
Directory of Pine County Area Health Care Providers

North Pine Area Hospital District - November 2021



Introduction

This is a directory of local health care providers and other health related resources in the Pine County area. The Health Care Leaders Coalition suggested this project and the North Pine Area Hospital District enthusiastically took on the project to research and prepare this valuable resource for our citizens. The free Electronic version can be obtained at www.PineHospitalDistrict.com.



About North Pine Area Hospital District

The North Pine Area Hospital District is a Minnesota political subdivision whose purpose is to ensure that area residents have access to local, high quality health care. The Hospital District built the Pine Healthcare Campus, which opened in May 2017. It contracts and leases space for hospital services to Essentia Health. The clinic services are provided by Gateway Family Health Clinic and the pharmacy is by Thrifty White Pharmacy. The Hospital District is governed by a Board of Directors composed of 19 appointed/elected individuals for four-year terms. For more information about the Hospital District and the Pine Healthcare Campus, go to www.PineHospitalDistrict.com.

Pine Healthcare Campus

705 Lundorff Drive
Sandstone, MN 55072

Note: We have tried to verify all information provided but there may be contact information that is not currently correct.

Table of Contents

<u>Health Service</u>	<u>Page</u>
Addiction	4
Ambulance	6
Chiropractors	6
Clinics	7
Dental	9
Domestic Violence/Abuse	10
Financial Health Care Resources	11
Food Assistance & Fresh Food	12
Government Health Agencies	15
Hearing	16
Home Visits	16
Hospice and Home Care	17
Hospitals	17
Long-Term Care - Assisted Living, Memory Care	18
Long-Term Care - Skilled Nursing	19
Mental Health Crisis and Health Care Hotlines	19
Mental Health Clinics	21
Pharmacies	24
Senior Services	25
Sexual Assault	26
Transportation	27
Veteran Services	28
Vision	28
Women & Children	29

Pine County Area Health Care Resource Directory

Addiction

Alcohol Anonymous

Pine City Evangelical Church ~ Sunday Evenings, 6:30 PM in the library
Address: 625 Golf Ave SW, Pine City, MN 55063
Phone: (320) 629-2584
Website: www.pcefc.com
Services: AA Support Group.

Pine City Group ~ Our Redeemer Lutheran Church ~ Monday, 7:30 PM
Address: 825 Golf Ave S W, Pine City, MN 55063
Phone: (320) 629-2985
Website: www.orlcpc.com
Services: AA Support Group.

Sandstone Group ~ Sandstone City Hall ~ Saturdays, 10:30 AM and Sundays, 7:00 PM
Address: 119 4th St, Sandstone, MN 55072
Phone: (320) 216-5591
Services: AA Support Group.

Ascertain Recovery Centre' LLC

Address: 413 Commercial Avenue, Sandstone, MN
Phone: (320) 245-9966
Website: www.ascertainrecovery.org
Services: Individual, group, family counseling, comprehensive assessments. Sandstone appointments from 9:00 - 5:00 M - F; Hinckley appointments on Mondays from 9:00 AM - 12:00 PM.

Celebrate Recovery - Journey North Church - Mondays, 6:00 PM

Address: 840 Main St South, Pine City, MN 55063
Phone: (320) 629-6111
Website: www.iloveourchurch.com
Services: Christ-centered, 12 Step Program.

Changing Gaits, Inc.

Address: 27274 Monument Road, Brook Park, MN 55007
Phone: (320) 438-4001
Website: www.changinggaits.org
Services: Faith based - Equine Assisted Addiction Services (EAAS).

Empower Recovery Services

Address: 509 3rd Ave. SW, Pine City, MN 55063
Phone: (320) 629-0059
Website: www.empowerrecoveryservices.org
Services: Assessments, outpatient treatment, mental health counseling.

Fraser

Phone: (612) 446-HOPE (4673). Phones available from Monday - Friday, 9 AM to 5 PM
Email: FraserHopeLine@fraser.org
Website: www.fraser.org
Services: Early beginnings and family consults for children and adults. Autism, career planning and employment, community living, mental health, neuropsychology, pediatric therapy. Tele-services available.

Greater Minnesota Family Services

Phone: (320) 214-9692

Website: www.greaterminnesota.org

Services: In-home diagnostic assessments; individual and family therapy; individual and family skills; parent education; and supportive services to assist with issues pertaining to out of home placements (reunification and prevention).

Meadow Creek

Address: 17305 Meadow Creek Lane, Pine City, MN 55063

Phone: (877) 367-1715

Website: www.meridianprograms.com

Services: Women's inpatient treatment center.

Mille Lacs Band Government Center

Contacts: Mark Watters, SUD Director, (320) 532-4181 x7795,
(320) 630-4791, CD Assessor; D3, (320) 362-1431, (320) 385-7044

Recovering Hope Treatment Center

Address: 2031 Rowland Road, Mora, MN 55051

Phone: (844) 314-HOPE

Website: <https://recoveringhope.life/mental-health/>

Services: Mental health counseling for adults and teens. Includes assessments, testing, and individual, family and couples counseling. Adolescent individual therapy and assessments, substance use and outpatient services.

Rise Up Psychological Services

Address: 1100 Holstein Dr., Pine City, MN 55063

Phone: (320) 322-5122

Services: Mental health assessments and psychological therapy, specializing in children.

Teen Focus Recovery Center, LLC

Address: 209 East Maple Avenue, Mora MN 55051

Phone: (320) 679-2003

Website: www.teenfocusrecoverycenterllc.com

Services: Chemical use assessments for adolescents and adults, and outpatient treatment for A=adolescents and adults.

Address: 475 South Dana Avenue, Rush City, MN 55069

Phone: (320) 358-4065

Website: www.teenfocusrecoverycenterllc.com

Services: Outpatient treatment for adults and adolescents; chemical use assessment for adolescents and adults; and anger management.

Ambulance

Essentia Health Emergency Medical Services - Sandstone

Address: 705 Lundorff Dr, Sandstone, MN 55072

Phone: (320) 245-2211 or 911

Website: <https://www.essentiahealth.org/find-facility/profile/essentia-health-sandstone/>

Chiropractors

Hinckley Chiropractic

Address: 110 Main Street E, Hinckley, MN 55037

Phone: (320) 384-6790

Website: www.hinckleychiropractic.com

Services: Chiropractic services.

