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# VALLEY CITY HEALTH AND WELLNESS RESOURCE GUIDE 2021

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This Guide was made possible through a Grant awarded to CHI Mercy Health by the ND Medicare Rural Hospital Flexibility Program. This FLEX Grant represents a Collaborative Population Health Improvement Activity between CHI Mercy Health and Valley City-County Health District. Funds are subcontracted through the Center for Rural Health which is designated as the North Dakota State Office of Rural Health, a federal-state partnership that helps rural communities build their healthcare services through collaborations and initiatives with a wide range of partners across the state.

**CHI MERCY HEALTH**

570 Chautauqua Blvd. Valley City, ND 58072  
**701.845.6400**

**CITY-COUNTY HEALTH DISTRICT**

415 2nd Ave. NE Valley City, ND 58072  
**701-845-8518**



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## ABUSE & NEGLECT SERVICES

Name & Location	Contact Info.	Service Description
<b>Abused Persons Outreach Center</b> 160 2 <sup>nd</sup> St. NW Valley City, ND 58072 <a href="http://www.ndcaws.org">www.ndcaws.org</a>	701.845.0078 (Center) 701.845.0072 (Hotline) 1.866.845.0072 (TF) Fax: 701.845.1897	No fee charged. Crisis intervention, public education, medical, legal and law enforcement advocacy, referrals, self-help groups, safe shelter, 24-hour crisis line, counseling.
<b>Adult Protection Services</b> (South Central Human Service Center--Jamestown) 520 3 <sup>rd</sup> St NW Jamestown, ND 58401	1.800.260.1310	
<b>Buffalo Bridges Human Service Zone</b> 230 4 <sup>th</sup> ST. NW, Rms# 102-105 Valley City, ND 58072 <a href="http://www.barnescounty.us">www.barnescounty.us</a>	701.845.8521 Fax: 701.845.4281	Child protection, family foster care, parent aide, family focused services, daycare licensing and registration, children's special health, aged/disabled home- and community-based services, respite care, information and referral, economic and general assistance, permanency funds, food stamps, fuel assistance, Medicaid.

## AGING SERVICES

Name & Location	Contact Info.	Service Description
<b>Lifeline &amp; Medical Alert</b> 979 Central Ave. N Valley City, ND 58072	701.845.8222 Fax: 701.845.8249	Lifeline system setup
<b>Sanford Health Hearing Centers</b> 1140 Main St. W Valley City, ND 58072	701.845.4955	Hearing tests, hearing evaluations and diagnosis, hearing aid fittings and repairs, and ear protection.

<b>Senior Information Line (N.D. Department of Human Services)</b> 1237 W. Divide Ave., Suite 6 Bismarck N.D. 58501 <a href="http://www.nd.gov/dhs/services/adultsaging">www.nd.gov/dhs/services/adultsaging</a>	Resource Link: 1.855.GO2LINK (855.462.5465)  Relay: 800.366-6888 Fax: 701.328.8744	Assisted Living Services, Family Caregiver Support Program, Home and Community-Based Care, Information and Assistance, Long-Term Care Ombudsman Program, Qualified Service Providers, Vulnerable Adult Protective Services
<b>South Central Adult Services</b> 139 2 <sup>nd</sup> Ave. SE Valley City, ND 58702 <a href="http://www.southcentralseniors.org">www.southcentralseniors.org</a>	701.845.4300 1.800.472.0031 Barnes County Senior Center & Transportation: 701.845.4300	Legal Aid, Durable Social Service Programs, Property Tax Credit, Visual and Hearing assistive devices and information, (IPAT) for safety equipment, Senior Health Insurance, Assessments, Limited escort services to medical appointments, Social Services or to other appointments, along with shopping assistance.

**ASSISTED LIVING/NURSING HOMES**

<b>Name &amp; Location</b>	<b>Contact Info.</b>	<b>Service Description</b>
<b>Bridgeview Estates</b> 1120 5 <sup>th</sup> ST. NE Valley City, ND 58072 <a href="http://www.bridgeviewliving.org">www.bridgeviewliving.org</a>	701.845.8061 1.877.845.8061 (TF)	Secure assisted living environment, which allows for independence with available social and medical support services.
<b>The Legacy Place</b> 570 13th ST. NE Valley City, ND 58072 <a href="http://thelegacyplacevc.com/home/3781215">http://thelegacyplacevc.com/home/3781215</a>	701.845.8945 Fax: 701.490.3254	Assisted, senior, and transitional living options for tenants.
<b>SMP Health- St. Raphael</b> 979 Central Ave. N Valley City, ND 58072 <a href="http://www.sheynnecarecenter.com">www.sheynnecarecenter.com</a>	701.845.8222 Fax: 701.845.8270	Fees: Third party payer and/or self-pay for nursing home facility. Lifeline support system, physical and occupational therapy, counseling services.

## BEHAVIORAL HEALTH

Name & Location	Contact Info.	Service Description
<b>COUNSELORS</b>		
<b>Abound Counseling (LSS of ND)</b> Faith Lutheran Church 251 4th St. NE Valley City, ND 58072	800.985.7942	All insurances and sliding fee scale. Serves individuals and families.
<b>Addiction and Counseling Services</b> Jamestown Business Center Jamestown, ND	701.252.5398	Specializes in the treatment of alcoholism, opioid addiction, and substance abuse.
<b>Inspire Counseling</b> 333 2 <sup>nd</sup> St. NW Valley City, ND 58072	701.840.1924	Serves individuals, couples, and family counseling. Ages ten and older.
<b>Dorothy Russell, LPC &amp; LAC</b> Valley Christian Counseling Center 202 Central Ave S, Suite 202 Valley City, ND 58072	701.840.7266	Court ordered DUI and only MIP classes, anger management
<b>F5 Project Peer Support Specialists</b> Valley City, ND	701.845.8195 701.210.2491	Peer support services.
<b>Jessie Fuher, MS, LPCC, LMFT</b> Jamestown, ND	701.252.9838	Provides individual counseling to ages 12 and older for issues including but not limited to: depression, anxiety, grief, loss, relationship issues, codependency, abuse and trauma.
<b>Sanford Health</b> 520 Chautauqua Blvd. Valley City, ND 58072	701.845.6180	Call to inquire.
<b>SCHSC Providers</b> 415 2 <sup>nd</sup> Ave NE, Suite 202 Valley City, ND 58072	701.253.6300 TF 1.800.260.1310 Crisis 701.253.6304	Serves clients with significant mental illness and/or severe substance use disorders. Offers psychiatry, mental health, and substance use

		counseling (individual services and groups), skills training, skills integration, case management, and peer support.
<b>St Thomas Counseling</b> 108 1 <sup>st</sup> Ave S Ste 300 Jamestown, ND	701.952.7555	Mental Health and Substance Abuse Treatment. Accepts all insurances.
<b>The Kids Therapy Center</b> 202 Central Ave S, Suite 6A Valley City, ND 58072	701.751.0384	Serves ages 2-18.
<b>Catholic Charities</b> Valley City, ND TELEHEALTH ONLY	701.235.4457	For individuals, marital, families, and children ages 2 and older.
<b>Valley Christian Counseling Center</b> 202 Central Ave S, Suite 202 Valley City, ND 58072	701.232.6224	Serves ages 16 and older individuals and couples. Serves non-complex mental health issues.
<b>VCSU Student Counseling, VCSU Campus</b> McFarland 424 Valley City, ND 58072	701.845.7424	Erin Klingenberg, PhD., LPCC, NCC Kelsie Carter, M. Ed
<b>TREATMENT CENTERS</b>		
<b>Heartview Foundation</b> 101 East Broadway Bismarck, ND 58503 <a href="http://www.heartview.org">www.heartview.org</a>	701.222.0386 800.337.3160	Heartview Foundation is the most experienced private, non-profit alcohol/drug treatment and education program in the region. Since 1964, Heartview has served over 30,000 patients and families from all over the US and Canada.
<b>Medication Assisted Treatment Essentia Health</b> 132 4 <sup>th</sup> Ave NE Valley City, ND	701.845.8060	Offers Medication Assisted Therapy.

