

**Superior Public
Library
Resource Guide**

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Adult Services

| Age Well Arrowhead | |
|----------------------------|--|
| Location | Alworth & Lonsdale Building, 306, W Superior St Duluth, MN 55802 |
| Contact | 218-623-7800 888-974-6418 (Fax) information@agewellarrowhead.org |
| Services Provided | Care consultation, caregiver support, trainings, help in the home, groceries to go, transportation |
| Hours of Operation | Monday-Friday: 8:00 am- 4:30 pm Saturday-Sunday: closed |
| Process to Obtain Services | 60+ years |
| Additional Information | Contact for questions regarding services and payment |

| Douglas County ADRC | |
|----------------------------|---|
| Location | Government Center 1316 North 14 th St Suite 327 Superior, WI 54880 |
| Contact | 715-395-1234 (Main) 866-946-2372 (Toll-Free) 715-395-1663 (TTY/Voice) 715-395-7371 (Fax) adrc@douglascountywi.org |
| Services Provided | Information and assistance, long term care options counseling, benefit assistance, screening for family care & IRIS, health and wellness, vital connection Options for Financial Assistance (if any) No charge for services, but may be referred to outside services that are subject to cost |
| Hours of Operation | Monday-Friday 8:00 am- 4:30 pm or by appointment |
| Process to Obtain Services | 60+ years, individuals over 18 who have a disability |
| Additional Information | Information and assistance to all community members (family, friends, professionals) working with issues related to aging and dementia, physical disabilities, developmental disabilities, mental health issues, and substance use. |

Senior Connections

| | |
|----------------------------|---|
| Location | 1805 N 16 th St Superior, WI 54880 https://www.seniorconnectionswi.org/ |
| Contact | 715-394-3611 715-394-3898 (Fax) Can send email through website |
| Services Provided | Transportation, loan closet, Meals on Wheels, benefits assistance |
| Hours of Operation | Monday- Friday 8:00 am- 4:30 pm |
| Process to Obtain Services | 55+ years, people with a disability |
| Additional Information | |

Crisis Hotlines

Dating Abuse and Domestic Violence

- Loveisrespect: 1-866-331-9474

Depression and Suicide

- Crisis line for LGBTQ+ teens/young adults 1-866-488-7386
- National Suicide Prevention Lifeline 1-800-273-TALK (8255)
- Suicide prevention texting hotline for teens Text "Life" to 61222

Eating Disorder Hotline

- National Eating Disorder Association: 1-800-931-2237

General Crisis

- Crisis Text Line: Text SUPPORT to 741-741

Local Crisis Line

- Douglas County Crisis Line Ph: 715-395-2259

Mental Illness Hotline

- Birch Tree Center Crisis line (218) 623-1800
- National Alliance on Mental Illness: 1-800-950-6264

Poison Control:

- 800-222-1222

Substance Use Hotline

- National Drug Helpline: 1-844-289-0879
- SAMHSA's National Helpline: 1-800-662-HELP (4357)

Sexual Assault Hotline

- Rape, Abuse, and Incest National Network: 1-800-656-4673

Veterans Crisis Line

- Veterans Crisis Line 1-800-273-8255, press 1

Emergency Services

Essentia Health St. Mary's Superior Clinic Emergency Room

| | | |
|------------------------|---|--|
| Location | 3500 Tower Ave Superior, WI 54880 https://www.essentiahealth.org/ | |
| Contact | 715-817-7000 | |
| Services Provided | Emergency medical needs | Options for Financial Assistance (if any) Uninsured discounts, Financial Assistance Program |
| Hours of Operation | Open 24 hours | |
| Additional Information | In an emergency, call 911 | |

Superior Fire Department

| | | |
|------------------------|---|--|
| Location | 3326 Tower Ave Superior, WI 54880 https://www.ci.superior.wi.us/147/Fire-Department | |
| Contact | 715-395-1680 Can email through website Scott Gordon (Fire Chief) | |
| Services Provided | Fire, rescue, emergency medical services, hazardous material response, fire education, investigation, and inspection | |
| Hours of Operation | Monday-Friday 8:00 am-4:30 pm | |
| Additional Information | In an emergency, call 911 | |

