



Directory

# LGBTQ

*Twin Ports Area*



2015

Duluth, MN & Superior, WI  
Northeast Minnesota  
Northwest Wisconsin

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### Websites

Developed by collaborating partners:

**Lutheran Social Service Together For Youth**

**Trans +**

**Northland Gay Men’s Center**

**Northland Prism Community**

This Directory will be updated often, please refer back to the original pdf on the Together for Youth Facebook page, for the most current copy.

## Cafés & Coffeehouse Hangouts

### Amazing Grace Café

394 South Lake Ave.  
Duluth, MN 55802  
(218) 723-0075  
amazinggraceduluth.com



### Beaner's

324 N. Central Ave.  
Duluth, MN 55807  
(218) 624-5957  
www.beanerscentral.com



### Black Cat Coffee Shop

220 Chapel Ave.  
Ashland, WI  
(715) 682-3680  
blackcatashland.com



### Chester Creek Café

1902 E. 8<sup>th</sup> St.  
Duluth, MN 55812  
(218) 723-8569  
www.astccc.net



### Jefferson People's House

12 South 15<sup>th</sup> Ave. E.  
Duluth, MN 55812  
(218) 481-7268  
jeffersonpeopleshouse.com



### Red Mug

916 Hammond Ave. #2  
Superior, WI 54880  
(715) 392-2662  
redmugcoffee.com



## Congregations

### **Coppertop 1<sup>st</sup> United Methodist**

Rev. David Bard  
230 E. Skyline Parkway  
Duluth, MN  
(218) 727-5021  
[www.fumcduluth.com](http://www.fumcduluth.com)



### **Gloria Dei Lutheran**

Rev. David Carlson  
219 North 6<sup>th</sup> Ave. East  
Duluth, MN 55805  
(218) 722-3381  
[www.gloriadeiduluth.org](http://www.gloriadeiduluth.org)



### **Peace United Church of Christ**

Rev. Kathy Nelson  
1015 E. 11<sup>th</sup> St. Duluth, MN  
(218) 724-3637  
[www.peaceucc.org](http://www.peaceucc.org)



### **Pilgrim Congregational UCC**

Rev. Jennifer Amy-Dessler  
2310 East 4<sup>th</sup> St. Duluth MN  
(218) 724-8503  
[www.pilgrimduluth.org](http://www.pilgrimduluth.org)

### **St. Paul's Episcopal**

Rev. Bill Van Oss  
1710 E. Superior St.  
Duluth, MN  
(218) 724-3535  
[www.stpaulsduluth.org](http://www.stpaulsduluth.org)

### **Temple Israel**

Rabbi David Steinberg  
Youth Contact: [Andrea Novel](#)  
Buck  
1602 East 2<sup>nd</sup> St. Duluth, MN  
(218) 724-8857  
[www.jewishduluth.org](http://www.jewishduluth.org)

### **Unitarian-Universalist**

Rev. Bruce Johnson  
835 W. College St. , Duluth, MN  
(218) 724-0308  
[www.uuduluth.org](http://www.uuduluth.org)

## Counseling Services

### Center Against Sexual & Domestic Abuse

2231 Catlin Ave, Superior, WI  
(715) 392-3136  
www.casda.org



### Lake Superior Community Health Center

4325 Grand Ave.,  
Duluth, MN 55807  
(218) 722-1497  
www.lschc.org



### Ely Resource Center

Julie Hignell  
P.O. Box 374, Ely MN 55731  
(218) 365-5254  
elycommunityresource.org



### Family & Children's Services

Abuse Intervention Network  
(877) GLBT-KIDS or email  
Leigh.Combs@fcsmn.org

### Fond du Lac Human Services

927 Trettel Lane  
Cloquet, MN 55720  
(218) 879-1227  
www.fdlrez.com

### Full Circle Center for Psychotherapy Spiritual Direction

Cheryl Henley MSLP  
Kelly Ravenfeather, Lic Psych  
(Adults)  
101 W. 2<sup>nd</sup> St. Suite 101  
Duluth, MN 55802  
(218) 726-5433

