



WebMed Mental Health Services
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Community Social Services Resources

Name of Organization	Areas of Service	Services Provided	Contact Info
WebMed Mental Health	Duluth, Cloquet	Medication management, therapy, outpatient chemical health treatment, ARMHS, case management, treatment specific programming	218.310.8896 WebMedMN.com Info@webmedmn.com
Human Development Center	Duluth, Two Harbors, Cloquet, and Superior	They offer: children therapy and skill building (infancy to adult) as well as adult case management services. They also have a housing case manager specifically for residency. 24-hour mobile mental health crisis services for Duluth and the surrounding area	Call 218-728-4491 or visit humandevelopmentcenter.org
AmberWing Center for Youth/Family	Duluth	They offer: occupational therapy, intensive day treatment program and help people with building sensory/motor skills. They offer: a family resource center offers free family support, parent forums, liaison services	Call 218-355-2100 or visit amberwing.org



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		between schools and providers.	
Twin Ports VA mental health clinic	Northern MN and WI	They offer mental health telemed and in person services and can be linked to providers in Minneapolis. Must be enrolled in the Minneapolis VA health system to receive treatment.	Visit va.gov/minneapolis-healthcare/locations/twin-ports-va-clinic or call 612- 467-4010
Duluth Institute	Duluth	Sex offender treatment program in outpatient setting for group therapy, individual, ARMHS worker, couples therapy, and psychosexual evaluations	104 West Superior Street, Suite 200 Duluth, MN 55802 (218) 727-7353
Duluth Vet Center	Duluth	They offer individual and group counseling for vets, service members, and their families. Telehealth encouraged	<i>Call 218-722-8654 or visit va.gov/findlocations/facility/vc_0429V for more info</i>
Illumé North	Duluth (offers MN and WI services)	Mental health center that offers psychotherapy and assesement services. Offer sex offender treatment for individuals and couples therapy. Provides supervision training to assist probation in determining whether supervision	218-302-4678



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		with minors is recommended	
MACV - MN assistance council for veterans	5209 Ramsey St., Duluth	Veteran nonprofit organization provides services, including housing, employment, and legal aid, that address the reasons for Veterans' homelessness in order to create sustainable housing opportunities.	218-722-8763
Therapeutic Services Agency Inc	Duluth	They offer: deaf and hard of hearing mental health services available to hard of hearing children from birth to 22 years old and their families. They do diagnostic assessments, psychotherapy, skills training, and in school services	<i>Duluth Office at 1001 East 9th Street, Suite 110, Duluth. Call 218-343-6196</i>
Program to Aid Victims of Sexual Assault(PAVSA)	Duluth	They offer: hospital advocacy, mental health support, forensic medical exams, crisis counseling, and legal advocacy for survivors of sexual violence and their loved ones (ages 12 and older)	<i>Reach an advocate 24-hours at 218-726-1931 or pavsa.org</i>
Center Against Sexual & Domestic Abuse (CASDA)	Superior	They offer: services to anyone hurt by domestic violence,	<i>Call 715-392-3136 or visit www.casda.org for more info</i>



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		sexual assault, and child abuse. They offer advocacy services, peer counseling and emotional support.	
Rural AIDS Action Network (RAAN)-	Duluth	They offer: free and confidential HIV and Hep C testing as well as medical case management, help paying for transportation to medical trips, support groups, syringe exchanges	<i>Call 218- 481-7225 or visit raan.org for more info</i>
Arrowhead Economic Opportunity Agency (AEOA)	Duluth	They offer: energy assistance, outreach, job training, employment assistance, homeless services, foreclosure prevention, weatherization, new home ownership assistance, arrowhead transit services	<i>218-624-7625 or 218-628-0877</i>
United Way	Minnesota	Refer to support such as education, housing services, health services, child care, employment, legal help, food assistance, youth services, transportation, senior services and support groups	211 https://www.unitedwaynemn.org/



