

Mental Health

Group Works.....	218-366-2636
Lake Country Associates.....	218-366-9229
Sanford Health Behavioral Health.....	218-699-3510
Stellher Services.....	218-444-2845
Wellness Matters.....	218-616-1276
Crisis Line 24/7.....	1-800-422-0045

Public Health Programs

Child & Teen Checkups	218-237-5478
Community Health	218-237-5464
Immunizations	218-255-1272
Public Health Nursing	218-237-5464
Quit Plan Hotline	800-Quit-Now
Stop smoking – MN Tobacco Hotline (BC/BS MN).....	877-270-STOP
PrimeWest Tobacco Line.....	800474-3186
Healthy Families Minnesota - Family Home Visiting.....	218-255-1259

Recreation Programs

Anytime Fitness.....	218-237-3737
Community Education	
• ParkRapids	218-237-6600
• Nevis.....	218-652-3500
• Laporte.....	218-224-2288
CHI St. Joseph's Health Fitness Center	218-616-3005
Itasca Sports Rental	218-266-2150
Itascatur Club: Ski, Run, Bike	218-652-2611
Lori Lea Lanes-Bowling	218-732-4229
Northern Cycle - Bike sales & rental	218-732-5971
Tae Kwon Do.....	218-237-4853
Golf Courses	
• Bears Den	218-732-7373
• Brookside Resort/Golf.....	218-732-4093
• Eagle View Golf Course	218-732-7102
• Headwaters Golf course.....	218-732-4832
• Evergreen Lodge/Golf.....	218-732-4766
• Blueberry Pines Golf Course	218-564-4653

Senior Resources

Experience Works, Inc. Training for Low-income, 55 years or older	855-270-9660
Living At Home Senior Services	218-732-3137
Northwoods Interfaith Volunteer Caregivers	
• Laporte	218-333-8264
Mahube RSVP.....	888-458-1385 218-732-7204
Senior Companion Program	800-563-8150
• Park Rapids	218-220-5572
Senior LinkAge Line.....	800-333-2433
CHI St. Joseph' Health Foot Care	218-237-5478

Social Security

Bemidji Office.....	800-772-1213
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Social Services

Child Protection, Foster Care, Money Management, & Public Assistance	218-732-1451 877-450-1451
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Solid Waste

Hubbard County Solid Waste	
• South Transfer Station	218-732-9181
• North Transfer Station	218-224-2100
• Hubbard County Recycling Center.....	218-732-1468
Minnesota Materials Exchange.....	mnexchange.org
North Central Materials Exchange.....	218-732-9568 218-547-7428

Safe Exchange

Headwaters Intervention Center/Domestic Violence	218-732-7413
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Support Groups

AlaTeen	218-732-9662
AA (call Pine Manor).....	218-732-4337
AL-ANON	218-732-9662
Caregiver Discussion Group	218-732-3137
Diabetes Support Group	218-255-3684
Grief Support Group	218-732-4552
Help with looking good during cancer	218-732-0057 (Ask for Michelle)
MOPS.....	218-732-1404

Support Groups (cont.)

Domestic Violence	218-732-7413
Parenting Classes & Speakers	
• Park Rapids	218-237-6604
• Nevis.....	218-652-3500
• Laporte	218-224-2288

Tobacco Cessation

• CHI St. Joseph's Health Primary Care Clinic	218-616-3900
• Essentia Health Park Rapids Clinic	218-732-2800
• Stop Smoking MN Tobacco Hotline	877-270-7867
• Tobacco Cessation Quit Plan	888-354-7526

Weight Management

• CHIS t.Joseph's Health Weight Management Center	218-616-5757
• TOPS (Call St. John's Lutheran Church).....	218-237-9783
• CHI St. Joseph's Health Personal Training Program	218-616-3376

Telephone

CenturyLink	888-793-7811
Arvig Communication.....	866-937-4227
Paul Bunyan Communications.....	218-444-1234
West Central Telephone.....	218-837-5151

Transportation

Heartland Express Park Rapids City Bus.....	218-732-3500
Freedom Express	218-616-2679
Executive Services-Wadena to MSP.....	888-522-9899

Used Clothing/Furnishings

Bearly Used.....	218-237-6114
ARCC Clothing Store	218-652-3508
Salvage Depot.....	218-237-8523

Water Testing

Hubbard County Environmental Services	218-732-3890
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Hubbard County Resource Directory 2025



Hubbard County Resource Directory

Audiology

Essentia Health	218-732-2800
Sanford Health.....	218-333-5110
Hearing Impaired • MN Relay Assistance	1-800-627-3529

Breastfeeding Support

LaLeche League	800-525-3243
WIC	218-237-5464

Child Care

Hubbard County Social Services.....	218-732-2418
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Crisis

Domestic Violence/Helpline	800-939-2199
Mental Health Crisis Line 24/7	800-422-0045

Education & Preschool Programs

Adult Basic • Park Rapids	218-237-6627
• Nevis.....	218-652-3500
• Laporte.....	218-224-2288
Hubbard County Extension.....	218-732-3391
ABC Preschool.....	218-732-9783
Early Childhood (0-5 years) • Park Rapids	218-237-6627
• Nevis.....	218-652-3500
• Laporte.....	218-224-2288
HeadStart (0-5 years).....	218-732-7204
Mothers of Preschoolers.....	218-732-1404
School Readiness (3-5 years).....	218-237-6604
Briar Patch Corner	218-237-4321
Special Education • PAWN (Park Rapids/Nevis)	218-237-6540
• BRIC (Laporte).....	218-751-6622