Nilsson Chiropractic

Address: 253 5th St SE, Pine City, MN 55063

Phone: (320) 629-2740

Website: www.chiropractorpinecityminnesota.com

Services: Chiropractic services & massage therapy.

Northern Pine Chiropractic Center

Address: 301 N Commercial Ave, Sandstone, MN 55072

Phone: (320) 245-2499

Website: www.northernpinescc.com

Services: Chiropractic services.

Pine City Family Chiropractic

Address: 805 2nd Street SE, Pine City, MN 55063

Phone: (320) 629-6717

Website: www.dlchiropractors.com

Services: Chiropractic services, massage therapy, & acupuncture.

Waxberg Clinic - Lyn Lake

Address: 805 Main Street S, Pine City, MN 55063

Phone: (320) 629-5288

Website: www.waxbergclinic.com

Services: Chiropractic services & massage therapy.

Clinics

Aazhoomog Clinic of the Mille Lacs Band

Address: 45741 Grace Lake Road, Sandstone, MN 55072

Phone: (320) 384-0149

Website: www.millelacsband.com

Services: Immunizations, physicals, dental screenings, and other services.

Essentia Health Clinic - Moose Lake

Address: 4572 County Road 61, Moose Lake, MN 55767

Phone: (218) 485-2105

Website: <https://www.essentiahealth.org/find-facility/profile/essentia-health-moose-lake-clinic/>

Services: Primary care including family medicine, OB, cardiology, dermatology, gynecology, and urology.

MHealth - Fairview Lakes Pine City Clinic

Address: 100 Evergreen Square, Pine City, MN 55063

Phone: (320) 629-6721

Website: www.fairview.org

Services: Family Medicine, Internal Medicine, & diabetes & kidney care.

MHealth - Fairview Lakes Rush City Clinic

Address: 760 West 4th Street, Rush City, MN 55069

Phone: (320) 358-4784

Website: www.fairview.org

Services: Family medicine, pediatrics, podiatry, geriatrics, diabetes care.

Wellia Health - Hinckley Clinic

Address: 620 Sandy Lane, Hinckley, MN 55037

Phone: (320) 384-6189

Website: www.firstlighthealthsystem.org

Services: Pregnancy care, dietician services, diabetes education and family practice.

Wellia Health - Pine City Clinic

Address: 1425 Main Street North, Pine City, MN 55063

Phone: (320) 629-7505

Website: www.firstlighthealthsystem.org

Services: Family practice.

Gateway Family Health Clinic - Hinckley

Address: 45 Lady Luck Dr, Hinckley, MN 55037

Phone: (320) 384-6618

Website: www.gatewayclinic.com

Services: Family and internal medicine, pediatrics.

Gateway Family Health Clinic - Moose Lake

Address: 4570 County Hwy. 61, Moose Lake, MN 55767

Phone: (218) 485-4491

Website: www.gatewayclinic.com

Services: Family and internal medicine, pediatrics, general surgery.

Gateway Family Health Clinic - Sandstone

Address: 204 Lundorff Drive, Sandstone, MN 55072

Phone: (320) 245-2250

Website: www.gatewayclinic.com

Services: Family and internal medicine, pediatrics, general surgery.

Welia Health - Hinckley

Address: 620 Sandy Ln., Hinckley, MN 55037

Phone: (320) 384-6189

Website: www.weliahealth.org

Services: Full clinic services, Monday - Friday from 8 - 5:00 PM.

Welia Health - Pine City

Address: 1425 Main Street N., Pine City, MN 55063

Phone: (320) 629-7505

Website: www.weliahealth.org

Services: Clinic, urgency services, pharmacy. Hours: 11:00 AM - 8:00 PM, Monday - Sunday.

Dental

Children's Dental Services - Delta Dental

Appointment Phone: (612) 746-1530

Website: <http://childrensdentalservices.org>

Services: Cleanings, exams, fillings, extractions, fluoride, X-rays, sealant, oral health education, crowns.

Embrace Orthodontics

Address: 705 4th Ave SW, Pine City, MN 55063

Phone: (320) 629-9944

Website: www.cambridgeorthomn.com

Services: Orthodontic care.

Midwest Dental

Address: 210 Old Hwy. 61 S, Hinckley, MN 55037

Phone: (320) 384-6118

Website: www.midwest-dental.com

Services: Preventative care, cosmetic dentistry, perio treatment, pediatric dentistry, restorative care, & sedation dentistry.

Oak Park Dental Clinic (accepts medical assistance)

Address: 505 Johnson Ave SE, Pine City, MN 55063

Phone: (320) 629-2282

Website: www.oakparkdentalclinic.com

Services: Preventative and cosmetic dental care.

Pine City Family Dental

Address: 1105 Hillside Ave SW, Pine City, MN 55063

Phone: (320) 629-2789

Website: www.pinecitydental.com

Services: Preventive, general and emergency dental care by Dr. Uyen Pham, DDS.

Sandstone Dental Office

Address: 501 Commercial Ave N, Sandstone, MN 55072

Phone: (320) 245-2208

Services: Dental care.

Domestic Violence/Abuse

A Place for You

Address: 220 3rd Ave SE, Pine City, MN 55063

Phone: (320) 438-7070

Website: www.apfy.org

Services: Shelter for females, males and singles over the age of 18 who are in distress. Offers basic needs and resources to help transition into a stable housing situation.

Child Protective Services ~ Pine County Health & Human Services

Address: 635 Northridge Dr. NW, Ste 220, Pine City, MN 55063

Phone: (320) 591-1570; Toll Free: (800) 450-7463 ext 1570

Website: https://www.co.pine.mn.us/departments/health_and_human_services/child_protection.php

Services: Report child maltreatment (abuse, neglect) during working hours.

Family Pathways - Domestic Violence & Sexual Assault Services

Address: 315 Main Street South, Suite B-100, Pine City, MN 55063

Pine Office Phone: (320) 629-1277

24/7 Hotline: 1(800) 338-7233

Website: <https://www.familypathways.org>

Services: Family Pathways provides advocacy, emotional support and court support services for victims of domestic violence and sexual assault. Our office hours are Monday through Friday from 8:30am to 4:30pm. Our shelter and crisis line are open and available 24/7.

