

YOU'VE GOT THIS!....

...And Clay County Public Health is here to help.

Services are available for free and provided by a Public Health Nurse:

Family Home Visiting: Family home visiting programs are available at no cost to families and available during pregnancy or after delivery, and until the child reaches 2-3 years of age. We offer pregnant and parenting families home visits by a registered nurse who can provide support, information and referrals to community resources. Our nurses are specially trained in prenatal support, child development, baby feeding, soothing, and sleep, and parenting support.

Follow Along Program: Babies and young children grown and learn at their own rate. The Follow Along Program is available to all families in Clay County and helps you know if your child is playing, talking, growing, moving and acting like other children. Every so often, you answer some questions about your child; a nurse will review your answers and contact you if there are any concerns.

Immunizations for children and adults: Qualifying children and adults are eligible for state-supplied vaccines and immunizations.

Car seat education: Child Passenger Safety Seat education available here at the Public Health Clinic. Families receiving Medical Assistance or MinnesotaCare may be eligible for car seats from their health plan.

Child and Teen Checkups: The Child and Teen Checkups Program provides free comprehensive health care for children and teens, newborn through the age of 21, who are enrolled in Medical Assistance (MA) or MinnesotaCare. Public Health offers outreach services to help connect clients to local healthcare services.

**Ask your WIC consultant for more information/referrals
or call 218-299-5220**



Fargo-Moorhead Resource List 2025



Women, Infants, and Children (WIC) Program

(218) 299-7777

Open Monday—Friday 8:00am -4:30pm

Evening Clinic 1st and 3rd Tuesday until 7pm

**For immediate substance abuse or mental health crisis call
9-8-8. For listening, support, and resources call 2-1-1.**

This institution is an equal opportunity provider.

WIC Expectations

- * Always bring your WIC card to appointments and shopping.
- * Report lost or stolen card immediately.
- * Shop at WIC-approved stores in Minnesota only.
- * Buy only the foods listed on the benefit list and shopping guide.
- * Never return WIC foods for cash or credit.
- * Never accept cash or credit for WIC benefits.
- * Never sell or trade your WIC benefits.
- * Get benefits from only one WIC clinic at a time.
- * Separate WIC food from non-WIC food when checking out.
- * If you are moving to another state, you may transfer your WIC.

WIC Approved Stores – Clay County

Moorhead

Cashwise Foods	3300 Hwy 10 E. Moorhead	218-236-4910
Hornbacher's	101 South 11 th St. Moorhead	218-236-6333
Hornbacher's	950 40th Ave. S. Moorhead	218-359-4000
Target	3301 Hwy 10 E. Moorhead	218-233-2326

Dilworth

Walmart	415 34 th St. N. Dilworth	218-233-9822
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Hawley

Tony's Super Value	1515 Hartford St. Hawley	218-483-3339
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Barnesville

Barnesville Grocery	123 2nd St. SE. Barnesville	218-354-2243
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For Medical Formula Only

Walgreens	900 Main Ave. Moorhead	218-236-0252
Walgreens	700 30th Ave. S. Moorhead	218-331-2668
CVS	3301 Hwy 10 E. Moorhead	218-233-2953
CVS—Dilworth	1714 Center Ave. W. Dilworth	218-287-5147

Confused about how to apply?



MN Sure

How Can I Apply and Get Free Help?



Quickest way

1. At a **scheduled appointment** with [Lakes & Prairie Community Action Partnership](#) on the 1st floor of the Family Service Center, Suite 101 (218)-512-1500
OR at [Community Health Services](#) with a MNSure Insurance Navigator (218) 236-6502
Must bring:

- Income documentation (tax return is preferred but pay stubs, Social Security statements, bank statements, and County verifications also work)
 - Any information on employee offered insurance plan(s)—whether you are on it or not
2. Online at www.mnsure.org
 3. Complete/mail in a paper application

SNAP Supplemental Nutrition Assistance Program

715 11th St. N 1st Floor 218-299-5200

How Do I Apply?

1. At Social Services on the 1st floor of the Family Service Center, Suite 102
2. Online at [MN Benefits](#)



Quickest way

What Else Can Social Services Help Me With?

Applications for Cash Assistance (MFIP) for pregnant women or children, Daycare Assistance, or advice for what to do in case of an emergency (ex: eviction notice)

Employment/Financial Services/Economic Empowerment

Income Taxes Assistance:

Lakes and Prairies Community Action	715 11 th St. N. Suite 101 Moorhead	218-512-1500
SENDCAA Financial Services	3233 University Dr. S. Fargo	701-232-2452

Employment & Job Training

Cultural Diversity Resources-	112 University Dr. N. Suite 306 Fargo	701-526-3000
Job Services ND	1350 32 nd St. S. Fargo	701-239-7300
Heartland Labor	813 University Dr. N. Fargo	701-235-4099
Hire Quest Direct	1335 2 nd Ave. N. Fargo	701-232-8952
Labor Masters	1404 33 rd St. SW. Suite C Fargo	701-566-8755
Lakes and Prairies Community Action	715 11 th St. N. Suite 101 Moorhead	218-512-1500
People Ready	723 NP Ave. Fargo	701-235-8900
Rural Minnesota CEP, Inc.	715 11th St. N. Suite 302 Moorhead	218-304-8722
Spherion Staffing Agency	2730 7th Ave. S. Fargo	701-298-8300
Vocational Training Center	424 9 th Ave. S. Fargo	701-241-4858
	2532 University Dr. S. Fargo	
	1221 28th St. S. Fargo	