### Harbor City Psychological Associat.

Cheryl Graham, LICSW  
314 W Superior St. Suite 702  
Duluth, MN 55802  
(218) 722-4058  
www.harborcitypsych.com

### HDC Douglas County

39 N 25<sup>th</sup> St. E. Superior, WI  
Jane Larson, Runaway Services  
(715) 394-9177 or (800) 777-7844

### Human Development Center

1401 E. 1<sup>st</sup> St. Duluth, MN  
Carolyn Phelps  
Director of Outpatient Therapy  
Saprina Matheny MSW, LICSW  
(218) 728-4491  
humandevlopmentcenter.org



### Human Development Center

40 Eleventh Street  
Cloquet, MN 55720  
(218) 879-4559  
Fax: 218-879-0282

Jean Pierce MA, LP  
Rebecca Dachs MSW, LGSW  
Amanda Radtke MSW, LGSW  
Joanna Green MSW LICSW  
Rebecca Perrett MSW, LGSW

### Arrowhead Psychological Clinic

715 E Central Entrance  
Duluth, MN 55811  
Carl Saxton, Doctoral Intern  
(218) 723-8153  
Fax: (218) 722-7625

### Turning Point Mental Health Services

2024 W. 3<sup>rd</sup> St. Duluth  
Patty Olson, MSSW, LICSW  
Shelley Houston, MA, LMFT  
(218) 722-1351  
info@turningpointduluth.com

### Barb Weller

Psychotherapist, LICSW  
(218) 525-2059

### Andrea Mousel

2009 London Rd. Suite 101  
Duluth MN, 55812  
(218) 499-0617 x 101

### Raymone Kral, Ph.D

Licensed Psychologist  
202 W. Superior St. #700  
Duluth, MN (218) 727-5400

### LSS Wisconsin

Linda Toppings, LICSW  
2231 Catlin Ave. Superior, WI  
(715) 394-4173 ext. 103  
www.lsswi.org



### Program for Aid to Victims of Sexual Assault

32 E. 1<sup>st</sup> St. Duluth, MN #200  
(218) 726-1442 or  
Crisis Line (218) 726-1931  
www.pavsa.org



### Range Mental Health

320 W 3<sup>rd</sup> Ave. Hibbing, MN  
Carrie Chomizc, Lic Psychologist  
(218) 263-9237  
www.rangementalhealth.org

### Range Mental Health

624 S. 13<sup>th</sup> St. Virginia, MN  
Nancy Swedlund, Psychologist  
(Adults only)  
(218) 749-2881  
www.rangementalhealth.org