Mille Lacs Band - Advocates for Domestic Violence/Abuse

Danielle Churchill: Shelter Advocate, (320) 495-3514

Petra Maurico: Sexual Assault Advocate, (320) 384-1646

Mille Lacs Band - Family Violence Prevention Program

Address: PO Box 518, 502 Weber Avenue, Hinckley, MN 55037

Phone: (320) 336-0214, Cell: (320) 630-2691

Contact: Kala.Roberts@hhs.millelacsband-nsn.gov

Kristen Allord, Shelter House Manager, (320) 630-2677, (320) 495-3514

Minnesota Domestic Violence Crisis Line

Phone: (866) 223-1111

Email: safety@dayoneservices.org

Website: www.dayoneservices.org

Services: Day One is a statewide network of domestic violence, sexual assault, human trafficking, youth- and community-advocacy programs in Minnesota. Hosts the Minnesota Day One Crisis Line which connects individuals seeking safety and resources to service agencies statewide via phone, text or chat message. The Day One Call Center also answers calls, texts and chat messages to the Minnesota Crime Victim Support Line.

National Domestic Violence Hotline

Phone: (800) 799-SAFE (7233)

Website: www.thehotline.org

Services: 24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. Contacts to The Hotline can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

Pine County Sheriff

Addresses:

Pine City: 635 Northridge Dr. NW, Suite 100, Pine City, MN 55063

Hinckley: Pine County Sheriff Office, 106 1st Street SE, Hinckley, MN 55037

Phone: (320) 629-8380. In Emergency dial 911.

Website: www.co.pine.mn.us

About: Provides a wide range of public safety services. Call to report a situation of suspected child maltreatment.

Financial Assistance for Health Care

Mille Lacs Band - Circle of Health

Address: 18562 Minobimaadizi Loop, Onamia , Mn. 56359

Phone: (320) 532-4181 x7741 or 2581 (landline), (320) 532-4354 (fax)

Contact: Roberta Lemieux, Benefits Manager, (320) 532-4181 x7723 (landline)

Minnesota Assistance Programs:

Medical Assistance

Website: www.mn.gov/dhs

Phone: Request an application by calling MinnesotaCare at (651) 297-3862 (Twin Cities Metro) or 1-800-657-3672 (toll-free). For TTY call 711 or 1-800-627-3529.

Services: pays for a variety of services like doctor visits, alcohol and drug treatment, prescriptions, hospital stays and much more. It may also pay for medical bills going back three months from the date of application.

MinnesotaCare

Website: <https://www.mnsure.org/>

Hotline: (651) 539-2099.

Services: MinnesotaCare is a premium-based program for people who earn too much to qualify for Medical Assistance but make too little to pay for private insurance.

How to Apply: Most Minnesotans can apply for these programs online through MNsure, Minnesota's health insurance marketplace.

*Note: Some people **should not** apply through MNsure. These are typically seniors and people with disabilities.*

Pine County Health & Human Services

Address: Pine City: 635 Northridge Dr. NW, Ste. 220, Pine City, MN 55063

Sandstone: **Sandstone North Pine Government Center Pine County Health and Human Services / Veterans Services** 1602 Hwy. 23 N Sandstone, MN 55072

Phone: Pine City: (320) 591-1570. Sandstone: (320) 216-4100

Website: www.co.pine.mn.us

Services: Financial assistance including: cash assistance, child care assistance, food support, and health care assistance for those who qualify.

Food Assistance/Fresh Food

(See Senior Services as well)

Angels of Hope

Address: 56395 Forest Blvd, Pine City, MN 55063
Phone: (320) 336-9191
Website: <https://angelsofhopefoodshelf.weebly.com>
Hours: Monday - Thursday 9am - 1pm

Bruno Food Shelf

Address: Thrift store, Main Street, Bruno, MN
Phone: (320) 838-3664
Hours: Tues. & Thurs., 5 - 6 pm, Saturdays 1- 2 pm

Catholic Charities; Askov - Meals on Wheels

Location: Askov Community Center
Address: 6369 Kobmagergade Street, Askov, MN 55704
Phone: (320) 838-3616
Website: www.ccstcloud.org

Services: Catholic Charities Meals on Wheels Program delivers nutritious noon-hour meals to the homes of at-risk, homebound, ill, and vulnerable persons age 60 and over in 44 communities across Central Minnesota or those under 60 who need service due to an illness, disability or injury. Call the number above for application instructions.

Catholic Charities; Finlayson Senior Dining ~ Meals on Wheels

Address: 2195 Finland Ave, Finlayson, MN 55735
Phone: (320) 385-6557 Toll Free: (888) 496-5556
Website: www.ccstcloud.org

Services: Catholic Charities Meals on Wheels Program delivers nutritious noon-hour meals to the homes of at-risk, homebound, ill, and vulnerable persons age 60 and over in 44 communities across Central Minnesota or those under 60 who need service due to an illness, disability or injury. Call the number above for application instructions.

Catholic Charities; Hinckley Senior Dining ~ Meals on Wheels

Location: Senior Citizens Center
Address: 302 Main Street F, Hinckley, MN 55037
Phone: (320) 384-6557
Website: www.ccstcloud.org

Services: Catholic Charities Meals on Wheels Program delivers nutritious noon-hour meals to the homes of at-risk, homebound, ill, and vulnerable persons age 60 and over in 44 communities across Central Minnesota or those under 60 who need service due to an illness, disability or injury. Call the number above for application instructions.

Catholic Charities; Sandstone Senior Dining ~ Meals on Wheels

Location: Sandstone Senior Center
Address: 206 N Main St., Sandstone, MN 55072
Phone: 320-384-6557
Website: www.ccstcloud.org

Services: Catholic Charities Meals on Wheels Program delivers nutritious noon-hour meals to the homes of at-risk, homebound, ill, and vulnerable persons age 60 and over in 44 communities across Central Minnesota or those under 60 who need service due to an illness, disability or injury. Call the number above for application instructions.

Catholic Charities; Willow River ~ Meals on Wheels Only

Phone: (888) 496-5556

Website: www.ccstcloud.org

Services: Catholic Charities Meals on Wheels Program delivers nutritious noon-hour meals to the homes of at-risk, homebound, ill, and vulnerable persons age 60 and over in 44 communities across Central Minnesota or those under 60 who need service due to an illness, disability or injury. Call the number above for application instructions.

Everyone's Table

Address: 134 Oriole Street East, Sandstone. [John Wright Building]

Website: every1s.table@gmail.com

Services: Free community meal the 1st and 3rd Tuesday every month from 4:30 – 6:30 PM

Family Pathways ~ Food Equity and Access; Sandstone Food Shelf

Address: 314 Main Street, Sandstone, MN 55072

Phone: (320) 245-2485

Website: www.familypathways.org

Hours: Tuesday, Wednesday, Thursday 9:00 AM – 6:00 PM

Services: Second Harvest Nutritional Assistance Program for Seniors (NAPS) distributed 3rd Wednesday, Thursday, and following Tuesday during open food shelf hours.