<p><b>Jamestown State Hospital</b> 2605 Circle Drive Jamestown, ND 58401-6905</p> <p><a href="http://www.nd.gov/dhs/locations/statehospital">www.nd.gov/dhs/locations/statehospital</a></p>	<p>701.253.3650 TTY: 701.253.3880 Fax, Administration: 701.253.3999 Fax, Admissions: 701.253.3748 Fax, Health Information Services: 701.253.3035</p>	<p>Provides short-term acute inpatient psychiatric and substance abuse treatment, intermediate psycho-social rehabilitation services, forensic services, and safety net services for adults. The hospital also provides residential addiction treatment services for adult male and female patients referred to the Tompkins Rehabilitation and Corrections Center (TRCC) by the Department of Corrections and Rehabilitation (DOCR). The inpatient psychiatric service and TRCC are considered the traditional patient population.</p>
<p><b>Prairie St. John's</b> 510 4th Street South Fargo, ND 58103</p> <p><a href="http://www.prairie-stjohns.com">www.prairie-stjohns.com</a></p>	<p>701.476.7200 877.333.9565</p>	<p>Founded in 1997, Prairie St. John's is a fully licensed and accredited 110-inpatient bed psychiatric hospital facility offering services for children, adolescents and adults to address mental health issues, substance use addiction or co-occurring disorders. Prairie offers a full psychiatric and addiction Continuum of Care.</p>

**CHILDCARE**

Name & Location	Contact Info.	Service Description
<b>CENTERS</b>		
<p><b>TL Child Care</b> 540 3<sup>rd</sup> Ave. NE Valley City, ND 58072</p>	<p>701.760.0351</p>	<p>Local childcare provider 2 months- 12 years old</p>
<p><b>VC Children's Center</b> 141 4<sup>th</sup> Ave. NE Valley City, ND 58072</p>	<p>701.845.5437</p>	<p>Local childcare provider 1 month- 10 years old</p>



<b>Just Kidding Preschool and Childcare Center</b> 913 Riverview Drive Valley City, ND 58072	701.840.6800	Local childcare provider and preschool.
<b>Wimbledon Child Care Center</b> 208 Center St. Wimbledon, ND 58492	701.840.2751	Childcare provider.
<b>FAMILY</b>		
<b>Brittany Linderman</b> 1114 2 <sup>nd</sup> St. NE Valley City, ND 58072	701.540.1394	Local childcare provider
<b>Cassandra O'Brien</b> 636 9 <sup>th</sup> Ave. SE Valley City, ND 58072	701.261.0845	Local childcare provider
<b>Lindsey Loibl</b> 1120 3 <sup>rd</sup> Ave. NW Valley City, ND 58072	701.308.0451	Local childcare provider
<b>Megan Kjelland</b> 3942 123 <sup>rd</sup> Ave. SE Valley City, ND 58072	701.212.7443	Local childcare provider
<b>Natalie Heck</b> 657 2 <sup>nd</sup> Ave. NW Valley City, ND 58072	701.490.2697	Local childcare provider 0-4 years old
<b>GROUP</b>		
<b>Kathy Edinger</b> 920 3 <sup>rd</sup> Ave. NW Valley City, ND 58072	701.840.0611	Local childcare provider 0-6 years old.

<b>Shelly Conlon</b> 235 5 <sup>th</sup> Ave. NE Valley City, ND 58072	701.840.9773	Local childcare provider 0-10 years old
<b>Shelly Differding</b> 451 8 <sup>th</sup> Ave. NE Valley City, ND 58072	701.840.8204	Local childcare provider 0-12 years old.
<b>SELF-DECLARED</b>		
<b>Annetta Lunde</b> 922 11 <sup>th</sup> Ave. SE Valley City, ND 58072	701.490.4192	Local childcare provider 0-12 years old.
<b>Kathy Kunze</b> 1360 116 <sup>th</sup> Ave. SE Dazey, ND	701.733.2132	Local childcare provider
<b>Loretta Holden</b> 156 9 <sup>th</sup> St. NW Valley City, ND 58072	701.845.4433	Local childcare provider
<b>Lori Omdahl</b> 624 5 <sup>th</sup> St. Dazey, ND	701.733.2237	Local childcare provider
<b>Pam Van Dyke</b> 9780 44 <sup>th</sup> St. SE Ypsilanti, ND	701.669.2533	Local childcare provider

### CRISIS LINES

Name & Location	Contact Info.	Service Description
<b>211 ND &amp; Firstlink</b> 4357 13th Ave S #107L Fargo, ND 58103 <a href="http://myfirstlink.org/services/2-1-1-helpline">myfirstlink.org/services/2-1-1-helpline</a>	Dial 2-1-1 701.293.6462 1.888.293.6462 (TF) Fax: 701.235.2476 Helpline: 701.235.7335 Lifelines: 800.273.8255	2-1-1 callers in North Dakota and Clay County, Minnesota will be connected to FirstLink 2-1-1 Helpline, which provides confidential listening and support in addition to

		information and referral. Call specialists are also trained in crisis intervention, including suicide intervention.
<b>Abused Persons Outreach Center</b> 160 2 <sup>nd</sup> St. NW Valley City, ND 58072  <a href="http://www.apocnd.org">www.apocnd.org</a>	701.845.0078 (Center) 701.845.0072 (Hotline) 1.866.845.0072 (TF) Fax: 701.845.1897	No fee charged. Crisis intervention, public education, medical, legal and law enforcement advocacy, referrals, self-help groups, safe shelter, 24-hour crisis line.
<b>Barnes County 911</b> 2371 7 <sup>th</sup> St SE Valley City, ND 58702  <a href="http://www.co.barnes.nd.us/dept/emm">www.co.barnes.nd.us/dept/emm</a>	Dial 9-1-1 701.845.8181 Fax: 701.845.8533	
<b>Suicide Prevention Hotline</b> Available 24 hours  <a href="http://suicidepreventionlifeline.org">suicidepreventionlifeline.org</a>	800.273.8255 (TALK)	Information regarding suicide warning signs, how to help, local resources, national resources, and what should be avoided.