Superior Police Department

| | |
|------------------------|--|
| Location | 1316 N 14 th St #150 Superior, WI 54880 http://www.ci.superior.wi.us/174/Police-Department |
| Contact | 715-395-7234 715-395-7664 (Fax) (After hours call 911 to speak with an officer for any reason) Can send email through website Nicholas Alexander (Police Chief) |
| Services Provided | Maintain public order, prevent, investigate, and solve crime, protect the community, monitor and direct traffic |
| Hours of Operation | Monday-Friday 8:00 am- 4:30 pm |
| Additional Information | In an emergency, call 911 |

Food Resources

Food Pantries:

| Faith United Methodist Church | |
|-------------------------------|---|
| Location | 1531 Hughitt Ave Superior, WI 54880 https://www.superiorfaithumc.org/ |
| Contact | 715-394-9608 churchoffice@superiorfaithumc.org |
| Services Provided | Food pantry, community garden |
| Hours of Operation | Tuesdays 4:00 pm- 6:30 pm |
| Process to Obtain Services | Have some form of identification |
| Additional Information | People are allowed to use the food pantry once a month |

| Northwest Wisconsin Community Services Agency- Food Pantry | |
|--|---|
| Location | 1118 Tower Ave Superior, WI 54880 http://www.northwest-csa.org/ |
| Key Contact | 715-392-5127 Can send a message through website |
| Services Provided | Food pantry, emergency food assistance program, commodities supplemental food programs, WIC, Fit Families |
| Hours of Operation | Monday-Thursday 9:00 am- 11:30 am Drive-thru the back parking lot |
| Process to Obtain Services | Some programs may need to know the monthly income of the household, contact to see if you are eligible |
| Additional Information | Contact for more detailed information on these services and many more |

| Superior Salvation Army | |
|----------------------------|--|
| Location | 916 Hughitt Ave Superior, WI 54880 https://centralusa.salvationarmy.org/superior/ |
| Contact | 715-394-7001 Can send an email through the website |
| Services Provided | Food pantry |
| Hours of Operation | Food Pantry: Monday, Wednesday, Thursday, Friday 1:00 pm Produce Truck: 2 nd Tuesday of each month from 1:00 pm- 3:00pm |
| Process to Obtain Services | Bring proof of address, identification |
| Additional Information | Contact for information regarding number of visits per month for each service |

| UW-Superior Yellowjacket Pantry | |
|---------------------------------|--|
| Location | Swenson Hall 1080 1610 Weeks Ave Superior, WI 54880 https://www.uwsuper.edu/campuslife/services/food-shelf.cfm |
| Key Contact | 715-394-8548 jbird2@uwsuper.edu |
| Services Provided | Food pantry Options for Financial Assistance Free to UWS students |
| Hours of Operation | Monday 12:00 pm- 2:00 pm Thursday 2:00 pm- 4:00 pm |
| Process to Obtain Services | Valid Student ID required, pick up a paper request form outside of the pantry – drop in the drop-box outside the pantry OR stop in during open hours and fill the form |
| Additional Information | Hours of operation may change after 9/1 |

Soup Kitchens:

| First Evangelical Covenant | |
|----------------------------|---|
| Location | 3311 Hughitt Ave Superior, WI 54880 |
| Contact | 715-392-4051 |
| Services Provided | Hot meal |
| Hours of Operation | 4 th Sunday of the month @ 4:00 pm |
| Process to Obtain Services | Bring a form of identification |
| Additional Information | Contact for more information |

| The Solid Rock Safe Haven | |
|----------------------------|---|
| Location | 1004 North 6 th St Superior, WI 54880 |
| Contact | 715-392-6264 |
| Services Provided | Hot meal |
| Hours of Operation | Monday-Friday 5:00 pm-5:30 pm Saturday 4:00pm- 5:00 pm |
| Process to Obtain Services | Bring a form of identification |
| Additional Information | Bread table (day old bread) available on weekends |