Catholic Charity frozen Meals available for pick up at the food shelf during open hours.

Mon. and Fri. 9am-1pm, Tues. and Wed. 9am-6pm, Saturday 9:00am- Noon

Feed My Sheep ~ Memorial Drive Bible Fellowship

Address: 67331 Hwy. 23, Askov, MN 55704

Phone: (320) 838-3733

Website: www.memorialdrivebiblefellowship.com

Cost: \$20 donation

Distribution dates/times: 1st Saturday of the Month; 8:30am

Services: Bring your own boxes and donate \$20 to receive food worth many times the amount of the \$20 donation.

Mille Lacs Band

Contacts: Jeff Aubele, Eligibility Tech, (320) 384-0149 x5

Kevin Pawlatsche, Coordinator, (320) 532-4181 x5850

Osprey Wilds

Address: 54165 Audubon Drive, PO Box 530, Sandstone (Formerly Audubon Center of the North Woods)

Phone: (320) 245-2648

Website: <https://ospreywilds.org>

Services: Farm fresh foods, every Friday during growing season (Also residential environmental learning center and conference & retreat center).

Pine Community Food Shelf

Address: 220 7th St SW, Pine City, MN 55063

Phone: (320) 629-0128

Hours: Monday and Thursday 9:00 AM – 5:00 PM; Wednesday 11:00 AM – 5:00 PM

Services: *Second Harvest Nutritional Assistance Program for Seniors (NAPS) distributed the 1st Wednesday, Thursday and following Monday during open food shelf hours.

*Catholic Charity frozen Meals available for pick up at the food shelf during open hours Monday, Wednesday, Thursday at 9am-6pm, Tuesday and Friday 9:00 AM - Noon.

Ruby's Pantry ~ Hinckley Community Center

Address: 106 1st Street SE, Hinckley, MN 55037

Phone: (651) 674-0009

Website: www.hinckleymn.com

Cost: \$15 donation

Distribution dates/times: 3rd Wednesday of the Month; 4:00 - 5:30 PM
About: No income limits, simply pay a \$15 donation, bring your own boxes, and receive \$100 or more worth of groceries.

Ruby's Pantry ~ National Guard Armory, Pine City

Address: 1305 Main Street S, Pine City, MN 55063

Phone: (651) 674-0009

Website: www.rubyspantry.org

Distribution dates/times: 4th Thursday of the month; 5:00 - 6:30 PM

About: No income limits, simply pay a \$15 donation, bring your own boxes, and receive \$100 or more worth of groceries. Cost: \$15 donation.

Second Harvest Heartland ~ Nutrition Assistance Program for Seniors (NAPS)

Address: 220 7th St SW, Pine City, MN 55063

Phone: (651) 484-8241

Website: www.2harvest.org

Services: Free food distribution for seniors 60+.

Distribution dates/times: Pine Community Food Shelf - 1st Wednesday of the Month; 4:30 - 5:30 PM

SNAP ~ Supplemental Nutrition Assistance Program

County Agency: Pine County Health & Human Services

Address: 635 Northridge Dr. NW, Ste. 220, Pine City, MN 55063 (Turn in applications at this location)

Phone: (800) 450-7463

Website: www.co.pine.mn.us

Contact the Community Services Department at 320-679-1800 or 800-832-6082 Option 4 or snap@lakesandpines.org

Services: Food assistance program for eligible, low income individuals and families so they can better meet their nutritional needs.

Women, Infant, Children Program (WIC)

Addresses: 315 Main St S, Suite 1, Pine City, MN 55063

1610 Hwy 23 N, Sandstone, MN 55072

Phone: (320) 591-1596; (320) 216-4150

Websites: www.co.pine.mn.us - www.fns.usda.gov/wic

About: WIC is a nutrition education and voucher issuance program for women, infant, and children. Participation is an opportunity to learn about nutrition and to achieve better health.

Government Health Care Agencies

Mille Lacs Band

Address: 45741 Grace Lake Rd., Sandstone, MN 55072
Phone: (320) 384-0149

Minnesota Department of Health

Address:

St. Paul State Office: P.O. Box 64975, St. Paul, MN 55164-0975

Duluth District Office: Duluth Technology Village, 11 East Superior Street, Suite 290,

Duluth, MN 55802-2007; (218) 302-6166

Phone: (651) 201-5000; For Minnesota callers outside the metro area (toll-free) (888) 345-0823

Website: www.health.state.mn.us

Services: MDH Divisions: Community Health; Child and Family Health; Health Regulation; Environmental Health; Health Policy; Health Promotion and Chronic Disease; Infectious Disease Epidemiology, Prevention and Control; Public Health Laboratory

Pine County Health and Human Services

Locations and Phone numbers:

South Pine Government Center

635 Northridge Dr. NW, Ste. 220, Pine City, MN 55063

Phone: (320) 591-1570

FAX: (320) 591-1601 or 1602

Toll Free: (800) 450-7463

North Pine Government Center

1602 Hwy. 23 North, Sandstone MN 55072

Phone: (320) 216-4100 - (Sandstone)

Phone: 320-591- 1570 (Pine City)

Phone: (320) 216-4140 - Public Health

Phone: (320) 216-4210 WIC

Toll free: (800) 450-7463

Website: www.co.pine.mn.us

Services: Information and referral to various community resources is available through the department.

Services can be provided directly or may be purchased for eligible clients.

Hours of Operation: All offices are open Monday thru Friday from 8:00 AM to 4:30 PM, excluding government holidays.

Hearing

Gateway Family Health Clinics - Moose Lake and Sandstone

Addresses: 4570 County Hwy. 61, Moose Lake, MN 55767 (218-485-4491)
204 Lundorff Drive, Sandstone, MN 55072 (320-245-2250)

Website: www.gatewayclinic.com

Services: Detailed patient history, physical exam and symptom review; comprehensive 4-part audiometry, video otoscopy, referral for ENT specialty consultation as needed, hearing Instrument selection and fitting, hearing Instrument programming and fine-tuning, and cleaning and repair.