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Angel Fund	Northeastern MN	They offer financial assistance to NE MN residents diagnosed with CANCER and dealing with treatment. Such as gift cards, gas cards, clothing and nutritional supplements, medical supplies, wigs, mastectomy supplies.	Requests submitted to the Board of Directors and fill out an app online and/or call 218-262-9929.
Legal Aid Service	offices are located in Brainerd, Duluth, Grand Rapids, Pine City, and Virginia	Our staff provide critical legal representation to people in poverty in civil legal matters that impact their security, safety, and well-being.	77-MY-MN-LAW (877-696-6529) or apply online. 424 West Superior St. Duluth, MN 55802 and 218-623-8100
St. Louis County Assistance	Duluth, Virginia, Ely, Hibbing	Cash/food assistance apply at MNBenefits.mn.gov or CA Form MHCP apply on mnsure.org and can assistance with medical transport	https://www.stlouiscountymn.gov/departments-a-z/public-health-human-services/about-public-health-human-services/contact-phhs Virginia: 218-749-7100 Ely: 218-365-8210 Hibbing: 218-262-6000 Duluth: 218-726-2000 PHHS@stlouiscountymn.gov
Douglas County Assistance	1316 N. 14th. Suite 400., Superior WI		715-395-1304



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SOAR Services	Duluth	Offers a career specialist to develop an employment plan, reduce barriers (transportation, child care, employment scheduling, education level), and provides mock interviews. And a 12 hour workshop on workplace readiness (M-W 4 hours per day, choose time of day). Offers re-entry services for current or recently incarcerated people transitioning back to community. They provide case management, employment services, and assistance with reducing barriers.	218-722-3126 or info@soarcareers.org
Community Action Duluth (CAD)	Duluth	Education opportunities, job training, transitional employment, assistance with SNAP/MNSURE application and benefits, assistance with transportation with a bike or help getting DL, assistance filing taxes	2424 W 5th St. Suite 102, Duluth, MN 55806 218-726-1665
Minnesota Warm Line		Safe, anonymous, confidential environment to connect with people here to listen. Calls are	651-288-0400. Open Mon-Sat noon-10pm



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		answered by a team of professionally trained Certified Peer Specialists, who have first hand experience living with a mental health condition.	
Bridges Rental Assistance (through each county and MN HRA)	Each county has contact.....St. Louis and Itasca Counties	<p>Bridges is designed to help people with high needs by providing a housing subsidy that is linked with community mental health services. Administrators must prioritize the following populations with top priority given to people living in an institution or other segregated setting who will be homeless when discharged. These priorities must be included in the housing agency's waiting list selection plan.</p> <ol style="list-style-type: none"> 1. People living in an institution or other segregated setting who will be homeless when discharged. 2. People experiencing homelessness who are in need of Permanent Supportive Housing (PSH). This is determined by an 	<p>Brad Gustason, Homeless Program Supervisor 218.728.4491. brad.gustason@hdchrc.org</p>



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		approved assessment tool and referred by Coordinated Entry (CE). 3. People who are experiencing homelessness or at imminent risk of homelessness.	
CADT- Center for Alcohol & Drug Treatment	314 E. Superior St. 400, Duluth (Detox and walk-in comp assessments have different address)	Addiction medicine clinic, inpatient and outpatient services, walk-in comp assessments, have housing for homeless alcoholics, DETOX/withdrawal management	Intake: (218) 723-8444 Detox: 218-206-9618 Walk-in Comp Assess(Torrey Bldg): 218-722-4996
Accend Services	101 W. 2nd St., Duluth	MH counseling, advocacy, DA's and behavioral health home services for adults, kids, and families	218-724-3122
HOME Line	No physical address, all online	Provides free and low cost legal organizing, education, and advocacy for tenants	612-728-5767
Peace of Mind Duluth	1731 London Rd., Duluth	ARMHS, community residential services, in-home services, skill building for employment	info@pomduluth.com 218-576-7363
Superior Treatment Center	1507 Tower Ave #307, Superior WI	Outpatient drug/alcohol treatment service	715-392-9300
Genesis Recovery Services	5 N 3rd Ave. W. Suite 310, Duluth	comp assessment, has educational tutors, dual outpatient program, has	218-722-2368