## Gender Neutral Bathrooms (Restroom Refuge App. Type in your nearest location & Find a Restroom!)

### St. Louis County Central

**Client Area**  
320 West 2nd Street  
Duluth, MN

### Whole Foods Co-Op

610 E 4th Street  
Duluth, MN

### Jefferson People's House

12 S 15th Ave E  
Duluth, MN

### Sarah's Table/Chester Creek Cafe

1902 E. 8th Street  
Duluth, MN

### Basement Bar Tycoons

132 E. Superior St.  
Duluth, MN

### Jitters

201 W. Superior Street  
Duluth, MN

### University of MN, Duluth

1049 University Dr.  
Duluth, MN

### Duluth 10 Movie Theater

300 Harbor Dr.  
Duluth, MN

### Burrito Union

1332 E 4th St.  
Duluth, MN

### Red Mug Coffee Shop

916 Hammond Ave # 2  
Superior, WI

### Hanabi Japanese Cuisine

110 N 1st Ave W.  
Duluth, MN

### Miller Hill Mall

(near Express & Barnes and  
Noble)  
1600 Miller Trunk Hwy  
Duluth, MN

### AICHO - American Indian Community Housing

202 W 2nd St.  
Duluth, MN

### Employment Links

1131 E 4th St.  
Duluth, MN

### YMCA

302 W 1st St.  
Duluth, MN

### Essentia Health

420 E 1st St.  
Duluth, MN

### JC Penny

1600 Miller Trunk Hwy  
Ste 4, Miller Hill Mall  
Duluth, MN

### Edgewater Waterpark

2400 London Rd  
Duluth, MN

### Superior Choice Credit Union

2817 Tower Ave  
Superior, WI

### VIP Pizza, Superior

1201 Tower Ave  
Superior, WI

### University of WI, Superior

1605 Catlin Ave.  
Superior, WI

### Pizza Luce

11 E Superior St.  
#100  
Duluth, MN

### Incline Station

601 W Superior St.  
Duluth, MN

### St. Mary's Hospital

(3rd floor, near elevators)  
400 E 3rd St  
Duluth, MN

### Schultz's Sports Bar

1307 N 5th St.  
Superior, WI

### Superior Value Cinema

Mariner Mall  
69 N 28th St.  
Superior, WI

### Wal-Mart, Hermantown

4740 Mall Dr.  
Hermantown, MN

### Caribou Coffee

307 Canal Park  
Duluth, MN

### Yellowjacket Union, University Of Wisconsin Superior

Belknap & Catlin Ave,  
Superior, WI

### Dunn Brothers Coffee

2401 London Road  
Duluth, MN

### Betty's Pies

1633 Highway 61  
Two Harbors, Minnesota

### Bagley Classroom

703 Oakland Circle  
Duluth, MN

## Health & Wellness

### Dr. Connie Jacoby (Chiropractor)

32 East 1<sup>st</sup> St. Suite 330  
Duluth, MN 55802  
(218) 940-4342

### AIDS Resource Center Wisc.

Kasey Kiesler  
1507 Tower Ave. #230  
Superior WI  
(715) 394-4009 or  
(888) 242-0282  
www.arcw.com



### Lake Superior Community Health Center

4325 Grand Ave.,  
Duluth, MN 55807  
(218) 722-1497  
www.lschc.org



### Duluth Family Practice

Bonnie Keeling, MSW  
330 N. 8<sup>th</sup>, Ave. East Duluth MN  
55805  
(218) 723-1112  
duluthfamilymedicineclinic.com

### Healing Touch

Harriet Crofts,  
Massage Therapist  
(218) 428-3600

### Healing Ways Wellness Studio

Carolyn Sheets  
Massage Therapist  
Healthy Eating & Lifestyle  
Coordinator  
(218) 724-9737  
www.healingways.org

### LSS Teen Clinic

104 W 1<sup>st</sup> St. Duluth, MN 55802  
(218) 733-1383  
Hours: M, T, W, Th 1-5pm  
www.lssmn.org



### Luke Chiropractic & Wellness

916 Hammond Ave.  
Superior WI 54880  
(715) 392-2476



### Minnesota AIDS Project

400 E 3<sup>rd</sup> Street Duluth MN, 55805  
(218) 786-8128  
www.mnaidsproject.org



### Rural AIDS Action Network (RAAN)

18 W 1<sup>st</sup> Street  
Duluth, MN 55802  
(218) 464-8591  
M-F 11am-5:30pm

### Planned Parenthood: Duluth

1001 E Central Entrance #200  
Duluth, MN 55811  
(218) 722-0833  
plannedparenthood.org



### Trevor Suicide Hotline

Crisis Counseling & Suicide Prevention  
24hrs/7days  
(866) 488-7386  
(866) 4U TREVOR  
thetrevorproject.org