Clarity Hearing Center

Address: 501 Main Street, Sandstone, MN 55072

Phone: (800) 654-4296

Website: www.clarityhearingcenter.com

Services: Testing, consultation and hearing adit fitting and followup care

Therapeutic Services Agency, Inc. (TSA)

Address: 220 Railroad Street SE, Pine City, MN 55063

Phone: (320) 629-7600

Website: www.hoperealized.com

Services: Provides mental health services to children and teens who are hearing impaired or deaf with support from a grant from the MN Department of Human Services. This specialized service is cultural affirmative for persons who are deaf and hard of hearing. Mental health staff are experienced communicators with ASL skills and or work with interpreters to optimize language success to facilitate meaningful mental health service delivery.

Home Visits

Mille Lacs Band

Contacts: Lisa Blahosky-Oliverez, Public Health Director, (320) 532-4181 x7459
Joanne Boyd, WIC Clerk, (320) 532-4181 x7821, (320) (320) 532-7524 (fax)
Donna Sutton, RN, Home Care, (320) 630-2443

Pine County Public Health

Address: 1610 Hwy. 23 N, Sandstone, MN 55072

Phone: (320) 216-4140

Website: www.co.pine.mn.us

Services: Long-term care consultation, PCA assessments, & family home visiting.

Hospice and Home Care

Allina Home & Community Health

Phone: (651) 635-9173 Toll Free: (855) 227-5111
Website: www.allina.com/hospice
Services: Hospice education for patients and families.

Essentia Health - Moose Lake Home Care

Phone: (218) 485-5506
Fax: (218) 485-5908
Website: <https://www.essentiahealth.org/find-facility/profile/home-health-care-essentia-health-moose-lake/>
Services: EHML Home Care is a Medicare Certified Comprehensive Home Care agency providing Nursing, Physical, Occupational, and Speech Therapies, Home Health Aides and Homemaking. Services are provided up to 30 miles from Moose Lake.

Family Pathways- Aging Services

Address: 214 Railroad Ave NW, Mora MN
Phone: (320) 364 1133
Website: <https://www.familypathways.org>
Services: Family Pathways Aging Services provides support and services to help older adults and caregivers to stay in their home. We offer homemaking, door-step delivery, caregiver consulting, caregiver support groups, and advocacy.

Heartland PCA

Address: 2214 Hwy. 18, Suite C, Finlayson, MN 55735
Phone: (320) 233-0119
Website: <https://heartlandpca.com>
Services: PCA services and home care.

St. Croix Hospice

Phone: (763) 689-3735; Toll Free: (855) 278-2764
Website: www.stcroixhospice.com
Services: Hospice care, advanced planning, physical and occupational therapy, various other therapies.

Hospitals

Essentia Health - Sandstone

Address: 705 Lundorff Dr, Sandstone, MN 55072
Phone: (320) 245-5600
Website: www.essentiahealth.org
Services: Level IV Trauma Center and Acute Stroke Ready Hospital, 24/7 emergency room, urgent care.

Essentia Health - Moose Lake

Address: 4572 Co Hwy. 61, Moose Lake, MN 55767
Phone: (218) 485-4481 Toll Free: (888) 322-4481
Website: www.essentiahealth.org
Services: Level IV Trauma Center and Acute Stroke Ready Hospital, 24/7 emergency room, urgent care.

Welia Health

Address: 301 S Hwy. 65, Mora, MN 55051
Phone: (320) 679-1212
Website: www.firstlighthealthsystem.org
Services: From annual wellness visits to specialty services.

Long-term Care - Assisted Living

Edgewater Assisted Living

Address: 14856 Edgewater Road NE, Pine City, MN 55063
Phone: (320) 629-1447
Website: None
Services: Assisted living.

Elderwood of Hinckley

Address: 710 Spring Lane, Hinckley, MN 55037
Phone: (320) 384-7373
Website: www.elderwoodofhinckley.org
Services: Assisted living and memory care.

Golden Horizons

Address: 1109 Lundorff Ave, Sandstone, MN 55072
Phone: (320) 216-7300
Website: www.goldenhorizons.org
Services: Assisted Living, independent living options, memory care, respite, hospice.

Lakeside Medical Center

Address: 129 6th Ave SE, Pine City, MN 55063
Phone: (320) 629-2542
Website: www.lmc-pcac.com
Services: Long-term care and transitional services.

Mille Lacs Band of Ojibwe District III Assisted Living Unit

Address: 38786 Hinckley Rd, Hinckley, MN 55037
Phone: (320) 384-0640
Website: www.millelacsband.com
Services: Assisted Living

Northern Pines Assisted Living and Dementia Care

Address: 1305 8th St SW, Pine City, MN 55063
Phone: (320) 629-7272
Website: www.northernpinesassisted.com
Services: Assisted living and specialized memory care.

Serenity Court

Address: 109 Court Avenue South, Sandstone, MN 55072
Phone: (320) 372-1340
Website: www.sandstonehealthcc.com
Services: Serenity Court - Independent and assisted living.

S&O

Address: 14856 Edgewater Rd NE, Pine City, MN 55063
Phone: (320) 6291447
Services: Assisted living and memory care.

Sophie's Manor

Address: 17500 Ranch Drive, Pine City, MN 55063
Phone: (320) 629-2064
Website: www.sophiesmanor.com
Services: Assisted living.

Long-term Care - Skilled Nursing

Lakeside Medical Center

Address: 129 6th Ave SE, Pine City, MN 55063
Phone: (320) 629-2542
Website: www.lmc-pcac.com
Services: Skilled nursing and residential health care services.

Sandstone Health Care Center

Address: 109 Court Avenue South, Sandstone, MN 55072
Phone: (320) 245-3150
Website: www.sandstonehealthcc.com
Services: Skilled nursing care, rehab, hospice, respite and wound care.

Mental Health Crisis and Health Care Hotlines

Adult Mental Health

Crisis Hotline: (800) 523-3333
Text: "MN to 741741"
Website: <http://adultmentalhealth.org>
Services: Information and resources related to mental health.

Canvas Health

About: The Region 7E Adult Mental Health Initiative is a coalition of Chisago, Isanti, Kanabec, Mille Lacs and Pine Counties and the Mille Lacs Band of Ojibwe. East Central Crisis Services
Phone: (800) 273-8255
Website: <https://www.canvashealth.org/crisis-support/poin>
Services: East Central Crisis Services is a cooperative effort of Canvas Health, Therapeutic Services Agency, Lighthouse Child & Family Services LLC, and Avivo. It is offered in partnership with the Adult Mental Health Initiative in Region 7E.