Other

Humane Society	1201 28th Ave. N. Fargo	701-239-0077
Library (Moorhead)	118 5th St. S. Moorhead	218-233-7594
Pride Collective & Community Center	1105 1st Ave. S. Fargo	218-287-8034
Safety Shoppe (Sanford)	601 39th St. N Fargo	701-234-7233
(Bike Helmets/Fire Safety products/Sleep Safety Products/Home Safety Products/Car seats and Life Jackets)		
United Way of Cass-Clay	4351 23rd Ave. S. Fargo	701-237-5050
YMCA-Fercho	400 1st Ave. S. Fargo	701-293-9622
YMCA-Schlossman	4243 19th Ave. S. Fargo	701-281-0126
Moorhead Park District/Sports Center	1300 15th Ave. N. Moorhead	218-299-5340
Fargo Park District	701 Main Ave. Fargo	701-499-6060

Hotlines

Beginning Experience (grieving and healing)	701-277-8784
Birthingright Hotline (unplanned pregnancy)	800-550-4900
Community Health Service Inc. Crisis Hotline (abuse and victim advocacy)	800-556-9661
First Link (listening, support, and resources)	701-235-SEEK (7335)
Suicide Line (First Link)	988
National Domestic Violence Hotline	800-799-SAFE (7233)
All-Options (pregnancy, parenting, etc. talk line)	888-493-0092
National Safe Haven Alliance (anonymous baby surrender)	888-510-BABY (2229)
Women's Care Center (pregnancy)	574-234-2341

Call 911 for Emergencies

Call 988 for Suicide and Crisis Lifeline

Call 211 for Help and Support

Clay County Family Service Center

715 11th Street North Moorhead, MN 56560

Financial Services 218-299-5200

1st Floor: Minnesota Family Investment Program, General Assistance, Medical Assistance, Food Stamps, Child Support Enforcement, Fuel Assistance.

Public Health 218-299-7777

1st Floor: Health Screening & Services, Immunizations, WIC, Water testing

Public Health Administrative Offices 218-299-5220

3rd Floor: Health Educator, Health Promotion, Home Visiting Nurses

West Central Minnesota Community Action 218-512-1530

4th Floor: Head Start (218-512-1515)

Social Workers 218-299-5200

5th Floor: Daycare Licensure, Chemical Dependency, Mental Illness, Child Protection

Human Service Agencies

Cass County Child Support	1600 E Century Ave. Suite 7 Bismarck	701-328-5440
Cass County Social Services	1010 2nd Ave. S. Fargo	701-241-5747
Cass County Family Services	1010 2nd Ave. S. 3rd Floor Fargo	701-241-5765
Catholic Family Charities	5201 Bishops Blvd. Suite B Fargo	701-235-4457
Churches United For the Homeless	1901 1st Ave. N. Moorhead	218-325-4993
Clay County Child Support	715 11 th St. N. Suite 106A Moorhead	218-299-5200
Clay County Social Services	715 11 th St. N. Suite 502 Moorhead	218-299-5200
Meals on Wheels	Moorhead	218-287-0434
	Fargo	701-293-1440
Lakes and Prairies Community Action	715 11 th St. N. Suite 101 Moorhead	218-512-1500
Lutheran Social Services	3110 S. Frontage Rd #100 Moorhead	844-287-8428

*Rural Aging Action Network	888-489-8270
*Behavioral Health Service	218-236-1494
*Therapeutic Foster Care	218-236-1494

SENDCAA	3233 S. University Dr. Fargo	701-232-2452
Social Security	657 2 nd Ave. N. Rm 320 Fargo	877-335-4114
Southeast Human Service Center	2624 9 th Ave. S. Fargo	701-298-4500
Village Family Service Center	815 37 th Ave. S. Moorhead	701-451-4900

Food Pantries, Food Shelves & Community Meals

Dorothy Day Food Pantry— Moorhead

1308 Main Ave. Moorhead
218-656-7628

In-Person Shopping
Wednesday: 3:00-6:00 pm
Tuesday/Thursday: 12:00-3:00 pm
Friday-Sunday: Closed

Bread of Life Food Pantry

Gloria Dei Lutheran Church
124 7th St, Felton, MN

Tuesdays: 10:00 -11:30am
*Must be Clay County resident

Seeds of Hope

14 Center Ave, Dilworth, MN
218-288-4300

Tuesday: 6:00-8:00pm

Ruby's Pantry

Pop-up locations—see [website](#)
651-674-0009

3rd Thursday of every month; 5:30-7pm
*Registration starts at 5:30pm
*Distribution process may take up to 1.5 hours
*\$25 fee, receive many grocery items in return

Bridgepoint Community Food Pantry

121 17th St. N. Moorhead
701-540-1383

2nd and 4th Wednesdays per month
* 10:45am-12:30pm

Glyndon Lutheran Church Food Pantry

414 Park Ave. S. Glyndon
218-498-2368

Tuesday-Thursday: 12:00-4:00 pm
*Call to request food basket
*Must provide number of adults and children within household

Emergency Food Pantry

1101 4th Ave. N. Fargo
701-237-9337

Monday-Thursday: 10-11:30am
Mon, Tues, Thurs & Friday: 1:30-3:30pm
*Valid ID required
*Receive a food basket every other month, up to 6 times a year

The Arbors at McCormick Park Food Pantry

618 23rd St S. Fargo
701-429-8615

Tuesdays 3:30-5:00pm
* Weather permitting

Legal Services

Legal Assistance of NW MN

1015 7th Ave. N. Moorhead 218-233-8585
(1-800-450-8585)

Legal Assistance of ND

112 N. University Suite 220 Fargo 701-293-7166
*Under age 60 (1-800-634-5263)
*60+ (1-866-621-9886)

Agricultural Worker Project

1015 7th Ave. N. Moorhead 800-652-9733

MN Find a Lawyer Service

North Dakota Lawyer Referral

--- 866-450-9579

Protection and Advocacy Project

4025 9th Ave. S. Suite A, Fargo 800-472-2670

UND Law Clinic

School of Law Room 130, Grand Forks 701-777-2273

Law Enforcement/Fire Department/Corrections

Detention – Juvenile MN

729 11th St. N. Moorhead 218-271-2900

Centre Inc. Detox

Male: 123 15th St. N. Fargo 701-237-9340

Female: 3501 Westrac Dr. Fargo 701-365-4199

Dispatch (Moorhead)

