

## Resources for COVID-19

### Childcare:

- Itasca YMCA 327-1161 or [www.ymca.itasca.org](http://www.ymca.itasca.org)
- Schools - Contact your individual school district's website

### Meals:

- Area Agency for Aging (Senior LinkAge line 1-800-333-2433)
- Second Harvest-326-4420
- Schools have several distribution sites - Contact your local district for info.
- Community Café take out meals-available in DR and GR (326-5114)

### Mental health:

- First call 2-1-1 or 326-8565
- NAMI <https://namimn.org>
  - **Online NAMI Minnesota Support Groups**

Here is what you need to know:

- Each support group will be led by trained facilitators.
- All support groups will operate with the same guidelines as they would in person.
- Groups are open to anyone who wants to join the group - not just your current group.
- Group sizes will be capped at 17.
- You can see all scheduled support groups, plus the call-in information and the Zoom online links using the website link below.
- **This information will change often. Please check specifics the day you want to attend!**

Find support group information  
at <https://namimn.org/support/nami-minnesota-support-groups/>

### Respite:

- Area Agency for Aging (Senior LinkAge line 1-800-333-2433)

**Transportation:**

Arrowhead Transit believes it's important for everyone to do their part in helping as many people as possible during the COVID-19/Coronavirus pandemic. That's why we're offering our transportation services to assist those in need with grocery shopping, meal delivery, travel to and from doctor appointments, and other vital services.

Please let us know if your agency and its clients would benefit from our transportation services during this trying time. We will provide this assistance free of charge, unless your organization has transportation funding available.

Our contact info, includes:

- Pine & Carlton Counties, & Hermantown: Julia Dupla, 218-735-6838; [julia.dupla@aeoa.org](mailto:julia.dupla@aeoa.org)
- St. Louis, Lake & Cook Counties: Lucas Warren, 218-735-6804; [lucas.warren@aeoa.org](mailto:lucas.warren@aeoa.org)
- Itasca, Aitkin & Koochiching Counties: Sandra Wheelcor, 218-322-6518; [sandra.wheelcor@aeoa.org](mailto:sandra.wheelcor@aeoa.org)
- Volunteer Driving Program: Colette Hanson: 218-735-6814; [colette.hanson@aeoa.org](mailto:colette.hanson@aeoa.org)

**Volunteering:**

- ElderCircle 999-9233, ext. 276
- Second Harvest – Contract [deb@secondharvestncfb.com](mailto:deb@secondharvestncfb.com) or [trina@purplepinecone.com](mailto:trina@purplepinecone.com)

**Closure Information:**

- KOOTASCA is still open but is asking that clients call first if possible. At this time, they are still taking crisis housing walk ins as needed. Most staff are working remotely but we have a few in the office including myself, and our front desk staff who will be fielding calls and getting people connected to who they need to talk to. MN SURE navigation is happening over the phone and by appointment. If people need some food that is also available as long as their doors are open. Clients can also call the main line 999-0800 and set up a time to pick up food during regular business hours 8-4:30 M-F.

- Itasca County and Grand Rapids HRA's closed their offices to the public effective at 8:00 a.m. today (3/19). Staff continue to work, and all of our operations will continue. Our residents, participants of our programs, and those needing housing assistance should contact them via phone or email. 218-326-7978 or [info@itascacountyhra.org](mailto:info@itascacountyhra.org).

**Resources for Youth:**

- If you have youth service needs submit them to the Itasca Network for Youth (INY) using [this google form](#).

**Resources for businesses or employee/employer questions:**

- Grand Itasca Clinic and Hospital – Contact Jay 999-1173 or [jsonder2@fairview.org](mailto:jsonder2@fairview.org)

**Other Resources:**

- United Way - <http://uwlakes.org/covid-19-resources/>
- IEDC - <https://www.itascadv.org/covid-19-updates>