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		clinic for: methadone, suboxone, and buprenorphine	
Nystrom & Associates	332 W. Superior St. Suite 300, Duluth	Adult day treatment, counseling, driving with care class, in home therapy for children & adults, psych testing, child and family therapy	218-722-4379
Clear Path Clinic	1402 E. Superior, St., Duluth	Medically assisted treatment and recovery programs for opiate addiction. Assists with heroin and prescription drug addiction also.	218-336-4663 stimmerman@cadt.org
Damiano center	206 W 4th St	mailboxes for homeless, limited transportation assistance, free clothing, food kitchen, shower hygiene unit	info@damianocenter.org 218-722-8708
Mid Range CD Services	302 E. Howard Ste. 118. Hibbing	CD assessments, CBT groups, DWI clinics, CD treatment services	218-722-0860

Housing/Treatment Residence

Tradewinds Residence	1601 North 16th St. Superior	Community based residential facility 9-20 beds for adults struggling with living on their own, i.e. dementia, mental illness, other conditions that limit their ability to function	715-394-2077
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Pioneer Recovery Center	241 Minnesota 33, Cloquet	inpatient residential chemical dependency treatment facility for women	218-879-6844
Life House	102 W. 1st. St. Duluth	Community agency for youth that specializes in youth drop-in center, mental health/wellness, housing, future education, employment, and safe harbor.	218-722-7431
Emily Program	26 East Superior St. Suite 315., Duluth	Adults, children, and teens. Focuses on eating disorders with both inpatient and outpatient programs along with therapy and counseling	1-888-364-5977
Thunderbird Wren House (men/women)	1150 Mission Road, Sawyer, MN	Provides a chemically-free, supportive home environment to Native American adults recovering from problematic substance abuse. Thunderbird-Wren Halfway House accommodates up to 10 women and 30 men.	218-727-7699 tbwadmissions@mashkawisen.com
Duluth Bethel (men/women)	23 Mesaba Ave, Duluth	Provides drug and alcohol treatment services along with residential (32 men, 12 women), outpatient counseling for	Lisa Fulton- manages drug/alcohol treatment and outpatient services Lisa Rindal- manages community corrections



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		men/women, community corrections work release (up to 45), womens work release (up to 15), and electronic monitoring	Admin #: 218-722-1724
MN Adult/Teen Challenge	2 E 2nd St, Duluth	Our residential options include a 90-day licensed treatment program for men, and our 4-level faith-based residential recovery program for men. While in our residential programs, clients also have access to licensed mental health services. Our community outpatient program is available to adult women and men; it offers 10 hours of weekly treatment and lasts about 90 days.	218-740-5510 northlandadmissions@mntc.org
Mind Body Soul House	3820 grand ave. ??		218-260-2603
Horizon House (East, West, and Superior WI)	219 E 3rd St, Duluth	Horizon sober living provides safe and secure enviornment for men to support long-term recovery	218-464-4240 https://horizonhouseduluth.org/



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Grace place (women) and Zachary house (men)	not listed	Support housing services, separate facilities for men and women. Eligibility is determined by your extent of homelessness, so before being interviewed for housing, you'll need to go through one of our common entry points. That's where you'll complete a Vulnerability Index - Service Prioritization Decision Assistance Tool(VI-SPDAT)	Owner - October Allen Phone 218-341-7699
Great Lakes Sober Living (men and women)	4629 airpark blvd., Duluth	Structured board and lodge that requires clients to be in treatment, actively going to groups 3x weekly, maintaining employment and subject to monitored drug testing	Phone: (218) 461-5551 Email: brian@greatlakessoberliving.com
Arrowhead East and West	Central Hillside, downtown Duluth	East: mental health for men and women (16 bed IRTS) West: Men only (54 bed) *board and lodge facility for mentally ill or chemically dependent adults, or individuals coming out of incarceration	East: 218-724-8844 West: 218-722-5031
Summit Manor	1531 E 4th St, Duluth	Women only housing	218-728-5931



