# GLBT Resource Directory/Twin Ports Area

## Cafes/ Coffeehouses

***Amazing Grace**
394 South Lake Avenue
Duluth, MN 55802
(218) 723-0075
***Beaner's**
324 N. Central Avenue
Duluth MN 55807
www.beanerscentral.com
(218) 624-5957
**Black Cat Coffee Shop**
220 Chapel Avenue
Ashland, Wisconsin
(715) 682-3680
***Chester Creek Café**
1902 E. 8th St.
Duluth MN 55812
(218) 723-8569
www.astccc.net
***Hanabi Japanese Cuisine**
110 N 1st. Ave W. Duluth, MN
(218) 464-4412
***Jitters Coffee House**
102 West Superior St.
Duluth MN 55802
(218) 720-6015

## Congregations

***Coppertop 1st United Methodist**
Rev. David Bard
230 E. Skyline Parkway
Duluth MN (218) 727-5021
www.fumcduluth.com
***Gloria Dei Lutheran**
Rev. David Carlson
219 North 6th Ave. East
Duluth, MN 55805
(218) 722-3381
www.gloriadei.org
***Peace United Church of Christ**
Rev. Kathy Nelson
1015 E. 11th St. Duluth, MN
(218) 724-3637
www.peaceucc.org
***Pilgrim Congregational UCC**
Rev. Charlotte Frantz
2310 East 4th St.
Duluth MN
(218) 724-8503
www.pilgrimduluth.org
***St. Paul's Episcopal**
Rev. Bill Van Oss
1710 E. Superior St.
Duluth MN
(218) 724-3535
www.stpaulsduluth.org
***Temple Israel**
Rabbi David Steinberg
Youth contact: Loreen Streit
1602 East 2nd St. Duluth, MN
(218) 724-8857
www.jewishduluth.org
***Unitarian-Universalist**
Rev. Gail Marriner
835 W. College, Duluth, MN
(218) 724-0308
www.uuduluth.org

## Counseling Services

**Jerry Bakka, PhD** Licensed Clinical Psychologist
(218) 733-2610
***Center Against Sexual & Domestic Abuse**
2231 Catlin Ave, Superior WI
(715) 392-3136
**Center for Validation & Change** 2024 W.3rd St. Duluth
Susan Cook, LICSW
Todd Kneebone, LICSW
(218) 722-1351
Patty Olson LICSW
(218) 310-8712
***Community Health Center**
Clyde Holmes
4325 Grand Avenue
Duluth MN 55807
(218) 722-1497
**Ely Resource Center**
Julie Hignell
P.O. Box 374, Ely MN 55731
(218) 365-5254
**Family & Children's Service**
Abuse Intervention Network
(877) GLBT-KIDS or email
Leigh.Combs@fcsmn.org
**Fond du Lac Human Service**
Michelle O'Leary, Social Worker (218) 878-3773
***Full Circle**
Chris Henley, MSLP
Kelly Ravenfeather, Lic. Psych
101 W Second Street #101.
Duluth MN 55802
(218) 726-5433
Arr. for accessible site if needed
***Harbor City Psychological Associates**
Cheryl Grahm, LICSW
(218) 722-4058
***HDC Douglas County**
39 N. 25th St.E. Superior WI
Jane Larson, Runaway Services (715) 394-9177
Or (800) 777-7844
***Human Development Center**
1401 E. 1st St. Duluth MN
Therapists: Saprina Matheny, and Dr. Carolyn Phelps (specializing in eating disorders) (218) 728-4491
**Raymone Kral, Ph.D**
Licensed Psychologist
202 W. Superior #700
Duluth MN (218) 727-5400
***LSS Wisconsin**
Linda Toppings, LICSW
2231Catlin Ave.Superior WI
(715) 394-4173 ext. 103
***Program for Aid to Victims of Sexual Assault**
32 E. 1st St., Duluth MN #200
(218) 726-1442 or 726-1931
***Range Mental Health**
320 W 3rd Ave, Hibbing MN
Carrie Chomizc, Lic Psychologist 218)263-9237
***Range Mental Health**
624 So. 13th St. Virginia MN
Nancy Swedlund, Psychologist (adults only)
(800) 450-2273
***St. Luke's Outpatient Mental Health Services**
220 N. 6th Ave E. Duluth MN
Dr. LaTina Else and Dr. Katherine Speare, Licensed Psychologists, and Scott Pourpore-Haat, LICSW
(218) 249-7000
**Barb Weller**,
*Psychotherapist, LICSW
(218) 525-2059

