes, and to Military families. It includes financial assistance, bringing meals to shut-ins, and providing support during times of illness and bereavement. It can involve driving people to the doctor's office or to church, mowing their lawn, helping with shopping, or any type of assistance. It also includes support for the Military, such as funding or donating to the National Military Services fund, adopting a Unit, or providing assistance to Military families.

- [Unmet Needs – Financial Assistance](#)
- [Military Assistance Program \(MAP\)](#)
  - [MAP Grant Application](#)
  - [MAP Grant Report](#)
- [Adopt-A-Unit](#)
  - [Adopt-A-Unit Application](#)
  - [Adopt-A-Unit Report](#)
- [VFW's 'Sport Clips Help A Hero Scholarship'](#)

### **Minnesota VFW Auxiliary**

<https://vfwauxmn.org/di/vfw/v2/default.asp>

**Phone:** 651-291-1759

Our members have direct family relationship to a Veteran and consistently reach out to assist with the needs of our Active-Duty Military Personnel, Veterans, and their Families.

### **Vets 4 Warriors**

<https://www.vets4warriors.com/>

**Phone:** (855) 838-8255

Vets4Warriors, housed at the Rutgers University Behavioral Health Care National Call Center, is a one-of-a-kind, 24/7 peer support network. We are committed to ensuring that every member of the military community in need of support always has direct and immediate access to a peer who understands what they are going through.

### **Wounded Warrior Project**

<https://www.woundedwarriorproject.org/programs>

A 501(c)(3) charitable organization that helps veterans and active-duty service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001. The Wounded Warrior Project provides veteran support services and programs to help in the biggest areas of need -- spanning isolation, mental health, wellness, career, and more.

## ADDITIONAL VETERAN RESOURCES

### **American Red Cross – Central MN**

<https://www.redcross.org/local/mn-nd-sd/about-us/locations/central-minnesota.html>

1301 West St. Germain St.

St. Cloud, MN 56301

**Phone:** (320) 251-7641

The Red Cross is proud to offer services to men and women veterans who have served in the U.S. Armed Forces. Veterans and their families rely on the Red Cross to help them identify their needs and connect them to the most appropriate resources. These vital services range from responding to emergency needs for food, clothing, and shelter, referrals to counseling services (e.g., financial, legal, jobs, mental health), information on veteran cemeteries and burial benefits, and other resources that meet the unique needs of local veterans and their families.

### **Beyond the Yellow Ribbon**

<https://ngmnpublish.azurewebsites.us/btyr/>

The mission of Beyond the Yellow Ribbon is to establish and sustain a comprehensive community and corporate support networks that connect and coordinate agencies, organizations, and resources to meet the needs of Minnesota's military veterans, service members, and families in all military branches. Through its community and corporate partnerships, Minnesota's Beyond the Yellow Ribbon program, known as BTYR, provides Minnesota's military community a wide range of support, including deployment readiness, family assistance and resources, youth programs, educational and career opportunities, and more.

### **Brides Across America – #OperationWeddingGown**

[www.bridesacrossamerica.com](http://www.bridesacrossamerica.com)

**Phone:** (877) 650-3309

Email: [info@bridesacrossamerica.com](mailto:info@bridesacrossamerica.com)

342 N. Main Street

Andover, MA 01810

Free wedding gowns for the military and first responders.

### **Central MN Warrior to Citizen**

<https://www.facebook.com/groups/197826774334/>

The Warrior to Citizen Campaign is a grassroots effort to provide enduring support to Minnesota's returning veterans and their families. This Beyond the Yellow Ribbon program challenges all Minnesotans to think actively and creatively about how returning veterans can contribute their new skills and insight to our organizations, businesses, schools, local governments and communities—as citizens. By engaging veterans in education, faith, civic, government and community life, we can offer them unique ways to reconnect with the communities they left behind.

### **Eagle's Healing Nest**

[www.eagleshealingnest.org](http://www.eagleshealingnest.org)

**Phone:** (218) 371-1570

310 US-71 N

Sauk Centre, MN 56378

A place of home, hope and healing. Eagle's Healing Nest offers residence housing and outpatient treatment programs for the invisible wounds of war including PTSD, anxiety, drug and alcohol addiction.

### **Every Third Saturday**

<https://everythirdsaturday.org/>

**Phone:** (952) 356-5116

5402 43<sup>rd</sup> Avenue S.

Minneapolis, MN 55417

Every Third Saturday assists veterans in finding new purpose after military service. We are about pursuing growth and post-traumatic success.

### **Magnus Veterans Foundation**

<https://magnusveteransfoundation.org/>

**Phone:** (763) 427-7832

Email: [contact@magnusveteransfoundation.org](mailto:contact@magnusveteransfoundation.org)

16861 North Diamond Lake Rd

Dayton, MN 55327

At Magnus Veterans Foundation, our wellness model is focused around our five performance pillars as we address the gap between our warriors and our communities. Our holistic approach goes well beyond traditional primary care to promote health and wellness on every level: medical, physical, psychological, spiritual, and social.

### **Military OneSource**

[www.militaryonesource.mil](http://www.militaryonesource.mil)

**Phone:** (800) 342-9647

Active-duty military resource website, offering 24/7 support for service members, spouses, their family and survivors on taxes, moving, benefits, MWR and more.

### **Military Veterans Network**

<https://thewaterschurch.net/>

**Phone:** (562) 280-8017 - Contact: Raul Muniz

[militarynetwork@thewaterschurch.net](mailto:militarynetwork@thewaterschurch.net)

The Waters Church

1227 Pine Cone Rd

Sartell, MN 56377

A faith-based group connecting veterans and their families to the resources they need, such as food, counseling, referrals, self-help meetings, connection cards, religious organization information and services for families and children.

### **Minnesota Military & Veterans Exchange (MNme)**

<https://mnme.us/>

Email: [info@mnme.us](mailto:info@mnme.us), Central MN: [stcmnme@gmail.com](mailto:stcmnme@gmail.com)

Strengthening MN military and veteran families through collaboration and partnership.

### **MN National Guard Soldier Family Readiness Specialists**

<https://ngmnpublish.azurewebsites.us/minnesota-soldier-and-family-readiness>

Soldier and Family Readiness Specialists (SFRS) are dispersed throughout the state of Minnesota. They offer resources, referrals, and support to the Minnesota National Guard to enhance the quality of life and well-being of service members and their families.

Contacts:

Troy Gjerde - [troy.t.gjerde.civ@army.mil](mailto:troy.t.gjerde.civ@army.mil), **Phone:** (320) 616-3119

Savannah Polzin - [savannah.d.polzin.civ@army.mil](mailto:savannah.d.polzin.civ@army.mil), **Phone:** (651) 282-4053



### **Saluting Community Heroes**

<https://salutingcommunityheroes.com/>

Hutchinson, MN

**Phone:** 320-587-0459 or 320-292-9947

Email: [info@salutingcommunityheroes.com](mailto:info@salutingcommunityheroes.com)

Saluting Community Heroes (SCH) brings the community together in sharing a common goal of celebrating the selfless heroism of our Veterans.

### **St Cloud Stand Down, Inc**

<https://stcloudstanddown.com/>

**Phone:** (320) 774-1892

724 33<sup>rd</sup> Ave N

St. Cloud, MN 56303

A nonprofit organization serving the veterans of Saint Cloud, MN, providing everything from housing assistance to employment opportunities. StandDown assists male and female Veterans in Minnesota and the surrounding area with resources and merchandise free of charge.

StandDown provides food, clothing, accessories, footwear, job connections, and housing information and resources for Veterans in need, at risk, or homeless. Their motto is VETERANS HELPING VETERANS. Especially in a time of need, contact them and let them see what they can do to assist you. The St. Cloud StandDown location consists of multiple operations, all providing complementary resources and services to our beloved Veterans, including:

1. [StandDown Warehouse](#)
2. [Lady Veterans Boutique](#)
3. [Clifford Beck Veteran Resource Center](#)
4. [Gentlemen's Quarters Barbershop](#)

### **United Way 211**

<https://www.211unitedway.org/>

United Way 2-1-1 is an easy-to-remember, three-digit number that families and individuals in Minnesota can call to obtain free and confidential information on health and human services. 2-1-1 call centers are staffed 24/7 by trained Community Resource Specialists who quickly assess needs and refer callers to the help that they seek. 2-1-1 offers information on a broad range of services, including:

- Food and housing support
- Mental health and substance abuse resources
- Legal assistance
- Youth programs
- Medical and dental clinics
- Job training opportunities
- Household items

### **Veterans Resource & Enrichment Center (VREC)**

[www.vrecmn.com](http://www.vrecmn.com)

**Phone:** (320) 204-5660 or (320) 774-1185

[vrecmn@gmail.com](mailto:vrecmn@gmail.com)

501 17<sup>th</sup> Ave. N.

St. Cloud, MN 56303

VREC provides a unique experience to Veterans and their family, by offering kind-hearted advocacy transition management to enhance their well-being. Services include housing assistance, transportation, food, gas cards, bus passes, community referrals, legal assistance, automotive repair, recovery services, internet services, laptops, paperwork advocacy, employment assistance, wellness/massage/healing services and camaraderie.

### **Whitney Senior Center**

<https://www.ci.stcloud.mn.us/418/About-Us>

**Phone:** 320-255-7245

1527 Northway Drive

St. Cloud, MN 56303

Whitney Senior Center (WSC) strives to promote the holistic well-being of all people 55+ in the greater St. Cloud area by providing opportunities for social interaction, recreation, and education. Veterans are encouraged to take advantage of food, community referrals, self-help meetings, Internet services and Wellness Workshops.

## JOBS/CAREER PLANNING

### **MN Deed/Career Force**

<https://www.careerforcemn.com/veterans-resources>

**Phone:** (320) 406-5321

1542 Northway Dr., Door #2

St. Cloud, MN 56303

Provide employment services, career counseling, and community referrals. Most current or former U.S. military members are eligible for veterans' employment services. There are many resources available to you if you served or are serving with any of the branches of the military, including as a reservist or National Guard member.

## HOUSING RESOURCES

### **MN Assistance Council for Veterans (MACV)**

[www.mac-v.org](http://www.mac-v.org)

**Phone:** (833) 222-6228

Email: [Mac-v@mac-v.org](mailto:Mac-v@mac-v.org)

1542 Northway Dr., Door 2

St. Cloud, MN 56303

MACV helps Minnesota Veterans, and their families create sustainable housing opportunities by providing housing, employment, and legal services and connections.