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Marty Mann House - CADT	714 N 11th Ave E., Duluth	Offers a 12-bed, women's residential and medium intensity program. Uses supportive therapeutic community to focus on recovery and transition from treatment.	218-723-8444
Howard Friese House - CADT	1520 E 2nd St Duluth, MN 55802 Lakeside – 14 bed Prindle 2211 Greysolon Rd Duluth, MN 55812	Lakeside- 14 bed residential treatment Prindle House- Medium intensity, 24-bed, extended care residential treatment program for me	(218) 723-8444
Range Transitional Housing	Hibbing/Virginia (Northern St. Louis County)	Primarily works with homeless populations but also people at risk of becoming homeless	Text 211 or text "homeless" to 85511 to start the process
AICHO Dabinoo'Igan Emergency Domestic Violence Shelter	Duluth	* They offer: 10 bed emergency shelter for victims of physical/sexual violence, trafficking, and stalking who need immediate shelter and can stay for up to 30 days *Offer advocacy, info/referral services, housing search assistance, financial assistance, and culturally specific programming	<i>Call the Hotline at 218-722-2247 if you are currently fleeing domestic violence</i>



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Safe Haven Shelter & Resource Center	Duluth	*They offer: advocacy, shelter and safety for victims of domestic violence *Support groups virtually Tuesdays from 6-8pm and Wednesdays 5:30-7:30pm	Call 218-623-1000 for info on how to attend or visit www, safehavenshelter.org
Northwoods Childrens Services	Duluth	They offer: intensive day treatment program for children (pre-school-highschool), a 35 day assessment program, both psychiatric and residential treatment programs, and corporate foster care.	Call 218-724-8815 or visit www.northwoodchildren.org

Food Shelves

Name of organization	Location	Hours	Contact Info
AEOA- Food Shelf	100 Pionk Dr., Proctor	Tuesday 10:00 – 1:30 pm	218-628-6288 or 218-624-7558 (live in proctor school ISD, or in need)
CHUM Food Shelf East	120 N. 1st Avenue W., Downtown Duluth	Wednesdays, 3:30 - 6:30pm. Fridays, 10am - 1:45pm	218.727.2391.



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CHUM Food Shelf West	4831 Grand Avenue 215, West Duluth	Tuesdays & Thursdays, 11am - 2pm	218.624.0333.
CHUM Food Shelf	Lakeside Duluth. Faith Lutheran Church 51st Avenue East and Glenwood Street	Wednesday 3:30-6:30 pm	218.624.0333
Lincoln Park Community Church Food Shelf	watersedge community church 2202 West 3rd Street., Duluth	Sundays, 10:30am - Noon	218.722.4141. lincolnparkcommunitychurch@yahoo.com
Salvation Army	215 S. 27th Avenue W., Duluth	Mondays & Thursdays, 1:30 - 4pm	218.722.7934.
Second Harvest Northern Lakes Food Bank (mothers and children)	4503 Airpark Blvd., Duluth	Tuesday 10:00 – 1:30 pm	888.727.5653, ext. 119.
Second Harvest northern lakes - SENIOR (naps)	4503 Airpark Blvd., Duluth		218-727-5653
Vineyard Christian Fellowship/ fruit of the vine	1533 W Arrowhead Rd, Duluth	Saturdays 9:30-11:30am, Tuesdays 6-8pm, *produce giveaways 4th friday of month from 9:30-10:30am	(218) 525-3462
Salvation Army Cloquet	316 carlton Avenue, Cloquet	Food on Mondays 430p-6pm and Tuesdays 8:30a-12:30p	(218) 879-1693



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Mobile Food Shelf through Second Harvest Northern Lakes	Our Saviors Lutheran Church @ 615 12th St. Cloquet, MN	THIRD Thursday of the month from 10:30 am-11:30am	

Immediate CRISIS Services:

Name of organization	Services Provided	Contact Info
WebMed Mental Health	Crisis therapy appointments Monday-Thurs: 2:00PM Walk in psychiatric appointment 1:30PM Walk in Rule 25/chemical assessment	
Arrowhead Regional Crisis Line	24 hour crisis phone line for mental health support, info, and problem solving. This will connect to a counselor who can help defuse the crisis and point to local resources.	844-772- 4724 or text "MN" to 741741
Birch Tree Center Crisis Response & Stabilization	Through Thrive behavioral network, 24 hour crisis	844-772-4724
Human Development Center	mobile crisis services, partnered with first call for help, region 3, and city of Duluth. Services Duluth and 30 mile surrounding radius.	1-844-772-4724
Wellstone Center Emergency 24-Hour Crisis Line	Reach trained crisis staff 24/7	218-288-2100
South St. Louis County *	access services	218-355-1530. Press 7 for Adult Mental Health North



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North St. Louis County (iron range such as hibbing, eveleth)	access services	218-471-7128 Press 7 For Adult Mental Health
Douglas County 24-Hour Crisis Line	State-certified mental health professionals available 24/7 for mental health support	715-395- 2259
Essentia 24/7 Substance Use Disorder Referral Line	Refers anyone suffering from a substance use disorder to local, trained providers, treatment, and resources.	833-677-1262
AICHO Dabinoo'Igan Emergency Shelter	They offer a 10 bed emergency Shelter for abuse, trafficking and stalking victims	Call the Hotline at 218-722-2247 if you are currently fleeing domestic violence
Safe Haven Shelter & Resource Center	Shelter and safety for victims of domestic violence	218-728-6481.
Love is Respect (thats not cool . com)	Speak to peer advocate to get help, helps develop safety plan. Assists with boundaries, potential dating violence, unhealth relationship advice	1-866-331-9474 or text: LOVEIS to 22522
Harbor House Crisis Shelter	Crisis Shelter for women and children (open for walk in M-Th 10am-2pm for good samaritan fund)	1531 Hughitt Ave. Superior, WI. 715-394-9608
CHUM (Churches United In Ministry)	Drop-in Center, shelter, food, clothing	120 North 1st Ave. West., Duluth 218-727-2391
Dorothy Day House/Loaves and Fishes	MEN ONLY	1712 Jefferson St., Duluth. 218-724-2054
The Olive Branch	Women and Families house	1614 Jefferson St., Duluth 218-728-0629
Bethany Crisis Shelter	Short-term, shelter for children and youth only	9239 Idaho St., Duluth 218-626-2726



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Hannah House	Short term sober living (part of loaves and fishes)	1705 Jefferson St. Duluth 218-728-3771
Range Mental Health Center Detox-Virginia & Outpatient-Hibbing	Virginia MN- mobile crisis team including 8 bed crisis stabilization unit and 16 bed intensive residential facility	624 13th St. South. PO Box 1188, Virginia Crisis line: 218-288-2100
Homeless outreach coordinator	St. Louis County, Duluth. Homeless outreach	1. Deb Holman 218-260-7573, open 8am-8pm. (her 24 hr hotline # 218-461-8505) 2. Kevin Radzak (program specialist)-no #

Community Support Groups:

Name of organization	Location	Services Offered/Times	Contact Info
AIM Twin Ports support group	MN and WI	They offer: American Indian Movement support groups (Facebook link to join group: facebook.com/groups/3281203408591050)	Join Facebook group
A/A	Twin Ports Area Intergroup	Join app for updated meetings	Located at 331 E. 1st Street, Duluth, MN 55805 218.727.8117. *Can download an APP to see AA meetings in area (aa.org/meeting-guide-app)