## Health & Wellness

List of local gay-affirming physicians available at (218) 722-8585 and 722-4903

***Dr Connie Jacoby**,
Chiropractor
32 East 1st. St., Suite 330
Duluth MN 55802
(218) 940-4342
**AIDS Information Duluth**
Melissa Franckowiak
219 N.6th Ave E.
Duluth MN 55805
(218) 727-8073
**AIDS Resource Center Wisc.** Kristie Johnson
1507 Tower Ave.#230
Superior WI 54880
(715) 394-4009 or
(888) 242-0282 toll-free
***Community Health Center**
4325 Grand Avenue
Duluth MN 55807
Clinic: (218) 722-1497
Health Care: 722-9650
***Duluth Family Practice**
Bonnie Keeling, MSW
330 N. 8th Ave. East
Duluth MN 55805
(218) 723-1112
**Healing Touch**
Harriet Crofts, Massage therapist (218) 428-3600
***Healing Ways Wellness Studio** Carolyn Sheets, Massage therapist, healthy eating & lifestyle counselor
(218) 724-9737
Arr. for accessible site if needed
**Minnesota AIDS Project**
Pete Golden, Case Manager
St. Mary's Clinic in Duluth
218/ 786-8128
For info call (800) 248-2437
www.mnaidsproject.org.
**The Trevor Suicide Helpline**
Crisis counseling and suicide Prevention 24 hrs/ 7 days
(866) 488-7386
(866) 4U TREVOR

## Housing Services

***Bethany Crisis Shelter**
9239 Idaho Street
Duluth, MN 55808
(218) 626-2726
**Center City Housing**
1401 E. 2nd St. Duluth, MN
(218) 728-6437
***Life House Youth Center**
102 West First St.
Duluth, MN 55802
(218) 722-7431
**Renaissance Teen Transitional Housing, LSS/ Street Outreach**
104 W. 1st St. Duluth MN
(218) 723-8052

## Information

**Amnesty International**
GLBT Info & Activism
www.amnesty-volunteer.org/USA/group642/

**Duluth Public Library**
Reference desk
520 W. Superior St.
Duluth, MN 55802
(218) 730-4202
**GLBT National Youth Talkline** M-F 8 to midnight
Phone & email counseling
(800) 246-7743
**OUTFRONT Minnesota GLBT info & 24 hr. crisis line** (800) 800-0350
**SAFE Alternatives Info line** (**S**elf **A**buse **F**inally **E**nds)
(800) DONTCUT
***United Way Health and Human Service Information**
424 W Superior St. Suite 402
Duluth, MN (218) 726-4855
(800) 543-7709 or 2-1-1
***Women & Gender Studies**
Dianna Hunter, UWS
(715) 394-8405
***Women in Construction**
114 N. 1st. Ave W., Duluth MN
(218) 733-1451

## Law Enforcement

**(Dial 911 to report a crime.)**

***Duluth Police Dept.**
Officers Michelle Rafferty, Laura Marquardt, Bob Carter, & Trudie Westerlund
411 W. 1st St. Duluth MN
(218) 730-5150
***Superior Police Dept.**
Officer Todd Maas
maast@ci.superior.wi.us
(715) 395-7676
***UMD Police** (for students)
Ann Petersen
287 Darland, UMD
Duluth, MN 55812
(218) 726-7000