## DISABILITY SERVICES

Name & Location	Contact Info.	Service Description
<b>ND Association for the Disabled (Main Office)</b> 2660 S. Columbia Road Grand Forks, N.D. 58201 <a href="http://www.ndad.org">www.ndad.org</a>	701.775.5577 1.800.532.6323	Services include financial assistance, equipment for loan, information, referrals, and advocacy.
<b>Open Door Center</b> 129 3 <sup>rd</sup> Ave. NE Valley City, ND 58072 <a href="http://www.odcvc.com">www.odcvc.com</a>	701.845.1124	Day programs, residential and vocational services for individuals living with disabilities.
<b>Freedom Resource Center</b> 300 2nd Avenue NE Suite #226 Jamestown, ND 58401 <a href="http://www.freedomrc.org">www.freedomrc.org</a>	701.252.4693 Fax: 701.252.4697	Information, Referral, Individual Advocacy, Independent Living Skills, Peer Mentoring, Systems Advocacy, Transition Services

<b>Social Security Administration (Fargo)</b> 657 N 2nd Ave Fargo, ND 58102 <a href="http://www.ssa.gov">www.ssa.gov</a>	1.877.335.4114 1.800.772.1213	
<b>Social Security Administration (Jamestown)</b> 300 2nd Ave NE Jamestown, ND 58401 <a href="http://www.ssa.gov">www.ssa.gov</a>	1.855.848.7938 1.800.772.1213	

## EDUCATION

Name & Location	Contact Info.	Service Description
<b>PRESCHOOL</b>		
<b>Circle of Friends</b> 540 3 <sup>rd</sup> Ave. NE Valley City, ND 58072	701.840.0905	Preschool located within St. Catherine's Elementary
<b>Head Start</b> 101 College St. SW Valley City, ND 58072  <a href="http://www.ndheadstart.com">www.ndheadstart.com</a>	701.845.1108 1.800.726.8179 Fax: 701.845.1886	Based on income eligibility. Build and strengthen parental skills in identifying and meeting the needs of their children and families. Health and mental health screenings, nutrition, family services, special needs screenings.
<b>Jefferson Elementary</b> 1150 Central Ave N Valley City, ND 58072 <a href="http://www.valley-city.k12.nd.us/jeffelem.html">www.valley-city.k12.nd.us/jeffelem.html</a>	701.845.0622 Fax: 701.845.5497	Special Ed Preschool thru grade 3 and
<b>Just Kidding Preschool and Childcare Center</b> 913 Riverview Dr. Valley City, North Dakota 58072	701.840.6800	Local childcare provider and preschool

<b>ELEMENTARY</b>		
<b>Jefferson Elementary</b> 1150 Central Ave N Valley City, ND 58072 <a href="http://www.valley-city.k12.nd.us/jeffelem.html">www.valley-city.k12.nd.us/jeffelem.html</a>	701.845.0622 Fax: 701.84505497	Special Ed Preschool thru grade 3.
<b>St. Catherine Elementary</b> 540 3rd Ave. NE Valley City, ND 58072 <a href="http://www.stcatherine.k12.nd.us">www.stcatherine.k12.nd.us</a>	701.845.1453 Fax: 701.845.0556	Private Elementary School; Kindergarten thru grade 6.
<b>Washington Elementary</b> 510 8 <sup>th</sup> Ave. SW Valley City, ND 58072 <a href="http://www.valleycity.k12.nd.us/washington.html">www.valleycity.k12.nd.us/washington.html</a>	701.845.0849 Fax: 701.845.3560	Grades 4 thru 6.
<b>JR. HIGH &amp; HIGH SCHOOL</b>		
<b>Sheyenne Valley Area Career and Tech Center</b> 801 9 <sup>th</sup> Ave. SE Valley City, ND 58072 <a href="http://www.sheyennevalleyctc.k12.nd.us">www.sheyennevalleyctc.k12.nd.us</a>	701.845.0256	Adult Education Program, ESL (English as a Second Language) and ELL (English Language Learners). Courses in Information Technology, Automotive Technology, Welding, Electronics, Hydraulics, Construction Careers, Graphic Design, Health Careers, First Responder Training, CPR Certification, Adult Education, Transition (special needs).
<b>Valley City Jr./Sr. High School</b> 493 Central Ave N Valley City, ND 58072 <a href="http://www.valleycity.k12.nd.us/jrsrhigh.html">www.valleycity.k12.nd.us/jrsrhigh.html</a>	701.845.0483 Fax: 701.845.2762	Grades 7 thru 12.

<b>HIGHER EDUCATION</b>		
<b>Valley City State University</b> 101 College St. SW, Valley City, ND 58072  <a href="http://www.vcsu.edu">www.vcsu.edu</a>	701.845.7990 1.800.532.8641 (TF)	Offers bachelors and master's degrees with a focus in business, education, and technology.
<b>OTHER RESOURCES</b>		
<b>Valley City/Barnes County Library</b> 410 N Central Ave. Valley City, ND 58072  <a href="http://vcbclibrary.org/">http://vcbclibrary.org/</a>	701.845.3821	Internet access, movies, reading, meeting rooms, children's area, and sponsored community events.
<b>Barnes County Historical Society</b> 315 Central Ave N Valley City, ND 58072	701.845.0966	The Barnes County Historical Society seeks to preserve and share the history of Barnes County, ND, and the surrounding area. To this end, the society operates a museum of local history which contains relevant temporary exhibits
<b>NDSU Extension Office</b> Barnes County Courthouse 230 4th St. NW Room 204 Valley City, ND 58072-2957	701.845.8528 Fax: 701.845.8538	NDSU Extension Service in Barnes County gives residents easy access to the resources and expertise of North Dakota State University. Through educational programs, publications, and events, extension agents deliver unbiased, research-based information to Barnes County citizens. We can answer your questions on a wide array of topics.

<p><b>Sheyenne Valley Spec Ed Unit</b> 232 3rd St NE Valley City, ND 58072</p> <p><a href="http://www.svseu.k12.nd.us">www.svseu.k12.nd.us</a></p>	<p>701.845.3402 Fax: 701.845.3408</p>	<p>Sheyenne Valley Special Education Unit services approximately 258 students with special education needs in five area school districts: Barnes County North, Hope Page, Maple Valley, Oakes, and Valley City. SVSEU employees approximately 34 certified staff and 39 para educators.</p>
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**EMERGENCY SERVICES**

Name & Location	Contact Info.	Service Description
<p><b>American Red Cross</b> 2602 12<sup>th</sup> St. N Fargo, ND 58102</p>	<p>701.845.8181 800.733.2767 701.364.1800</p>	<p>Provides disaster relief.</p>
<p><b>Barnes County Ambulance</b> 914 11<sup>th</sup> Ave. SW Valley City, ND 58072</p>	<p>701.845.2220 911 for emergencies</p>	<p>Emergency medical services and transport</p>
<p><b>Barnes County Emergency Management</b> 1525 12<sup>th</sup> St. NW Valley City, ND 58702 <a href="http://www.co.barnes.nd.us/dept/emm">www.co.barnes.nd.us/dept/emm</a></p>	<p>701.845.8510 Fax: 701.845.8533</p>	<p>Barnes County Emergency Management</p>
<p><b>Barnes County Sheriff's Office</b> 575 10<sup>th</sup> St. SW #4 Valley City, ND 58072 <a href="http://www.co.barnes.nd.us/dept/shf/">www.co.barnes.nd.us/dept/shf/</a></p>	<p>701.845.8530 Fax: 701.845.0002</p>	<p>County Sheriff's Office</p>
<p><b>CHI Mercy Health ER</b> 570 Chautauqua Blvd. Valley City, ND 58072 <a href="http://www.mercyhospitalvalleycity.org">www.mercyhospitalvalleycity.org</a></p>	<p>701.845.6400 1.800.371.9177 (TF)</p>	<p>Local Critical Access Hospital Emergency Department</p>
<p><b>North Dakota Poison Control Center</b></p>	<p>1.800.222.1222 Emergency and Questions 612.873.3144 non-emergency</p>	<p>Available 24 Hours/Day</p>
<p><b>Valley City Police Department</b></p>	<p>701.845.3110</p>	<p>Police Department</p>