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N/A	Northern Lights Area (Duluth, Superior, Two Harbors, Cloquet)	Click link for monthly updated meetings	https://www.naminnesota.org/nl/ 877.767-7676
Celebrate Recovery	Lakeview Covenant Church, Duluth	Thursdays only. 5:50 Dinner 6:30 Worship & Large Group 7:30 Small Open Share Groups 8:30 Solid Rock Café	1001 Jean Duluth Rd, Duluth. Newcomers: Contact Ann (women) at 218-591-3175 or Jon (men) at 218-269-0166. *Encouraged to check out Lakeview Covenant CR Facebook page
Essentia Health - Grief	Duluth/Hermantown/Superior/Sandstone	Offer adult grief support group, parent grief support group for child loss, suicide support group, widowed persons grief group, and young persons grief group (summer only)	https://www.essentiahealth.org/classes-events/search-results/?TermId=9e898faf-c32a-e711-8102-001dd8b71c9e
Essentia Health - Cancer survivor and families	1st St. Bldg, Duluth	First WED of every month 4-5:30pm. Essentia Health Cancer Support Groups provides groups where survivors and their families can find support in the form of companionship ideas, information, and inspiration.	Jenny Isaacson, 218-786-3665
MN Recovery Connection	All VIA ZOOM	All recovery meetings: Monday-Friday at 7 am	Link to all meetings: https://minnesotarecovery.com/



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		and 5pm and Saturdays at 11am LGBTQ+ Meeting: Wednesdays at 5 pm	ery.org/all-recovery-meetings/
Gambling Services	CADT 314 W Superior Street, Suite 15, Duluth		(218)723-8444 Contact Info: Brenda DeLeeuw bdeleeuw@cadt.org https://getgamblinghelp.com/
Health Realization - hosted by Damiano Center	206 W 4th St., Duluth,	Wednesday at 7pm Women's Only meeting on Sunday at 7pm. *Is a cognitive skills-based program that helps individuals manage stress and work through barriers. It is often considered an addiction recovery program or support group, and while it is effective for people with addictions, it can assist with a wide range of life issues.	218-722-8708
Recovery Alliance Duluth (RAD)	Damiano Center 206 W 4th. St. #203, Duluth	community organization that connects people seeking recovery to peers who have walked a similar path and are trained to help through peer-to-peer recovery support.	Contact to find a peer: 218-576-6005. hello@recoveryallianceduluth.org



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Smart Recovery	None in person, available online	Our self-empowering, free mutual support meetings focus on ideas and techniques to help you change your life from one that is self-destructive and unhappy to one that is constructive and satisfying. SMART Recovery does not use labels like “addict” or “alcoholic.” We teach scientifically validated methods designed to empower you to change and to develop a more positive lifestyle.	https://www.smartrecovery.org/
Depression/Bipolar Support Alliance	All online	Offers support groups for people of color, people struggling with mental health and substance use, and struggling with certain diagnosis	Check website for weekly support groups and times https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/#local



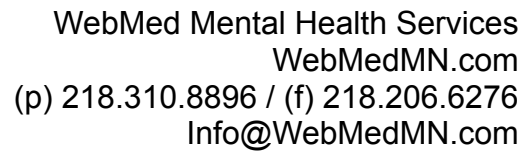
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Trans PLUS	All online (St. Louis Co Area)	<p>Trans Plus Support Group We offer 2 groups that are peer-to-peer support groups for transgender, intersex, Two Spirit, gender non-conforming (GNC), non-binary, and questioning folks. We are meeting virtually at this time, and have groups on Mondays & a couple Tuesdays every month. Contact us for more details!</p> <p>Trans+ Friends, Family & Allies Group This group is for friends, family members, and allies of transgender and GNC folks. They are being virtually on the 1st Thursday of every month. Join their group on Facebook and/or contact us for more details!</p> <p>Together For Youth This group is an inclusive, supportive and welcoming group for lesbian, gay, bisexual, transgender, queer, questioning, intersex, two spirit and allied youth in Duluth</p>	transplusmn@gmail.com
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		and Virginia, Minnesota. Click to learn more!	
NAMI	Duluth specifically	They offer support groups at Peace Church in Duluth every Monday from 6-7pm	
PAVSA	Duluth	MONDAYS 8-5. Trauma-conscious yoga classes for survivors of sexual violence. Good for beginners and experienced yogis. (typically private, work with PAVSA for access)	218-726-1442
Eating Disorders Anonymous	First United Methodist Church, 230 e. skyline pkwy, Duluth	SUNDAYS 7-8 P.M. The Duluth chapter of EDA offers support groups to residents in Duluth to practice the twelve steps and support one another. In EDA, they help identify and claim milestones of recovery.	218-349-3825

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