Other:

| Meals on Wheels- Senior Connections | |
|-------------------------------------|---|
| Location | 1805 N. 16 th St Superior, WI 54880 https://www.seniorconnectionswi.org/meals-on-wheels |
| Key Contact | Nutrition Program Director: Molly Andrews 715-394-3611 800-870-2181 nutritiondirector@seniorconnectionswi.org |
| Services Provided | Nutritious meals, well-being check, annual assessment to determine an individual's need for home delivered services |
| Hours of Operation | Monday-Friday Frozen meals/shelf-stable meals may be available for weekends, holidays, and weather-related emergencies |
| Process to Obtain Services | Ages 60+, homebound |
| Additional Information | Anyone who receives this service is asked to contribute to the cost of the meal. The donation request is \$4.00 per meal. |

| Superior YMCA | |
|----------------------------|---|
| Location | 9 N 21 st St. Superior, WI 54880 https://superiorymca.org/ |
| Key Contact | 715-392-5611 Can send message through website |
| Services Provided | Food distribution site Options for Financial Assistance Free |
| Hours of Operation | Saturdays: 10:00am-12:00pm drive thru and Thursdays 4:00-8:00pm in the Y lobby. |
| Process to Obtain Services | No qualification requirements or information collected |
| Additional Information | Free shelf-stable meal bags with 4-5 pounds of good food including a variety of fruits, vegetables, proteins, grains, and entrees |

SEE ALSO:

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Human Services- SNAP.....39

WIC-for eligible pregnant, post-partum women, infants, and children up to age 5.....32

Homeless Shelters and Housing Resources

Center Against Sexual and Domestic Abuse (CASDA)

| | | |
|----------------------------|--|--|
| Location | 318 21 st Ave E Superior, WI 54880 https://casda.org/ | |
| Contact | 715-392-3136 800-649-2921 (24 Hour Help Line) | |
| Services Provided | 24-hour help line, advocacy services, peer counseling, support groups, emergency shelter, children's program, legal services, community education, volunteer program, rural outreach | |
| Hours of Operation | Monday-Friday 8:00 am- 4:30 pm | Emergency Hours (if any) Call 24-hour help line |
| Process to Obtain Services | Call for more information pertaining to services interested in | |
| Additional Information | | |

Harbor House

| | | |
|----------------------------|---|--|
| Location | 1531 Hughitt Ave Superior, WI 54880 https://harborhousecs.org/ | |
| Key Contact | 715-394-9608 Option 5' chelsea.b@harborhousecs.org | |
| Services Provided | SAMaritan Fund, emergency shelter, case management, life skills, art intervention programming, transitional living center, permanent supportive housing | |
| Hours of Operation | Monday 10:00 am- 4:00 pm, Tuesday-Thursday 9:00 am- 4:00 pm, Friday 9:00 am- 3:00 pm | |
| Process to Obtain Services | Contact for process to obtain services | |
| Additional Information | | |

Northwest Wisconsin Community Services Agency

| | |
|----------------------------|---|
| Location | 1118 Tower Ave Superior, WI 54880 http://www.northwest-csa.org/ |
| Key Contact | 715-392-5127 Can send a message through website |
| Services Provided | Homeless services: coordinated entry, solid rock safe haven, affordable housing, farmer's market vouchers, food pantry, taste of the month, WIC, judicare, memory lane, senior center, retired and senior volunteer program, volunteer income tax assistance, YMCA and SAHA memberships |
| Hours of Operation | Monday-Thursday 8:00 am - 4:30 pm |
| Process to Obtain Services | Forms and requirements may vary depending on service |
| Additional Information | Contact for more detailed information on services |

Solid Rock Safe Haven

| | |
|----------------------------|--|
| Location | 1004 N 6 th St Superior, WI 54880 http://www.northwest-csa.org/services/solidrocksafehaven.htm |
| Key Contact | 715-392-6264 Contact Kathy for more information on the shelter Contact Stacey for help learning more about Solid Rock's transitional living program |
| Services Provided | Shelter for adult men |
| Hours of Operation | Check in for men needing shelter: 4:00 pm-8:00 pm Public Lunch and Dinner: Monday- Friday Noon-5:00 pm, Saturday 4:00 pm - 5:00 pm, Sundays are closed to public |
| Process to Obtain Services | Contact for process to obtain services |
| Additional Information | Kathy and Stacey's contact info are on the website listed above. |

