

## Pine Technical College

### Local Resources for Students with Mental and Physical Needs

Covering Pine County and Surrounding Counties.

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#### 1) Alcohol/Drug Abuse

##### A Aaaaaaa A Drug Rehab

Cambridge, MN 55008  
(800) 757-0771  
[www.acenterforrecovery.com](http://www.acenterforrecovery.com)

##### A Aaaaaa About Recovery

Cambridge, MN 55008  
800-577-0590  
[www.aboutrecovery.com](http://www.aboutrecovery.com)

##### A AABC Addiction

Drug & Alcohol Addiction Information & Treatment  
Counselors available 24/7  
800 238 0445  
[www.thewatershed.com](http://www.thewatershed.com)

Alcohol AAA  
AH A Abuse Action Addiction Help Line  
Ogilvie, MN 56358  
(320) 272-4466

**Avalon Programs**

645 3rd Ave SW Ste 1  
Pine City, MN 55063  
320-629-1362

**Dellwood Recovery Center (Cambridge Medical Center)**

701 Dellwood St S  
Cambridge MN 55008-1920  
763-689-7723

**Liberalis**

810 3rd St Ste 102  
Carlton, MN 55718-3701  
(218) 384-4106

**Mash-Ka-Wisen Treatment Center**

PO Box 66 Sawyer  
MN 55780-0066  
218-879-6731

**Meridian Behavioral Health**

Whether you're here for yourself or a loved one, you've reached out to the best. Not just one place, or one program, but an entire family of programs addressing chemical and mental health needs for men and women in over 15 safe, caring environments.

**Meridian Behavioral Health Avalon Programs**

645 3rd Ave Sw  
Pine City, MN 55063-1468  
(320) 629-1362

**Meridian Behavioral Health Meadow Creek**

17305 Meadow Creek Ln  
Pine City, MN 55063  
(320) 629-0077

www.meridiannetwork.com

**New Beginnings**

7707 Main  
Siren, WI 54872  
(715) 349-2588

**Nirvana Educational & Counseling Services**

105 Garfield St S Ste 104  
Cambridge, MN 55008-1767  
(763) 689-0049

**Pine Assessment Services**

655 3rd Ave Sw  
Pine City, MN 55063-1443  
(320) 629-8054

**Serenity Manor Inc**

106 Maple Ave E  
Mora, MN  
55051-1361  
(320) 679-1936

**2) Psychiatrists/Mental Health Facilities**

**Cambridge Christian Counseling Center**

32393 Rendova Cir Ne  
Cambridge, MN 55008  
763-689-3723

**Counseling Associates**

133 Union St S.  
Mora Mn  
320 679 2847

**Dellwood Recovery Center (Cambridge Medical Center)**

701 S Dellwood St.  
Cambridge, Mn 55008

763-689-7723

<http://www.cambridgemedicalcenter.com>

### **Epona Counseling Center LLC**

Offering services to \*children \*adolescents \*adults \*couples \*families

Anxiety, depression, suicidal, fears, divorce, parenting, grief, loss, phobias, relationships, life transitions, mental illness, PTSD, domestic violence, sexual abuse, infidelity, forgiveness, anger.

807 Main Street North  
Cambridge, MN 55008  
612 390-6232

### **Family Based Therapy Associates**

Individual, Couple, Family, Play Therapy, and Psychological Assessment. Children and adolescents behavioral and school problems, ADHD, depression and anxiety, grief and loss, parenting concerns, autism spectrum disorders developmental disabilities, couples' problems, step and blended family counseling, anger management and conflict resolution, chronic illness, recovery from physical, sexual or emotional trauma, assessment and counseling for bariatric surgery patients, and veterans' emotional health.

#### ***Coon Rapids***

199 Coon Rapids Boulevard,  
Suite 306  
Coon Rapids, Minnesota 55433  
Phone: 763-780-1520  
Fax: 763-780-2114

#### ***Cambridge***

133 S.W. 2nd Avenue  
Cambridge, Minnesota 55008  
Phone: 763-689-9407  
Fax: 763-552-0164

#### ***Chisago City***

P.O. Box 351  
29351 Main Street

Chisago City, Minnesota 55013  
Phone: 651-257-2733  
Fax: 651-257-2783

**The Five County Mental Health Center**

Provides comprehensive mental health services to residents in the four counties of Chisago, Isanti, Mille Lacs, and Pine. Counseling is available in the following areas: marital and family relationships, parent and child relationship, adoption, abuse, aging, chemical dependency, grief and loss, unplanned pregnancy, life transitions, unemployment, depression, spirituality, separation and divorce, low self-esteem, stepfamilies, pre-marriage counseling and disturbing fears and frustrations.