### **Building Homes for Heroes**

<https://www.buildinghomesforheroes.org/>

**Phone:** (516)340-0672

NY Headquarters

4584 Austin Blvd

Island Park, NY 11558

Building Homes for Heroes® is determined and devoted to bringing renewed hope to our nation's injured veterans. The organization builds or modifies homes, and gifts them, mortgage-free, to injured veterans and their families, while providing support services to enable them to build better and brighter lives and reach new heights.

## Central Minnesota Habitat for Humanity - Veterans Build

<https://www.cmhfh.org/veteran-build>

**Phone:** (320) 656-8890

3335 W. St. Germain St., Suite 108

St. Cloud, MN 56301

To Qualify for the CMHFH Veterans Build Homeownership Program:

- You must be a Veteran (active duty, retired and discharged, or family of the fallen).
- You cannot have had a bankruptcy for 2 years before applying.
- You cannot have had a property foreclosed on for 3 years before applying.
- Your total household income must fall between 35% and 60% of area median income.
- You must be a U.S. citizen or legal resident and be able to provide documentation.

## HUD-VASH VOUCHERS

### A RENTAL ASSISTANCE PROGRAM FOR HOMELESS VETERANS

[https://www.hud.gov/program\\_offices/public\\_indian\\_housing/programs/hcv/vash](https://www.hud.gov/program_offices/public_indian_housing/programs/hcv/vash)

The HUD-Veterans Affairs Supportive Housing (HUD-VASH) program combines HUD's Housing Choice Voucher (HCV) rental assistance for homeless Veterans with case management and clinical services provided by the [Department of Veterans Affairs \(VA\)](#). VA provides these services for participating Veterans at VA medical centers (VAMCs), community-based outreach clinics (CBOCs), through VA contractors, or through other VA designated entities.

## Minnesota Housing

[www.mnhousing.gov](http://www.mnhousing.gov)

**Phone:** (800) 388-3226

Minnesota Housing is the state's housing finance agency. We finance housing that low and moderate-income Minnesotans can afford while helping Minnesotans buy and fix up their homes. If you are behind on your mortgage or worried about foreclosure due to the COVID-19 pandemic, HomeHelpMN from Minnesota Housing may be able to help.

## Operation Homefront

<https://operationhomefront.org/>

**Phone:** (210) 659-7756

1355 Central Parkway S., Suite 100

San Antonio, TX 78232

A national 501(c)(3) nonprofit organization that helps families of junior and mid-grade (E1-E6) enlisted service members that were deployed to combat zones and post-9/11 service-connected wounded, ill, or injured that are within 7 years of discharge. From placing a family in permanent housing to supplying military children with back-to-school supplies, our programs support military families so they can thrive, not simply struggle to get by, in the communities they have worked so hard to protect. For more information, go to Operation Homefront website.

## St. Cloud HRA

<https://stcloudhra.com>

**Phone:** (320) 252-0880

1225 W. St. Germain St. (Hours: Mon.-Fri. 8:00 – 5:00)

St. Cloud, MN 56301

Providing housing and rental assistance in the greater St. Cloud area.

Veteran Resource Guide

## **US Department of Veteran's Affairs (VA) – Homeless Veteran Services**

[www.va.gov/homeless/nationalcallcenter.asp](http://www.va.gov/homeless/nationalcallcenter.asp)

4801 Veterans Dr.

St. Cloud, Minnesota 56303

**Phone:** (877) 424-3838 (24-hour hotline)

Veterans who are homeless or at imminent risk of homelessness are strongly encouraged to contact the National Call Center for Homeless Veterans. If Veterans do not have access to a phone or the internet, only then are they to visit their closest VA medical center without calling in advance.

## JUSTICE INVOLVED PROGRAMS

### **Justice involved Veterans Program**

**Phone:** (612) 470-4140

Contact: Samantha Braesch, Justice Involved Veterans Case Manager

Email: [sbraesch@mac-v.org](mailto:sbraesch@mac-v.org)

Services include pre-release housing planning and post-release case management, which supports veterans in navigating conditions of release and parole to prevent technical violations and reincarceration.

### **Stearns Co. Community Corrections Veteran Protocol**

Jeremy Cento – Career Agent

705 Courthouse Square

St. Cloud, MN 56303

**Phone:** 320-656-6099

Email: [jeremy.lehto@co.stearns.mn.us](mailto:jeremy.lehto@co.stearns.mn.us)

Assists with sentencing adjustments and Veteran support services.

## MILITARY LODGING RESOURCES

### **DOD Lodging**

<https://www.dodlodging.net/>

This search will provide all inventory across all military brands within a specific city.

### **Army Lodging (On Post) - US Army MWR**

[www.armymwr.com](http://www.armymwr.com)

Army Lodging provides quality accommodations and hospitality services on select posts. With over 1837 guest rooms at 18 locations worldwide, Army Lodging facilities are available to eligible patrons and comparable to limited-service commercial hotels.

### **Navy Hotels for TDY and Leisure Lodging -- Navy Gateway Inns & Suites**

<https://www.dodlodging.com/html/navygateway.htm>

**Phone:** 1-877-NAVY-BED

With over 22,000 guest rooms worldwide, our mission is to provide a professionally managed DoD Lodging Program that contributes to and supports mission readiness. Value, convenience, great accommodations, 5- Star service and very affordable rates are the foundation of your Navy Gateway Inns & Suites (NGIS).

## **Navy Lodge - Navy & Military Hotels, Lodging & Housing ([navy-lodge.com](http://navy-lodge.com))**

[www.navy-lodge.com](http://www.navy-lodge.com)

If you're looking for temporary PCS or TDY lodging, visit the Navy Lodge website to search and reserve your hotel room today or call toll-free in the USA 800-628-9466.

## **Air Force Inns**

<https://af.dodlodging.net/>

With over 27,000 rooms at 89 locations worldwide, our mission is to ensure the resilience of our guests by providing a clean, comfortable room to guarantee a good night's rest and a pleasant stay.

## DISCOUNT TICKETS

### **Veteran Discounts**

<https://news.va.gov/85765/veteran-discounts-available-year-round/>

As a way to say thank you, many retailers and businesses offer a Veteran discount year-round. We've compiled a list of deals for you.

### **Vet Tix**

[https://www.vetfix.org/?gclid=CjwKCAjw9J2iBhBPEiwAErwpebHGhBpx4edRTuvsw7yuFIi9Rt31qswRV8e6hJFTaVmefB97\\_s-RhoCRX8QAvD\\_BwE](https://www.vetfix.org/?gclid=CjwKCAjw9J2iBhBPEiwAErwpebHGhBpx4edRTuvsw7yuFIi9Rt31qswRV8e6hJFTaVmefB97_s-RhoCRX8QAvD_BwE)

Vet Tix provides event tickets to our Military, Honorably Discharged Veterans and family members of troops Killed in Action.

## FARMING AND EQUINE THERAPY

### **Farm Therapy for Military Veterans**

<https://www.farmers.gov/blog/are-you-veteran-interested-in-farming-usda-can-help>

Are you a veteran interested in farming? We're here to support you by giving you the tools and opportunities you need to succeed.

### **Veterans Farming Initiative**

<https://veteransfarming.org/>

**Phone:** (507) 573-2119

4432 County Rd 12 S

Montrose, MN 55123

We operate a Veteran and community supported farm on 23 acres of fertile soil in beautiful Montrose, Minnesota. Here, we grow high-quality restorative foods, teach sustainable farming techniques, and offer many educational and healing programs. Veterans from all eras and branches of service, their families, and members of the community are invited to join us in developing sustainable farming skills and building a strong sense of camaraderie and purpose.

### **Veteran Valor Farm**

[Veteranvalorfarm.org](http://Veteranvalorfarm.org)

19206 County Road 132

Brainerd, MN 56401

Veteran Valor uses a farming environment to encourage internal growth, skill development and motivation to live at a standard / quality of life veterans deserve.

### **Gaits of Hope – Equine Therapy**

<https://www.gaitsofhopeeal.com/veterans-program>

**Phone:** (320) 260-6755

Email: [roth@jetup.net](mailto:roth@jetup.net)

2761 125<sup>th</sup> St. NE

Rice, MN 56367

## RECREATION AND OUTDOOR OPPORTUNITIES

### **Camp Bliss**

<https://campbliss.org/all-events/>

**Phone:** (218) 547-4004

Email: [office@campbliss.org](mailto:office@campbliss.org)

6150 Camp Fish Rd NW

Walker, MN 56484

Camp Bliss provides retreats for veterans, law enforcement and people with disabilities.

### **Guitars for Vets**

[Guitarsforvets.org](http://Guitarsforvets.org)

**Phone:** (855) G4V-HERO (1-800-448-4376)

Email: [Info@guitarsforvets.org](mailto:Info@guitarsforvets.org)

Helping Veterans Cope with PTSD Through Music

### *Golf*

### **Birdies for the Brave**

<https://birdiesforthebrave.org/military-ticketing-20212022>

The Birdies for the Brave Military Ticketing Program has a longstanding history of supporting military members and their families by offering special access to golf's greatest players and moments.

### **PXG – Parsons Xtreme Golf – Clubs Unlike Any Other**

<https://www.pxg.com/en-us/heroes>

**Phone:** (844) PLAY PXG (844-758-9794) or (612) 248-8878 (Edina, MN Location)

Email: [info@pxg.com](mailto:info@pxg.com)

Southdale Center Mall

10 Southdale Center

Edina, MN 55435

PXG offers a Thank You program for former and current military and first responders, which includes special pricing on PXG clubs, apparel and accessories.

### **Tee It Up for the Troops**

<https://teeitupforthetroops.org/>

**Phone:** (952) 646-2490

Email: [info@teeitupforthetroops.org](mailto:info@teeitupforthetroops.org)

515 West Travelers Trail

Burnsville, MN 55337

Tee It Up for the Troops is a military non-profit organization that hosts golf fundraisers to provide assistance to veterans.

## Hunting and Fishing

### American Warrior Association (AWA)

[awa-usa.org](http://awa-usa.org)

The AWA provides week-long Men's and Women's programs in Colorado and Georgia for our military, veterans and first responders. These mountain retreats provide an opportunity for our nation's warriors to confront and heal moral injuries. Through original curriculum and teaching sessions, prayer and meditation, horseback riding, outdoor adventure, and time for reflection, each warrior is able to encounter God in an entirely new way. They are equipped with the tools needed to face life's challenges and are able to find brothers and sisters to have their back when the fight gets tough.