701-451-7660

Dispatch (Fargo)

701-235-4493

Fire Department – Fargo

637 NP Ave. N. Fargo 701-241-1540

Fire Department – Moorhead

111 12th St. N. Moorhead 218-299-5298

Fire Department – West Fargo

1201 10th Ave E West Fargo 701-515-5600

Jail – Cass County

450 34th St. S. Fargo 701-271-2900

Jail – Clay County

800 9th St. N. Moorhead 218-299-5163

POLICE

*Emergency

--- 911

*Barnesville

101 Front St. S. Barnesville 218-354-2281

*Fargo

105 25th St. N. Fargo 701-235-4493

*Moorhead

911 11th St. N. Moorhead 218-299-5151

*West Fargo

800 4th Ave. E. Suite 2 West Fargo 701-515-5500

*Dilworth

500 Center Ave. W. Dilworth 218-287-2666

*Glyndon

218 Parke Ave. S. Glyndon 218-498-2727

*Hawley

818 Front St. Hawley 218-483-4666

MN Corrections and Probation

215 30th St. N. Suite 101 Moorhead
*Felony Probation 218-304-3000

*M/GM Adult/Juvenile Probation 218-304-3010

ND Parole and Probation

461 34th St. S. Fargo 701-239-7272

West Central Regional Juvenile Center

729 11th St. N. Moorhead 218-299-5150

Sheriff – Cass County

1612 23rd Ave. N. Fargo 701-241-5800

Sheriff – Clay County

911 11th St. N. Moorhead 218-299-5151

TO REPORT AN EMERGENCY, CALL 911.

Education

Learning English

Adult Basic Education	2777 34th St. S. Moorhead	218-284-3450
New American Consortium	1323 23rd St. S. A. Fargo	701-288-1972
Moorhead Community Education	2777 34th St. S. Moorhead	218-284-3400
Islamic Society of Fargo Moorhead	601 28th St. S. Fargo	701-238-0195
Adult Learning Center	1305 9th Ave. S. Fargo	701-466-2807

Area Colleges and Community Education

Adult Learning Center	1305 9th Ave. S. Fargo	701-466-2807
Concordia College	901 8 th St. S. Moorhead	218-299-4000
MN State Community College/Tech	1900 28 th Ave. S. Moorhead	877-450-3322
Minnesota State University Moorhead	1104 7 th Ave. S. Moorhead	218-477-2161
Moorhead Community Education	2777 34th St. S. Moorhead	218-284-3400
North Dakota State University	1340 Administration Ave. Fargo	701-231-8011
Rasmussen College	1250 29 th Ave. S. Moorhead	218-304-6200
	4012 19th Ave. S. Fargo	701-277-3889

Moorhead Schools

Lakes and Prairies Head Start	715 11 th St. N. Suite 101 Moorhead	218-512-1515
Ellen Hopkins Elementary School	2020 11 th St. S. Moorhead	218-284-4300
Jump Start Preschool	2410 14th St. S. Moorhead	218-284-3400
Keys to Kindergarten	*varies based on elementary school	
Horizon Middle School	3601 12 th Ave. S. Moorhead	218-284-8300
		218-284-7300
Moorhead Senior High School	2300 4 th Ave. S. Moorhead	218-284-2300
Park Christian School	300 17 th St. N. Moorhead	218-236-0500
Probstfield Center	2410 14 th St. S. Moorhead	218-284-3700
Moorhead Alternative Learning Center	2800 27th Ave. S. Moorhead	218-284-2200
Robert Asp Elementary	910 11 th St. N. Moorhead	218-284-6300
S.G. Reinertsen Elementary	1201 40 th Ave. S. Moorhead	218-284-5300
St. Joseph's Elementary School	1005 2nd Ave. S. Moorhead	218-233-0553
Youth Educational Services (YES)	Bridges Hall Room 260 1104 7th Avenue S Moorhead	218-737-6570

Surrounding Schools - MN

Barnesville High School	302 3 rd St. SE. Barnesville	218-354-2228
Barnesville Elementary School	310 5th St. SE. Barnesville	218-354-2300
DGF Middle School	513 Parke Ave. S. Glyndon	218-477-6803
Dilworth Head Start	715 11 th St. N. Suite 101 Moorhead	218-512-1515
DGF – Dilworth Elementary	108 N. Main St., Dilworth	218-477-6801
DGF -- High School	513 Parke Ave. S. Glyndon	218-477-6804
Hawley High School	714 Joseph St. Hawley	218-483-3555
Hawley Elementary School	915 7 th St. Hawley	218-483-3316
Ulen-Hitterdahl Public Schools	27 2 nd St. NW. Ulen	218-596-8853
Ada-Borup High School	604 W. Thorpe Ave. Ada	218-784-5300
Ada-Borup Elementary School	604 W. Thorpe Ave. Ada	218-784-5303

Olivet Church Food Pantry

1330 University Dr. S. Fargo
701-235-6603

*Call to confirm distribution date and time before coming
*Clay and Cass County residents

Faith Food Ministry

909 19th Ave. N. Fargo
701-232-6844

2nd & 4th Friday of the month: 1:30-3pm
Dietary Options: vegetarian, low sodium, low sugar, pork free
*Clay and Cass County residents
*Photo ID required

Peace Lutheran Church Food Shelf

1011 12th Ave. N. Fargo
701-232-7166

Tuesday: 10am -12 pm
Thursday: 3-5 pm
*Can visit 1 time per month
*Need drivers license and/or Great Plains Food Bank card (if applicable)

FAITH4HOPE Food Pantry

1321 19th Ave. N. Fargo
701-532-2108

Fridays : 1:30-3:00 pm
*No restrictions or limits regarding returning
*Holiday baskets available at Thanksgiving