***Braham***

521 North Broadway Ave  
Braham, MN 55006-3359  
320-396-3333

***Cambridge***

121 Adams St S  
Cambridge, MN 55008-1620  
763-689-9463

***North Branch***

5833 Pecan Street  
North Branch, MN 55056-7068  
651-674-0033

***Sandstone***

119 4th St  
Sandstone, MN 55072  
320-245-0537

**Grace Counseling Services**

16525 Highway 65 Service Road  
Ham Lake, MN 55304-5300  
(763) 413-8838

**Hazelden Foundation**

15251 Pleasant Valley Rd.  
Center City, Minnesota 55012-0011

800-257-7810  
651-213-4200  
<http://www.hazelden.org>

### **Healthy Living Counseling Service**

Addictions, divorce, grief, family, children, pre-marriage, funeral.

105 S. Union St. Ste 5  
Mora, Mn. 55051  
800-324-8286

### **Kanabec County Family Services**

Provides child, adolescent and adult psychology. Practice exclusive to Kanabec County.

905 Forest, Suite 150  
Mora, MN 55051  
320-679-6350  
Contact: Linda Walinski

### **Meridian Behavioral Health**

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### **Meridian Behavioral Health Avalon Programs**

645 3rd Ave Sw  
Pine City, MN 55063-1468  
(320) 629-1362

### **Meridian Behavioral Health Meadow Creek**

17305 Meadow Creek Ln  
Pine City, MN 55063  
(320) 629-0077

[www.meridiannetwork.com](http://www.meridiannetwork.com)

### **Mora Psychological Services**

Provides mental health services.

Dr. Harlan Gilbertson, Psychologist  
630 Union Street S  
Mora, MN 55051  
320-679-8161

**Nirvana Educational & Counseling Services**

105 Garfield Street South,  
Cambridge Minnesota 55008  
763-689-0049

**Pine Assessment Services**

Psychological Services.

655 3rd Avenue Southwest  
Pine City, MN 55063-1443  
320-629-8055

**Robert Lininger PhD LP**

***Cambridge***

133 2 Av SW  
Cambridge Mn 55008  
763 689 9407

***Sandstone***

130 Oriole St E Suite 2  
Sandstone Mn 55072  
320 245 3074

**Rum River Counseling Inc.**

Professional counseling services for individuals, couples, and families of all ages.

114 N. Rum River Drive, Suite 103  
Princeton, MN 55371  
763-482-9598  
(Offices also in Andover, Blaine, Minneapolis and St. Cloud)

**Therapeutic Services Agency.**

Personal mental health problems, relationship struggles, chemical dependency issues, daily living challenges, life stages and transitions and parent/child/family life challenges.

***Railroad Depot Office***

220 Railroad St. SE  
Pine City, MN 55063

***Hilltop House***

900 Golf Ave. SW  
Pine City, MN 55063

***Blair Arcade Building***

400 Selby Ave. Suite G-1  
St. Paul, MN 55102  
2665 4th Ave. N. Suite 49  
Anoka, MN 55303

Call our Central Office at: 320-629-7600 (Greater MN Area)  
651-224-4114 (Twin Cities Area)  
Fax: 320-629-7900  
[www.hoperealized.com](http://www.hoperealized.com) or [www.tsapc.net](http://www.tsapc.net)

**3) Suicide Prevention**

800 273 8255  
TTY 800 799 4889

**4) Social Service Agencies**

**Chisago County Human Services**

313 North Main Street  
Center City, MN 55012  
651-213 - 5600  
<http://www.co.chisago.mn.us>

**Isanti County Family Services**

Isanti County Government Center  
503 - 555 18th Avenue SW  
Cambridge, MN 55008  
763-689-1711  
<http://www.co.isanti.mn.us>

**Kanabec County Family Services**

905 Forest Avenue East, Suite 150

Mora, MN 55051  
320-679-6350  
<http://www.co.kanabec.mn.us>

**MilleLacs County Family Services**

Courthouse Square  
525 2nd Street SE  
Milaca, MN 56353  
320-983-8208  
<http://www.co.mille-lacs.mn.us>

**Pine County Human Services**

1610 Highway 23 North  
Sandstone, MN 55072  
320-245-3055  
<http://www.pinecounty.org>

**5) Programs and services for adults, children, & families.**

**Family Pathways' Food Pantries and Advocacy**

Programs help families and individuals secure basic life needs such as food, housing, and financial assistance.

