Get in touch with your Community School Coordinator for more information about resources and opportunities in our community

### **Crisis Support**

- Call 911 in an emergency
- Suicide and Crisis Lifeline: Call or Text 988 for confidential mental health support 24/7 <u>https://988lifeline.org/talk-to-someone-now/</u>
- Warm line: 651-288-0400 or text "Support" to 85511
- Crisis line: 218-623-1800, Dial 2 for crisis
- Arrowhead Regional Crisis Line: 1-877-772-4724
- Trevor Project Crisis Line: LGBTQ+ 1-866-488-7386 or text START to 678678
- SAMHSA Disaster Distress Helpline: 1-800-985-5990
- PAVSA 24/7 Helpline: 218-726-1931
- Safe Haven 24/7 Crisis Line: 218-728-6481
- AICHO's Dabinoo'Igan Shelter: 218-722-2247

## Health and Wellbeing Resources

- Human Development Center (HDC) Urgent Care Behavioral Health Clinic
  - Walk-in Clinic open Mon-Fri 8am-8pm
  - 810 E 4th St. Duluth-lower level alley entrance
  - Mobile Crisis Line available 24/7: Call 844-772-4724
  - <u>https://hdcnorth.org/</u>
  - 218-728-4491-office line
- Insure Duluth: Help with health insurance
  - <u>https://www.insureduluth.org/</u>
- AICHO:
  - <u>https://www.aicho.org</u>
- Health Equity Northland:
  - <u>https://healthequitynorthland.org/</u>
- ISD 709 Mental Health Information:
  - <u>https://www.isd709.org/families/mental-health</u> Resource links and contact info.

Duluth Public School buildings will be closed Monday, 2/17/25-2/24/25 for Break Our community is here to offer connection, care, and support during this time.

## Nutrition Support

- CHUM Food Shelf: 218-726-0153 x222
  <u>https://www.chumduluth.org/foodshelf</u>
- CHUM2Go (food delivery option the 1st + 3rd Thursday of each month)-contact Tina at <u>tbreimon@chumduluth.org</u> or 218-740-2490
- Damiano Center Meals: 218-722-8708
  - Breakfast 8:30-9:30 AM everyday
  - Lunch 11:30-1:00 Mon, Wed, Fri, Sat, Sun
  - Dinner 5:00-6:00 Fri, Sat, Sun
- Kids Kitchen (at Damiano Center)
  2:30-5:30 meal at 4:30 Mon-Thurs
- Ecolibrium3: List of local food resources in Duluth
  - <u>https://www.ecolibrium3.org/wp-</u> content/uploads/2023/12/Winter-2023 <u>Duluth-Food-Resource-Guide.pd</u>f
- Fruit of the Vine Food Shelf:
  - <u>duluthvineyard.org/ministries/fruit-of-the-</u> vine/
  - For more info: 218-525-3462

### **Basic Needs and Financial Resources**

- Resourceful: Free online local resource guide
  - <u>www.WeAreResourceful.org</u>
  - Find free and reduced-cost services like housing assistance, food, transportation, more
- United Way: Help with bills, rent, utilities, food
  - Call 211 or text your zip code to 898-211
- Laundry Love: Free laundry-2 free loads/person
  - Open to anyone with low or no income
  - Every Tuesday from 8:30-11:00am
  - Spin City Laundry (232 N Central Ave)
  - Bring your laundry. Detergent provided



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Visit www.duluthcsc.org Email info@duluthcsc.org 32 E 1st St Duluth, MN 55802

# Drop-in Youth Programs and Winter Break Opportunities

- Boys & Girls Clubs of the Northland: Ages 6-18
  - Regular hours: 2:00-8:00
  - Break hours: 12:00-6:00
  - Form required: <u>https://bgcnorth.org/wp-</u> content/uploads/2023/11/Membership-application-10.27.22.pdf
  - Free Meals provided during program
  - Questions? Contact:
    - Dave Goldberg Branch: Paul Karpinski 218-491-7025, <u>dgclub@bgcnorth.org</u>
    - Lincoln Park Branch: Jon Phipps: 218-725-7706, <u>lpclub@bgcnorth.org</u>
- Neighborhood Youth Services: 300 E 2nd St.
  - Ages 5-18
    - Regular hours: 11:00-7:00
    - Break Hours: 8:00-4:00
  - Free meals provided during program
  - Transportation to and from site available
  - Questions? Contact: Pez Davila, (609) 774-6517, pez@nysduluth.com
- Valley Youth Center: 720 N Central Ave. Ages 5-18
  - Free Meals provided during program
  - Questions? Contact: 218-464-5071, ext. 104 (VYC Game Room) or Russ Salgy, 218-464-5071, ext. 100, rsalgy@valleyyouthcenters.org
- Duluth Parks and Recreation
  - Register & get info for sledding, open skate, & other activities
  - <u>http s://duluthmn.gov/parks/register</u>
  - New Winter/Spring Program guide is live: <u>https://duluthmn.gov/media/vgrh2mx4/parks-</u> <u>brochure-winter-spring-2025-for-web.pdf</u>

# Free & Low-Cost STEM, Recreation, and Family Activities

- Duluth Community School Collaborative
  Programs-Free
  - Check our website for Out of School Time events or activities offered
  - https://www.duluthcsc.org/
- Lake Superior Zoo-reduced price admission (\$3) with proof of assistance
  - Hours: 10:00-4:00
  - For more info: <u>https://lszoo.org/</u>
- Great Lakes Aquarium-reduced price admission with proof of assistance
  - Call (218)740-3474 for admissions costs
  - Hours: 10:00-6:00
  - <u>https://glaquarium.org/</u>
- Duluth Public Library
  - Visit <u>duluthlibrary.org/</u> for program hours & locations
  - Visit websites to see programs and events offered

#### Duluth MakerSpace

- https://duluthmakerspace.com/
- Children under 18 may require a parent to accompany
- Reduced price for classes with membership

### • Community Education - Duluth Public Schools

- Register & get info for activities offered
- https://www.isd709.org/community/communityeducation
- Catalog: https://resources.finalsite.net/images/v1734637363 /isd709org/xguu3sad8x2hbisdo39x/ISD\_709\_Winte r\_2025\_Catalog.pdf

# About the Duluth Community School Collaborative

The Duluth Community School Collaborative works with children and youth holistically in the context of their family, their school, and their community.

Our mission is to foster community partnerships promoting wellness and school success for youth and families; creating a community of lifelong learners that embraces diversity

## Our Key Practices for Community School Transformation

- Integrated Systems of Support
- Expanded & Enriched Learning Time & Opportunities
- Powerful Student and Family Engagement
- Culture of Belonging, Safety, and Care
- Rigorous, Community-Connected Classroom Instruction
- Collaborative Leadership, Shared Power & Voice

If you would like to be involved in Duluth Community School Collaborative action, visit <u>our website</u> to donate or volunteer!