McMerty Food Pantry

St. Mary's Cathedral
630 7th Ave. N. Fargo
701-235-4289

Every other Saturday: 1:00-4:00 pm
Open to anyone
Call the parish office the day before to confirm

Salvation Army

304 Roberts St. N. Fargo
701-232-5565

Meals served Monday-Friday
Daily breakfast: 8:00-9:00am
Free lunch program: 11:30am-12:30pm
*Anyone is welcome

Stepping Stones Resource Center

711 S University Drive, Fargo

Memorial Day to Labor Day
* Monday-Friday: 8:00am-6:00pm
* Saturday: 10:00am-6:00pm
Labor day to Memorial Day
* Monday-Sunday: 8:00am-8:00pm
Provides basics to those in need including food and formula

Additional Food resources

Birthright (formula needs)	715 11 th St. N. Moorhead Suite 103C	218-477-1977
	*Office hours Tues 12:00-4:00pm, Thursday 12:00-4:30pm	
Blessed Sacrament- community meals	210 5 th Ave W. West Fargo	701-282-3321
	Fall Dinner, Thanksgiving Dinner, Soup & More on 2 nd and 4 th Thursday of the month (free)	
Catholic Charities of North Dakota	5201 Bishops Blvd, Suite B, Fargo	701-235-4457
	Financial assistance for food, rent, etc.—only for ND Residents	
WIC Moorhead	715 11 th St. N. Suite 105 Moorhead	218-299-7777
WIC Fargo	1240 25 th St. S. Fargo	701-277-1455

Housing

Emergency Shelter

Churches United		218-656-7495
Dorothy Day House	714 8 th St. S. Moorhead	218-656-7448
Micah's Mission	1901 1 st Ave. N. Moorhead	218-656-7495
Safe Haven	1015 30th Ave. S. Moorhead	218-656-7448
Gladys Ray Shelter 1519	510 5th St. N. Fargo	701-298-6982
New Life Center	1902 3 rd Ave. N. Fargo	701-235-4453
YWCA Cass Clay	3000 S. University Dr. Fargo	701-232-3449

Housing Financial Assistance

Bright Sky Apartments	3305 3rd Ave NW Moorhead	218-325-4634
Clay County Social Services	715 11 th St. N. Suite 502 Moorhead	218-299-5200
Clay County Housing Authority	116 Center Ave. E. Dilworth	218-233-8883
Fargo Housing Authority	325 Broadway N. Fargo	701-293-6262
Lakes and Prairies Community Action	715 11 th St. N. Suite 101 Moorhead	218-512-1500
Moorhead Public Housing Agency	800 2 nd Ave. N. Moorhead	218-299-5458
Presentation Partners in Housing	219 7th St. S. Fargo	701-235-6861
Rebuilding Together	505 Broadway Suite 206 Fargo	701-356-7836
Region V	3233 University Dr. S. Fargo	701-232-2452
ReStore (home goods thrift store)	210 11th St. N. Moorhead	218-284-5253
SENDCAA	3233 University Dr. S. Fargo	701-232-2452
St. Francis Thrift Store	1425 1 st Ave. S. Fargo	701-235-5944
Youthworks	1330 18th Ave. S. Fargo	701-232-8558

Utility Assistance

Lakes and Prairies Community Action	715 11 th St. N. Suite 101 Moorhead	218-512-1500
Moorhead Public Services	500 Center Ave. (2nd Floor) Moorhead	218-477-8000
St. Francis Thrift Store	1425 1 st Ave. S. Fargo	701-235-5944
West Central MN Community Action	715 11th St N Suite 100	218-685-4486

Transportation

Public Transportation

Doyle's Yellow Checker Cab	1418 Main Ave. Fargo	701-235-5535
Jefferson Lines/Greyhound Bus	502 NP Ave. Fargo	701-293-1222
Lyft	smart phone app or www.lyft.com/cities/fargo-nd	
MATBUS	502 NP Ave. Fargo	701-232-7500
Uber	smart phone app or www.uber.com	

Gas Money/Car payment assistance

Fix It Forward (free repair/car donation)	2620 2 nd Ave. N. Moorhead	218-284-3200
	6219 53rd Ave. S. Fargo	701-781-6800
	1224 13th Ave. E. West Fargo	701-282-2789
	102 N University Dr. Fargo	701-237-5550
Our Savior's Lutheran Church	610 13 th St. N. Moorhead	218-233-2412
St. Anne and Joachim Catholic Church	5202 25 th St. S Fargo	701-235-5757

*Must live within parish boundaries, have current license and vehicle insurance

Medical Services Continued

Healthcare Expense Assistance

Cass County Social Services	1010 2nd Ave. S. Suite 2 Fargo	701-241-5747
North Dakota Assoc. for the Disabled	Walk-in by appointment only	701-281-8215
HERO: healthcare equipment recycling organization	5012 53 rd St. S. C Fargo	701-212-1921

Health Insurance Connections & Assistance

Lakes & Prairies Community Action	715 11th St. N. Suite 101 Moorhead	218-512-1500
Community Health Services	2310 4th Ave N Moorhead	218-236-6502
Family HealthCare	301 NP Ave Fargo	701-271-3344
Health Insurance Marketplace	—	877-897-7684
Medical Assistance (Medicaid)	—	651-431-2670
MinnesotaCare	—	651-297-3682
MNSure	—	651-539-2099

Dental Services

Apple Tree Dental	520 Main St. Hawley, MN	218-483-1038
Children's Dental Services	Mobile sites in Clay County	866-543-6009
Family Healthcare—Dentist	715 11th St. N. Suite 106B Moorhead	701-271-3344
	301 NP Ave. Fargo	701-271-3344
Pediatric Dentistry, LLC	3142 49th St. S. Fargo	701-293-6999
M-State Dental Hygiene Clinic	1900 28 th Ave. S. Moorhead	218-299-6560
	**Fee for services, does not take insurance, no walk-ins	
Red River Valley Dental Access Project	1900 28th Ave. S. Moorhead	218-790-7790
Community Health Services, Inc.	2310 4th Ave N, Moorhead	218-236-6502

If you need a ride to health or dental appointments, it may be covered by your insurance. Call your WIC agent (218-299-7777) for resources.