Minnesota Poison Control Center

Phone: (800) 222-1222
Website: www.poisonhelp.org
Services: Poison Control tells you what to do if you swallow, splash, or get stung by something that may be harmful.

National Alliance on Mental Illness (NAMI)

Phone: (800) 950-6264
Website: www.nami.org
Text: "NAMI" to 741741 (24/7)
Services: NAMI works to educate, advocate, listen and lead to improve the lives of people with mental illness and their loved ones. The NAMI Helpline provides crisis and confidential, free crisis counseling.

National Suicide Prevention Lifeline

Phone: (800) 273-8255
Website: <https://suicidepreventionlifeline.org>
Services: The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Trans Lifeline

Phone: 877-565-8860
Website: <https://translifeline.org/about/>
Services: Trans Lifeline is a grassroots hotline and micro-grants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

Trevor Lifeline for LGBTQ youth

Phone: 1-866-488-7386

Website: <https://www.thetrevorproject.org>

Services: The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

Txt4Life.com

Phone: Text MN to 741 741

Services: Confidential crisis counseling (Affiliated with National Suicide Prevention Lifeline).

United Way of Central MN

Phone: 211 or (320) 252-0227

Website: www.unitedwayhelps.org

Services: Confidential community helpline available 24/7 that helps connect people with an array of human services.

Veterans Crisis Line

Phone: (800) 273-8255 and press 1; Chat online by going to website; Text at 839255

Website: www.veteranscrisisline.net

Services: Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. This is free and serves all veterans, all service members, National Guard and National Reserve and family members and friends.

Mental Health Clinics

Adult Mental Health

Address: Pine County Health and Human Services Department
635 Northridge Dr. NW9 Ste 220, Pine City, MN 55063; Phone: 320-591-1570
1610 Hwy. 23 North, Sandstone, MN 55072; Phone: 320-216-4100

Website: www.adultmentalhealth.org

Services: Information and resources related to mental health.

Area: The Region 7E Adult Mental Health Initiative is a coalition of Chisago, Isanti, Kanabec, Mille Lacs and Pine Counties and the Mille Lacs Band of Ojibwe.

Children's Grief Connection

Phone: (651)395-8177

Email: hope@childrensgriefconnection.com

Website: <https://childrensgriefconnection.com>

Services: Hearts of Hope Family Grief Camp help families come together to heal. At this weekend-long camp, every member of the family has the opportunity to participate in integrated yet separate programs. Go to the website for information regarding when the camp is held in the area.

CSP Support Group - Lighthouse Child and Family Services. 1st and 3rd Tuesdays 1pm-3pm

Address: 315 Main St S Ste 200, Pine City, MN 55063

Phone: (320) 591-1570 (Pine County Health and Human Services)

Website: lighthousecfs.com

Services: Lighthouse Children and Family Services Support Group.

Empower Recovery Services

Address: 645 3rd Ave SW, Pine City, MN 55063

Phone: (320) 629-0059

Website: www.empowerrecovery.com

Services: Mental health and substance abuse disorder assessments, outpatient treatment, mental health counseling.

Legacy Counseling Services, LLC

Address: 820 Howe Ave E, Suite 108, Mora, MN 55051

Phone: (320) 679-2438 | Fax: (320)679-6906

Website: <https://www.legacycounselingservices.org/services-provided>

Services: Provides outpatient mental health services for individuals ages 4+, families, and couples experiencing depression, anxiety, trauma, relational issues, adolescent behavioral difficulties, spiritual issues, anger issues, and issues related to chemical dependency.

Lighthouse Child & Family Services

Address: 160 3rd Ave, NW, Milaca, MN 56353

Phone: (320) 983-2335

Website: www.lighthousecfs.com

Services: Individual, couples, family, group and play therapies and child-parent psychotherapy, and more.

Love The Journey

Address: 23 Pine St. N., Mora, MN 55051

Phone: (320) 678-6964 | Fax: (320)679-6906

Website: <http://www.lovethejourneymn.com>

Services: Individual, couples, family, and group counseling and anger management.

Melissa Anderson Psychological Services

Address: 451 Arrowhead Lane Moose Lake, MN 55767

Phone: (218) 485-4445

Website: www.melissaandersonpsychologicalservices.com

Services: Individual, couples, family, group and play therapies and psychological testing, clinical supervision.

Mille Lacs Band's Department of Health and Human Services - Aazhmoog Clinic

Address: 45741 Grace Lake Rd, Sandstone MN 55702 (near Danbury)

Phone: (320) 384-0149

Website: www.millelacsband.com

Contacts: Behavioral/Mental Health, (320) 532-4181 x7773

Crissy Wade, Mental Health Supervisor, (320) 532-4181 x7771, (320) 674-4385

Crystal Weckert, Mental Health Therapist, (320) 532-4181 x2819, (320) 292-1942

About: The Mille Lacs Band's Department of Health and Human Services operates three clinics across the Reservation to make high-quality health care available to Band members. District III includes the Aazhoomog (Lake Lena) community near the St. Croix River east of Hinckley, as well as a large community of Band members living in Hinckley.

The Band offers public health services, behavioral health services, family services such as child welfare and foster care services, and community support services to assist Elders and Band members in need.

They also provides assisted living facilities to Elders in all three districts, as well as Circle of Health, and insurance program set up to help Band members with health care costs.

Monarch Counseling Services

Address: 72351 Pine River Rd, Willow River, MN 55795

Phone: (218) 372-3801

Website: www.monarchcounselingservice.com

Services: Counseling, consulting and therapy services.

Nystrom and Associates

Address: 817 N. Main Street, Cambridge, MN 55008

Phone: (844) 374-4068

Website: <https://www.nystromcounseling.com>

Services: Licensed Alcohol & Drug Counselors, Mental Health Professionals, and Psychiatry team work together to help patients struggling with Substance Use Disorders and co-occurring mental health conditions. To request an appointment go to: <https://intakeq.com/new/L4n5Cj>

Pine County - Children's Mental Health

Address: 635 Northridge Dr. NW9 Ste 220, Pine City, MN 55063

Phone: 320.591-1570 to make a referral

Website: https://www.co.pine.mn.us/departments/health_and_human_services/mental_health.php

Services: A variety of services available through Children's Mental Health. Case Management may be provided based on the individual needs of the child and family. Available services include: Referral to Children's Therapeutic Support Services (CTSS) and/or Community Skills Program; Referral for Diagnostic Assessment/Needs Assessment, Referral for Psychological Evaluations, Referral for Psychiatric Care/Medication Monitoring, Coordinated Treatment Planning, School Consultation and Support, Assistance in Securing Respite Care Services (examples include extended family, friends, or a paid provider), Referral for Individual or Family Therapy, Providing number for Crisis Assistance, Advocacy for Child and Family, Financial Assistance Referrals, Referrals to Workforce Programs and/or Vocational Assistance, Referral to Appropriate Support Groups, Referral for Personal Care Attendant (PCA), Assistance in Development of Independent Skills, Transitional and Adult Mental Health Referral and Support Coordination.