Superior Housing Authority

| | |
|----------------------------|--|
| Location | 1219 N 8 th St Superior, WI 54880 https://superiorhousing.org/ |
| Contact | 715-394-6601 info@superiorhousing.org |
| Services Provided | Public housing, housing choice voucher, HUD rental assistance demonstration program |
| Hours of Operation | Monday-Friday 8:00 am- 4:30 pm |
| Process to Obtain Services | Applications may be picked up at the Administration office during regular hours |
| Additional Information | For more information, visit their website and FAQ's page or contact their office |

Job Resources

Clothes that Work-Damiano Center

| | |
|----------------------------|--|
| Location | 206 W 4 th St #214 Duluth, MN 55806 https://www.damianocenter.org/ |
| Contact | Donna Verhel (Clothes that Work Coordinator) 218-722-5247 dverhel@damianocenter.org |
| Services Provided | Provides appropriate apparel for interviews and new jobs |
| Hours of Operation | Monday-Wednesday, Friday 9:00 am- 3:00pm, closed Thursdays |
| Process to Obtain Services | Bring photo ID Once you have a job, bring proof of employment |
| Additional Information | Shoppers are eligible every six months |

Division of Vocational Rehabilitation

| | |
|----------------------------|--|
| Location | 1805 N 14 th St #1 Superior, WI 54880 https://dwd.wisconsin.gov/dvr/ |
| Contact | 715-392-7896 (Voice) 800-228-2513 (Toll Free) 715-392-7873 (Fax) |
| Services Provided | Job seeking, recruit & retain employees with help from DVR services |
| Hours of Operation | Monday-Friday 8:00 am- 4:30 pm |
| Process to Obtain Services | People with a disability that makes it hard for you to find/keep a job and you need DVR service to deal with your disability limitations |
| Additional Information | DVR has 60 days to decide if you are eligible for their services |

| SOAR Career Solutions | |
|----------------------------|--|
| Location | 205 W 2 nd St #101 Duluth, MN 55802 https://soarcareers.org/ |
| Contact | 218-722-3126 info@soarcareers.org |
| Services Provided | Career services, career exploration |
| Hours of Operation | Monday, Wednesday, Thursday 8:00 am - 4:30 pm Tuesday 8:00 am - 8:00 pm Friday 8:00 am - 12:00 pm |
| Process to Obtain Services | Call to see if SOAR is right for you and to set up first appointment |
| Additional Information | |

SEE ALSO:

indiGO.....40

Mental Health

Clear Harbor Counseling

| | |
|----------------------------|---|
| Location | 1531 Hughitt Ave Superior, WI 54880 (Inside Faith United Methodist Church) http://clearharborcounseling.com/ |
| Contact | 715-342-9002 715-312-2009 (Fax) info@clearharborcounseling.com |
| Services Provided | Adult and teen individual therapy, family therapy, diagnostic assessments, and chemical dependency assessments |
| Hours of Operation | Call for appointment |
| Process to Obtain Services | Call for availability/process to obtain services before filing any forms |
| Additional Information | There are forms on the website for people with an intake appointment scheduled |

Creative Counseling Group

| | | |
|----------------------------|--|---|
| Location | 3215 Tower Ave #108 Superior, WI 54880 (Located in Twin Ports Guardianship) http://ccgcounseling.com/ | |
| Key Contact | 715-718-5606 715-718-5607 (Fax) info@ccgcounseling.com | |
| Services Provided | Individual counseling, couples counseling, marriage counseling, family counseling, group counseling | Specializations: Art Therapy, Behavior Modification, Child, Centered Play Therapy, Cognitive-Behavioral Therapy, Dialectical Behavior Therapy, Hypnotherapy, Marriage and Family Therapy, Sandtray Therapy, Technology-Assisted Therapy, Trauma-Focused Cognitive-Behavioral Therapy |
| Hours of Operation | Monday-Friday 8:00 am- 4:30 pm | |
| Process to Obtain Services | Call for availability/process to obtain services before filing any forms | |
| Additional Information | | |

Karen Schwoebel Johnson Therapy Services

| | |
|----------------------------|--|
| Location | 2202 Hughitt Ave Superior, WI 54880 |
| Key Contact | 218-341-9485 |
| Services Provided | Marriage and family therapist, mental health counselor |
| Hours of Operation | Call for appointment |
| Process to Obtain Services | Call for availability/process to obtain services before filing any forms |
| Additional Information | |