### Duluth Clinic (SMDC)

**First Street Building**  
420 East First Street  
Duluth, MN 55805

Internal Medicine (218) 786-3337

Dr. Kendra Sharkey RN CNP

Ob-Gyn (218) 786-3400

Pediatrics (218) 786-3400

Dr. Sharnell Valentine MD  
Anne Stephen MD  
Catherine J. Miller DNP RN CPNP

### Duluth Clinic-Main (SMDC)

400 East 3<sup>rd</sup> Street  
Duluth, MN 55805

Infectious Disease (218) 786-3737

Rajesh Prabhu MD  
Kevin Stephan MD

### Duluth Clinic- Hermantown (SMDC)

4855 West Arrowhead Road  
Hermantown, MN 55811

Family Practice (218) 786-3540

Christie Erickson CNP

### Duluth Clinic- West (SMDC)

4212 Grand Ave  
Duluth, MN 55807

Family Practice (218) 786-3500

Jason Buffington MD

### Mount Royal Medical Clinic

1400 Woodland Avenue  
Duluth, MN 55803

Family Practice (218) 249-8800

Steve Long, MD

### Superior Health Proctor

211 South Boundary Avenue  
Proctor, MN 55810

Family Practice (218) 624-4819

Lynn MacLean MD  
Thomas Heinitz MD  
Betsy Schwartz MD

### Northland Ob-Gyn Associates

1000 East First Street Suite LL  
Duluth, MN 55805

Ob-Gyn (218) 722-5629

Judith Johnson MD

### St. Luke's Endocrinology Associates

1011 E 1<sup>st</sup> St.  
Duluth, MN 55805

Dr. Derrick Aipoalani, MD

### St. Luke's Infectious Disease Associates

1001 East Superior St. Suite L201  
Duluth, MN 55802

Infectious Disease (HIV) (218) 249-7990

Sherry A. Johnson, DNP, APRN, CNP

### St. Luke's Internal Medicine Associates

1001 East Superior Street Suite L401  
Duluth, MN 55802

Internal Medicine (218) 249-7960

David Arvold MD

### St. Luke's Internal Medicine Associates

220 Medical Arts Bldg.  
Duluth, MN 55802

Internal Medicine (218) 727-8585

George Apostolou, MD

## *Health & Wellness Continued*

**Essentia Lakewalk Clinic**  
1502 London Rd. Suite 102  
Duluth, MN 55812

Family Medicine (218) 727-8228  
Julie Reichhoff MD

**Denfeld Medical Clinic**  
4702 Grand Avenue  
Duluth, MN 55807

Family Practice (218) 249-6800  
Nicole Schaefer MD

## HIV Testing Centers & Information

### LSS Teen Clinic

104 W 1<sup>st</sup> St. Duluth, MN  
55802  
(218) 733-1383  
Hours: M, T, W, Th 1-5pm  
www.lssmn.org

### Women's Health Center

32 East 1<sup>st</sup> Street  
Duluth MN, 55802  
(218) 727-3352



### Planned Parenthood:

#### Duluth

1001 E Central Entrance #200  
Duluth, MN 55811  
(218) 722-0833  
plannedparenthood.org



### Lake Superior Community Health Center

4325 Grand Ave.,  
Duluth, MN 55807  
(218) 722-1497  
www.lschc.org



### RAAN Duluth

18 West First St  
Duluth, MN 55802  
(218) 464-8591  
M-F 11am-5:30pm

### Rural AIDS Action Network

Free & Confidential HIV Testing  
Call today to schedule a free  
HIV Test in your local area.

**Alexandria:** (320) 209-1181

**Bemidji:** (218) 368-0295

**Duluth:** (218) 464-8591

**Grand Rapids:** (218) 398-7115

**Mankato:** (507) 720-2224

**Moorhead:** (218) 368-5393

**St. Cloud:** (320) 293-1649

**Worthington:** (507) 720-7223



## Housing Services

### **LSS Another Door**

**(Ages 18-24)**

104 W. 1<sup>st</sup> St. Duluth, MN

(218) 529-2287

[www.lssmn.org](http://www.lssmn.org)



### **LSS Bethany Crisis Shelter**

9239 Idaho St.

Duluth, MN 55808

(218) 626-2726

[www.lssmn.org](http://www.lssmn.org)



### **Center City Housing**

1401 E. 2<sup>nd</sup> St. Duluth, MN

(218) 728-6437

[www.centercityhousing.org](http://www.centercityhousing.org)