Call Toll Free For All Programs

Central Office  
200 Cleveland St S  
Cambridge, MN 55008  
763-552-7284  
Fax: 763-552-9405  
1-877-321-7100  
[mail@familypathways.org](mailto:mail@familypathways.org)

**Lakes and Pines CAC, Inc.**

It is the mission of Lakes and Pines CAC to promote a focusing of all available resources upon the goal of enabling the area low-income families and individuals of all ages to attain the skills, knowledge and motivations to secure the opportunities needed for them to become self-sufficient.

The Lakes and Pines' serves consumers in Aitkin, Carlton, Isanti, Kanabec, Mille Lacs, and Pine counties.

1700 Maple Avenue East  
Mora, MN, 55051-1227  
320-679-1800  
800-832-6082  
<http://lakesandpines.org>

### **Pine Habilitation and Supported Employment (PHASE)**

A not-for-profit human service agency that provides an array of employment-based services to adults with a diagnosis of a developmental disability, traumatic brain injury, or severe and persistent mental illness.

#### **PHASE North (Sandstone): (320) 245-2246**

##### **Recycling Center:**

106 Main  
Sandstone, MN 55072  
320-245-2442

#### **PHASE South (formally Pine City): (320) 629-7805**

23385 Freeway Blvd.  
Beroun, MN 55063  
800-627-7117 (TTY/TDD)  
[pinehab.org](http://pinehab.org)

### **Rise**

Rise supports people who have disabilities and other barriers to employment in attaining their personal measure of safe and affordable housing, vocational achievement, self-sufficiency, and belonging in their communities.

Career planning, mentor development, job-seeking skills training, resume and cover letter development, job development services, PASS and IRWE planning, job coaching / training, supported employment, career ladder job placement, peer support groups, job follow-up services, and CSP case service coordination.

#### **Employment Innovations**

13265 Sylvan Avenue  
P.O. Box 336  
Lindstrom, MN, 55045  
651-257-2281  
Fax: 651-257-3861

***Employment Innovations - Cambridge***

602 Main Street No.  
PO Box 86  
Cambridge, MN, 55008  
763-689-2093  
Fax: 763-689-1925

***Employment Innovations - Milaca***

110 Second Street NW  
PO Box 35  
Milaca, MN, 56353  
320-983-2684  
Fax: 320-983-2964

***Employment Innovations - Mora***

905 East Forest Ave., Suite150  
Mora, MN, 55051  
320-679-6424  
Fax: 320-679-6429

**The Center For Independent Living of Northeastern Minnesota**

Independent Living Skills Training, Information and Referral, Advocacy, Peer Counseling, AccessNorth, Online Disability Community, Internet Based Training, Technology Project, Assistive Technology, Assistive Technology Forum, Computer Classes, Computer Labs, Computer Recycling, Hearing Aid Recycling, Service Coordination, Transition from School, Disability Leadership Training, Social/Recreational, Support Groups, Senior Companions, The Ramp Project, PCA Choice, PCA Referral, Nursing Home Relocation, Flexible Case Management, Waivered Services, Prevocational Services, Driver's License Coaching, Entrepreneurial Assistance, Telework Assistance, Work Training Opportunities.

26255 St Croix Road  
Pine City Minnesota 55063  
320-629-8179  
<http://accessnorth.net>

**Work Incentives Connection**

Provides answers about the impact of work on benefits, so that people with disabilities can see their choices and take advantage of life's opportunities.

The Connection serves people with all types of disabilities and those who assist them in going to work. Services are available everywhere in Minnesota and most are free of charge.

For the street address – call the agency

Phone: 651-632-5113

Toll-free: 1-800-976-6728

TTY: 651-632-5110 or MN Relay – 711

<http://www.mnworkincentives.com>

## **6) Government Resources**

### **Minnesota Office of Higher Education**

Suite 350

1450 Energy Park Drive

St. Paul, MN 55108-5227

651-259-3901

800-657-3866

Fax: 651-642-0597

TTY: 800-627-3529

Email: [karen.buehre@state.mn.us](mailto:karen.buehre@state.mn.us) or [barb.schlaefer@state.mn.us](mailto:barb.schlaefer@state.mn.us)

Website: <http://www.ohe.state.mn.us/>

### **Protecting Students with Disabilities**

<http://ed.gov/about/offices/list/ocr/504faq.html>