### Camp Ripley Hunting and Fishing

<https://ngmnpublish.azurewebsites.us/camp-ripley-hunting-and-fishing-2-2/>

Contact: Jake Kitzmann  
Camp Ripley Environmental

**Phone:** 320-616-2722

[jacob.n.kitzmann.mil@mail.mil](mailto:jacob.n.kitzmann.mil@mail.mil)

[Hunting opportunities](#) for currently-serving or retired members of the military are available at both Camp Ripley and the Arden Hills Army Training Site. These opportunities are for deer or turkeys and take place during the normal state season for the species. In addition, the [public archery hunt](#) has taken place on Camp Ripley since 1954 and allows the general public the opportunity to hunt at Camp Ripley.

### Minnesota Veterans Outdoors

[www.mnvetsoutdoors.org](http://www.mnvetsoutdoors.org)

**Phone:** (320) 292-5996

576 Concord Dr  
Chaska, MN 55318

Minnesota Veterans Outdoors is a partnership of veteran service organizations and other community partners who come together to offer outdoor programs and activities for veterans. We offer a variety of programs and events including the following:

- [Disabled Veteran Turkey Hunt](#) (April 25-27, 2023)
- [Trolling 4 Troops](#) (June 1-2, 2023)
- [Disabled Veteran Deer Hunt](#) (October 3-5, 2023)

### Outward Bound

[www.outwardbound.org](http://www.outwardbound.org)

**Phone:** (866) 467-7651

1133 Route 55, Suite 10  
LaGrangeville, NY 12540

Outward Bound for Veterans helps returning service members and recent veterans readjust to life at home through wilderness courses.

### Warriors & Quiet Waters

[warriorsandquietwaters.org](http://warriorsandquietwaters.org)

Warriors & Quiet Waters is a veteran service organization (VSO) and a 501(c)(3) nonprofit organization serving post-9/11 combat veterans, and their loved ones.

## Travel

### **American Forces Travel**

<https://www.americanforcestravel.com/>

A Department of Defense online leisure travel website managed by Morale, Welfare, and Recreation (MWR) and supported by Priceline. Veterans are eligible to book travel through this website to access exclusive deals on hotels, flights, rental cars, cruises, packages and event tickets. Eligible Veterans includes all Veterans of the United States Armed Forces with a discharge status of honorable or general under honorable conditions. The site is also available to Veterans with service-connected disabilities, Purple Heart recipients, former prisoners of war and individuals approved and designated as primary family caregivers of eligible Veterans under the Department of Veterans Affairs Program of Comprehensive Assistance for Family Caregivers.

## SETTLEMENTS /CURRENT LITIGATION

### **Marine Corps Base Camp Lejeune or Marine Corps Air Station New River in North Carolina**

[https://advocatealliancegroup.com/lp/?msid=10&oid=1497&s=2&oid=1497&gad=1&gclid=CjwKCAjwuqiiBhBtEiwATgvixERRPlficYB0RGYpBh\\_0Fm1zqF0rxyEJbUaC1MxdwMnxQCW0oeUMqBoCAYYQAvD\\_BwE](https://advocatealliancegroup.com/lp/?msid=10&oid=1497&s=2&oid=1497&gad=1&gclid=CjwKCAjwuqiiBhBtEiwATgvixERRPlficYB0RGYpBh_0Fm1zqF0rxyEJbUaC1MxdwMnxQCW0oeUMqBoCAYYQAvD_BwE)

**Phone:** (888) 508-0836

Premise: If any of the listed conditions were diagnosed or a cause of death after drinking toxic water, then you may be eligible to receive compensation. See website for eligibility and details.

### **3M Earplug Lawsuit Update**

[3M Sets Up \\$1 Billion Trust to Settle Veterans' Suits over Earplugs](#)

Manufacturing giant 3M is establishing a \$1 billion trust to settle lawsuits filed by thousands of U.S. troops and veterans over earplugs the service members said didn't work, causing permanent hearing loss.

### **The PACT Act and your VA benefits**

<https://www.va.gov/resources/the-pact-act-and-your-va-benefits/>

The PACT Act is a new law that expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and other toxic substances.

## SEXUAL HARASSMENT

### **Stop Harassment**

<https://www.va.gov/STOP-HARASSMENT/HeartOfTheMatter.asp>

If you have experienced harassment or sexual assault, VA is here to provide support with resources and services, every step of the way with many programs and staff ready to help.

### **Central Minnesota sexual assault Center**

15 Riverside DR NE St. Cloud, MN 56304

**Phone:** (320) 251-4357



## SUBSTANCE USE DISORDER RESOURCES

### **Self-Help Meetings**

#### **Alcoholics Anonymous**

[www.aa.org](http://www.aa.org)

Find a meeting online:

[aa-intergroup.org/directory.php](http://aa-intergroup.org/directory.php)

[onlinegroupaa.org](http://onlinegroupaa.org)

[aaonlinemeeting.net](http://aaonlinemeeting.net)

#### **Narcotics Anonymous**

[www.naminnnesota.org/](http://www.naminnnesota.org/)

Nationwide Virtual Meeting Finder

**Phone:** (833) 716-0080

Call and press 2, or text your zip code to find a virtual meeting in your time zone happening soon/now!

[Virtual-na.org](http://Virtual-na.org)

[Na.org/meetingsearch](http://Na.org/meetingsearch) (for country, select "Web")

#### **St. Cloud Intergroup (SCI)**

[www.aasaintcloud.org](http://www.aasaintcloud.org)

**Phone:** (320) 204-6005

Email: [information@aasaintcloud.org](mailto:information@aasaintcloud.org)

3400 1<sup>st</sup> Street North, Suite 404

St. Cloud, MN 56303-1928

St. Cloud Intergroup (SCI) is here to help anyone who has a drinking problem. Our sole purpose is to carry the message of Alcoholics Anonymous and to be of service to A.A. groups in Central Minnesota.

#### **SMART Recovery**

[www.smartrecovery.org](http://www.smartrecovery.org)

[Smartrecovery.org/smart-recovery-toolbox/smart-recovery-online](http://Smartrecovery.org/smart-recovery-toolbox/smart-recovery-online)

[Smartrecovery.org/private-convenient-online-recovery-support](http://Smartrecovery.org/private-convenient-online-recovery-support)

#### **Veterans Experience, Strength & Hope Meeting**

Email: [veteransesh@gmail.com](mailto:veteransesh@gmail.com)

Every Wednesday, noon CST at Recovery Community Network (see info below)

**Zoom meeting only – Link -867 8551 7606, Passcode: 706080**

This meeting is for all who serve or have served in the Armed Services and are looking for support with recovery from substance use disorder. Substance use is about isolation; recovery is about connection. Connection begins with reaching out. Come and join us every Wednesday.

#### **Other Online Recovery Support Resources**

[Addictioncampuses.com/alcohol/apps-for-recovery](http://Addictioncampuses.com/alcohol/apps-for-recovery)

[Sobergrid.com/howitworks](http://Sobergrid.com/howitworks)

[Intherooms.com/home](http://Intherooms.com/home)

[Unityrecovery.zoom.us/my/allrecovery](http://Unityrecovery.zoom.us/my/allrecovery)

## **Treatment and Recovery Organizations**

### **FastTrackerMN**

<https://fasttrackermn.org/>

**Phone:** (651) 426-6347

Email: [Help with Substance Abuse - SUDAdmin@fasttrackerMN.org](mailto:Help with Substance Abuse - SUDAdmin@fasttrackerMN.org)

Email: [Help with Mental Health - MHAdmin@fasttrackerMN.org](mailto:Help with Mental Health - MHAdmin@fasttrackerMN.org)

Fast Tracker is a cost-effective search engine -- a virtual community -- for psychiatric information and statewide mental health resources. This online, intuitive, searchable and real-time tool supports patient-centered, integrated care by linking providers to key research and professional guidelines to better serve Minnesotans living with mental illness.

- Up-to-date provider availability
- Access to referral resources
- Treatment protocols and guidelines
- Recovery and support group information
- Improve communication between primary and specialty providers

Whether you're searching for yourself, a loved one, a patient, or looking for general information, this is your place to start!

### **Banyan Treatment Centers**

<https://www.banyantreatmentcenter.com/facilities/heartland/unique-programs-and-therapies/military-and-veterans-in-recovery/>

**Phone:** (888)221-6830

Located in the beautiful and rustic city of Gilman, Illinois, Banyan Treatment Centers Heartland is a safe and comfortable facility where veterans can recover from addiction. Veterans in Recovery is a rehab program for servicemen and women that addresses a variety of substance abuse disorders. The Gilman detox center offers a rehab program specifically designed to help veterans achieve sobriety.

### **MN Adult and Teen Challenge**

<https://www.mntc.org/>

**Phone:** (612) 373-3366

MN Adult and Teen Challenge offers effective and affordable programs throughout Minnesota with campuses in Minneapolis, Brainerd, Duluth, Rochester and Buffalo. They have a broad spectrum of treatment and recovery programs: Outpatient (Telehealth and In-person), Licensed Residential (30-90 days), Long Term Recovery Program (12 months), Teen Residential (6-12 months) and Ongoing Recovery and Alumni Services, allowing them to effectively serve individuals with a broad spectrum of addiction issues... from those seeking treatment for the first time to those who have been struggling with addiction for many years.

### **Recovery Community Network (RCN)**

<https://recoverycommunitynetwork.com/>

**Phone:** (320) 428-1887

[recoverycommunitynetwork@gmail.com](mailto:recoverycommunitynetwork@gmail.com)

3400 1st St. N., Suite 404 (Hours: Mon. – Fri. 9:00 – 5:00)

St. Cloud, Minnesota 56303

The RCN provides drop-in and 1:1 services by appointment for those who are in recovery or interested in learning about recovery. We also provide a variety of telephone, text and online recovery services. Additionally, we are involved with several community efforts to broaden and

strengthen the safety net for those in recovery in the Central MN area. We do this by hosting a monthly meeting for people who work in the field of substance use disorder or are in recovery.

### **Recovery Ways – Valor Healing Program**

<http://www.recoveryways.com/ValorHealingProgram/>

Murray, UT

**Phone:** (888) 986-7848

Valor Healing Program (VHP) is Trauma Informed and designed for First Responders, Veterans, and Active Military. VHP is an ideal combination of time with your tribe of fellow vets/first responders and integration into the wider community. Our program was designed by a decorated combat Veteran and Psychiatrist.