Vision & Hearing Services

Midwest Vision Center	3206 Hwy 10 East Moorhead	218-233-1867
Moorhead Vision Associates	420 Center Ave. Suite 41, Moorhead	218-233-1624
MSUM Speech, Language & Hearing Clinic	1104 7th Ave S Moorhead	218-477-2330
Prairie Vision Center	202 8th St S Moorhead	218-233-2650
Family Healthcare	301 NP Ave. Fargo	701-271-3344

Feeding Therapies

Sanford Health	1720 University Dr. S. Fargo	701-234-2000
	1717 University Dr. S Fargo	701-234-4111
	4000 28th Ave. S. Moorhead	701-234-3200
Interact Therapy	3175 Sienna Dr. S. Suite 103 Fargo	701-532-1906
Pediatric Partners	3060 Frontier Way S. Fargo	701-232-2340
On Spot Therapy and Orofacial Myology	4500 36th Ave. S. Suite 200 Fargo	701-532-1507
Great Kids Therapy	3120 25th St S Suite N Fargo	701-205-4194
Full Circle Pediatric Solutions	4215 31st Ave S Suite A Fargo	701-478-0221

Veteran Services

VA Homeless Health Program	2101 N. Elm St. Fargo	701-239-3700
Veteran's Benefit Division	—	800-827-4313
Veteran's Hospital	2101 N. Elm St. Fargo	701-239-3700

Medical Services

**For medical emergencies,
call 9-1-1.**

Barnesville Area Clinic	209 2 nd St. SE Barnesville	218-354-2111
Clay County Public Health	715 11 th St. N. Suite 303 Moorhead	218-299-5220
Dollar Clinic	1002 1 st Ave. N. Moorhead	701-630-9536
Essentia Health		
Moorhead Clinic	801 Belsly Blvd Moorhead	701-364-6800
Moorhead Walk-in	720 Main Ave. Moorhead	218-359-0399
Fargo South University Clinic	1702 University Dr. S. Fargo	701-364-8900
Fargo North Clinic Walk in	1100 19 th Ave. N. Fargo	701-364-5757
Fargo West Acres Clinic- Walk in	3902 13 th Ave. S. Fargo	701-364-6600
Fargo Main—Emergency Room	3000 32 nd Ave. S. Fargo	701-364-8900
Fargo 52 nd Clinic- Walk-in	4110 51 st Ave. S. Fargo	701-364-3100
Fargo Osgood Clinic—Walk-in	4622 40 th Ave. S. Fargo	701-364-8900
Fargo 45th St. Clinic—Walk-In	4476 3st Ave. S. Fargo	701-364-8900
Medical Equipment & Supplies	3362 35 th Ave. S. Fargo	701-364-7161
Family Healthcare	301 NP Ave. Fargo	701-271-3344
Women’s Care Center	103 N. University Dr. Fargo	701-237-6530
Homeless Health Services	222 4th St. N. Fargo	701-551-2449
Hospice of Red River Valley	1701 38 th St. S. Suite 101 Fargo	800-237-4629
Community Health Services	2310 4th Ave N Moorhead	218-236-6502
Pinnacle Pediatric Clinic	2829 University Dr. S Suite 101 Fargo	701-478-4722
Plains Medical Clinic	3290 20 th St. S. Fargo	701-499-4800
Prescription Connections	General assistance	701-328-2440
	Medicare hotline	888-575-6611
Public Health – ND (Fargo Cass)	1240 25th St. S Fargo	701-241-1360
Red Cross – ND	2602 12 th St N Fargo	701-364-1800
Ronald McDonald House Charities	4757 Agassiz Crossing S. Fargo	701-232-3980
Sanford Health		
Children’s SW Walk-in/Urgent Care	2701 13 th Ave. S. Fargo	701-234-3620
Fargo Children’s CARE Clinic	100 4th St. S Fargo	701-234-4585
Fargo Southpointe Clinic	2400 32 nd Ave. S. Fargo	701-234-2000
Fargo Broadway Clinic	801 Broadway N. Fargo	701-234-2000
Fargo Broadway Family Medicine	737 Broadway N. Fargo	701-234-8830
Fargo Broadway Urgent Care	720 4th S. N. Fargo	701--234-6640
Fargo South Urgent Care	1720 University Dr. S. Fargo	701-280-4140
North Fargo Clinic	2601 Broadway N. Fargo	701-234-2900
West Fargo Clinic	1220 Sheyenne St. W Fargo	701-234-4445
Veteran’s Square Clinic	3955 56th St. S. Fargo	701-417-7500
Moorhead Campus	4000 28 th Ave. S. Moorhead	701-234-3200
Children’s Safety Center	2701 S. University Dr. Fargo	701-234-7233
Emergency Department	5225 23 rd Ave. S. Fargo	701-234-2000
Ask a Nurse		701-234-5000 or 800-821-5167