Eye Clinic

Park Rapids Eye Clinic	218-732-3389
Kueber Eye Care	218-732-8535

Family/ Personal Support Information

Alcohol/Drug Treatment Referral Line.....	800-454-8966
Disability Link-Age Line	866-333-2466
Fuel Assistance	218-732-7204
Headwaters Intervention Center	218-732-7 413
Headwaters Domestic Violence Helpline_	800-939-2199
Kinship/Mentoring.....	218-732-0058
Hubbard In Prevention (HIP)	218-255-3692
Hubbard County Chemical Dependency.....	218-732-2405
Pine Manor Chemical Dependency Center	218-732-4337
Poison Control Center	800-222-1222
Pregnancy Resource Center.....	218-732-5212
Rent Assistance	218-732-7204
Salvation Army	218-732-1451
Services for the Blind (Bemidji).....	800-652-9000
Services for the Deaf.....	800-456-7589
Sexual Assault Program	800-708-2727
Lutheran Social Services.....	218-732-1451

Food

Food Support Social Services.....	218-732-1451
Hubbard County Food Shelf	218-732-1282
Meals on Wheels • Akeley	218-652-2818
• Nevis.....	218-652-2022
• Park Rapids	218-237-2798
Fresh Foods, Produce, & Organic Selections • 3rd Street Market	218-732-9063
• Hugo's Foods*.....	218-732-3368
• Coborn's Grocery Store*.....	218-732-0182
• Walmart*.....	218-732-0339
• Laporte Grocery*.....	218-224-2202
• Nevis Northwind Grocery*	218-652-3605
• Northland Bison Ranch.....	218-652-3582
• A Clean Plate	218-564-1010
Nutrition Assistance for Seniors/Kids.....	218-732-8818
• Akeley	218-652-3177
• Women, Infants & Children (WIC)	218-237-5464
Lake Country Foods*.....	218-564-4144

*Local WIC Approved Grocery Store

Home Health/Hospice Care

Caring Hands Home Care.....	218-732-0088
CHI St. Joseph's Health Hospice Care	218-732-4552
Knute Nelson Home Care.....	218-237-2350
Red River Hospice.....	218-847-9493
Sanford Home Care & Hospice.....	218-333-5665

Housing

Apartments • Parkview Apartments.....	218-547-3307
• River Heights.....	218-732-4158
• Summerfield Place	218-732-0730
• Woodland Court	218-732-9312
Emergency • Hubbard County Housing & Redevelopment Authority	218-732-9118
Low Income • Park Rapids Apartments.....	218-732-9386
• Itasca Apartments.....	218-547-3307
• McCarthy Apartments	218-564-4101
• River Heights.....	218-732-4158
• Court Apartments.....	218-732-9312
• Park Villa.....	218-237-7275
Senior Housing Options • Care-Age.....	218-732-3721
• Crystal Brook.....	218-699-3605
• Diamond Willow	218-732-3606
• Greenwood Connections.....	218-732-4495
• Heritage Living Center.....	218-732-3329
• Heritage Cottage Memory Care.....	218-732-3329
• Heritage Manor.....	218-237-7275
• Edgewood May Creek.....	218-547-4515
• Rose Haven.....	218-564-4268

Insurance Plans

Medical Assistance (MA).....	218-732-1451
MinnesotaCare Information.....	218-237-5346
Minnesota Comprehensive Health Association/Medica	866-894-8053

Internet Access

Park Rapids Area Library.....	218-732-4966
The Hanger.....	218-732-2256

Jobs

Job Service	888-438-5627
Self Sufficiency	218-732-7204
Rural Minnesota CEP	800-492-4810
Hubbard County Developmental Achievement Center (DAC)	218-732-3358

Legal Advice

Legal Services.....	8.00-450-8585
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Medical Care

CHI St. Joseph's Health	218-732-3311 800-566-3311
CHI St. Joseph's Health Physical Rehabilitation and Fitness Center	218-616-3003
CHI St. Joseph's Health Clinic	218-616-3900
Essentia Health Menahga Clinic.....	218-564-4131
Essentia Health Park Rapids Clinic.....	218-732-2800
Essentia Health Walker Clinic.....	218-547-6900
Erickson Medical Clinic.....	218-732-7760
Heartland Center of Natural Healing.....	218-237-3771
Itasca Naturopathic Clinic	218-237-2312
Planned Parenthood Bemidji	218-751-8683
Sanford Health Clinic • Bemidji	218-333-5321
• Park Rapids	218-699-3121
• Walker	218-547-7700
Sanford Hospital • Bemidji	218-751-5430 800-833-8979
Veterans Services.....	218-732-3561
Medical Alert PERS Security.....	877-751-3902
Knute Nelson.....	320-335-8753
Medical Equipment Coborn's Pharmacy	218-732-0836
Walgreen's Pharmacy.....	218-732-3342
Walmart Pharmacy	218-732-0339
Seip Drug	218-237-5848
Lincare.....	800-642-2240
Sanford Health Care Accessories.....	800-828-5462
Provida Care.....	855-778-2727