Lake Superior Community Health Center

| | | |
|----------------------------|--|---|
| Location | 2222 E 5 th St Superior, WI 54880 https://lschc.org/ | |
| Key Contact | 715-392-1955 715-392-1935 (Business Fax) 715-392-1901 (Medical Fax) info@lschc.org | After Hours Urgent Needs: 218-786-3110 (Nurse Care Line) 1-800-714-4646 (Nurse Care Line) 612-379-6363 (Mental Health Crisis Line) 1-866-379-6363 (Mental Health Crisis Line) |
| Services Provided | Medical, dental, behavioral health, substance abuse, rural health, chiropractic care, health care access office | Options for Financial Assistance Sliding Fee Application (will need proof on income) |
| Hours of Operation | Medical: Monday-Friday 8:00 am - 5:00 pm Dental: Monday-Friday 7:30 am - 5:00 pm | |
| Process to Obtain Services | Forms can be found on website | |
| Additional Information | What to bring to your visit: Valid picture ID, medical or dental insurance card, containers of prescribed and over the counter meds/vitamins/supplements, appropriate medical or dental forms (new patients) | |

Northwood College Counseling Services (Northwood Students)

| | |
|----------------------------|--|
| Location | 600 N 21 st St Superior, WI 54880 https://www.northwoodtech.edu/campuses/superior-campus/campus-services |
| Contact | Dede Maki: 715-319-7334 Kent Lundahl: 715-319-7333 Can send email through website |
| Services Provided | Counseling to Northwood students |
| Hours of Operation | Monday-Thursday 8:00 am- 6:30 pm, Friday 8:00 am- 4:00 pm |
| Process to Obtain Services | Northwood student, contact for availability/process to obtain services before filing any forms |
| Additional Information | |

Twin Ports VA Clinic (Veterans)

| | |
|----------------------------|---|
| Location | 3520 Tower Ave Superior, WI 54880 https://www.va.gov/ |
| Contact | 715-398-2400 (main) 612-467-4010 (Mental health clinic) |
| Services Provided | Health care, disability, education/training, employment, pension, housing assistance, life insurance, other benefits |
| Hours of Operation | Monday-Friday 7:30 am- 4:30 pm |
| Process to Obtain Services | Veteran |
| Additional Information | County Veterans Service Officers (CVSO) are not affiliated with VA, they collaborate with VA and other organizations serving Veterans. County: Douglas CVSO: Erick Hudson, CVSO Email: Erick.Hudson@douglascountywi.org Phone: 715-395-1367 |

UW-Superior Counseling Service Marovich Wellness Center (UWS Students)

| | |
|----------------------------|---|
| Location | Marcovich Wellness Center Room 1729 1810 Catlin Ave Superior, WI 54880 https://www.uwsuper.edu/shcs/index.cfm |
| Key Contact | 715-394-8236 shcs@uwsuper.edu |
| Services Provided | Counseling for UWS students, psychiatric services |
| Hours of Operation | Monday-Friday 8:00 am- 4:30 pm |
| Process to Obtain Services | UWS student, contact for availability/process to obtain services before filing any forms |
| Additional Information | Intake paperwork and informed consent will be needed before first appointment, able to access these forms through website |

Essentia Health St. Mary's Superior Clinic

| | | |
|----------------------------|---|--|
| Location | 3500 Tower Ave Superior, WI 54880 https://www.essentiahealth.org/ | |
| Key Contact | 715-817-7100 Can schedule appointments online | |
| Services Provided | Mental health inpatient, intensive outpatient, mental health counseling (outpatient) | Options for Financial Assistance (if any) Uninsured discounts, Financial Assistance Program |
| Hours of Operation | Monday-Friday 8:00 am- 5:00 pm | Emergency Hours (if any): Emergency room open 24/7, for more information refer to page ____ |
| Process to Obtain Services | Contact for information regarding setting up the first appointment and forms for mental health appointments | |
| Additional Information | | |