### **Transformations - Mending Fences**

<https://www.transformationtreatment.center/>

**Phone:** (561) 894-7012

info@transformationtreatment.com

14000 South Military Trail #202 (Hours: Mon. – Fri. 8:00am – 12:00am EST)

Delray Beach, FL 33484

Transformations provides a full spectrum of addiction treatment and mental health recovery support services. They offer residential & PHP treatment programs for primary mental health, trauma, PTSD, addiction, depression and co-occurring disorders.

### **St. Cloud VA MH Residential Rehabilitation Treatment Program (RRTP)**

**Phone:** 320-252-1670

**Intake Line:** 320-255-6390

4801 Veterans Drive

Saint Cloud, MN, 56303

**Primary Focus: Dual Diagnosis Substance Abuse Rehab**

**Treatment Type:** Residential, Short-term residential, Long-term residential, General Hospital (including VA hospital)

**Treatment Approaches:** Cognitive/behavioral therapy, Substance disorder counseling, Trauma-related counseling

#### **Payment/Insurance Accepted**

- Cash or self-payment, State financed health insurance plan other than Medicaid, Private health insurance, Military insurance (e.g., TRICARE), Federal, or any government funding for substance abuse programs.

#### **Payment Assistance**

- Payment assistance (check with facility for details)

#### **Type of Care:**

- Substance abuse treatment, Relapse prevention from naltrexone, Buprenorphine used in treatment, Naltrexone (oral), Vivitrol (Injectable Naltrexone), Use methadone/buprenorphine for pain management or emergency dosing, Accepts clients on opioid medication.

#### **Facility Operation:**

- U.S. Department of Veterans Affairs, The Joint Commission, Commission on Accreditation and
- Rehabilitation



## SUICIDE AWARENESS AND INTERVENTION

### **Veterans Crisis Line – DIAL 988, press 1**

**Phone:** Veterans Crisis Line – 800-273-8255, Press 1

Chat: [Veteranscrisisline.net/chat](https://veteranscrisisline.net/chat) – text 838255 to reach responders

### **US Department of Veteran's Affairs (VA) – 24-hour Crisis Response Hotline**

**Phone:** (800) 273-8255 and select 1

**Call TTY if you have hearing loss (800) 799-4889      Or Text 838255**

**VA Crisis Website:** [www.veteranscrisisline.net](https://www.veteranscrisisline.net)

The VA's crisis hot-line is available to both a Veteran in crisis, or anyone concerned about one. Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. Available for all veterans, service members, National Guard and Reserves, their family members, and friends.

**Suicide Prevention Coalition – Phone:** (320) 252-1670, Ext. 6975

### **Bethlehem Lutheran Church**

<https://www.bethlehemplutheran.org/>

**Phone:** (320) 251-8356

Contact: **Reverend Stephanie Christoffels**, [schristoffels@bethlehemplutheran.org](mailto:schristoffels@bethlehemplutheran.org)

Offers Suicide Awareness and Intervention classes as well as counseling and gas cards. Worship services online Wed. 6:30pm/ Sun. 8:30am & 10:30am.

## ADDITIONAL VA RESOURCES

### VA – U.S. Department of Veterans Affairs

<https://www.va.gov/health/>

The Veterans Health Administration is America's largest integrated health care system, providing care at 1,298 health care facilities, including 171 medical centers and 1,113 outpatient sites of care of varying complexity (VHA outpatient clinics), serving 9 million enrolled Veterans each year.

RESOURCES include:

- [Coronavirus Updates](#)
- [Apply for Health Benefits](#)
- [Caregiver Support](#)
- [Federal Benefits for Veterans](#)
- [Forms & Publications](#)
- [Patient Rights & Responsibilities](#)
- [Prescription Refills](#)
- [VA Privacy Practices](#)
- [Volunteer or Donate](#)
- [VHA Directive 1608 Comprehensive Environment of Care Program Report](#)
- [VHA Directive 1608 Comprehensive Environment of Care](#)

#### How to Apply for a Veteran's ID Card

<https://www.va.gov/records/get-veteran-id-cards/vic/>

A Veteran ID Card (VIC) is a digital form of photo ID you can use to get discounts offered to Veterans at many restaurants, hotels, stores, and other businesses. Find out if you're eligible for a Veteran ID Card—and how to apply.

## VETERAN BENEFITS/FINANCIAL SERVICES

There are numerous ways to apply for VA benefits depending on the type of benefit you are seeking. We encourage you to work with an [accredited representative](#) who can assist you with the claims process.

You can [find and appoint or manage](#) your accredited representative in [eBenefits](#).

Benefits	How To Apply
<b>Before leaving military service – pre-discharge claims</b>	If you are a member of the armed forces serving on either active duty or full-time National Guard duty, you should apply through the VA <a href="#">Pre-discharge claim program</a> before leaving service.
<b>Veteran Readiness and Employment benefits for service members and Veterans</b>	The best way to file for Veteran Readiness and Employment services is to apply <a href="https://www.va.gov/careers-employment">online at va.gov/careers-employment</a> . To submit a paper application, download and complete a <a href="#">VA Form 28-1900, "Disabled Veterans Application for Vocational Rehabilitation"</a> and mail it to your <a href="#">local regional office</a> . You may also go to your local regional office and turn in your application for processing. Visit <a href="#">Veteran Readiness and Employment (VR&amp;E)</a> .

<p><b>Disability compensation benefits for Veterans</b></p>	<p>The best way to file for disability compensation is to apply online at <a href="http://www.va.gov/disability">www.va.gov/disability</a>. To submit a paper application, download and complete <a href="#">VA Form 21-526EZ, "Application for Disability Compensation and Related Compensation Benefits"</a> and mail the application to:</p> <p>U.S. Department of Veterans Affairs Claims Intake Center PO Box 4444 Janesville, WI 53547-4444</p> <p>Or, you can fax it to: (844) 531-7818 (inside the U.S.) (248) 524-4260 (outside the U.S.) You can also go to your <a href="#">local regional office</a> and turn in your application for processing. For more information, visit the <a href="#">VA Compensation website</a>.</p>
<p><b>VA Dependency and Indemnity Compensation (VA DIC) benefits for spouses, dependents, and parents</b></p>	<p><b>If you're the surviving spouse or child of a service member who died while on active duty</b>, your military casualty assistance officer will help you to complete an Application for DIC, Death Pension, and/or Accrued Benefits by a Surviving Spouse or Child (VA Form 21P-534a). The officer will help you mail the form to the correct VA regional office. <a href="#">Download VA Form 21P-534a (PDF)</a></p> <p><b>If you're the surviving spouse or child of a Veteran</b>, fill out an Application for DIC, Death Pension, and/or Accrued Benefits (VA Form 21P-534EZ). <a href="#">Download VA Form 21P-534EZ (PDF)</a></p> <p><b>If you're a surviving parent</b>, fill out an Application for Dependency and Indemnity Compensation by Parent(s) (VA Form 21P-535). <a href="#">Download VA Form 21P-535 (PDF)</a></p> <p><b>You can apply for this benefit in any of these ways:</b></p> <ul style="list-style-type: none"> <li>• Mail the form to the Pension Management Center (PMC) for your state. <a href="#">Find your PMC</a></li> <li>• Work with an accredited representative. <a href="#">Get help filing your claim</a></li> <li>• Go to a VA regional office and get help from a VA employee. <a href="#">Find a VA regional office near you</a></li> </ul> <p>For more information, visit the <a href="#">VA Dependency and Indemnity Compensation (VA DIC)</a>.</p>
<p><b>Pension benefits for Veterans</b></p>	<p>You can apply for pension benefits online at <a href="http://www.va.gov/pension">www.va.gov/pension</a>. To submit a paper application Pension benefits, download and complete <a href="#">VA Form 21P-527EZ, "Application for Pension"</a> and mail it to the <a href="#">Pension Management Center</a> that serves your state. For more information, visit <a href="http://www.va.gov/pension/eligibility">www.va.gov/pension/eligibility</a>.</p>

## Veteran Resource Guide

<b>Pension benefits for survivors</b>	<p><b>By mail</b> Fill out an Application for DIC, Death Pension, and/or Accrued Benefits (VA Form 21-534EZ). <a href="#">Download VA Form 21-534EZ (PDF)</a> Mail it to the pension management center (PMC) for your state. <a href="#">Find your PMC</a></p> <p><b>In person</b> Bring your application to a VA regional office near you. <a href="#">Find a VA regional office near you</a></p> <p><b>With the help of a trained professional</b> You can work with a trained professional called an accredited representative to get help applying for VA survivors pension benefits. <a href="#">Get help filing your claim</a> For more information, visit <a href="http://www.va.gov/pension/survivors-pension">www.va.gov/pension/survivors-pension</a>.</p>
<b>VA education and training benefits</b>	<p>The best way to apply for your education benefits is by going to <a href="http://www.va.gov/education/how-to-apply/">www.va.gov/education/how-to-apply/</a>. You can also apply for education benefits by doing any of the following options:</p> <p><b>By mail</b> Call 888-442-4551, Monday through Friday, 8:00 a.m. to 7:00 p.m. ET, to request that we send the application to you. Fill it out and mail it to the VA regional claims processing office that's in the same location as your school. <a href="#">See a list of regional claims processing offices</a></p> <p><b>In person</b> Go to a VA regional office and have a VA employee help you. <a href="#">Find a VA regional office near you</a> Work with your school's certifying official. This person is usually in the Registrar or Financial Aid office at the school.</p> <p><b>With the help of a trained professional</b> You can work with a trained professional called an accredited representative to get help applying for education benefits. <a href="#">Get help filing your claim</a> For more information education benefits, visit <a href="http://www.va.gov/education/">www.va.gov/education/</a>.</p>
<b>Home Loan Benefits for Servicemembers and Veterans</b>	<p>You can apply for a home loan certificate of eligibility <a href="#">online using eBenefits</a>. You may also apply for a home loan certificate of eligibility through your lender. To apply by mail, download and complete <a href="#">VA Form 26-1880, "Request for Certificate of Eligibility"</a> and send it to the <a href="#">Regional Loan Center</a> that serves your state. For more information on home loan benefits, visit the <a href="#">VA Home Loans website</a>.</p>
<b>Home Loan Benefits for Survivors</b>	<p>Download and complete <a href="#">VA Form 26-1817, "Request for Determination of Loan Guaranty Eligibility - Unmarried Surviving Spouses"</a>. You can also call 1-877-827-3702 and follow the prompts for "Eligibility" and we will send the form to you. Mail your completed application to the <a href="#">Regional Loan Center</a> that serves your state. For information about home loan benefits for survivors, visit the <a href="#">VA Certificate of Eligibility web page</a>.</p>



**Life Insurance Benefits for Servicemembers, Veterans, and Survivors**

**Servicemembers' Group Life Insurance (SGLI):** SGLI coverage is automatic. You do not need to apply. To designate beneficiaries, or reduce, decline or restore SGLI coverage, you must use either the SGLI Online Enrollment System (SOES) or form SGLV 8286, "Servicemembers' Group Life Insurance Election and Certificate." To find out whether you should use SOES or to download the form visit <https://www.benefits.va.gov/INSURANCE/resources-forms.asp#sgli>. For more information, visit the [VA Servicemembers' Group Life Insurance web page](#).