Plum Behavioral Health Services

Address: 208 Fire Monument Road, Hinckley, MN 55037

Telephone: (877) 758-6328

Website: www.plumbhs.org

Services: Therapy for depression and anxiety, couples counseling, family counseling, parenting support, work and career issues, stress management, and conflict resolution.

Therapeutic Services Agency, Inc. (TSA)

Address: 220 Railroad Street SE, Pine City, MN 55063

Phone: (320) 629-7600

Website: www.hoperealized.com

Services: Psychological evaluations, diagnostic assessments and mental health services provided for children, teens, and adults, couples, and families. School linked mental health services, in-home Family Based Services, early childhood mental health services, Day Treatment and foster care services also provided.

Under Blue Skies, LLC

Address: 39766 Partridge Creek Rd, Askov, MN 55704

Phone: (320) 279-2707

Email: jsdomogalla@gmail.com

Website: www.underblueskiesmn.com

Services: Grief serves, hermitage services and restorative sessions.

Pharmacies

Thrifty White Pharmacy - Sandstone

Address: 707 Lundorff Dr #2, Sandstone, MN 55072
Phone: (320) 245-5500
Website: www.thriftywhite.com
Services: In-store shopping, curbside pickup.

Thrifty White Pharmacy - Hinckley

Address: 45 Lady Luck Drive, Hinckley, MN 55037
Phone: (320) 384-6166
Website: www.thriftywhite.com
Services: In-store shopping, curbside pickup.

Thrifty White Pharmacy - Moose Lake

Address: 60 Arrowhead Lane, Moose Lake, MN 55767
Phone: (218) 485-4401
Website: www.thriftywhite.com
Services: In-store shopping, curbside pickup.

Walmart Pharmacy

Address: 950 11th St SW, Pine City, MN 55063
Phone: (320) 629-6225
Website: cmcoa.org
Services: Pharmacy offers over the phone, online, and in person filling of prescriptions.

Welia Health - Pine City Community Pharmacy

Address: 1425 Main St N, Pine City, MN 55063
Phone: (320) 322-5141
Website: <https://www.weliahealth.org/locations/pine-city-community-pharmacy/>
Services: In-person pick-up, with restrictions (please follow physical distancing guidelines), curbside pick-up, mail delivery, door-to-door delivery (limited to within Pine City limits).

Senior Services

Central Minnesota Council on Aging

Address: 250 Riverside Avenue N, Suite 300, Sartell, MN 56377

Phone: (320)253-9349

Website: cmcoa.org

Services: Central Minnesota Council on Aging (CMCOA) is a non-profit organization designated by the Minnesota Board on Aging (MBA) as the area agency on aging for a 14 county region that includes Pine County. In partnership with public and private organizations, CMCOA helps older adults age successfully by building community capacity, advocating for aging issues, maximizing service effectiveness, and networking people with information.

Family Pathways - Aging Services

Address: 214 Railroad Ave NW, Mora MN

Phone: (320) 364 1133

Website: www.familypathways.org

Services: Companionship, social respite gatherings, and advocacy.

Retired Seniors Volunteer Program (RSVP)

Address: 105 South Union Street, Mora, MN 55051

Phone: (320) 679-1080

Website: www.voamn.org

About: Volunteer opportunities for people 55+.

Senior LinkAge Line®

Phone:(800)333-2433

Website: mn.gov/senior-linkage-line

Services: Senior LinkAge Line is a free, statewide service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging. The Senior LinkAge Line helps older Minnesotans and caregivers find answers and connect to the services and support they need. Call them for housing resources, health insurance, legal assistance, home services, caregiver supports, and financial assistance.

Seven County Senior Federation

Address: 47 North Park Suite 7, Mora, MN 55051

Phone: (320) 679-4700; Toll Free: (866) 679-4700

Email: admin@7countyseniors.com

Website: www.7countyseniors.com

Services: Serves those 50 years and older in Aitkin, Carlton, Chisago, Isanti, Kanabec, Mille Lacs, and Pine Counties. Benefits include (but are not limited to): Senior discount programs, Medicare counseling, legal services, medical and legal discounts, legislative and community advocacy, referral services, forms assistance, Federation newsletter - 10 issues annually

Sexual Assault

Family Pathways - Domestic Violence & Sexual Assault Services

Address: 315 Main Street South, Suite B-100, Pine City, MN 55063

Pine Office Phone: (320) 629-1277

24/7 Hotline: 1(800) 338-7233

Website: www.familyppathways.org

Services: Provides advocacy, emotional support and court support services for victims of domestic violence and sexual assault. Our office hours are Monday through Friday from 8:30am to 4:30pm. Our shelter and crisis line are open and available 24/7.

Mille Lacs Band - Advocates for Domestic Violence/Abuse

Danielle Churchill: Shelter Advocate, (320) 495-3514

Petra Maurico: Sexual Assault Advocate, (320) 384-1646

Minnesota Domestic Violence Crisis Line

Phone: (866) 223-1111

Email: safety@dayoneservices.org

Website: www.dayoneservices.org

Services: Day One is a statewide network of domestic violence, sexual assault, human trafficking, youth- and community-advocacy programs in Minnesota. Hosts the Minnesota Day One Crisis Line which connects individuals seeking safety and resources to service agencies statewide via phone, text or chat message. The Day One Call Center also answers calls, texts and chat messages to the Minnesota Crime Victim Support Line.

Pine County Sheriff:

Addresses:

Pine City: 635 Northridge Dr. NW, Suite 100, Pine City, MN 55063

Hinckley: Pine County Sheriff Office, 106 1st Street SE, Hinckley, MN 55037

Phone: (320) 629-8380. In Emergency dial 911.