Pregnancy, Parents, Newborns, and Young Children

Family Forum (HeadStart, Early HeadStart, Parenting Information)

| | |
|----------------------------|--|
| Location | 1500 N 34 th St #200 Superior, WI 54880 https://www.familyforum.org/ |
| Contact | 715-392-9896 715-392-5883 (Fax) Can email through website |
| Services Provided | Center-based Learning (Early Head Start), Home-based Learning (Early Head Start), Center-based Learning (Head Start), resources and support for families |
| Hours of Operation | Monday-Friday 8:00 am- 4:30 pm |
| Process to Obtain Services | Applications can be accessed through website |
| Additional Information | Supporting documents needed: immunization records (faxed), income documents and birth certificates can be emailed. |

Lake Superior Life Care Center

| | | |
|------------------------|---|--|
| Location | 1823 Belknap St Superior, WI 54880 https://www.lslccduluthsuperior.org/ | Mailing Address PO Box 1378 Superior, WI 54880 |
| Key Contact | 715-394-4102 715-718-0021 (Fax) lslccsuperior@gmail.com | |
| Services Provided | Parenting education, pregnancy testing, OB ultrasound, free medical services for anyone, material assistance, safe sleep classes. | |
| Hours of Operation | Monday-Thursday 9:00 am- 3:00 pm Or by appointment | |
| Additional Information | Contact for more information regarding services and requirements for each program | |

Lake Superior Regional Family Justice Center Northwest Connection Family Resources

| | |
|----------------------------|---|
| Location | 15896 W 3 rd St Hayward, WI 54843 https://www.wisconsinchild.org/ |
| Key Contact | 800-733-KIDS 715-634-2299 715-634-8743 (fax) nwconnection@ncfrwi.net |
| Services Provided | Referral services, recruitment and retention of providers, technical assistance, parent education and support, car seat safety, family activities and events, resources |
| Hours of Operation | Monday-Friday 8:00 am- 4:00 pm |
| Process to Obtain Services | Services are for children and families |
| Additional Information | Northwest Connection Family Resources serves 14 counties and 7 tribes in Northern WI. |

Northern Lights Family Resource Center

| | |
|----------------------------|---|
| Location | 1201 North 28 th St Superior, WI 54880 https://www.superior.k12.wi.us/cms/one.aspx?portalId=173699&pageId=1117979 |
| Contact | Lisa Hesselgrave (Early Childhood and Family Education Department secretary) 715-394-8790 ext. 51504 lisa.hesselgrave@superior.k12.wi.us |
| Services Provided | Free parent education programs, family support services, information & referral resources |
| Hours of Operation | Monday-Thursday 9:00 am- 3:00 pm |
| Process to Obtain Services | Services are for families and youth |
| Additional Information | |

| WIC- Women, Infants, and Children Program | |
|---|---|
| Location | 1805 N 14 th St #4 Superior, WI 54880 |
| Key Contact | 715-394-2750 715-394-4651 (Fax) wic@northwest-csa.org |
| Services Provided | Breastfeeding support, food benefits, nutrition education, referrals |
| Hours of Operation | Monday-Thursday 8:30 am- 4:30 pm |
| Process to Obtain Services | Lives in WI, make a certain amount of money, need help with health/nutrition, have one of the following apply to you: you are pregnant, had a baby in the past 6 months, you are breastfeeding a baby under the age of 1, you are caring for a baby/child younger than 5. |
| Additional Information | |

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Public Health

Douglas County Public Health

| | | |
|------------------------|--|--|
| Location | 1316 N 14 th St #400 Superior, WI 54880 http://www.douglascountywi.org/index.aspx?nid=228 | |
| Contact | 715-395-1304 715-395-1434 (Fax) dcdhhs@douglascountywi.org | Working Contact Kathy Ronchi (Health Officer) kathy.ronchi@douglascountywi.org |
| Services Provided | Community health, environmental health, influenza information center, public health nursing, public health preparedness | |
| Hours of Operation | Monday-Friday 8:00 am- 4:30 pm | |
| Additional Information | | |