## Legal/ Political Services

***Duluth Human Rights Office** 410 City Hall
411 W. 1st St. Duluth MN
(218) 730-5630
**Lambda Legal Defense Fund**
11 E. Adams, # 1008
Chicago IL 60603
(312) 663-4413
**LGBTQ Safer Schools Task Force**
Duluth-Superior region
(715) 394-8405 for info
**Karen J. Olson, Attorney**
2002 W. Superior St.
Duluth, MN (218) 727-8557
**Standing on the Side of Love**
(218) 724-0308
Interfaith group working for GLBT civil & religious rights

**Publications**

(Free at Aurora Lesbian Center, Northland Gay Men's Center, the Main Club in Superior, and at UMD GLBT Services)
**Aurora Borealis Newsletter**
(218) 722-4903
**Gaywriter**
(218) 722-8585
**Lavender Magazine**
(612) 871-2237
**The Wisconsin Light**
(414) 226-0

**Queer Youth**

***Duluth High Schools Gay/Straight Alliance**
**Central HS** 733-2130 x120
**East HS** 336-8825x1859
**Galaxy @ 7 Rivers LGBT**
303 Pearl Street, La Crosse, WI (608) 784-0452
***Grand Rapids GLBTSA**
Grand Rapids High School
(218) 327-5760 x1456
***Proctor High School GSA**
(218) 628-4926 ext. 1501
**Superior Senior High - GSA**
Superior Senior High School
Superior, Wisconsin
***Together For Youth**
Wednesdays 4-6 p.m.
Gloria Dei Lutheran Church
219 N. 6th Ave. E. Duluth MN
(218) 529-2233
**Trans Youth Support Network Mpls MN**
(612) 875-8164 www. trans Youthsupportnetwork.org
***Virginia High School GSA**
(218) 742-3908

**Radio**

**Women's Music Program**
(Sundays 1 to 5 p.m.)
KUMD 103.3 FM
**This Way Out National**
KUMD 103.3 FM
University of Minnesota
103 Humanities Building
Duluth, MN 55812
(218) 726-7181

**Safe and Supportive Staff in Duluth Schools**

**Violence & Harassment Prevention Specialist, Duluth Public Schools**
Nancy Anderson
(218) 336-8700, ext. 1033
***Central High School**
Lynn Fena,Social Worker
Joe Schingen, Social Worker
GSA sponsors
(218) 733-2130 x 120
***East High School**
Lori Knapp & Ed Crawford, co-Principals, Tonya Sconiers, asst. Principal
Cruz Mendoza, Hall Monitor
Laura LaFontaine, health teacher (218) 728-7426
***Harbor City International School**
Kim Curtis-Monson, GSA sponsor (218) 722-7574
***Marshall School**
Gene Bratek, Head of School
Susan Nygaard, English teacher (218) 727-7266
***Woodland Middle School**
Tracy Litman, Social Worker
Patti Olson, English Teacher
(218) 728-7456

**Safe and Supportive Staff in Area Schools**

***Barnum High School**
Audra Richardson, Teacher
(218) 389-3273
***Cloquet High School**
Jason Richardson, Teacher
(218) 879-3393 ext. 1401
***College of St. Scholastica**
James Crane, English teacher
jcrane@css.edu
Lee Gustafson, Soc. Dept.
(218) 723-7048

***Fond du Lac Tribal and Community College**
Patricia Grace, Counselor
(218) 879-0819
***Hermantown High School**
Sandy Fogo, Counselor
Shelley Plude, GSA sponsor
(218) 729-8874 ext.1107
***Proctor High School**
John Engelking, Superintendent
Nancy Olson, Principal
Phyllis Cook, Social Worker
Jim Vos, Counselor
Shelley Maas, GSA sponsor
(218) 628-4926 ext.1501
***Silver Bay High School**
Jean Brandt, Psychologist
(218) 226-4437 ex 8194
**Superior Wisc Schools Non-Discrimination Officer**
Monica Tikkanen
(715) 394-8719
***Superior Sr High School**
Kyle Smith, History Teacher
(715) 394-8720, ext. 180
***Two Harbors High School**
Jean Brandt, Psychologist
(218) 834-8205 ext.8207
***Virginia High School**
Paula Larson, Counselor
(218) 742- 3908