216 2 <sup>nd</sup> Ave. NE Valley City, ND 58072 <a href="http://www.valleycity.us/departments/police.php">www.valleycity.us/departments/police.php</a>	911- emergencies 701.845.8181- Dispatch non-emergency	
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## HEALTH & WELLNESS

Name & Location	Contact Info.	Service Description
<b>b-fit 24/7</b> 323 Central Ave. SW Valley City, ND 58072	701.845.0000	Gym/Physical Fitness Center and Aqua massage
<b>Bodywork Therapy Center</b> 213 Central Ave. NW Valley City, ND 58702	701.845.4400	Therapeutic services
<b>Central Ave. Chiropractic</b> 323 Central Ave. N #202 Valley City, ND 58072	701.845.0709 Toll Free: 1.800.291.0709	Massage therapy
<b>Gaukler Family Wellness</b> 733 8th Ave SW Valley City, ND 58072 <a href="http://www.gauklerfamilywellness.com">www.gauklerfamilywellness.com</a>	701.845.3294	Exercise and fitness, swimming pool, kid friendly.
<b>A Holistic Touch</b> 135 4 <sup>th</sup> St. NW Valley City, ND 58072 <a href="http://www.aholistictouch.massagetherapy.com">www.aholistictouch.massagetherapy.com</a>	701.845.5555 701.646.6890	Massage therapy
<b>Live Life Well</b> 201 Central Ave S Valley City, ND 58072 <a href="http://www.livelifewellwithashley.com">www.livelifewellwithashley.com</a>	701.840.5531	Live Life Well offers a stress-free healing approach that you will not find with another coach. Stress can be eliminated with bioenergetics principle healing the body from many stress symptoms including but not limited to seasonal allergies, digestion discomfort, hormonal imbalances, childhood immune dysfunction and headaches.



		The bioenergetics healing approach begins with a health assessment that can be scheduled online.
<b>Posh Salon &amp; Spa</b> 1028 Main St. W Valley City, ND 58072	701.845.0924	Spa and massage services
<b>Valley City Parks &amp; Rec.</b> 733 8 <sup>th</sup> Ave SW Valley City, ND 58072 <a href="http://www.vcparks.com">www.vcparks.com</a>	701.845.3294	Parks, activities, event space.
<b>Wellness at Revelations of Beauty 2</b> 243 Central Ave. N Valley City, ND 58072	701.490.2597	Personal wellness services and acupuncture.
<b>Wellness for All Program</b> 733 8 <sup>th</sup> Ave. SW Valley City, ND 58072	701.845.3294 701.490.1569	Income-based program that offers reduced price passes to the Gaukler Family Wellness Center or free youth programs and pool passes.

## HEALTH EDUCATION

Name & Location	Contact Info.	Service Description
<b>City-County Health District</b> 415 2 <sup>nd</sup> Ave. NE Valley City, ND 58072 <a href="http://www.citycountyhealth.org">www.citycountyhealth.org</a>	701.845.8518	Public health unit. Chronic disease education and management, substance use prevention education, breathe ND & tobacco cessation and education, family planning, emergency preparedness, environmental health, physical activity and nutrition education, WIC.
<b>CHI Mercy Health</b> 570 Chautauqua Blvd. Valley City, ND 58072 <a href="http://www.mercyhospitalvalleycity.org">www.mercyhospitalvalleycity.org</a>	701.845.6400 1.800.371.9177	Babysitting classes, tours, students, CPR, classes on nutrition and physical activity, medication reconciliation, emergency care, stroke education, heart attack

		education, and injury prevention.
<b>NDSU Extension – Barnes County</b> 230 4 <sup>th</sup> St. NW #204 Valley City, ND 58072  <a href="http://www.ag.ndsu.edu/barnescountyextension">www.ag.ndsu.edu/barnescountyextension</a>	701.845.8528 701.845.8538	Education for all of Barnes County. 4H and youth, crops, food-nutrition-health, home and family, horticulture, livestock, nourishing boomers, parent resource center.

## HELPING HANDS

Name & Location	Contact Info.	Service Description
<b>Barnes County Ministerial Association</b> 138 3 <sup>rd</sup> St. NW Valley City, ND 58072	701.845.1328	Provide resource references for vouchers for rent and temporary accommodations, utilities, fuel, and emergency housing.
<b>Bridges Backpack Food Program</b> Epworth United Methodist 680 8 <sup>th</sup> Ave. SW Valley City, ND 58072  <a href="http://www.epworthvalleycity.com/ministries">www.epworthvalleycity.com/ministries</a>	701.845.0340	Provides free bag of food for children K-6 to receive at school on Fridays to feed them over the weekend. Must sign up annually. Food and essential items provided at the Hi-Liner pantry for grades 7-12
<b>Community Action</b> Jamestown Region PO BOX 507 Jamestown, ND 58401 <a href="http://www.cap6.com">www.cap6.com</a>	701.252.1821 1.800.726.8179 (TF)	Early Head Start, emergency services, financial counseling, food pantry, head start, individual and family services, weatherization.
<b>Community Closet</b> Our Saviors Lutheran Church 138 3 <sup>rd</sup> St. NW Valley City, ND 58072	701.845.1328	Source of free clothing of all genders and sizes, winter gear, boots, shoes, and blankets.
<b>Barnes County Food Pantry</b> 139 2 <sup>nd</sup> Ave. SE Valley City, ND 58072	701.845.4300 1.800.472.0031	Provides food to individuals and families needing assistance. It is run by volunteers and is donation funded. To be eligible to

<a href="http://www.southcentralseniors.org/food-pantry">www.southcentralseniors.org/food-pantry</a>		receive food from the Food Pantry, a referral is required from Churches, Pastors, Outreach Workers or Social Services.
<b>Barnes County Laundry Project Maytag Laundromat</b> 231 County Highway 21 Valley City, ND 58072	701-845-6642 701-368-0819	The Laundry Project hosts two free laundry events every month at the Maytag Laundromat where low-income families, seniors, and individuals with disabilities can have their laundry needs met.
<b>Great Plains Food Bank</b> (@ Food Pantry) 139 2 <sup>nd</sup> Ave. SE Valley City, ND 58072 (@ Valley City Cares) 525 5 <sup>th</sup> Ave. SW, Valley City, ND 58072 <a href="http://www.greatplainsfoodbank.org">www.greatplainsfoodbank.org</a>	701.845.4300 701.845.0688	Monday – Friday 8:00 am-4:30 pm Call ahead to set up appointment.
<b>Nearly Nu</b> 301 Central Ave. N Valley City, ND 58072 <a href="http://www.nearlynuconsignment.com">www.nearlynuconsignment.com</a>	701.845.1022	Offering gently used, deeply discounted goods and clothing.
<b>ROPES Project</b> 415 2 <sup>nd</sup> Ave NE Valley City, ND	701.845.8518	Harm Reduction Office offering syringe services, Narcan, Narcan education, referrals, and support. Open Mondays from 2:00 to 4:30.
<b>Salvation Army</b> Eastern North Dakota Service Extension <a href="http://salvationarmynorth.org">http://salvationarmynorth.org</a>	Service Representative: 701.213.3467	Provides assistance for utilities, rental assistance, emergency transportation, prescribed mediation assistance, emergency meals and lodging, emergency care repair, back to school assistance, summer camp, Angel Tree Christmas assistance, fire and disaster relief, transient aid, and other emergency needs.
<b>Senior Foods Commodity Program (Great Plains FoodBank)</b> Faith Lutheran Church	701.476.9113	For adults 65 and older on a fixed income...bi-monthly home deliveries of food staples.