### **Life House Youth Center**

102 West First St.

Duluth, MN 55802

(218) 722-7431

[www.lifehouseduluth.org](http://www.lifehouseduluth.org)

### **LSS Renaissance Teen Transitional Housing, LSS/Street Outreach**

104 W. 1<sup>st</sup> St. Duluth, MN

(218) 723-8052

[www.lssmn.org](http://www.lssmn.org)



### **HDC Homeless Project (Serves, Saint Louis County)**

315 N. 2<sup>nd</sup> Ave. West

Duluth, MN

(218) 728-4491

## Information (General)

### **Amnesty International**

GLBT Info Activism  
www.amnestyusa.org



### **LSS Bethany Runaway Program**

24 hour Runaway Youth & Homeless  
Crisis Line  
(218) 626-2726  
lssmn.org/youth/duluth/runaway/

### **Duluth Public Library**

Reference Desk  
520 W. Superior St.  
Duluth, MN  
(218) 730-4202  
www.duluth.lib.mn.us



### **GLBT National Youth Talkline**

M-F 8-Midnight  
Phone & Email Counseling  
(800) 246-7743

### **OUTFRONT Minnesota**

GLTBQ info and 24 hr. crisis line  
(800) 800-0350

### **TXT4LIFE**

Text "LIFE" to 61222  
txtlife.org



### **SAFE Alternatives Info Line**

**(Self Abuse Finally Ends)**  
**(800) DONTCUT**

### **Safe Place Program**

lssmn.org/youth/duluth/safeplace/

### **United Way 2-1-1**

Information and Referral for Health  
and Human Services -24/7/365.  
424 W. Superior St. Suite 402  
Duluth, MN (218) 726-4855 or  
(800) 543-7709 for 24 hour access



### **Gender & Equity Resource Center**

Swenson Hall 1031  
Belknap and Catlin  
P.O. Box 2000 Superior, WI 54880  
(715) 394-8091  
genderequity@uwsuper.edu



## Law Enforcement & Legal Services

### Law Enforcement

**(Dial 911 to report  
crime/emergency)**

#### **Duluth Police Department**

Lt. Laura Marquardt  
411 W. 1<sup>st</sup> St. Duluth, MN  
(218) 730- 5501

#### **Superior Police Department**

1316 N 14th St #150,  
Superior, WI 54880  
Todd Maas  
(715) 395-5150  
Bonnie Beste  
Police Chief Nick Alexander  
(715) 395-7234

#### **UMD Police (for Students)**

287 Darland, University Drive  
Duluth, MN 55812  
(218) 726-7000  
d.umn.edu search, umd police

### Legal/Political Services

#### **Duluth Human Rights Office**

Bob Grytdahl  
410 City Hall  
City Hall Room, Room 106B  
411 W. 1<sup>st</sup> St. Duluth, MN  
(218) 730-5630  
bgrytdahl@duluthmn.gov

#### **Karen J. Olson, Attorney**

2002 W. Superior St. Duluth, MN  
(218) 727-8557

#### **Unitarian Universalist (UUA)**

Interfaith group working for LGBTQ  
civil & religious rights.  
835 W College St.  
Duluth, MN 55811  
(218) 724-0308



## Lutheran Social Services Children & Family Services

### LSS Minnesota

Cathy Bergh, LICSW  
Ordean Building  
424 W Superior St. #204  
Duluth MN, 55802  
(218) 529-2233

### LSS Wisconsin

Linda Toppings, LICSW  
2231 Catlin Ave. Superior, WI  
(715) 394-4173 ext. 103  
www.lsswi.org



### LSS Teen Clinic

104 W 1<sup>st</sup> St. Duluth, MN 55802  
(218) 733-1383  
Hours: M, T, W, Th 1-5pm  
www.lssmn.org



### LSS Bethany Runaway Program

24 hour Runaway & Homeless Youth  
Crisis Line  
(218) 626-2726  
lssmn.org/youth/duluth/runaway/