Respite Care

| Challenge Center, Inc. | |
|----------------------------|--|
| Location | 39 N 25 th St E Superior, WI 54880 https://challenge-center.org/ |
| Contact | 715-394-2771 715-394-2100 (Fax) challengecenterjobs@gmail.com |
| Services Provided | Residential program, supported living services, respite services, life skills program, sensory stimulation program, senior's day service program, evening & weekend recreation program, leisure time activities program, vocational services |
| Hours of Operation | Monday-Friday 8:00 am- 5:00 pm |
| Process to Obtain Services | People living with disabilities, families of people living with disabilities |
| Additional Information | Call to set up appointments and services |

| Memory Lane of Superior/Douglas County | |
|--|---|
| Location | 1118 Tower Ave Superior, WI 54880 http://www.northwest-csa.org/services/memorylane.htm |
| Key Contact | 715-394-2587 |
| Services Provided | Adult day services Options for Financial Assistance (if any) Transportation, scholarship monies may be available |
| Hours of Operation | Monday-Friday 9:00 am- 2:00 pm |
| Process to Obtain Services | Older adults with dementia |
| Additional Information | |

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Social Services

Catholic Charities

| | |
|----------------------------|--|
| Location | 1416 Cumming Ave Superior, WI 54880 https://ccbsuperior.org/ |
| Contact | 715-394-6617 715-394-5951 (Fax) ccbrecep@ccbsuperior.org |
| Services Provided | After school programs, Birth-to-Three, Day care, volunteer opportunities, education in life skills & vocations for people with disabilities, independent housing, supported living, home health care, senior respite |
| Hours of Operation | Contact for hours of operation |
| Process to Obtain Services | Works with people with disabilities, older adults, and children and families |
| Additional Information | Contact for detailed information regarding qualifications for services |

Douglas County Human Services

| | |
|----------------------------|---|
| Location | 1316 N 14 th St #400 Superior, WI 54880 http://www.douglascountywi.org/index.aspx?nid=228 |
| Contact | 715-395-1304 715-395-1370 (Fax) dcdhhs@douglascountywi.org Anna Carlson (Director) |
| Services Provided | Adult Protective Services, Aging and Disability Resource Center, Alcohol and Other Drug Abuse, Economic Support, Intake and Assessment, Mental Health Services, Youth and Family Services |
| Hours of Operation | Monday-Friday 8:00 am- 4:30 pm |
| Process to Obtain Services | Depends on what service is being provided |
| Additional Information | Contact with any questions and to set up appointments |

| indiGO | |
|----------------------------|--|
| Location | 2911 Tower Ave Suite 9 Superior, WI 54880 https://indigowi.org/ |
| Contact | 715-392-9118 715-392-4636 (Fax) info@indigowi.org |
| Services Provided | Information & referral, peer support, independent living skills training, advocacy, transition services, assistive technology, benefits counseling, integrated employment, transportation, accessibility, personal care |
| Hours of Operation | Monday-Friday 8:30 am- 5:00 pm |
| Process to Obtain Services | People living with disabilities |
| Additional Information | indiGO is the Regional Center for Independent Living (CIL) serving Ashland, Bayfield, Burnett, Douglas, Iron, Price, Sawyer, and Washburn Counties as well as the Bad River, Red Cliff, Lac Courte Oreilles, and the St. Croix Tribal Communities. |

| United Way of Superior | |
|------------------------|---|
| Location | 1507 Tower Ave #215 Superior, WI 54880 https://hlunitedway.org/ |
| Key Contact | 715-394-2733 info@unitedwayofsuperior.org For information and resources: 2.1.1 or 800-543-7709 |
| Services Provided | Resource and referral, tax assistance, financial stability education, volunteer opportunities |
| Additional Information | |

Substance Use Services

| Alano Serenity Club (AA) | |
|--------------------------|---|
| Location | 1216 Belknap St Superior, WI 54880 http://alanoclubs.org/ |
| Key Contact | 715-392-8340 office@alanoclubs.com |
| Services Provided | 12- Step Alcoholism treatment program |
| Additional Information | The website is intended as an online directory of Alano Clubs and an online store for 12 step related items. This site is not affiliated with any organization, group, Treatment/Rehab/Detox Center, NA, CA, AA or other 12 step program. |

SEE ALSO

Lake Superior Community Health Center (tobacco cessation services).....26

Support Group/Services

Adults Grief Support- Essentia Health (Virtual)

| | | |
|----------------------------|--|--|
| Location | St. Mary's Hospital- Superior 3500 Tower Ave Superior, WI 54880 https://www.essentiahealth.org/services/behavioral-mental-health-services/grief-bereavement-support/ | |
| Contact | 715-817-7025 griefcenter@essentiahealth.org | |
| Services Provided | In-person support group | Options for Financial Assistance Free program |
| Hours of Operation | 3 rd Thursday of each month, 1:00 pm - 2:00 pm | |
| Process to Obtain Services | Those grieving and affected by loss | |
| Additional Information | Website has more grief support groups in other cities | |