309 4 <sup>th</sup> St. NE Valley City, ND 58072		Applications available at Faith Lutheran Church Office.
<b>Sheyenne Valley Community Foundation</b> 250 West Main St. Valley City, ND 58072	701.490.1596	The Sheyenne Valley Community Foundation was established to receive, manage, and distribute gifts made to the Foundation for charitable purposes. We connect donors with causes they care about and serve as a catalyst for community change.
<b>Thrift-E-Shop</b> 141 2nd St NE Valley City, ND 58072	701.845.4189	Offering gently used, deeply discounted goods and clothing.

## HOME HEALTH & HOSPICE

Name & Location	Contact Info.	Service Description
<b>CHI Health at Home – Home Health and Hospice</b> 367 2nd St NW Valley City, ND 58072 <a href="http://www.chihealthconnectathome.com">www.chihealthconnectathome.com</a>	855.860.3464 Fax: 701.845.6552	Certified home care (third-party payers/self-pay), Hospice, home health aides, physical, speech and occupational therapy, IV therapy, Homebound Heart Program, health maintenance program (self-pay), Family Caregiver program, medication management, foot care, personal cares
<b>City-County Health Home Care</b> 415 2nd Ave. NE Valley City, ND 58072 <a href="http://www.citycountyhealth.org">www.citycountyhealth.org</a>	701.845.8518 Fax: 701.845.8542	Certified home care (third party payers), VA-covered home care, public health home visits (self-pay), home care aides, referrals, Home Heart Care Program, IV therapy, wound care, foot care, immunizations, Family Support Caregiver program, QSP qualified caregivers, physical, speech and occupational therapy, comprehensive care

		coordination with other resources.
<b>Hospice of the Red River Valley</b> 1240 W. Main St. Valley City, ND 58072  <a href="http://www.hrrv.org">www.hrrv.org</a>	701.845.1781 800.237.4629 Fax: 701.845.1799	Hospice is end-of-life care providing comfort, support for those with life-limiting illnesses and their families by attending to physical, emotional and spiritual needs. Care provided where patient resides, including private residences, nursing homes and assisted living facilities. Bereavement services also provided to the community.

## HOUSING

Name & Location	Contact Info.	Service Description
<b>HOUSING ASSISTANCE</b>		
<b>Barnes County Housing Authority</b> 120 12 <sup>th</sup> St. NW, Valley City, ND 58072	701.845.2600 ext. 11	Promotes adequate and affordable housing, economic opportunity and services and a suitable living environment free from discrimination for low and moderate-income persons.
<b>RENTAL COMPANIES</b>		
<b>Berkel Properties</b>	701.840.2556	<a href="http://www.vcrentals.net">www.vcrentals.net</a>      <a href="http://www.valleyrental.net">www.valleyrental.net</a>
<b>Barb Berg</b>	701.845.1868	
<b>Bridge City Properties / Summit Properties</b>	701.845.6876	
<b>CJ Properties</b>	701.840.9337	
<b>Steve Neilson</b>	701.840.1950	
<b>Valley Rental</b>	701.845.1601	
<b>Cornerstone Rentals</b>	701.845.2787	

<b>Gary Sorenson</b>	701.845.8938	
<b>Pritchett Properties</b>	701.840.0964 or 701.840.0849	
<b>Northwood Manor Apartments</b>	701.840.0553	<a href="http://www.ferchoconstruction.com">www.ferchoconstruction.com</a>
<b>Greg Burchill</b>	701.845.1272	
<b>Wade Bruns</b>	701.840.1629	
<b>Kelly Everson</b>	402.762.5192	
<b>Connie Geinert</b>	701.490.3455	
<b>Kim Nehlich</b>	701.490.5031	
<b>Rush Rentals</b>	701.490.8310	
<b>Ridgeview Place Apartments</b>	701.840.8961	
<b>Six D Construction &amp; Development</b>	701.840.8073	<a href="http://www.sixdconstruction.com">www.sixdconstruction.com</a>
<b>Viking Manor</b>	701.845.8938	
<b>REAL ESTATE AGENCIES</b>		
<b>Ivy Real Estate Group</b> 356 Central Ave. N Valley City, ND 58072 <a href="http://www.ivyrealestategroup.com">www.ivyrealestategroup.com</a>	701.840.5044	
<b>RE/MAX Now</b> 145 Central Ave N Valley City, ND 58072 <a href="http://www.lawnrealty.com">www.lawnrealty.com</a>	701.845.0782	
<b>Valley Realty, Inc.</b> 1268 West Main St. Valley City, ND 58072 <a href="http://www.valleyrealtyinc.com">www.valleyrealtyinc.com</a>	701.845.1602	

## JOBS & EMPLOYMENT

Name & Location	Contact Info.	Service Description
<p><b>Valley City - Barnes County Development Corporation</b>            250 West Main Street            Valley City ND 58702</p> <p>vdg@hellovalley.com</p>	<p>701.840.7820            Fax: 701.845.1892</p>	<p>The Development Corporation plays a major role in creating career opportunities through the recruitment of new industries and assisting businesses with retention and expansion. The employee Retention &amp; Recruiting Coordinator is the primary contact for employee retention and engagement.</p>
<p><b>Job Service of ND</b>            1350 32nd St S,            Fargo, ND 58103</p> <p><a href="http://www.jobsnd.com">www.jobsnd.com</a></p>	<p>701. 239.7300</p>	<p>Search for Jobs--Land a job with Job Service North Dakota's advanced search tool. Create a profile, build your resume and submit applications online.</p>
<p><b>Sheyenne Valley Area Career and Technology Center</b>            801 9<sup>th</sup> Ave. SE            Valley City, ND 58072</p>	<p>701.845.0256</p>	<p>Adult education program-offers courses to upgrade computer skills and improvement in all basic academic skills such as mathematics or science test scores. ESL and ELL daily individual assistance in learning or improving English language skills. Courses in Information Technology, Automotive Technology, Welding, Electronics, Hydraulics, Construction Careers, Graphic Design, Health Careers, First Responder Training, CPR Certification, Adult Education, Transition, and Career Development counselor.</p>

<b>Workforce Center</b> 250 West Main St. Suite 2 Valley City, ND 58072	701.845.1891 701.490.3530	Find assistance with job searches, resume writing, applying for jobs, finding training, and much more.
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**MEDICAL & CLINICAL CARE**