Clothing

ARC Attic Treasures	215 University Dr. N. Fargo	701-232-6641
	3201 43rd St. S. Fargo	701-364-9762
Birthright (maternity/baby clothes)	715 11 th St. N. Moorhead	218-477-1977
Plato’s Closet	2551 45th St. SW. Fargo	701-356-3800
Clothes Mentor	2551 45th St. SW. Fargo	701-356-8010
Dakota Boys & Girls Ranch	7151 15th St. S. Fargo—main office	701-237-3123
	1500 Center Ave. W. Dilworth	218-233-1266
	2101 North University Dr. Fargo	701-356-4061
	1001 4th Ave. N. Fargo—outlet store	701-280-2371
	1601 32nd Ave. S. Fargo	701-297-4166
	619 13th Ave. E. West Fargo	701-356-5152
	5289 51st Ave. S. Fargo	701-356-4848
Gift of Grace Clothing Closet	2796 5th Ave. S. Ste. A	701-232-1010
	*Fridays 6:00-7:30pm—each adult my choose 5 pieces of clothing at no cost	
Goodwill	4325 13th Ave. S. Suite 1 Fargo	701-373-8393
	1525 32nd Ave. S. Fargo	701-566-8511
New Life Center Thrift Store	221 19th St. N. Fargo	701-235-4453
	5556 51st Ave . S. Fargo	
Once Upon a Child	2551 45th St. SW. Fargo	701-282-5222
Open Doors-65	307 Main Ave. Suite A. Fargo	701-799-7550
Play-It-Again Sports	2501 45th St. S.	701-293-1721
Reach Reusables	208 6th St. Hawley	218-483-4225
Savers	1623 38 th St. SW. Fargo	701-277-1447
Second Time Around Thrift store	2601 US-10 Frontage Rd. Moorhead	701-318-3358
St. Francis Thrift Store	1425 1 st Ave. S. Fargo	701-235-5944

Furniture

Furniture Mission of the Red River Valley	40 local agencies around the Fargo-Moorhead area referring those in need for gently-used furniture
	2600 3rd Ave N, Fargo
	701-729-1410
Down Home	Helping those moving into new housing by providing furniture to make it more like a home providing a sense of security, comfort, connection, and relief.
	2102 12th St N, Fargo
	701-532-1488



Counseling Services

FirstLink—Get Help Now: EMERGENCY SERVICES

For immediate substance abuse or mental health crisis call 9-8-8.

For listening, support, and resources call 2-1-1.

For 24-hour Crisis Text Line, text “MN” to 741741

For FirstLink 24-Hr Suicide Lifeline, call 1-800-273-8255

General: Individual, Couple, Family

Affinity counseling and education 803 3rd Ave. S. Suite 303 Fargo 701-658-5424
 Becoming balanced, P.C- 4610 Amber Valley Pkwy. S. Suite E Fargo 701-551-1840

Birch Tree Counseling 4357 13th Ave. S. Suite 206C Fargo 701-478-2999
 Catholic Charities ND 5201 Bishops Blvd. Suite B Fargo 701-235-4457
 Claudia McGrath Counseling *No office building 828-279-9600

Rape and Abuse Crisis Center 317 8th St. N. Fargo 701-293-7273
 (24-hour crisis services) 800-344-7273

Valley Christian Counseling Center 1112 Nodak Dr. S. Fargo 701-232-6224

Child And Youth

Clay County Social Services 715 11th St. N. Suite 502 Moorhead 218-299-5200
 Dakota Family Services 7151 15th St. S. Fargo 701-364-2950
 Heart of Behavior 701-404-7811
 Solutions Behavioral Healthcare Professionals 1547 30th Ave. S. Moorhead 218-287-4338
 Nexus-PATH Trauma and Stress Clinic 1202 Westrac Dr. S. Suite 100 Fargo 701-280-9545
 Prairie St. John’s 510 4th St. S. Fargo 701-476-7200
 Red River Children’s Advocacy Center 2601 12th Ave. S Suite B, Fargo 701-478-2322
 Transitional Youth Services (Fraser, LTD) 2902 University Dr. S. Fargo 701-232-3301

Mental Health

Clarion Counseling & Consulting 417 Main Ave. Suite 302 Fargo 701-541-5831
 Concordia College Counseling Old Main 109, 901 8th St. S. Moorhead 218-299-3514
 Insight Behavioral Health Partners 4357 13th Ave. S. Suite. 104 Fargo 701-478-4480
 Lakeland Mental Health Center 1010 32nd Ave. S. Moorhead 218-233-7524
 Metro Behavioral Health 3401 8th St S Moorhead 218-284-2040
 (Staff speaks multiple languages. Emphasis on refugee/immigrant populations)

Ridge Mental Health Clinic_ 1122 1st Ave N Fargo 218-477-1353
 Motherland Health 1351 Page Dr. S. Suite 212 Fargo
 MSUM Community Outreach Center Lommen Hall 1213 6th Ave. S. 218-477-2513
 NDSU Community Counseling Morrill Hall 1230 Albrecht Blvd. Fargo 701-231-9750
 New Story Counseling Services 1330 23rd St. S. Fargo 701-526-4898
 Prairie St. John’s 510 4th St. S. Fargo 701-476-7200
 Resolve Behavior Health 17 7th St. S. Fargo 701-478-1221
 Saint Sophie’s Psychiatric Care 3201 33rd St. S. Fargo 701-365-4488
 Solutions Behavioral Healthcare Professionals 1547 30th Ave. S. Moorhead 218-287-4338
 Summit Guidance Center 1132 28th Ave. S. Suite 102 Moorhead 218-227-5376
 Valley Christian Counseling Center 1112 Nodak Dr. Fargo 701-232-6224
 Willow Tree Counseling 102 W. Beaton Dr. Suite 103 West Fargo 701-730-8313

The Empire Sports Complex

4170 24th Ave. N. Fargo

701-238-3200

Basketball courts, volleyball courts, etc.

*Call or email for hours or booking

Fargo Parks

701-499-6060

West Fargo Parks

701-433-5360

Moorhead Parks and Recreation

218-299-5340

*Visit Moorhead, Fargo, or West Fargo Parks websites for information about the many parks available for free use in Fargo, sponsored events for children, sledding hills, etc.

*Fun for the whole family!

Early Childhood Screenings

Early Childhood Screenings are important for checking how your child is growing and developing and to determine if they are ready for Kindergarten. There is no cost involved and they are completed by a school district: We look at:

- * Height and weight
- * Vision and Hearing
- * Speech
- * Immunization review
- * Review of health care coverage
- * Social and emotional development

At what age should my child receive an Early Childhood Screening?

- * All Minnesota children should receive an Early Childhood Screening after they turn three years old.