### LSS Renaissance Teen Transitional Housing, LSS/Street Outreach

104 W. 1<sup>st</sup> St. Duluth, MN  
(218) 723-8052  
www.lssmn.org



### LSS Another Door

**(Ages 18-24)**  
104 W. 1<sup>st</sup> St. Duluth, MN  
(218) 529-2287  
www.lssmn.org



### LSS Bethany Crisis Shelter

9239 Idaho St.  
Duluth, MN 55808  
(218) 626-2726  
www.lssmn.org



### LSS Together For Youth

Kathy Hermes  
Wednesday 4-6pm  
Gloria Dei Lutheran Church  
219 N. 6<sup>th</sup> Ave. E. Duluth, MN  
2<sup>nd</sup> Wednesday of Month- Amazing  
Grace Café Canal Park 4-6pm  
(218) 529-2224

### LSS Range Together For Youth

Jamie Stauty  
LSS Family Resource Center  
507 9<sup>th</sup> Ave. S.  
Virginia MN 55792  
(218) 741-3343

### LSS Crisis Nursery & Visitation Center

1 E 1<sup>st</sup> Street Suite 301  
Duluth, MN 55802  
(218) 529-2246  
www.lssmn.org

### LSS Oh No! Eighteen (ONE) Program

Ordean Building  
424 W Superior Street  
Duluth, MN 55802  
(218) 529-2287



## Queer Youth Groups & School Groups

### LSS Together For Youth

Kathy Hermes  
Wednesday 4-6pm  
Gloria Dei Lutheran Church  
219 N. 6<sup>th</sup> Ave. E. Duluth, MN  
2<sup>nd</sup> Wednesday of Month-  
Amazing Grace Café Canal  
Park 4-6pm  
(218) 529-2224

### LSS Range Together For Youth

Jamie Stauty  
LSS Family Resource Center  
507 9<sup>th</sup> Ave. S.  
Virginia MN 55792  
(218) 741-3343

### Duluth High Schools GSA

Denfeld High School  
401 North 44<sup>th</sup> Ave W.  
Duluth, MN 55807  
(218) 336-8830  
www.isd709.org

East High School  
Blake Peterson  
GSA Advisor (2015)  
301 N 40<sup>th</sup> Ave. E. 55804  
blake.peterson@isd709.org  
(218) 336-8845

Harbor City International  
School  
Elizabeth Holte  
GSA Advisor (2015)  
332 W Michigan St. #300  
Duluth, MN 55802  
(218) 722-7574

Marshall High School  
1215 Rice Lake Road  
Duluth, MN  
Susan Nygaard (2015)  
(218) 727-7266

### Duluth Middle Schools GSA

Lincoln Park Middle School  
Terri Lannucci (2015)  
3215 W 3<sup>rd</sup> Street,  
Duluth, MN 55806  
(218) 336-8880 x 1171

### Duluth Public School Climate Coordinator

Ron Lake  
ISD 709 Offices  
215 North First Avenue East  
Duluth MN, 55802  
(218) 336-8700 x 2014

### Superior Sr. High School

Rachael Holden  
GSA Advisor (2015)  
2600 Catlin Ave. Superior, WI  
(218) 394-8720

### Cloquet High School

Student Group Meets Reg.  
No Staff Advisor  
(218) 879-3393

### Proctor

Phyllis Cook, Social Worker  
Jim Vos, Counselor  
131 9<sup>th</sup> Ave. Proctor, MN, 55810  
(218) 628-4926  
(2015 no GSA Advisor)

### South Ridge School

Carolyn Olson  
GSA Advisor (2015)  
8162 Swan Lake Rd.  
Culver, MN 55779  
(218) 345-6789

### Two Harbors

Jean Brandt, Psychologist  
(218) 834-8205 x8207

### Greater Northeast/ Range Schools

Grand Rapids  
Crystal Sunell (2014)  
800 Conifer Drive  
Grand Rapids, MN 55744  
(218) 327-5760