Name & Location	Contact info.	Service Description
<b>CHIROPRACTORS</b>		
<b>Central Avenue Chiropractic PC</b> 323 Central Ave. N #202 Valley City, ND 58072	701.845.0709	
<b>Foell Chiropractic Clinic</b> 201 Central Ave S Valley City, ND 58072	701.845.3132	
<b>Thomsen Chiropractic Clinic</b> 1530 W Main St. Valley City, ND 58072	701.845.2481	
<b>CLINICS</b>		
<b>City-County Health District</b> 415 2 <sup>nd</sup> Ave. NE Valley City, ND 58072 <a href="http://www.citycountyhealth.org">www.citycountyhealth.org</a>	701.845.8518	Public health unit. Chronic disease education and management, substance use prevention education, breathe ND & tobacco cessation and education, family planning, emergency preparedness, environmental health, physical activity and nutrition education, WIC.
<b>Essentia Health Clinic</b> 132 4 <sup>th</sup> Ave. NE Valley City, ND 58072 <a href="http://www.essentiahealth.org">www.essentiahealth.org</a>	701.845.8060 Fax: 701.845.8067	Third party payer and/or self-pay. Physician assessments (primary care) in office, physician house calls, referrals, lab, testing, podiatry, on-site outreach surgery.



<p><b>Sanford Health Valley City Clinic</b>  520 Chautauqua Blvd.  Valley City, ND 58072  <a href="http://www.sanfordhealth.org">www.sanfordhealth.org</a></p>	<p>701.845.6000  FAX: 701.845.6150  Appointments:  701.845.6140  1.800.228.8685</p>	<p>Primary and specialty care including dermatology, geriatric medicine, family medicine, hematology, internal medicine, mammography, medical oncology, nephrology, orthopedic surgery, podiatric, psychology, radiology, sleep medicine, surgery (general &amp; vascular), urology, pediatrics, colorectal screenings, nurse navigator services.</p>
<b>DENTISTS</b>		
<p><b>Bridge City Dentistry</b>  239 2<sup>nd</sup> Ave NW Suite 1  Valley City, ND 58072  <a href="http://www.bridgcitydentistry.com">www.bridgcitydentistry.com</a></p>	<p>701.845.4221</p>	
<p><b>Concept Dentistry</b>  117 3<sup>rd</sup> St NW Suite 4  Valley City, ND 58072  <a href="http://www.myconceptdentistry.com">www.myconceptdentistry.com</a></p>	<p>701.845.2180</p>	
<p><b>Red River Valley Dental Access Project, Moorhead</b>  1900 28<sup>th</sup> Ave S  Moorhead, MN 56560</p>	<p>218.790.7790</p>	<p>Urgent care for low income and uninsured people who do not have a dentist.</p>
<b>HEARING SERVICES</b>		
<p><b>Sanford Health Hearing Centers</b>  1140 Main St. W  Valley City, ND 58072</p>	<p>701.845.4955</p>	<p>Hearing tests, hearing evaluations and diagnosis, hearing aid fittings and repairs, and ear protection.</p>
<b>HOLISTIC NURSING</b>		
<p><b>Be Well Healing Arts, PLLC</b>  123 3<sup>RD</sup> St. NE  Valley City, ND 58072</p>	<p>701.845.3874  701.490.2132</p>	<p>Provides complimentary care to help you reach your maximum health.</p>

<b>HOSPITAL</b>		
<b>CHI Mercy Health</b> 570 Chautauqua Blvd. Valley City, ND 58072  <a href="http://www.mercyhospitalvalleycity.org">www.mercyhospitalvalleycity.org</a>	701.845.6400 Fax: 701.845.6413	Critical access hospital, emergency room, physical, speech, and occupational therapy, Cardiac Rehab, referrals, surgery, x-rays, swing bed, lab, mammograms, cataract surgery, ambulatory care, infusions, sleep studies.
<b>OPTOMETRISTS</b>		
<b>Looyesen I Care</b> 1230 Main St. W Valley City, ND 58072  <a href="http://www.looyesenicare.com">www.looyesenicare.com</a>	701.845.4444	
<b>Professional Eye Care Centers</b> 200 Central Ave. N Suite F Valley City, ND 58072  <a href="http://www.proeyecarecenters.com">www.proeyecarecenters.com</a>	701.845.5000	
<b>PHARMACIES</b>		
<b>Central Ave. Health Mart Pharmacy</b> 323 Central Ave. N #101 Valley City, ND 58072	701.845.5280	
<b>NuCara Pharmacy</b> 234 Central Ave. N Valley City, ND 58072	701.845.2652	
<b>Thrifty White Pharmacy</b> 120 W Main St Valley City, ND 58072	701.845.1763	
<b>VA Pharmacy (Fargo)</b>	855.846.8154 701.232.3241	

THERAPIES		
<b>CHI Mercy Health</b> 570 Chautauqua Blvd. Valley City, ND 58072  <a href="http://www.mercyhospitalvalleycity.org">www.mercyhospitalvalleycity.org</a>	701.845.6400 Fax: 701.845.6413	Therapies: physical, speech, occupational and cardiac rehab.
<b>Essentia Health Clinic</b> 132 4 <sup>th</sup> Ave. NE Valley City, ND 58072  <a href="http://www.essentiahealth.org">www.essentiahealth.org</a>	701.845.8060 Fax: 701.845.8067	Out-patient physical therapy.
<b>Mobility Plus</b> 1109 West Main St Suite B Valley City, ND 58072	701.890.7900	Rehabilitation practice that provides physical and occupational therapy.
VETERINARY SERVICES		
<b>Valley City Veterinary Hospital, PC</b> 1068 4 <sup>th</sup> St. SW Valley City, ND 58072  <a href="http://www.valleycityvet.com">www.valleycityvet.com</a>	701.845.3662 Fax: 701.845.3663	Valley City Veterinary Hospital, PC, is the one and only pet clinic you'll ever need. Because we are a full-service clinic, your pet can get everything from nail trimmings to major surgery, all in one friendly, well-equipped place. We have 24 hour emergency services with the most caring vets ready to help in life-and-death situations
NUTRITION SERVICES		
Name & Location	Contact Info.	Service Description
ASSISTANCE PROGRAMS		
<b>Bridges Backpack Food Program</b> Epworth United Methodist 680 8 <sup>th</sup> Ave. SW Valley City, ND 58072  <a href="http://www.epworthvalleycity.com/ministries">www.epworthvalleycity.com/ministries</a>	701.845.0340	Provides free bag of food for children K-6 to receive at school on Fridays to feed them over the weekend. Must sign up annually. Food and essential items provided at the Hi-Liner pantry for grades 7-12.

