

Embracing Hope:

FINDING STRENGTH IN LIFE'S JOURNEY

CRISIS RESOURCES

FirstLink Hotline (ND): Dial 2-1-1

Suicide & Crisis Lifeline: Dial 9-8-8

Veterans Crisis Line: Dial 9-8-8 then Press 1 or text 838255

Northeast Human Services Center

Open Access Hours 8am-5pm, M-F
151 S. 4th St. Ste. 401, Grand Forks, ND
Phone: 701-795-3000

ShareHouse

Walk-In Clinic Hours: 8am-5pm, M-F
4227 9th Ave. South, Fargo, ND
Phone: 877-294-6561

First Care Health Center

Park River - FREE counseling sessions
through UND Counseling Department
Phone: 701-284-7500

KBJ Coaching & Consulting

Kristy Jelinek - Grafton
kristybergerjelinek.com
Phone: 701-520-4631

Unity Medical Center

Grafton
Phone: 701-352-1620

Spiritual/Grief Coordinator

Heather Duerre - Cavalier
Phone: 701-265-6283

Hospice of the Red River Valley

Grief Support
hrrv.org/grief-support/
Phone: 800-237-4629

GriefShare

Grief Recovery Support Groups
<https://www.griefshare.org/>

Grafton Community Health

Medication-Assisted Treatment
Phone: 701-352-4048

Community Options ND

8am-5pm, M-F
Phone: 1-800-223-2417 x140

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Northland Christian Counseling Center
Grand Forks
www.northlandccc.com
Phone: 701-795-8550

Lipp, Carlson, Witucki
Grafton/Grand Forks
lclwpsychologists.com
Phone: 701-746-8376

Pam Quinn Counseling
Grafton
Phone: 701-352-9622

The Village Family Service Center
Grand Forks
Phone: 701-746-4584

Agassiz Associates, PLLC
Grand Forks
www.agassizassociates.com
Phone: 701-746-6336

Rural Psychiatry Associates
Grand Forks
ruralpsychiatryassociates.com
Phone: 855-905-7875

Blazin Saddles
New Folden, MN
<http://blazinsaddles.org/>
Ph: 218-874-6609

Alcoholics Anonymous Hotline
Phone: 701-330-4339

Journaling Through Grief
journalingthroughgrief.com

Caregiver Support Group

6-week program offered at Unity Medical Center and First Care Health Center.
For more information, call Heather Narloch at 701-379-3032.
Unity Medical Center Dates: Nov. 2-Dec. 7, 10:30am-12noon (lunch provided).

EMBRACING HOPE PLAYLIST

Access the Spotify playlist using the
camera on your phone