**Veterans' Group Life Insurance (VGLI):** To file for VGLI, you can apply [online at eBenefits](#). You may also download and complete [SGLV 8714, "Application for Veterans' Group Life Insurance"](#). Mail your application to this address:  
OSGLI  
PO Box 41618  
Philadelphia, PA 19176-9913  
For more information, visit the [VA Veterans' Group Life Insurance web page](#).

**Family Servicemembers' Group Life Insurance (FSGLI):** To decline, reduce, or restore FSGLI coverage, complete and file form SGLV 8286A, "Spouse Coverage Election and Certificate" with your branch of service. To find out whether you should use SOES or to download the form visit <https://www.benefits.va.gov/INSURANCE/resources-forms.asp#fsgli>. For more information, visit the [VA Family Servicemembers' Life Group Insurance web page](#).

**Servicemembers' Group Life Insurance Traumatic Injury Protection Program (TSGLI):** To file a claim for TSGLI, complete and file [SGLV 8600, "Application for TSGLI Benefits"](#) with your branch of service. Coverage for this benefit is automatic for all Servicemembers covered by SGLI. For more information, visit the [Servicemembers' Group Life Insurance Traumatic Injury Protection Program web page](#).

**Veterans Affairs Life Insurance (VALife):** You can check your eligibility and apply online. When you apply, you'll need to submit your first premium payment.

[Apply for VALife](#).  
For more information, visit [VALife web page](#).

**Veterans' Mortgage Life Insurance (VMLI):** To file for VMLI, complete and submit [VA Form 29-8636, "Application for Veterans' Mortgage Life Insurance"](#) to your Specially Adapted Housing Agent. The agent will help you complete your application.

Also, you must provide information about your current mortgage. For more information, visit the [VA Veterans' Mortgage Life Insurance web page](#).

## ADDITIONAL RESOURCE LINKS: NATIONAL RESOURCE DIRECTORY

Click on the category link to search for specific topics within that category. We have provided examples of topics for each category.



### [Benefits & Compensation](#)

- DoD Benefits
- Federal & State Benefits
- Filing Claims & Appeals
- Forms
- Insurance
- Pay, Allowances, Retirement, Pension & Compensation
- Social Security Benefits
- States & Territories
- Survivor & Burial Benefits
- Unemployment Benefits
- VA Benefits



### [Employment](#)

- Employment Support & Services for People with Disabilities
- Job Placement Services & Internships
- Occupational & Professional Associations
- Resources for Employers & Veterans' Employment Service Providers
- Service Member Human Resources
- Specialized Support & Information for Wounded Warriors
- States & Territories
- Transitioning from the Military to a Civilian Career
- Unemployment Insurance



### [Education & Training](#)

- Continuing Education, Career Paths, Apprenticeships & Credentials
- Education Benefits & Programs
- Scholarships & Other Financial Assistance
- States & Territories
- Support for Student Veterans
- Tuition Assistance



### [Family & Caregiver Support](#)

- Caregiver Support
- Caregiver to Survivor
- Children & Youth
- Civil Rights & Legal Assistance
- Counseling
- Disability Services
- Domestic Abuse & Sexual Assault
- Facility & Records Locator
- Family Support
- Financial Information & Assistance
- Military Spouse
- Pets & Service Animals
- Seniors
- Service Member Support
- States & Territories
- Survivors
- Volunteer Organizations
- Women's Resources



[Health](#)

- Health Care
- Health Care Provider Resources
- Healthy Living
- Medical, Psychological & Behavioral Health Conditions
- Rehabilitation
- Resiliency
- States & Territories



[Homeless Assistance](#)

- Emergency & Transitional Housing
- Employment & Income Assistance
- Essential Needs, Toiletries & Clothing
- Facility and Records Locator
- Health Care, Mental Health & Substance Abuse
- Homeless Outreach
- Homeless Women Veterans
- Legal Assistance & Credit Counseling
- Non-Profit Programs
- Referral Services & Case Management
- Research & Reports
- Resources & Grants for Homeless Service Providers
- Soup Kitchen
- States & Territories
- VA & Other Government Programs



[Housing](#)

- Accessible Housing
- Affordable Housing
- Building & Locating Houses
- Facility and Records Locator
- Military Housing & Relocation
- Mortgages, Home Loans & Financial Assistance
- Residential Rehabilitation Facilities
- States & Territories
- Temporary Housing
- Veterans Home & Nursing Care Facility



[Transportation & Travel](#)

- Driver's License & Vehicle Registration
- Facility and Records Locator
- Military Travel Pay
- Off-Duty Travel
- States & Territories
- Transportation Assistance & Public Transportation
- Vehicle Modifications & Adaptive Equipment
- Veteran License Designation & License Extensions



[Military Adaptive Sports Program](#)

- MASP Resources
- VA Adaptive Sports Grant Recipients

## ADDITIONAL RESOURCES



*Employment*

*Financial Assistance*

*Food Services*

*Substance Use Disorder and Recovery*

## EMPLOYMENT SERVICES

*MINNESOTA'S RECOVERY CORPS: A DIVISION OF AMERICORPS*

### **Minnesota Recovery Corps**

[www.minnesotarecoverycorps.org/contact](http://www.minnesotarecoverycorps.org/contact)

**Phone:** (612) 206-3030

1200 Washington Ave S., Suite 310

Minneapolis, MN 55415

#### ***One year of sobriety required.***

Do you want to use your lived experience to make a difference? Volunteer with AmeriCorps's Recovery Corps. AmeriCorps members, serving as Recovery Navigators, provide mentoring, peer support, and resource navigation to help people build their recovery. The Recovery Navigator is not a sponsor or counselor but a trained peer who understands the journey of recovery.

The rewards include helping people, inspiring hope, and changing lives. In exchange for a one-year commitment to service you will receive a living stipend, health care, and an education credit of \$6495.00 that can be used in multiple ways. If you are ready for a challenging job with a purpose, contact us through our website:

## *EMPLOYMENT AGENCIES*

### **CareerForce**

#### **Career Force – St. Cloud**

**Phone:** (320) 308-5320

St Cloud Technical & Comm. College

1542 Northway Drive Door 2

St Cloud, MN 56303

**Email:** [careerforce.saintcloud@state.mn.us](mailto:careerforce.saintcloud@state.mn.us)

**Website:** [www.careerforcemn.com/saintcloud](http://www.careerforcemn.com/saintcloud)

**Office Hours:** Mon - Fri 8:00am – 4:30pm

#### **Career Force – Litchfield**

**Phone:** (320) 593-1056

114 North Holcombe Avenue Suite 170

Litchfield, MN 55355

**Email:** [careerforce.litchfield@state.mn.us](mailto:careerforce.litchfield@state.mn.us)

**Website:** [www.careerforcemn.com/litchfield](http://www.careerforcemn.com/litchfield)

**Office Hours:** M-Tues: 8:00am-12:00 pm /1:00-4:30 pm

Thurs. 8:00am-12:00pm /1:00pm-4:30pm

### **Career Force – Little Falls**

**Phone:** (320) 232-2000

609 13th Avenue NE Suite G

Little Falls, MN 56345

**Email:** [careerforce.littlefalls@state.mn.us](mailto:careerforce.littlefalls@state.mn.us)

**Website:** [www.careerforcemn.com/littlefalls](http://www.careerforcemn.com/littlefalls)

**Office Hours:** Mon – Fri 8:00 am – 4:30 pm

**About us:** With close to 50 CareerForce locations throughout the state, you're sure to find one that fits your career development or talent matching needs. CareerForce is committed to helping individuals start, advance, or change their career. This includes one-on-one guidance, training, networking, labor market information and much more. We are a rich resource for anyone, from any walk of life, at any career or recruitment stage.

### **Doherty Staffing**

**Phone:** (320) 253-4473

**Website:** [www.doherty.jobs/](http://www.doherty.jobs/)

2301 Division St #500

St Cloud, MN 56301

**Office Hours:** Mon -Fri, 8:00am – 5:00pm

**About us:** Doherty is one of the Midwest's largest staffing and recruiting agencies, connecting great jobs to great people for 40+ years. People who partner with us enjoy awesome work perks that include:

- Weekly paychecks with free auto deposit or pay card options
- Health benefit plans with several coverage levels
- Vacation and holiday pay
- Flexible work options that fit your schedule
- Referral bonus program
- Awesome customer service from recruiters who care

### **Express Employment Professionals**

**Phone:** (320) 251-1038

**Website:** [www.expresspros.com/stcloudmn](http://www.expresspros.com/stcloudmn)

1410 W St Germain St Ste 101

St Cloud, MN 56301

**Office Hours:** Mon – Fri, 8:00am – 5:00pm

**About us:** Express Employment Professionals works with job seekers to help them find the right job for their skills and experience. We have a variety of jobs available, and there are full-time, part-time, and temporary positions available.

## Goodwill / Easter Seals

**Phone:** (320) 654-9012

**Email:** [outreach@gesmn.org](mailto:outreach@gesmn.org)

**Website:** [www.goodwilleasterseals.org/services/Career-Training-Support](http://www.goodwilleasterseals.org/services/Career-Training-Support)

50 2<sup>nd</sup> Ave. S.

Waite Park, MN 56387

**Office Hours:** Mon – Fri, 10:00 am – 8:00 pm, Sat, 10:00 am – 7:00, Sun, 11:00 am – 6:00 pm

**About us:** Industry-specific training programs help expand the skills and qualifications needed to start a new career in just 8 - 12 weeks (eligibility screening and entrance test are required prior to enrollment).