**Social Groups**

***Arrowhead Trans Group**
32 E. 1st St. Duluth MN
(218) 722-8585
**Bemidji/ Hospitality Iniatiative of Servant Hearts**
Social group & diversity training (218) 760-9268
servant_hearts@hotmail.com
**Boys & Girls Club Teen Center**
2623 W. 2nd St.
Duluth MN
(218) 727-1549
**Duluth-Superior GLBTQAI Pride Committee**
P.O Box 3198
Duluth MN 55803
www.dspride.com
**E. Central MN Men's Circle**
www.menscircle.org
(800)800-0350 ext. 528
**Range GLBTA**
**Iron Range GLBTA**
Social/support group & educational outreach
Hibbing Community College
2nd Thursdays 6-8 p.m.
Virginia/ Mesabi Community College 4th Thursdays 6-8 p.m
Call Ashley @ (218)750-1434
Or email for information
ironrangeglbta@yahoo.com

**Itasca GLBT Alliance**
(218) 327-3428

**UMD Queer Alumni & Allies**
Bill Shipley (218) 591-2856

**Support Groups & Recovery**

**GLBT AA** Sundays 1 p.m.
Serenity Club, Superior Wisc.
**Narcotics Anonymous**
(218) 728-3199 for Duluth meeting times or (877) 767-7676 for state-wide info
**Pride Institute**
LGBT Mental Health & Chemical Dependency Care
(800) 54 PRIDE
www.pride-institute.com

**Support Services**

***Aurora Lesbian Center**
32 E. 1st St. #104, Duluth MN
(218) 722-4903
**Children of Lesbians & Gays**
www.colage.org
For support group information call (612) 825-1660
***Northland Gay Men's Center**
32 E. 1st St. #102
Duluth MN (218)722-8585
www.ngmc.net
**Opening Our Doors**(to gays)
Annual interfaith conference
For info call (218) 724-0308
**Parents & Friends of Lesbians & Gays Duluth-Superior**
1902 E. 8th St. Duluth
(Chester Creek Café)
(218) 724-4768 call for time
**Rainbow Families**
1821 W University Ave #109
St. Paul, MN 55104
(651) 644-4848 or email info@familyequality.org for local information
**UMD GLBT Services**
Angela Nichols
(218) 726-7300
Anichols@d.umn.edu
**Wingspan Ministry**
GLBT Friendly Youth and Family Poster Project
(651) 224-3371 or email WINGSPAN@aol.com

**University Groups**

**Gay/ Straight Alliance**
College of St. Scholastica
Duluth MN
**Lake Superior College GSA**
Amy Jo Swing, staff sponsor
(218) 733-7670
***Queer & Allied Students Union UMD Duluth MN**
(218) 726-7041
***Queer & Allied Student Union UWS** Superior WI
qasu@uwsuper.edu
(715) 394-8405 for info

**Videos or Films**

**Educational**
- It's Elementary
- Out of the Past
- Saved
- That's a Family
- This Obedience

**Gay plot or history**
- Times of Harvey Milk
- Breaking the Surface
- Wedding Banquet
- In and Out
- Get Real
- Torch Song Trilogy
- Twilight of the Golds
- Beautiful Thing
- Tongues Untied
- Brokeback Mountain
- Milk

**Lesbian plot or history**
- Incredible True Adventure of Two Girls in Love
- But I'm a Cheerleader
- When Night is Falling
- Antonia's Line
- Desert Hearts
- If These Walls Could Talk 2
- Better Than Chocolate
- Fire
- Oranges Are Not The Only Fruit

**Transgender**
- Boys Don't Cry
- The Crying Game
- My Life in Pink
- Rocky Horror Picture Show
- Victor/ Victoria

**Web Sites**

**www.togetherforyouth.org**
www.planetout.com
**www.pflag.org**
www.gayhealth.com
**www.glsen.org**
www.glaad.org
www.queery.com
www.nyacyouth.org
www.ngltf.org
www.rainbowfamilies.org
www.transyouthsupport network.org

***Compiled September 2010 Email staff@togetherforyouth.org or call (218) 529-2233 with comments or questions.***

*Denotes wheelchair accessibility