Website: www.co.pine.mn.us

About: Provides a wide range of public safety services. Call to report a situation of suspected child maltreatment.

Transportation

Arrowhead Transit

Phone: (800) 862-0175 option 6

Website: www.arrowheadtransit.com

Services: Serves Pine Co with scheduled bus services. Bus schedules by location - Pine City, Sandstone. Contact Arrowhead Transit at least an hour in advance to schedule a pick-up time and specific drop-off site. The dispatcher will ask for: time and exact location of pickup, destination address, number of people traveling with you, exact time of any appointments and return trip information. Cost is \$1.25 per ride or \$22.50 for an unlimited monthly pass. It runs: Monday through Friday, 8 a.m. – 6 p.m., Saturday, 9 a.m. – 5 p.m. and Sunday, 8 a.m. – 2 p.m.

Attaboys' Taxi

Phone: (866) 998-8294

Website: www.ataboysautosales.com

Services: Taxi service, medical transportation, and Safe Cab.

Blue Ride ~ Blue Cross Blue Shield Members

Phone: (866) 340-8648

Services: Free transportation to and from medical and dental appointments for BCBS members. Please call two days in advance to schedule a ride, same day rides can be arranged for emergency situations.

Dial-A-Ride

Phone: (800) 862-0175 option 6

Website: www.arrowheadtransit.com

Services: Pine City: M, W, F 8am-4pm, Sat 9am-5pm, and Sun 8am-2pm
Sandstone: M, W, F 9:30am-2:30pm.

Mille Lacs Band - Medical Transport

CHR DIII, (320) 630-2683

Provide-A-Ride ~ Medica Members

Phone: (888) 347-3630 #1

Website: www.medica.com

Services: No cost transportation services for Medica Choice members to and from medical, dental, mental health, and substance abuse visits.

Health Ride Service ~ UCare Members

Phone: (800) 864-2157

Website: www.ucare.org

Services: Health Ride provides non-emergency transportation to and from doctor's office, physical therapy, mental health, and chemical dependency treatment. Call two days in advance.

Veterans Services

Pine County Veteran Services

Address: 635 Northridge Dr. NW, Ste. 220, Pine City, MN 55063
Phone: Direct: (320) 216-4251 or (320) 216-4253
Website: <https://www.co.pine.mn.us/departments/veterans/index.php>
Services: Benefits counseling, dependent/survivor benefits, disability (Compensation), claims preparation, submission and follow up; dental/optical programs; and more.

Veteran's Services Officer

Address: North Pine Government Center, 1602 Hwy. 23 N, Sandstone, MN 55072
Phone: (320) 216-4250
Website: www.co.pine.mn.us
Services: Benefits counseling, dependent/survivor benefits, disability (Compensation), claims preparation, submission and follow up, dental/optical programs, and more.

Veterans Crisis Line

Phone: (800) 273-8255 and press 1; Chat online by going to website; Text at 839255
Website: www.veteranscrisisline.net
Services: Connect with the Veterans Crisis Line to reach caring, qualified responders, with the Department of Veterans Affairs. Many of them are Veterans themselves. This is free and serves all veterans, all service members, National Guard and National Reserve and family members and friends.

Vision

Northern Minnesota Eye Clinic - Moose Lake

Address: 312 Elm Avenue, Moose Lake, MN
Phone: (218) 485-8495
Website: <https://northernmneyecare.com>
Office Hours: 8:30 - 5:00 PM, Monday - Friday
Services: Optometrist, ophthalmologist, eyewear and opticians.

Northern Minnesota Eye Care - Hinckley

Address: 45 Lady Luck Dr, Hinckley, MN 55037
Phone: (320) 384-6361
Website: <https://northernmneyecare.com>
Services: Optometrist, ophthalmologist, eyewear and opticians.

Pine Eye Associates

Address: 110 Evergreen Square SW, Pine City, MN 55063
Phone: (320) 629-7262
Website: www.pineeye.com
Services: Laser vision correction consultation (Lasik), Cataract evaluation and treatment, Glaucoma evaluation and treatment, Diabetic eye evaluation, Dry eye evaluation and treatment, Emergency eye care services, Eclectic and unique frames and lens designs, Complicated contact lens fitting, routine eye exams, InfantSEE providers, OCT and retinal imaging

Vision Pro Optical

Address: 125 Arrowhead Lane, Moose Lake, MN55767
Phone: (320) 384-0123
Website: www.visionprooptical.com
Services: Routine eye exams, contact lenses, hard-to-fit contact lenses fitting, prescription eyeglasses, frames, eye exams.

Walmart Vision Center

Address: 950 Evergreen Square SW, Pine City, MN 55063
Phone: (320) 629-7465
Website: <https://www.walmart.com/store/2367-pine-city-mn>
Services: Contact lenses, prescription glasses.

Women & Children

Family Pathways - Domestic Violence & Sexual Assault Services

Address: 315 Main Street South, Suite B-100, Pine City, MN 55063
Pine Office Phone: (320) 629-1277
24/7 Hotline: 1(800) 338-7233

Website: www.familyppathways.org

Services: Provides advocacy, emotional support and court support services for victims of domestic violence and sexual assault. Our office hours are Monday through Friday from 8:30am to 4:30pm. Our shelter and crisis line are open and available 24/7.

Outlook Clinic

Address: 905 E Forest Avenue, Suite 127, Mora, MN 55051
Phone: (320) 679-6331, Open Mondays 3-7pm

Website: www.outlookclinic.org

Services: Low cost birth control, STD testing & treatment, pregnancy testing, and women's exams.

Pregnancy Resource Center

Address: 315 Main Street S, Ste. 20, Pine City, MN 55063
Phone: (320) 629-2792; 24/7 Hotline: (800) 395-4357

Website: www.pregornot.org

Services: Pregnancy testing, prenatal classes, and emotional support.

Pregnancy Resource Center - Sandstone Options for Women

Address: 927 Highway 23, Sandstone, MN 55072
Phone: (320) 216-7633

Website: www.sandstoneoptions.org

Services: Pregnancy testing, STI testing, and peer counseling.

Women, Infant, Children Program (WIC)

Address: 635 Northridge Dr. NW, Pine City, MN 55063
1602 Highway 23 N, Sandstone, MN 55072

Phone: (320) 591-1596

Website: www.co.pine.mn.us

About: WIC is a nutrition education and voucher issuance program for women, infant, and children. Participation is an opportunity to learn about nutrition and to achieve better health.