- Get no cost training in high demand fields in automotive, construction, business, and IT.
- Earn industry certificates, college credits and connect with potential employers.
- Receive stipends or training wages while enrolled in select courses.
- Explore goals, strengths, and interests and plan for a career.
- Prepare for interviews and build personal skills in employment & career readiness.
- Receive support and career navigation from experienced staff and instructors.

Personalized, flexible job placement services are the heart of GESMN's mission; we work closely with job seekers and employers to connect people to a career.

## Kelly Services

**Phone:** (320) 253-7430

**Website:** [www.kellyservices.us](http://www.kellyservices.us)

4150 2nd St S #425

St Cloud, MN 56301

**Office Hours:** M-F 8:30am – 5:00pm

**About us:** The fight is on to fix the injustices that keep qualified people from thriving in today's workforce. We teach our children to believe in building a better future. If we can envision that future for our kids, why not for today's working adults? Whether you're an employer or a job seeker, join us and let's remove more barriers to work – today and for our future.

## LAMB Labor Services

**Phone:** (320) 266-3059

**Email:** [info@lamblaborservices.com](mailto:info@lamblaborservices.com)

**Website:** [www.lamblaborservices.com](http://www.lamblaborservices.com)

115 Business 23 E

Paynesville, MN 56362

**Office Hours:** M-F 9:00am – 5:00pm

**About us:** (Spanish Friendly) Our staffing team sees a wide range of individuals seeking employment — from those looking for a career change or a second job to those currently unemployed. We hire and work with individuals to help them find full-time and part-time employment for permanent and temporary positions throughout central Minnesota. Currently we work with employers within a 20–30-mile radius around our office location in Paynesville, MN.

As an equal opportunity employer, we welcome and encourage all individuals to apply — regardless of race, age, gender, disability, or other. We are veteran friendly. We are disability friendly. We are race friendly. We are a people-friendly recruiting agency.

## **Prostaff**

**Phone:** (320) 656-9777

**Email:** [askhr@staffmarkgroup.com](mailto:askhr@staffmarkgroup.com)

**Website:** <https://prostaff.com/>

1400 W St Germain St #102

St Cloud, MN 56301

**Office Hours:** M-F 8:00am – 5:00pm

**About us:** A leader in staffing and recruiting, Pro Staff offers temporary, contract-to-hire, and direct-hire placements for a variety of light industrial and administrative jobs. We help you prepare for your next job – whether it's reviewing a resume to offer feedback or connecting you to exclusive jobs at leading local companies. Some of the administrative jobs include executive assistant, legal secretary, sales assistant, call center representative, collections, sales agents, human resources generalist, data entry clerk, general office clerk, receptionist. Light industrial jobs include assembler, production operator, certified forklift operator, inventory clerk, material handler, transportation clerk, quality control technician, test technician, CNC operator and welder.

## **Rise**

**About us:** Rise is an organization which supports people who have disabilities and other barriers. We are an industry leader and offer the people we serve the greatest possible level of community integration and a wide range of programming choices so that they may meet their goals.

Most of our programs are intended to assist the people we serve in finding employment opportunities that fit their career objectives and skills. We also have life enrichment programs and mental health support services, as well as programs assisting people in finding safe, affordable housing in some Central Minnesota counties. Rise strives to support the people we serve in the ways they want, such that everyone can achieve their personal measure of vocational achievement, self-sufficiency, and belonging in their communities.

### **Rise - Milaca**

**Phone:** (320) 983-2684

**Email:** [info@rise.org](mailto:info@rise.org)

**Website:** [www.rise.org](http://www.rise.org)

110 Second Street NW, PO Box 35

Milaca, MN 56353

**Office Hours:** Mon – Fri, 8:00 am – 4:00 pm, Sat – Sun, Closed

### **Rise – St. Cloud**

**Phone:** (320) 656-5608

**Email:** [info@rise.org](mailto:info@rise.org)

**Website:** [www.rise.org](http://www.rise.org)

Midtown Square

3400 1st St N #105

St Cloud, MN 56303

**Office Hours:** Mon – Fri, 8:00 am – 4:00 pm, Sat – Sun, Closed

### **Rise – St. Cloud – Hearing Impaired**

**Phone:** (651) 265-2337

**Cell/Text:** (651) 295-4261

**VP:** (651) 243-3047

**Email:** [info@rise.org](mailto:info@rise.org)

**Website:** [www.rise.org](http://www.rise.org)

400 1<sup>st</sup> St. So. #500B

St. Cloud, MN 56301

**Office Hours:** Mon – Fri, 8:00 am – 4:00 pm, Sat – Sun, Closed



## FINANCIAL SERVICES

### Minnesota Cold Weather Rule

#### TRI-CAP

**Phone:** (320) 251-1612 or (888) 765-5597

1210 23rd Avenue South,  
Waite Park, MN 56387

**Website:** <https://tricap.org/assistance/energy-assistance/>

Minnesota's Cold Weather Rule is in effect from October 1 through April 15 each year. The Cold Weather Rule protects residential utility customers from having your heat shut off if you make and keep an affordable payment plan with your utility provider.

The Cold Weather Rule applies to homeowners and renters who pay their own heat. Contrary to popular belief, the Cold Weather Rule is NOT a moratorium on utility disconnections. To keep your heat on or to reconnect your heat, you must contact your electric and/or natural gas company to make and keep a payment plan. Information about the Energy Assistance Program and the application is available on Tri-CAP's website on the Assistance/Energy page.

### Catholic Charities – Financial and Housing Counseling

**Phone:** (320) 229-4576

**Fax:** (320) 253-7464

**Email:** [financialcounseling@ccstcloud.org](mailto:financialcounseling@ccstcloud.org)

**Website:** [www.ccstcloud.org/services/financial-counseling](http://www.ccstcloud.org/services/financial-counseling)

Catholic Charities Emergency Services

157 Roosevelt Road, Suite 200

St. Cloud, MN 56301

**Hours:** Mon – Fri 8:00 am -4:30 pm

**About us:** If your bills have become too much to handle, Catholic Charities Financial and Housing Counseling may be able to help. Our financial counselors will help assess your situation, outline a plan, and set realistic financial goals.

We offer a managed checkbook service through Liberty Bank Minnesota where clients' funds are held in a protected "For the Benefit Of" account. We also offer management and balancing of clients' personal checkbook accounts. These accounts are managed by staff in coordination with the client to assure all monthly bills are paid, especially housing/rent, utilities and insurance.

Catholic Charities also offers financial education in a group setting. Topics include budgeting and savings strategies, building and managing credit, debt reduction, reverse mortgage basics and consumer protection. Contact Catholic Charities for more information.

### **Catholic Charities – Good Samaritan Fund**

**Phone:** (320) 229-4560

**Fax:** (320) 229-4562

**Email:** [info@ccstcloud.org](mailto:info@ccstcloud.org)

**Website:** [www.ccstcloud.org/services/emergency/good-samaritan-fund](http://www.ccstcloud.org/services/emergency/good-samaritan-fund)

Good Samaritan Coordinator

Catholic Charities Emergency Services

157 Roosevelt Road, Suite 100

St. Cloud, MN 56301

**Hours:** By appointment

**About us:** The Good Samaritan Fund seeks to provide funding to individuals and families with verifiable emergency needs when other services or funds are unavailable. Funds may be approved for rent, damage deposit, utilities, medical expenses, childcare, transportation, and other critical needs. A referral is required.

\*It is important to note that the Good Samaritan Fund is not a program of Catholic Charities; rather, Catholic Charities is the fiscal agent for the Good Samaritan Fund. Clients are encouraged to contact an agency that they are presently working with to discuss a possible referral to the Good Samaritan Fund.

### **Social Security Administration**

**Phone:** (877) 405-1446

**Email:** Through Website

**Website:** [www.ssa.gov/](http://www.ssa.gov/)

**About us:** Social Security has provided financial protection for our nation's people for over 80 years. Chances are, you either receive Social Security benefits or know someone who does. Services include retirement, disability, and survivor's benefits.

## FOOD ASSISTANCE

### *SOUP KITCHENS*

#### **Place of Hope - Free Community Meals Daily**

511 9th Ave N  
St Cloud, MN 56303

**Phone:** (320) 203-7881

**Email:** [hope@placeofhopeministries.org](mailto:hope@placeofhopeministries.org)

**Website:** [www.placeofhopeministries.com](http://www.placeofhopeministries.com)

**About us:** A community meal is provided to anyone in need. Recovery testimony nights are every Tuesday at 6:00 pm.

**Hours:** Mon – Sat, Noon and 5 pm, Sun, 1:00 pm and 5:00 pm. Call to verify days and times

#### **Salvation Army - Free Community Meals Daily**

400 Highway 10 South  
St. Cloud, Minnesota 56302

**Phone:** 320-252-4552

**Website:** <https://centralusa.salvationarmy.org/northern/stcloud>

**Hours:** Monday – Friday, 11:30 am – 12:45 pm

**About us:** We serve a hot meal at our worship and service center over the lunch hour Monday through Friday from 11:30 am - 12:45 pm. All are welcome to attend.

### *FOOD SHELVES/PANTRIES*

#### **Albany Food Shelf**

**Phone:** (320) 845-2343

721 Lake Ave,  
Albany, MN 56307

**Pantry hours:** Albany food shelf is open between 9:00 am and 10:00 am on the 1<sup>st</sup> Thursday of the month and between 5:30 pm and 6:30 pm on the 3<sup>rd</sup> Thursday of the month.

#### **Avon Food Shelf**

**Phone:** (320) 357-5202

212 1<sup>st</sup> St. SW  
Avon, MN 56310

**Pantry hours:** Avon food shelf is open between 6:00 pm - 7:00 pm on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, from 10:00 am – 11:00 am on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday, and from 6:00 pm to 7:00 pm on the 1<sup>st</sup> and 4<sup>th</sup> Thursday of the month. Call to confirm their days and hours of operation.