*To set up your child with early childhood screenings, call the early childhood screening coordinator in your school district

School District	Early Childhood Screening Coordinator	Phone Number
Moorhead Area Public School District	Joelle Hofer	218-284-3830
Dilworth-Glyndon-Felton Public School District	Kristen Kadrie	218-477-6959
Hawley Public School District	Chris Ellingson	218-483-3316
Ulen-Hitterdahl Public School District	Tonya Mattson	218-486-4300
Barnesville Public School District	Laura Lempe	218-354-2217

*For more information about early childhood screenings, visit this [link](#)

Indoor/Outdoor Play

West Acres Caring for Kids Playland

3902 13th Ave S, Suite 3717, Fargo
701-282-2222

*Indoor play area, for kids 42" and under
*Entrance is inside the food court at the mall
*Free admission
Opens at 7:30am daily
* closed daily at 3:00-3:45pm for cleaning

Rustad Recreation Center

601 26th Ave E, West Fargo
701-551-7138

*Indoor playground, walking/running track, open gyms, turf, pickleball, volleyball
*\$5 admission (children under 1 are free)
*Socks and/or shoes are required
Mon-Thurs 9:00am-8:00pm
Friday 9:00am-7:30pm
Sat-Sun 9:00am-3:00pm

Fargo Climbing

2325 46th St S, Fargo
701-306-4145

*Climbing wall for all ages
*\$17 day pass or purchase a punch pass
Mon-Fri 10:00am-10:00pm
Saturday 10:00am-8:00pm
Sunday 10:00am-6:00pm

Courts Plus

3491 University Drive S, Fargo
701-237-4805

*Indoor playground for kids 1-12 years old
*\$5 per child per visit
*Socks required
Mon-Thurs 5:00am-10:00pm
Friday 5:00am-8:00pm
Saturday 7:00am-7:00pm
Sunday 8:00am-7:00pm

Veterans Memorial Arena

601 26th Ave E, West Fargo
701-433-5369

*Open skate (skate rentals not available)
*Indoor track/fitness room (free for public use)
*Community room
Mon-Fri 7:00am-9:00pm
Sat-Sun 7:00am-8:00pm

Fargo All Stars Gym

1601 33rd Ave S, Fargo
701-960-8698

\$5 Open Gyms Wednesdays 6:00-7:30pm
Day Time Play Time Thursdays 900-10:00am
*Walk-ins welcome, or register online

Tri-City United Soccer Club

2761 12th Ave S, Fargo
701-205-1357

*Open turf available at specific days and times, found on their website
*\$5 per person
*Children 2 and under are free

Fargo Basketball Academy

5409 53rd Ave S, Fargo
701-356-5666

*Open play events for toddlers (through age 4)
*\$7 per child
*No pre-registration required
*Socks required
Seasonal program, runs on select mornings from 10:30am-12:00pm in the winter
See website for specific details

Counseling Services Continued

Addiction and Recovery

Anchorage Recovery	3027 S. Frontage Rd. Moorhead	218-287-1500
Beth's Place	1606 30th Ave. S. Moorhead	701-566-9965
Drake Counseling Services, Inc.	1202 23 rd St. S. Fargo	701-293-5429
Lost and Found Recovery Center	111 7 th St. S. Moorhead	218-287-2089
The Lotus Center, Inc.	1401 8th St. S. #3 Moorhead	218-284-1800

Ridge Mental Health Clinic_

New Life Center	1122 1st Ave N Fargo	218-477-1353
Nystrom & Associates, Ltd.	1902 3 rd Ave. N. Fargo	701-235-4453
Pathways	2405 8th St. S. Suite 200 Moorhead	218-331-4866
Prairie St. John's	1306 9th St. N. Fargo	701-232-5955
Red River Recovery Center	510 4 th St. S. Fargo	701-476-7200
ShareHouse Inc.	701 Center Ave. E. Dilworth	218-284-7772
Residential	4227 9th Ave. S. Fargo	877-294-6561
Outpatient	505 40th St Suite B Fargo	701-478-8440
After Hours		701-561-1779
Soul Solutions Recovery Center	1801 38th St. S. Fargo	701-356-7772
Willow Tree Counseling	102 W. Beaton Dr. Suite 103 West Fargo	701-730-8313

Smoking/Tobacco Cessation

Quit Partner	quitpartnermn.com	1-800-QUIT-NOW
My Life My Quit	—	Text "Start My Quit" to 36072

Transitional Services/Social Reintegration

F5 Project	1122 1st Ave. N. Fargo	701-210-2491
Jail Chaplains Ministry	1111 Westrac Dr S. Suite 100 Fargo	701-364-0067
PATH ND	2624 9th Ave. S. Fargo	701-298-4500

Special Services/Disabilities

Access of Red River Valley	403 Center Ave. Suite 512 Moorhead	218-233-3991
Ann Carlsen Center	4152 30th Ave. S. Fargo	701-364-2663
	3030 24th Ave S. Moorhead	218-443-2837
Arc of Cass County	215 N. University Dr. Fargo	701-293-8191
Arc of West Central Minnesota	810 4 th Ave. S. Suite 134 Moorhead	218-233-5949
Big Brother/Big Sister	2701 12th Ave S. Fargo	701-451-4900
CCRI	2903 15th St. S. Moorhead	218-236-6730
Community Living Services Inc.	1001 28 th St. S. Fargo	701-232-3133
Connections	550 13 th Ave. E. West Fargo	701-532-1145
Early Intervention Services	2401 14 th St. S. Moorhead	218-284-3800
Easter Seals	3333 7 th Ave. N. Fargo	701-237-9908
Fraser LTD	2902 University Dr. S. Fargo	701-232-3301
Heartland Industries	2510 16 th Ave. S. Moorhead	218-299-5600
Solutions Autism Clinic	1547 30th Ave. S. Moorhead	218-287-4338