<b>Barnes County Food Pantry</b> 139 2 <sup>nd</sup> Ave. SE Valley City, ND 58072  <a href="http://www.southcentralseniors.org/food-pantry">www.southcentralseniors.org/food-pantry</a>	1.800.472.0031 701.845.4300	Provides food to individuals and families needing assistance. It is run by volunteers and is donation funded. To be eligible to receive food from the Food Pantry, a referral is required.
<b>Great Plains Food Bank</b> (@ Food Pantry) 139 2 <sup>nd</sup> Ave. SE Valley City, ND 58072 (@ Valley City Cares) 525 5 <sup>th</sup> Ave. SW, Valley City, ND 58072 <a href="http://www.greatplainsfoodbank.org">www.greatplainsfoodbank.org</a>	701.845.4300 701.845.0688	Monday – Friday 8:00 am to 4:30 pm. Call ahead to set up appointment
<b>South Central Senior Services</b> 139 2 <sup>nd</sup> Ave SE Valley City, ND 58072	701-845-4300	Meals on Wheels
<b>Senior Foods Commodity Program(Great Plains FoodBank)</b> Faith Lutheran Church 309 4 <sup>th</sup> St. NE Valley City, ND 58072	701.476.9113	For adults 65 and older on a fixed income...bi-monthly home deliveries of food staples. Applications available at Faith Lutheran Church Office.
<b>WIC (Women, Infants and Children)</b> 415 2nd Ave. NE Valley City, ND 58072	701.845.8520	WIC is a program for pregnant and breastfeeding women, infants, and children younger than 5 and is available in all counties in North Dakota. WIC offers healthy food for proper growth and development and helps families choose healthier ways of eating.
<b>DIETITIANS</b>		
<b>CHI Mercy Health</b> 570 Chautauqua Blvd. Valley City, ND 58072 <a href="http://www.mercyhospitalvalleycity.org">www.mercyhospitalvalleycity.org</a>	701.845.6400	Anna Carlson, LRD
<b>City-County Health District</b> 415 2nd Ave. NE Valley City, ND 58072 <a href="http://www.citycountyhealth.org">www.citycountyhealth.org</a>	701.845.8518 Fax: 701.845.8542	Sharon Buhr, MPH, LRD, RDN Andrea Winter, LRD, RDN

<b>NDSU Extension – Barnes County</b> 230 4 <sup>th</sup> St. NW #204 Valley City, ND 58072	701.845.8528 701.845.8538	Susan Milender-Toppen, RDN, LRD
<b>Sanford Health Valley City Clinic</b> 520 Chautauqua Blvd. Valley City, ND 58072  <a href="http://www.sanfordhealth.org">www.sanfordhealth.org</a>	701.845.6140	
<b>ON THE MOVE</b> 415 2 <sup>nd</sup> Ave NE Suite 101 Valley City, ND 58072	701.845.8518	Classes and programs on nutrition and physical activity to people of all ages to help prevent heart disease, diabetes, obesity, cancer, and other diseases.

**PUBLIC HEALTH**

<b>Name &amp; Location</b>	<b>Contact Info.</b>	<b>Service Description</b>
<b>City-County Health District</b> 415 2 <sup>nd</sup> Ave. NE Valley City, ND 58072  <a href="http://www.citycountyhealth.org">www.citycountyhealth.org</a>	701.845.8518 Fax: 701.845.8542	Immunizations (all ages), community health screenings, medication maintenance, nursing assessments, wound care, foot care, health education, environmental health services (i.e. radon, mold, air quality, daycare/school inspections, rodent control, sewer permits/inspections, hazardous materials), school nursing, referrals, certified lactation counseling, newborn home visits, car seat program, Health Tracks, worksite wellness, family planning, jail health. CCHD is available to work with businesses/organizations for worksite wellness.

<b>Central Valley Health District, Jamestown</b> 122 2 <sup>nd</sup> St. NW Jamestown, ND 58401	701.252.8130	Family planning, sexual assault response team, women's way, WIC, baby and me, tobacco addiction help, emergency preparedness and response, and environmental health.
<b>Community Health Ministry- Parish Nurse</b> 401 Broadway Tower City, ND 58071	701.633.5533	Disease prevention, early detection and assessment, wellness promotion and education, personal health counseling, referrals, locating community resources, special needs resource, spiritual care. No fee, donations accepted.

## RESPITE SERVICES

Name & Location	Contact Info.	Service Description
<b>Hospice of the Red River Valley</b> 1240 W. Main St. Valley City, ND 58072 <a href="http://www.hrrv.org">www.hrrv.org</a>	701.845.1781 800.237.4629 Fax: 701.845.1799	
<b>Liz Lokken</b>	701.490.0208	Independent
<b>Ashley Mooridian</b>	701.490.4527	Independent
<b>Kim Seidinger</b>	701.989.4725	Independent

## SOCIAL SERVICES

Name & Location	Contact Info.	Service Description
<b>Buffalo Bridges Human Service Zone</b> 230 4 <sup>th</sup> St. NW, Rooms 102-105 Valley City, ND 58072 <a href="http://www.barnescounty.us">www.barnescounty.us</a>	701.845.8521 Fax: 701.845.4281	Child protection, family foster care, parent aide, family focused services, daycare licensing and registration, children's special health, aged/disabled home- and

		community-based services, respite care, information and referral, economic and general assistance, permanency funds, food stamps, fuel assistance, Medicaid.
<b>South Central Adult Services</b> 139 2 <sup>nd</sup> Ave. SE Valley City, ND 58072  <a href="http://www.scacs.net">www.scacs.net</a>	701.845.4300 1.800.472.0031 Fax: 701.845.4073	No fee for outreach services, but donations accepted. Nominal fee for some services. Referrals, paperwork assistance, medical appointment escort services, transportation (both in-town and out-of-town service), home-delivered meals, frozen meals and liquid supplements available, congregate meals, "Are You OK" calling system, Senior Companion program, help with Living Wills and Durable Power of Attorney for Health Care forms, senior health insurance counseling, Medicare Part D assistance, Prescription Assistance Program (for all ages), Senior Info-Line (1.800.451.8693), Respite Program, chore service, Food Pantry assistance, medical equipment assistance, Family Caregiver Program, dialysis transportation
<b>South Central Human Service Center</b> 415 2 <sup>nd</sup> Ave. NE Valley City, ND 58072  <a href="http://www.nd.gov/humanservices/locations/regionalhsc/">www.nd.gov/humanservices/locations/regionalhsc/</a>	701.253.6300 1.800.260.1310 Fax: 701.253.6400	Offers service to assist individuals and families who have emotional and interpersonal problems, disabling conditions affecting their ability to be competitively employed, and/or are vulnerable and unable to protect themselves. Services include emergency, psychiatric, acute outpatient, extended

		care, alcohol and drug, developmental disability, vocational rehabilitation, and aging services.
<b>Barnes County Veterans Service Office</b> 230 4 <sup>th</sup> St. NW, Room 204 Valley City, ND 58072  <a href="http://www.barnescounty.us">www.barnescounty.us</a>	701.845.8511 Fax: 701.845.8590	Medical referrals to VA, grants for low-income veterans for eye glasses, dental and hearing aids, low interest loans up to \$5,000 for veterans, transportation to VA Center for homebound veterans, prescription medications for qualifying veterans (can be mailed out)

## SPIRITUAL CARE SERVICES

Name & Location	Contact Info.	Service Description
<b>ASSOCIATIONS</b>		
<b>Barnes County Ministerial Association</b> 138 3 <sup>rd</sup> St. NW Valley City, ND	701.845.0340	Local ministers, priests, pastors, and lay people gather the 1st Tuesday of each month. Can provide resource references.
<b>CHURCHES</b>		
<b>All Saints Episcopal Church</b> 516 Central Ave N Valley City, ND 58072	701.845.0819	
<b>Calvary Baptist Church</b> 2030 Main St W Valley City, ND 58072	701.845.9220	
<b>CHI (Mercy) Hospital Chapel</b> 570 Chautauqua Blvd Valley City, ND 58072	701.845.6400	