#### **Brooten/Belgrade/Elrosa Food Shelf**

**Phone:** (320) 346-4193

131 Pleasant Ave. N.  
Brooten, MN 56316

**Email:** [bbefoodshelf@tds.net](mailto:bbefoodshelf@tds.net)

**Pantry hours:** Wed, 1:00 pm – 5:00 pm

### **Catholic Charities Food Shelf**

**Phone:** (320) 229-4560

157 Roosevelt Road Suite 100

St. Cloud, MN 56301

**Email:** [emergencyservices@ccstcloud.org](mailto:emergencyservices@ccstcloud.org)

**Website:** [www.ccstcloud.org/services/emergency/food-shelf](http://www.ccstcloud.org/services/emergency/food-shelf)

**Pantry hours:** In-Person shopping by appointment hours: Monday: 1 pm-4 pm, 2<sup>nd</sup> and 4<sup>th</sup> Tuesday (Senior/60 +) 1 pm – 3:30 pm, Wednesday: 3 pm – 7 pm, Friday: 9 am – 12 pm

### **Celebration Lutheran Church**

**Phone:** 320-255-0488 Ext. 109

1500 Pinecone Road N

Sartell, MN 56377

**Email:** [lcstore@celebrationlutheranchurch.com](mailto:lcstore@celebrationlutheranchurch.com)

**Website:** [www.celebrationlutheranchurch.com](http://www.celebrationlutheranchurch.com)

**Pantry hours:** Mon. – Thurs. 8:00 am – 4:00 pm, Friday 8:00 am – 1:00 pm

**About us:** Drop-off and curbside pick-ups available. Delivery available for the elderly and disabled.

### **Clearwater/Clear Lake Food Shelf**

**Phone:** (320) 558-2954

1100 County Road 75

Clearwater, MN 55320

**Pantry hours:** \*Mondays 5:30 pm to 7:00 pm, Tuesdays 9:00 am to 11:00 am and 6:00 pm to 8:00 pm, Wednesdays 3:00 pm to 5:00 pm. Call to confirm days and times of service.

### **CROSS Center - Benton County Food Shelf**

**Phone:** (320) 968-7012

150 4th Ave

Foley, MN, 56329

**Email:** [crosscenter@hotmail.com](mailto:crosscenter@hotmail.com)

**Website:** [www.foleycrosscenter.org](http://www.foleycrosscenter.org)

**About us:** Serving Benton County

**Pantry hours:** Monday 1:00 pm – 4:00 pm & 6:00 pm – 8:00 pm, Thursday 10:00 am – 3:00 pm

### **Holdingsford Area Food Shelf**

**Phone:** (320) 746-263 7

420 Main St, City Hall,

Holdingsford, MN, 56340-0013

**About us:** We serve the cities of St. Anna, Opole, St. Wendel, Holdingsford and Upsala.

**Pantry hours:** 8:00am - 9:30am, 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month.

### **Kimball Area Food Shelf**

**Phone:** (320) 398-3415

441 Hazel Ave. E.

St. Anne Parish

Kimball, MN, 55353

**Email:** [kimfoodshelf@meltel.net](mailto:kimfoodshelf@meltel.net)

**Website:** <https://kimballfoodshelf.com>

**Pantry hours:** Tuesdays: 9:30 am to 10:45 am, and Thursdays: 9:30 am to 10:45 am

### **Melrose Food Shelf**

**Phone:** (320) 256-2555

200-298 Country Club RD

Melrose, MN 56352

**Website:** [www.hungersolutions.org/](http://www.hungersolutions.org/)

**About us:** Serves residents of Melrose Area Independent School District 740.

**Pantry hours:** The first four Wednesday of the month, from 1:00 pm – 4:45 pm

### **Paynesville Community Service Center**

**Phone:** (320) 243-4953

110 Lake Avenue So.

Paynesville, MN - 56362

**Email:** [paynesvillecsc@yahoo.com](mailto:paynesvillecsc@yahoo.com)

**About us:** Call for information and to confirm days and times.

**Pantry hours:** Wednesdays, 10:00 am - 2:00 pm for food, Thursdays, 10:00 am – 2:00 pm for clothing/housewares

### **Place of Hope - Living Hope Center**

**Phone:** (320) 203-7881

511 9th Ave N

St Cloud, MN 56303

**Email:** [hope@placeofhopeministries.org](mailto:hope@placeofhopeministries.org)

**Website:** [www.placeofhopeministries.com](http://www.placeofhopeministries.com)

**About us:** Our Hospitality Center is stocked with free food, free medical care, free clothing, & free personal care items. Anyone in need may come to our Living Hope Center, Door # 4 for help.

### **ROCORI Area/Salvation Army**

401 Main St - Basement of Bank of Cold Spring (Salvation Army)

**Phone:** (320) 685-8785

(and) 217 Main Street (Rocori Food Bank)

PO Box 307

Cold Spring, MN 56320

**Email:** [rocorifoodshelf@gmail.com](mailto:rocorifoodshelf@gmail.com)

**Website:** [www.rocoriareafoodshelf.org](http://www.rocoriareafoodshelf.org)

**About Us:** Food pantry and assistance programs to the low income, seniors, and the needy. Self-sufficiency is also provided to those who qualify. Programs include a food pantry, Christmas meals and gifts, and shelter/transition housing.

**Pantry hours:** Every Monday 10:00 am – 2:30 pm & 3<sup>rd</sup> Monday of the month 5:30 pm – 7:00 pm. Call to confirm dates and times of service.

### **Salvation Army**

**Phone:** (320) 252-4552

400 Highway 10 S

Saint Cloud, MN - 56304

**Email:** [laura.douvier@usc.salvationarmy.org](mailto:laura.douvier@usc.salvationarmy.org)

**Website:** <https://centralusa.salvationarmy.org/northern/StCloud>

**About us:** Salvation Army food pantry serves residents of Benton, Sherburne, and Stearns counties that live in the St. Cloud metro area. There is a limit of one visit per month. Photo ID and proof of address are required.

**Pantry hours:** Tuesdays and Thursdays, 9:00 am – 11:00 am and 1:00 pm – 3:00 pm and every 4<sup>th</sup> Monday, 4:00 pm – 6:00 pm. Arrive 20 minutes before close. Call to confirm days and times.

### **Sauk Centre Community Connection Food Shelf**

**Phone:** (320) 351-2287

523 Sinclair Lewis Ave.  
Sauk Centre, MN 56378

**Pantry hours:** Wednesdays, 2:00 pm – 4:00 pm and Thursdays 6:00 pm – 8:00. Call to confirm days and times.

### **St. Joseph Community Food Shelf**

**Phone:** (320) 433-0068 or (478) 213-2700

610 CO RD 2 P.O. Box 565  
St. Joseph, MN 56374

**Email:** [stjosephcommunityfoodshelf@gmail.com](mailto:stjosephcommunityfoodshelf@gmail.com)

**Website:** [www.facebook.com/St.JoeFoodShelf](http://www.facebook.com/St.JoeFoodShelf)

**Pantry hours:** Tuesdays and Thursdays, 1:00 pm – 3:00 pm. Call to confirm days and times.

### **Wright County Community Action Clothing Center/Food Shelf**

**Phone:** (763) 658-4414

411 Elm Ave  
Waverly, MN 55390

**Pantry hours:** Mondays through Thursdays, 9:00 am – 4:00 pm and Fridays, 9:00 am – 1:00 pm. Call to confirm days and times.

## *SNAP FOOD ASSISTANCE PROGRAMS*

### **WIC/SNAP - Benton County**

**Phone:** (320) 698-5000

531 Dewey Street  
Foley, MN 56329

**Website:** [www.co.benton.mn.us](http://www.co.benton.mn.us)

**Office hours:** 8:00 am – 4:30 pm Monday – Friday

### **WIC/SNAP – Sherburne County**

13880 Business Center Dr. NW  
Elk River, MN 55330

**Phone:** (763) 765-4000

**Email:** [wic@co.sherburne.mn.us](mailto:wic@co.sherburne.mn.us)

**Website:** [www.co.sherburne.mn.us/](http://www.co.sherburne.mn.us/)

**Office hours:** 8:00 am – 4:30 pm Monday – Friday

### **WIC/SNAP – Stearns County**

705 Courthouse Square  
St Cloud, MN 56303

**Phone:** (320) 656-3600

**Email:** [info@co.stearns.mn.us](mailto:info@co.stearns.mn.us)

**Website:** [www.stearnscountymn.gov](http://www.stearnscountymn.gov)

**Office hours:** 8:00 am – 4:30 pm Monday – Friday

**WIC/SNAP – Wright County**

10 2nd Street NW  
Buffalo, MN 55313-1736  
**Phone:** (763) 682-3900  
**Website:** [www.co.wright.mn.us](http://www.co.wright.mn.us)  
**Office hours:** 8:00 am – 4:30 pm Monday – Friday

**WIC/SNAP – Meeker County**

114 N. Holcombe Ave, Ste 180  
Litchfield, MN 55355-2273  
**Phone:** (320) 693-5370  
**Email:** [paul.bukovich@co.meeker.mn.us](mailto:paul.bukovich@co.meeker.mn.us)  
**Website:** [www.co.meeker.mn.us/](http://www.co.meeker.mn.us/)  
**Office hours:** 8:00 am – 4:30 pm Monday – Friday

**WIC/SNAP – Todd County**

212 2nd Ave S  
Long Prairie, MN 56347-1640  
**Phone:** (320) 732-4500  
**Email:** [jackie.och@co.todd.mn.us](mailto:jackie.och@co.todd.mn.us)  
**Website:** [www.co.todd.mn.us/divisions/health-human/community-health](http://www.co.todd.mn.us/divisions/health-human/community-health)  
**Office hours:** 8:00 am – 4:30 pm Monday – Friday

**WIC/SNAP – Morrison County**

213 SE 1st Ave  
Little Falls, MN 56345-3196  
**Phone:** (320) 632-2951  
**Website:** [www.co.morrison.mn.us](http://www.co.morrison.mn.us)  
**Office hours:** 8:00 am – 4:30 pm Monday – Friday

**WIC/SNAP – Mille Lacs County**

525 2nd St SE  
Milaca, MN 56353  
**Phone:** (320) 983-8208  
**Email:** [beth.crook@co.mille-lacs.mn.us](mailto:beth.crook@co.mille-lacs.mn.us)  
**Website:** [www.millelacs.mn.gov/](http://www.millelacs.mn.gov/)  
**Office hours:** 8:00 am – 4:30 pm Monday – Friday

*FARMERS MARKET SNAP/EBT PROGRAM*

Nothing says summer like the pop-up produce stands of our local farmers markets. They are a great option for high quality, locally grown produce at a low price. In addition, they provide organic 'farm to table' vegetables and fruits at the peak of freshness.

Each market is unique in what they have to offer. In addition to seasonal fruits and vegetables, you also might find booths selling meat, poultry, fish, eggs, dairy products, bread, cereals, jams, syrups, honey, rice, grains, pickles, and packaged pastries.

