

# Hubbard County Resource Directory

## 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..... 218-237-5464**  
**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 ..... 800-474-3186  
 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**  
 Hammer Fit Gym .....218-616-0590  
 Itasca Sports Rental.....218-266-2150  
 Itascatur Club: Ski, Run, Bike .....218-652-2611  
 Northern Cycle - Bike sales & rental ..... 218-732-5971  
 Tae Kwon Do..... 218-237-4853  
 Golf Courses  
 • Bears Den .....218-732-7373  
 • Blueberry Pines Golf Course ..... 218-564-4653  
 • Brookside Resort/Golf .....218-732-4093  
 • Eagle View Golf Course..... 218-732-7102  
 • Evergreen Lodge/Golf ..... 218-732-4766  
 • Headwaters Golf Course..... 218-732-4832

## Senior Resources

Caregiver Closet ..... 218.732.3137  
 Experience Works, Inc.  
 Training for Low-income,  
 55 years or older ..... 855-270-9660  
 Living At Home..... 218-732-3137

## Senior Resources (cont.)

Northwoods Interfaith Volunteer Caregivers  
 • Laporte.....218-333-8264  
 Mahube RSVP.....888-458-1385  
 218-732-7204  
 Senior Companion Program LSS .....800-563-8150  
 • Park Rapids ..... 218-220-5572  
 Minnesota Aging Pathways..... 800-333-2433  
**CHI St. Joseph's Health Foot Care..... 218-237-5464**

## Social Security

Bemidji Office..... 800-772-1213

## Social Services

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

## 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

Akeley Regional Community Center/ Emergency Shelter  
 ..... 218-652-2600  
 Headwaters Intervention Center/Domestic Violence  
 .....218-732-7413

## 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  
 Parents of Children with Mental Health Issues  
 ..... 218-444-2845  
 Parkinson's Caregiver Support .....218-732-3137

## Support Groups (cont.)

Cancer Support Group..... 651-271-2950  
 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

• **CHI St. 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  
 Executive Services-Wadena to MSP .....888-522-9899  
 Ride Away Taxi Service. ....218-252-1390

## Used Clothing/Furnishings

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

## Water Testing

Hubbard County Environmental Services...218-732-3890



A member of CommonSpirit

600 Pleasant Avenue South | Park Rapids, MN 56470  
 www.chisjh.org | 218-732-3311



# Hubbard County Resource Directory 2026



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## 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
<b>WIC .....</b>	<b>218-237-5464</b>

## 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
Head Start (0-5 years).....	218-732-7204
Mothers of Preschoolers.....	218-732-1404
School Readiness (3-5 years).....	218-237-6604
Little Red Wagon .....	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
Essentia Substance Use Disorder Clinic ....	218-314-7092
Fuel Assistance.....	218-732-7204
Headwaters Intervention Center .....	218-732-7 413
Headwaters Domestic Violence Helpline_	800-939-2199
Kinship/Mentoring .....	218-732-0058
<b>Hubbard In Prevention (HIP) .....</b>	<b>218-255-3692</b>

## Family/Personal Support Information (cont.)

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
Sanford Substance Use Disorder Services.....	218-699-3510
Services for the Blind (Bemidji).....	800-652-9000
Services for the Deaf.....	800-456-7589
Sexual Assault Program.....	800-708-2727
St. Vincent DePaul .....	218-366-0441
Hubbard County Social Services.....	218-732-1451

## Food

ALDI.....	855-955-2534
Food Support Social Services .....	218-732-1451
Hubbard County Food Shelf.....	218-732-1282
Meals on Wheels (Akeley, Nevis, Park Rapids).....	218-252-4964
Fresh Foods, Produce, & Organic Selections	
• 3rd Street Market.....	218-732-9063
• Hugo's Foods*.....	218-732-3368
• Walmart*.....	218-732-0339
• Laporte Grocery* .....	218-224-2202
• Northland Bison Ranch .....	218-652-3582
• A Clean Plate .....	218-564-1010
Nutrition Assistance for Seniors/Kids .....	218-732-8818
• Akeley .....	218-652-3177
• <b>Women, Infants &amp; Children (WIC).....</b>	<b>218-237-5464</b>

Lake Country Foods* .....	218-564-4144
Summerfield Place Apartments .....	800-504-6093
Woodland Court Apartments .....	218-732-9312

\*Local WIC Approved Grocery Store

## Home Health/Hospice Care

<b>CHI St. Joseph's Health Hospice Care ...</b>	<b>218-732-4552</b>
Vivie Home Care.....	218-237-2350
HIA Health Hospice.....	218-847-9493
Northstar Nursing .....	218-573-2238
Sanford Home Care & Hospice.....	218-333-5665
St. Croix Hospice .....	218-669-4422

## Housing

Subsidized	
• Itasca Apartments .....	218-507-0534
• McCarthy Apartments .....	218-547-3307
• Park Rapids Apartments .....	218-547-3307

## Housing (cont.)

• Blueberry Hills Apartments .....	218-547-3307
• Park View Housing .....	218-547-3307
• River Heights Apartments .....	218-732-4158

## Unsubsidized

• Parkwood Place Townhomes .....	320-255-9910
• Cornerstone.....	218-547-3307
• Park Avenue Apartments.....	218-252-4593
• Summerfield Place Cottages.....	800-504-6093
• Pleasant Court Apartments.....	218-699-3010
• Bavarian Apartments .....	218-766-7380
• Prairie Wind Apartments .....	218-850-8077
• Regency II Apartments.....	218-547-3307
• Riverside Apartments .....	218-209-2141
• Spruce Manor Apartments.....	218-732-0366
• Pineview Estates.....	218-732-8702
• Osage Apartments.....	218-255-0690
• Nevis BoatHouse Apartments .....	218-255-1193
• Whistling Pines Apartments.....	218-255-1193
• The Village Apartments.....	218-255-1193
• Nevis Apartments.....	619-246-0052
• L&M Investments .....	218-732-4815
• Halik Mainstreet Properties .....	218-252-8210
• Piney Park.....	218-732-0289
• Pine Crest Apartments.....	218-255-5613
• Crist Apartments .....	218-766-7410
• Seven Cedar Apartments .....	218-366-0505
• Sharp Rentals.....	218-252-1744
• Meadow View Apartments .....	218-547-3307

## Senior Housing Options

• Vitality Health .....	218-732-3721
• Crystal Brook Senior Living by Vivie..	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 .....	218-564-426
• Summerfield Place Apartments.....	800-504-6093
• Woodland Court Apartments .....	218-732-9312

## 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
C.R.E.A.T.E. ....	218-732-3358

## Legal Advice

Legal Services.....	800-450-8585
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## Medical Care

<b>CHI St. Joseph's Health .....</b>	<b>218-732-3311</b>
	<b>800-566-3311</b>

<b>CHI St. Joseph's Health Physical Rehabilitation and Fitness Center .....</b>	<b>218-616-3003</b>
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<b>CHI St. Joseph's Health Clinic .....</b>	<b>218-616-3900</b>
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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
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## Medical Alert

PERS Security.....	877-751-3902
Vivie .....	320-335-8753

## Medical Equipment

Walgreen's Pharmacy .....	218-732-3342
Walmart Pharmacy .....	218-732-0339
Lincare.....	800-642-2240
Sanford Health Care Accessories.....	800-828-5462
Provida Care .....	855-778-2727
Caregiver Closet.....	218-732-3137