Employment

CHI Friendship	801 Page Dr. S. Fargo	701-235-8217
Red River Human Services	4302 17th Ave. S. Fargo	701-235-0971
Protection and Advocacy Project	4025 9th Ave. S. Suite A Fargo	701-239-7222

Parenting and Child Care

Birthright	715 11 th St N. Moorhead	218-477-1977
Catholic Family Charities	5201 Bishops Blvd Ste B Fargo	701-235-4457
Clay County Extension	715 11th St. N. Suite 107b	218-299-5020
Follow Along Program	Contact Nicole Jenson —>	218-299-5220
Lakes & Prairies Community Action	715 11th St. Suite 101 Moorhead	218-512-1500
Early Head Start		218-512-1515
Family, Friend & Neighbor Child Care Program		218-593-0686
Rainbow Bridge		701-293-7273
Mothers of Pre-Schoolers (MOPS)	1330 University Drive S Fargo	701-219-1688
Parenting Resource Center (Cass County Extension)		701-241-5700
Parent Aware (Child Care Referral)	Online at parentaware.org	888-291-9811
Probstfield Center for Education	2410 14th St. S. Moorhead	218-284-3400
Ronald McDonald House	4757 Agassiz Crossing S. Fargo	701-232-3980
YMCA Early Learning Center	1132 28th Ave. S. Moorhead	701-364-4117

Breastfeeding Support

Sanford Baby Café

1240 25th St. S. Fargo
701-417-3838

Free lactation support from certified lactation consultants
*Monday 9:00am-12:00pm
*Wednesday 1:00pm-4:00pm

La Leche League of Fargo-Moorhead

12th St S Suite 103, Moorhead

*Meeting in person on the first Thursday of every month from 6:30-8:30pm
*Questions answered via email, FB message, instagram

Essentia Tender Transitions

1702 University Dr. S. Fargo
701-364-8900

Support group for breastfeeding + advice from lactation consultants
***Infant feeding support line:**
701-364-8066

Northern Prairie Lactation Support

Available for home, office, and virtual consults
*Accepts insurance
*Additional fee of \$1/mile after 15 miles for home visits

Back to Work Mom—#B2Wmom

701-476-6677

Free timely tips and breastfeeding support through approximately two text messages per week throughout your pregnancy and until your baby is six months old.

Sanford Health Equip Fargo

3223 32nd Ave. S. Fargo
701-293-8211

Provides breast pumps and supplies covered by insurance
*Monday-Friday 8:00am-5:30pm

Drop in Daycare:

YMCA Drop-in Child Care	400 1st Ave. S. Fargo—Fercho	701-293-9622
	4243 19th Ave. S. Fargo—Schlossman	701-281-0126

Support and Services for All Cultures

For help understanding this information in your own language, call Clay County at 218-299-7221

Afro American Development Assoc.	1132 28th Ave. S. Suite 6 Moorhead 2512 7th Ave. S. Suite 1A Fargo	218-227-5220 701-729-1001
	*Employment training, job placement, housing support, ELL classes, transportation, youth empowerment	
Baraza LaAfrika	3505 8th St. S. Suite 7 Moorhead	802-324-8936
	*Employment search, youth programs, education development, community advocacy	
Community Connect Center	—	701-328-2310
	*Housing, after school programs for youth, education development, employment search, community advocacy	
Cultural Diversity Resources	3505 8th St. S. Suite 7 Moorhead 112 N. University Dr. Suite 306 Fargo	701-523-3000 701-526-3000
Hjemkomst Center	202 1st Ave. N. Moorhead	218-299-5515
	*Home of the Historical and Cultural Society of Clay County	
Immigrant Development Center	810 4th Ave. S. Suite 100 Moorhead	218-284-8020
	*International Market Plaza (cultural shopping and dining), entrepreneurial training, micro-lending, micro enterprise development, other resources	
Indigenous Legacy	115 Center Ave. W. Dilworth	701-541-6256
	*Community classes, special event speakers, Madoodiswan-Sweat Lodge Keeper	
The Indigenous Association	720 1st Ave North Fargo	701-540-6965
	*Free pregnancy and lactation support groups led by an International Board Certified Lactation Consultant	
Islamic Society of F/M	601 28 th St. S. Fargo	701-238-0195
	*Services, prayer times, Islamic education, understanding Islam	
Kondial Kel International	1323 23rd St. S. Suite C Fargo	701-318-5167
	*Youth and women's empowerment programs and training	
Kurdish American Development Organization	—	701-212-0844
	*Community outreach, education, and advocacy	
Global Refuge	3310 Fiechtner Dr. Suite 100 Fargo	701-409-3750
	*Refugee resettlement, referrals to community programs, family reunification, employment	
MN Legal Aid Helpline	—	877-696-6529
Native American Development Center	2403 E. Thayer Ave. Bismarck	—
	Lending services—701-595-5181, dial 12 Financial services—701-595-5181, dial 18	
New American Consortium	15 21st St. S. Suite 102 Fargo	701-478-3636
	*Risers Youth Mentoring Program, tutoring services, food and rent assistance, celebrations, women's empowerment program, case service management, diversity trainings, child care services	
New American Development Agency	2419 12th Ave. S. Suite 5 Moorhead	218-303-1251
	*Housing, after school programs for youth, education development, employment search, community advocacy	
New Roots Midwest	1132 28th Ave S., Ste 101A Moorhead	612-443-9032
	*Workforce development, youth, women empowerment, and human rights programs	
Northwest Solution Services	819 30th Ave. S. Suite 203 Moorhead	218-216-8745
	*Psychiatric services for all cultures	
Sons of Norway	722 2nd Ave. N. Fargo	701-232-9222
	*Preserving Nordic culture, heritage, and traditions	
Women's Initiative Network of Liberia	15 21st St. S. Suite 104 Fargo	701-491-0578
	*Support services for single mothers, youth, and adults in the Liberian community of Cass and Clay counties	