And did you know that many farmer's markets allow you to purchase using your EBT card? It is as easy as swiping your card for tokens that can be used in exchange for food purchased at the various booths. (Non-food items as well as immediately consumable food and drinks are not eligible for EBT purchase.)

Purchases will be rounded up to the nearest dollar. No change will be given, and vendors will not exchange tokens for money. Unspent tokens may be kept and used later. Cash refunds cannot be given for tokens and must be used by the end of the Farmer's Market season.

Below you will find a list of local markets that participate in the EBT program. And, more is added each year, so be sure to contact your local farmers' market to see their purchase options.

**St. Joseph Farmers' Market:** 610 N County Road 2, St. Joseph, MN 56374  
Fridays 3:00-6:00pm, Open from May to October

**St. Cloud Waite Park Harvest Market:** 6<sup>th</sup> Ave South , St. Cloud, MN 56301  
Saturdays 9:00am-1:00pm, Open from May to October

**St. Cloud Area Farmers Market:** 103 - 6th Avenue South, St. Cloud, MN 56303  
Saturdays 8:00am-12:00pm, Open from May to October

**Monticello Farmers Market:** 200 W 6th Street, Monticello, MN 55362  
Thursdays 3:30pm-7:00pm to Open from May to October

**Big Lake Farmers Market:** 101 Lakeshore Drive, Big Lake, MN 55309  
Wednesdays 3:00pm-6:00pm, Open from June to September

**Buffalo Farmers Market:** 100 1st St NE, Buffalo, MN 55313  
Saturdays 8:00am-12:00pm, Open from May to October

**Maple Lake Farmers Market:** 210 Division St W, Maple Lake, MN 55358  
Fridays 3:00pm-7:00pm, Open from June to September



*DISCOUNTED FOOD: FARE FOR ALL*

**Locations:**

**Fare for All – Buffalo**

Zion Lutheran Church  
1200 – MN 25  
Buffalo, MN 55313

**Phone:** (800) 582-4291

**Email:** [office@zionbuffalo.org](mailto:office@zionbuffalo.org)

**Website:** [www.zionbuffalo.org](http://www.zionbuffalo.org)

**Fare for All – Little Falls**

Bethel Lutheran Church  
901 Broadway W  
Little Falls, MN 56345

**Phone:** (800) 582-4291

**Email:** [bethellittlefallsa@usfamily.net](mailto:bethellittlefallsa@usfamily.net)

**Website:** <https://bethellutheranlittelfalls.weebly.com/>

**Fare for All – St. Joseph**

Resurrection Lutheran Church  
610 County Road 2  
St. Joseph, MN 56374

**Phone:** (800) 582-4291

**Email:** [rlc@rlcstjoe.com](mailto:rlc@rlcstjoe.com)

**Website:** <https://rlcstjoe.com/fare-for-all/>

**Fare for All – St. Cloud**

Salem Lutheran Church  
90 Riverside Dr. SE.  
St. Cloud, MN 56329

**Phone:** (320) 252-1625

**Email:** [contact@salemstcloud.org](mailto:contact@salemstcloud.org)

**Website:** <https://fareforall.thefoodgroupmn.org/>

*RUBY'S PANTRY*

**Ruby's Pantry - No Waste. Great Food.**

Ruby's Pantry is a service available for anyone that is looking to extend their monthly grocery budget. They gather various food overages, surpluses, and bumper crops into generous food bundles for a low \$22 contribution.

**Cost:** \$22 for each unit of food.

**\*\*Bring empty containers for your food.**

**Locations:**

**Ruby's Pantry in Ramey, MN**

**Website:** [www.rubyspantry.org](http://www.rubyspantry.org)

**Phone:** (651) 674-0009

Bethany Lutheran Church

34238 Nature Rd

Foley, MN 56329

**Pantry hours:** 2nd Wednesday of the month - Registration begins at 4:30 pm and food bundles are available 5:00 pm - 6:30 pm. Call to verify day and time.

**Ruby's Pantry in Sauk Centre, MN**

**Website:** [www.rubyspantry.org/location/101](http://www.rubyspantry.org/location/101)

**Phone:** (651) 674-0009

River of Life Church

705 12th St S

Sauk Centre, MN 56378

**Pantry hours:** 1st Saturday of the month - Registration begins at 10:00 am and food bundles are available 10:00 am - 11:30 am. Call to verify day and time.

**Ruby's Pantry in Little Falls**

**Phone:** (651) 674-0009

**Website:** [www.rubyspantry.org/location/85](http://www.rubyspantry.org/location/85)

Little Falls Alliance Church

15615 HWY 27

Little Falls, MN 56345

**Pantry hours:** 4th Monday of the month - Registration begins at 4:30 pm and food bundles are available 4:30 pm - 6:00 pm. Call to confirm day and times.

## SUBSTANCE USE DISORDER AND RECOVERY RESOURCES

### Recovery Community Organization (RCO)

A Recovery Community Organization (RCO) is devoted to providing services to and tearing down barriers for those suffering from a substance use disorder. It is a grassroots community-based organization staffed by people in recovery. It provides services free-of-charge to those seeking recovery and those who are affected by someone with a substance use disorder.

#### Why is this important?

In 1958 Bill Wilson, co-founder of the A.A. program, wrote the following, "From cradle to grave, the drunk and the potential alcoholic will have to be surrounded by true and deep understanding and by a continuous barrage of information: the facts about his illness, its symptoms, its grim seriousness. Why should an alcoholic have to wait until he is 55 and be horribly mangled to find out that he is a very sick man, when enough education of the right kind might have convinced him at 30 or 35?"

This was a radical statement back in 1958 and yet sixty years later we are still dealing with much of the ignorance and lack of awareness that Bill Wilson was addressing in the above quote. The stigma associated with a substance use disorder is still so pervasive that it prevents and inhibits thousands of people each year from seeking help.

According to the National Survey on Drug Use and Health (NSDUH), 19.7 million American adults (aged 12 and older) battled a substance use disorder in 2017. That same year, 1 out of every 8 adults struggled with both alcohol and drug use disorders simultaneously. Moreover, in 2017, 8.5 million American adults suffered from both a mental health disorder and a substance use disorder, also known as co-occurring disorders.

The emotional toll on our society cannot be overstated or adequately measured. However, according to the NSDUH drug abuse and addiction cost American society more than \$740 billion annually in lost workplace productivity, healthcare expenses, and crime-related costs.

#### How can RCOs help?

A Recovery Community Organization raises awareness about recovery from a substance use disorder and aids those in recovery and those seeking recovery services. RCO staff work with mental health providers, faith-based organizations, treatment providers, recovery-oriented agencies, and 12-Step programs to broaden the safety net of recovery services.

According to Robert D. Ashford, a recovery researcher, an estimated 22 million Americans are currently in recovery from opioid and other addictions. This is a good news story that is seldom talked about on the news or social media.

We still have a long way to go in reducing the stigma associated with a substance use disorder and providing full and timely access to treatment services that are so sorely needed for our communities. However, with organizations like RCOs, we are making inroads to what Bill Wilson envisioned over sixty years ago.

The only way to ensure ignorance about recovery persists in our society, is for people in recovery to remain silent. RCOs are about recovering out loud. RCOs are open to multiple pathways to recovery and focus on an individual's quality of life. RCOs seek to complete rather than compete with treatment options or providers.



## Recovery Community Organizations

### Begin Anew

7533 Sunwood Dr. NW Suite 208  
Ramsley, MN 55303  
(763) 252-6570  
<https://beginanewrecovery.org>

### Continuum Care Center

1 West Water Street, Suite 210  
Saint Paul, MN 55107  
(612) 353-5171  
Minneapolis: (651)888-6103  
[www.continuumcarecenter.com](http://www.continuumcarecenter.com)

### Doc's Recovery House

1821 Restoration Rd SW  
Rochester, MN 55902  
(507) 216- 3353  
[info@docsrecoveryhouse.org](mailto:info@docsrecoveryhouse.org)

### Face It Together Bemidji

408 Beltrami Ave NW, Suite 100  
Bemidji, MN 56601  
(218) 444-8753  
<http://faceittogetherbemidji.org>

### Minnesota Alternatives Incorporated

7766 NE. Hwy 65  
Spring Lake Park, MN 55432  
(763) 789-4895  
<https://minnesotarecovery.org/resource/mn-alternatives-inc-peer-support-center>

### Minnesota Hope Dealerz Organization

2329 10<sup>th</sup> Ave E Apt 205  
Saint Paul, MN 55109  
(866) 861-1308 (612) 504-2047  
[www.minnesotahopeddealerz.org](http://www.minnesotahopeddealerz.org)

### Minnesota Recovery Connection

800 Transfer Rd., Suite 31  
St. Paul, MN 55114  
(612) 584-4158  
<https://minnesotarecovery.org>

### Niyah Recovery Initiative

420 S 15<sup>th</sup> Ave  
Minneapolis, MN 55454  
(612) 547-9052  
[www.niyahrecovery.org/](http://www.niyahrecovery.org/)

### Recovery Alliance Duluth

206 W 4<sup>th</sup> St #203  
Duluth, MN 55806  
(218) 576-6005  
<https://recoveryallianceduluth.org>

### Recovery Community Network

3400 1<sup>st</sup> Street N Suite 404  
St. Cloud, MN 56303  
(320) 428-1887  
[www.recoverycommunitynetwork.com](http://www.recoverycommunitynetwork.com)

### Recovery Engaged Communities

P.O. Box 111  
Moorhead, MN 56560  
(218) 284-1811  
<https://mnrec.net>

### Recovery is Happening

25 16<sup>th</sup> St. NE  
Rochester, MN 55906  
(507) 218-4773  
[www.recoveryishappening.org](http://www.recoveryishappening.org)

### ReFocus Recovery

2929 Emerson Ave. N.  
Minneapolis, MN 55411  
(866) 383-4897 (612) 444-6599  
[www.refocusrecovery.org](http://www.refocusrecovery.org)

### Rise Up Recovery

507 Vermillion Street  
Hastings, MN 55033  
(651) 319-0122  
[www.riseuprecoverymn.com](http://www.riseuprecoverymn.com)

### WEcovery by Beyond Brink

314 Chestnut St  
Mankato, MN 56001  
(507) 779-7091  
<https://beyondbrink.com>

### Will Work for Recovery

2520 N 2<sup>nd</sup> St  
Minneapolis, MN 55411  
(612) 521-4178  
[www.willworkforrecovery.org](http://www.willworkforrecovery.org)