<b>Connect Church</b> 320 Central Ave S Valley City, ND 58072	701.845.4193	
<b>Congregational United Church of Christ</b> 217 4th St NW Valley City, ND 58072	701.845.1977	
<b>Epworth United Methodist Church</b> 680 8th Ave SW Valley City, ND 58072	701.845.0340	
<b>Evangelical Free Church</b> 1141 9th St SW Valley City, ND 58072	701.845.1649	
<b>Faith Lutheran Church ELCA</b> 309 4 <sup>th</sup> St. NE Valley City, ND 58072	701.845.4390	
<b>First Baptist Church</b> 3511 Kathryn Road S Valley City, ND 58072	701.845.4500	
<b>First United Pentecostal Church</b> 540 3 <sup>rd</sup> Ave NE Valley City, ND 58072	701.845.0354	
<b>Grace Free Lutheran Church AFLC</b> 2351 Main Street W Valley City, ND 58072	701.845.2753	
<b>New Life Assembly of God</b> 520 Winter Show Road Valley City, ND 58072	701.845.2259	

<b>Our Savior's Lutheran Church ELCA</b> 138 3rd St NW Valley City, ND 58072	701.845.1328	
<b>SMP Health- St. Raphael Chapel</b> 979 Central Ave N Valley City, ND 58072	701.845.8222	
<b>Southwest Bible Chapel</b> 826 5th St SW Valley City, ND 58072	701.845.2792	
<b>St Catherine's Catholic Church</b> 540 3rd Ave NE Valley City, ND 58072	701.845.0354	
<b>St. Paul's Evangelical Lutheran Church</b> 202 3 <sup>rd</sup> St. NW Valley City, ND 58072	701.845.0702	
<b>Trinity Lutheran Church ELCA</b> 499 4th Ave NW Valley City, ND 58072	701.845.3837	
<b>Valley Apostolic</b> 215 4th Ave. Valley City, ND 58072	701.845.9590	
<b>Valley Baptist Church</b> 204 5th St NW Valley City, ND 58072	701.845.6950	

## SUPPORT GROUPS

Name & Location	Contact Info.	Service Description
<b>GRIEF SUPPORT</b>		
<b>Hospice of the Red River Valley</b> 1240 W. Main St. Valley City, ND 58072 <a href="http://www.hrrv.org">www.hrrv.org</a>	701.845.1781 800.237.4629 Fax: 701.845.1799	
<b>CHI Health at Home – Home Health and Hospice</b> 367 2nd St NW Valley City, ND 58072 <a href="http://www.chihealthconnectathome.com">www.chihealthconnectathome.com</a>	701.845.6550 855.860.3464 Fax: 701.845.6552	
<b>OTHER SUPPORT GROUPS</b>		
<b>Alcoholics Anonymous</b> 320 2nd Ave SE Valley City, ND 58072	701.320.3629 701.269.7010	Fellowship support program for alcohol recovery, no dues or fees for membership. Primary purpose is to stay sober and help other alcoholics to achieve sobriety.
<b>Celebrate Recovery</b> 320 Central Ave S Valley City, ND 58072	701.845.4193	Meets Thursday nights at 6 pm. Faith based, non-denominational, worship services and small groups. Celebrate Recovery's purpose is to celebrate God's healing power from any/all hurts, habits and hang ups in our lives through the 12 Steps and 8 Recovery principles.
<b>Hearing Loss Resource Group</b> CHI Mercy Health 570 Chautauqua Blvd. Valley City, ND 58072		Meets every other Wednesday in the Health Education Center from 10am-noon.
<b>Narcotics Anonymous</b> Fellowship Corner 320 2 <sup>nd</sup> Ave SE Valley City, ND	Business Hours: 701.845.8186 After business hours: 701.840.2811	Meets every Wednesday at 7 pm. Open meeting for anyone with the desire to stop using any substance.

**TRANSPORTATION SERVICES**

Name & Location	Contact Info.	Service Description
<b>South Central Adult Services</b>	701.845.4300	(Includes dialysis transportation)
<b>Valley City Taxi Service</b>	701.840.1406	
<b>Veterans Service Office</b>	701.845.8511	(VA facilities only in both Fargo and Jamestown)

**VALLEY CITY KEY CONTACTS**

Name & Location	Contact Info.	Service Description
<b>City Hall</b> 254 2nd Ave NE, PO Box 390 Valley City, ND 58072 <a href="http://www.valleycity.us">www.valleycity.us</a>	701-845-1700 Fax: 701-845-4588	Office of the Mayor, City Administrator, Finance Director/Auditor, Deputy Auditor, Administrative Assistant, Assessor, Building/Fire Inspector, and City Attorney.
<b>Driver's License</b> 138 East Main St. Valley City, ND 58072	701.252.5596	Hours are 9-12 and 1-4 the first and third Wednesday of each month.
<b>Motor Vehicle</b> 250 West Main St. Valley City, ND 58072	701.845.3812	Vehicle registration, licenses, tabs, inspections, and titles.
<b>ND 811- ND One Call Call Before You Dig</b>	811 Or 800.795.0555	

<p><b>North Dakota Winter Show</b>  <b>700 7th St. SE</b>  Valley City, ND 58072</p> <p><a href="http://www.northdakotawintershow.com">www.northdakotawintershow.com</a></p>	<p>701.845.1401</p>	<p>The mission of the NDWS is to provide an education for youth in the various segments of agri-business and to promote and expand agriculture through improved agriculture practices and techniques, and to honor our pioneer culture and heritages. We also strive to establish quality, entertaining learning experiences for people of all ages.</p>
<p><b>Tourism &amp; Convention &amp; Visitors Bureau</b>  250 West Main St.  Valley City, ND 58072</p>	<p>701.845.1891</p>	<p>Tourism</p>
<p><b>Valley City Chamber of Commerce</b>  250 Main St. W.  Valley City, ND 58072</p> <p><a href="http://www.valleycitynd.org">www.valleycitynd.org</a></p>	<p>701.845.1891  888.288.1891</p>	<p>Our mission is to promote and improve the business environment, stimulate a vibrant local economy and produce a cooperative effort to enhance the overall quality of life in Valley City to its highest potential.</p>
<p><b>Valley City Development Corp.</b>  250 Main St. W.  Valley City, ND 58072</p> <p><a href="http://www.valleycitynd.org">www.valleycitynd.org</a></p>	<p>701.845.1891  888.288.1891</p>	<p>Is experienced and deeply committed to your success. We understand business problems and are here to help solve them. From selecting the right building and site to finding qualified and skilled employees, we are here to help!</p>
<p><b>Valley City Public Works</b>  254 2nd Ave NE, PO Box 240  Valley City, ND 58072</p> <p><a href="http://www.valleycity.us">www.valleycity.us</a></p>	<p>701-845-0380  Fax: 701-845-4588</p>	<p>To Establish Service  New customers can visit the Public Works office. A two-month deposit is required unless an acceptable credit reference from another utility is provided. To Discontinue Service, Contact the Public Works office.</p>

<b>Barnes Rural Water</b> 421 West Main St. Valley City, ND 58072	701.845.1117	Water.
<b>Cass County Electric</b> 1105 7 <sup>th</sup> St. SE Valley City, ND 58072	701.845.2251	Electricity.