

Grand Forks Central Families...

This is a trying time for each of us. The concerns and needs can be overwhelming but there is help and support available too. If there are needs I can help with, please reach out to me:

Melissa Mickelson: School Counselor for Seniors.
Email: mmickelson280@mygfschools.org or Phone: 746-2429.

Denise Loftus: School Counselor for Juniors. Email:
dkayeloftus110@mygfschools.org or Phone: 746-2381

Kim Bailey: School Counselor for Sophomores.
Email: kbailey160@mygfschools.org or Phone: 746-2380

Jen Lubinski: School Counselor for Freshmen.
Email: jlubinski060@mygfschools.org or Phone: 746-2428

We will be available by phone, email, or in an online platform Monday - Friday from 9am-11am and by appointment.

Shelly Scholand, LBSW - School Social Worker for Central High School and Schroeder Middle School. 701-317-3682 or sscholand060@mygfschools.org

I will be available M-F, 8-4 pm by phone or email.

**COVID-19 Community
Resources
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Resources**

The Grand Forks City website has been updating available resources on a daily basis. The link to that site is: www.grandforksgov.com

Grand Forks Public Schools also has lots of resource information on their district homepage here: <https://www.gfschools.org/>. Click on COVID-19 or the Mental Health Hub.

Listed below are a number of community resources broken down by category. This list is not intended to be comprehensive as resources are constantly changing during this time. If you have questions regarding specific resources, please reach out to them directly.

Community Resources

Food: Area food pantries will continue to serve families throughout this period of time. A list of food pantries is attached. You will need to reach out to individual agencies to gather their most recent procedures and information.

- Northlands Rescue Mission -701-772-6600 Ext 206 before 10:00 am on Tuesday and Thursday
 - Lunch served at noon and dinner at 5:00 pm
- Hope Church Community Care Center - 701-757-3480 Wednesday 10am-5pm and Thursday 5pm-8pm
- St Joseph's Social Care 701-795-8614 Monday 2:00pm-4:00pm, Tuesday 2:00pm-4:00pm, Wednesday 5:00pm-7:00pm, Thursday 2:00pm-4:00pm
- Salvation Army 701-775-2597 Monday-Friday 9:00am-11:30am and 1:00pm-2:30pm
 - If you are in need of a food basket, please contact Salvation Army if you or someone in your home has tested positive for COVID-19
- Red River Valley Community Action 701-746-5431 Tuesday and Wednesday 1:30 pm-4:30 pm and Monday, Thursday, and Friday 10:00 am-12:00 pm

Grand Forks Public Schools will be providing take away packed lunch for all students through 18 years of age from 11:00 am-1:00 pm at the following sites on the days school would normally

be in session: **YOU MAY ACCESS FOOD AT ANY OF THE LISTED SCHOOLS LISTED BELOW:**

- Ben Franklin, Century, Kelly, Lake Agassiz, Phoenix, Viking, Wilder, Winship, Schroeder, Valley, Central, and Red River

COVID-19 Community Resources

- If your family receives services through the Backpack Program through Northlands Rescue Mission, you can pick up your bags on Tuesdays at your local school when you pick up packed lunches between 11:00 am and 1:00 pm.
- If transportation is an issue please contact Kittsona by messaging them on Facebook or fill out a questionnaire at <https://fs29.formsite.com/gsoev5/rt9kg5g29o/index.html>
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Local businesses and agencies are stepping in to meet the food needs of families during this time.

Here is a link you should check as well that lists local restaurants providing free food:
<https://www.visitgrandforks.com/events/free-meals-during-covid-19/>

www.myfirstlink.org can direct toward food aid as well

Housing: Grand Forks Housing

Authority: 701-746-2545 Salvation Army:

701-775-2597 Community Action:

701-746-5431 Northlands Rescue Mission:

701-772-6600 VA HUD/ Vash Housing:

701-200-1928 St. Joseph's: 701-795-8614

Utilities: Xcel Energy - 1-800-895-4999

<https://www.xcelenergy.com/>

- **Will not disconnect services during COVID - 19 crisis.**
- Having difficulty paying your bill? Contact Xcel Energy and they will assist you with

developing a repayment plan.

- Are your services currently disconnected? Contact Xcel Energy and they will develop a plan with you. Midco - 1800.888.1300 - <https://www.midco.com/about/service-areas/grand-forks/>
- Will Not disconnect services during COVID- 19 crisis
- Having difficulty paying your bill? Contact Midco and they can assist you with developing a repayment plan during OR after the COVID-19 crisis slows. Nodak Electric - 1-701-746-4461
- Having difficulty with paying a bill - contact them directly. Century Link: Grand Forks Utility:

COVID-19 Community Resources

- Utility bill payment windows located at Grand Forks City Hall, 255 N 4th St Grand Forks ND 58203
- Pay bills over the phone at 701-746-2670
 - Water will not be shut off for the time being during the COVID-19 Crisis Grand Forks Traill Water District - 701-599-2963
- Any questions regarding your bill, give them a call to make arrangements.

Mental Health links and resources: 24-Hour FirstLink Helpline: Dial 2-1-1 or 701-235-SEEK (7335) to receive local community and volunteer resources or for listening & support or <https://myfirstlink.org>

Mental Health America's COVID-19 resources are found at this link: <https://mhanational.org/covid19>

Center for Disease Control (CDC)'s mental health resources: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

<https://www.healthline.com/health-news/taking-care-of-your-mental-health-during-covid19-outbreak>