Autism Support Group

| | | |
|----------------------------|--|--|
| Key Contact | debm@cesa12.org | |
| Services Provided | Autism support group | |
| Process to Obtain Services | Dealing with Autism | |
| Additional Information | Email for more information regarding group | |

Caregiver Conversations Caregiver Support

| | |
|----------------------------|---|
| Location | United Presbyterian Church 229 N 28 th St Superior, WI 54880 |
| Contact | 715-394-3611 |
| Services Provided | Support group |
| Hours of Operation | 3 rd Wednesday of each month, 1:00 pm - 2:00 pm |
| Process to Obtain Services | Caregiver |
| Additional Information | |

Low Vision Support Group Lighthouse Center for Vision Loss (Virtual)

| | |
|----------------------------|-----------------------------------|
| Location | Virtual |
| Contact | Betsy to schedule 218-461-8961 |
| Services Provided | Support group |
| Process to Obtain Services | Dealing with low vision |
| Additional Information | Contact for group times |

| MS Support Group | |
|----------------------------|---|
| Location | Virtual |
| Contact | Contact Frank 785-203-0421 f.frank.austin@gmail.com |
| Services Provided | Support group |
| Hours of Operation | 2 nd and 4 th Tuesdays of each month @ 7:30 pm |
| Process to Obtain Services | Dealing with MS |
| Additional Information | |

| NAMI Family Support | |
|------------------------|---|
| Location | P.O. Box 1224 Superior, WI 54880 namidouglascountywi.org |
| Contact | Message 920-452-5152 Or NAMI WI 608-268-6000 Namidouglascountywi@gmail.com |
| Services Provided | Family support- support group |
| Additional Information | Contact for group times |

| Parkinson's Support Group | |
|----------------------------|---|
| Contact | Karen- keu6011@gmail.com Bonnie- bjniemi@gmail.com |
| Services Provided | Parkinson's support group |
| Process to Obtain Services | Dealing with Parkinson's |
| Additional Information | Contact Karen or Bonnie for information regarding group |

Transportation Services

| Boot + Scoot | |
|----------------------------|---|
| Location | https://www.facebook.com/tbootandscoot/ |
| Contact | 218-269-79661 |
| Services Provided | Non-medical transport for older adults or people with disabilities Wheelchair accessible |
| Hours of Operation | <General hours> <Holiday hours> |
| Process to Obtain Services | Serves Douglas, Ashland, Bayfield, Sawyer, Washburn, St. Louis, and Carlton counties |
| Additional Information | <Expectations re: data sharing, service follow up, reports, issue management, etc.> |

| Northern Access Transportation | |
|---------------------------------------|---|
| Location | 3133 Truck Center Dr. Duluth, MN 55806 http://northern-access.com/ |
| Key Contact | 218-728-5464 800-853-2955 (Toll free) |
| Services Provided | Transportation to or from healthcare facilities (non-emergency), transportation to workplaces, social events, family visits, etc, wheelchair accessible, cot/stretchers accessible. |
| Hours of Operation | Monday- Friday 7:30 am- 4:30 pm |
| Process to Obtain Services | Older adults, people with disabilities |
| Additional Information | If you call evenings and weekends, please leave a message |

| Upward Transportation | |
|----------------------------|--|
| Location | https://upwardtransportation.com/ |
| Key Contact | 218-428-0377 |
| Services Provided | Specialized transportation services for seniors & wheelchair dependent people |
| Hours of Operation | Monday-Friday 6:00 am- 6:00 pm |
| Process to Obtain Services | Serves Superior, Brule, Iron River, Lake Nebagamon, Solon Springs, Gordon, Barnes, Douglas County, Bayfield County, Washburn County, Ashland County, Duluth, Cloquet, Carlton, Two Harbors, Proctor, Hermantown, Twig, Pike Lake, Caribou Lake, Island Lake, Fish Lake, St Louis County, Carlton County, and Lake County |
| Additional Information | |

SEE ALSO

Senior Connections.....5

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