Virginia High School & Virginia  
Jr. High School GSA's  
Paula Larson, Counselor (2015)  
(218) 742-3908

Ely  
Lauri Kess (Counselor)  
lkess@ely.12.mn.edu  
600 E. Harvey Street,  
Ely, MN 55731  
(218) 365-6166

### Other Youth Social Groups

#### Boys & Girls Club Lincoln Park Branch – Teen Services | Mentor Duluth

2407 W 4th St.  
Duluth, MN 55806  
(218)-725-7706  
(218) 727-1549

## University & College Groups

### University of Minnesota Duluth

GLBT Services Offices at UMD  
Angela C. Nichols, Ed.D.  
Director, UMD GLBT Services  
245 Kirby Student Center  
1120 Kirby Drive  
Duluth, MN 55812  
(218) 726-7300  
anichols@d.umn.edu



### College of St. Scholastica

Queer Straight Alliance  
Brenda McColgan  
bmccolga@css.edu

### Lake Superior College

Unity/GLBT  
2101 Trinity Rd.  
Duluth MN, 55811

### University of Wisconsin Superior

Alliance  
Wednesday at 3:00pm  
Phill Wilken  
pwilken@uwsuper.edu  
Swenson Hall 1031  
Belknap and Catlin  
P.O. Box 2000 Superior, WI 54880  
(715) 394-8091



### Fond du Lac Tribal & Community College

Two Spirits Association  
Jan Chronister  
(218) 879-0865  
or jchronister@fdltcc.edu.

### Wisconsin Indianhead Technical College

Bonny Ball Copenhaver  
Vice President, Academic Affairs &  
Campus Administrator  
600 North 21<sup>st</sup> Street  
Superior, WI 54880  
Phone: 715-394-6677, Ext. 6214  
Fax: 715-394-3771  
Bonny.Copenhaver@witc.edu

## Radio Programming

### **Women's Music Program**

Sundays 1-5pm  
KUMD 103.3 FM  
[www.kumd.org](http://www.kumd.org)



### **This Way Out: National**

Sundays 5pm  
KUMD 103.3 FM  
[www.kumd.org](http://www.kumd.org)



## Social & Support Groups (Adult)

### GLTB AA

#### Narcotics Anonymous

(218) 726-3199 Duluth  
MN Regional Helpline:  
(877) 767-7676  
www.naminnnesota.org



#### Pride Institute

LGBT Mental Health & Chemical  
Dependency Care  
Residential & Outpatient Care  
(800) 54 PRIDE (547-7433)  
www.pride-institute.com



#### Duluth Superior HIV Support Group

Second Monday of Month 7pm  
Northland Gay Men's Center  
Gloria Dei Lutheran Church  
219 North 6<sup>th</sup> Ave. East  
Duluth, MN 55805  
(218) 722-4903



#### RAAN HIV Group

Duluth, MN  
(218) 464-8591

### Support Services

#### Children of Lesbians & Gays

www.colage.org



#### Northland Gay Men's Center

Northland Gay Men's Center  
219 North 6<sup>th</sup> Ave. East  
Duluth, MN 55805  
(218) 722-4903  
www.ngmc.net

#### UMD GLBT Services

Angela C. Nichols Ed.D.  
Director, UMD GLBT Services  
254 Kirby Student Center  
1120 Kirby Drive, Duluth MN 55812  
(218) 726-7300  
anichols@d.umn.edu

#### Northland LGBT Elders

Meeting 4<sup>th</sup> Saturday of the Month  
Gloria dei Lutheran Church  
219 North 6<sup>th</sup> Ave. East  
Duluth, MN 55805







## Support Groups and Recovery

### Deaf Queers & Allies Group

Deaf Queer Resource Center

[www.deafqueer.org](http://www.deafqueer.org)

Closed Facebook Support Group

Network with other Deaf and signing queers. We gladly welcome our straight allies and hearing queer non-signers.



### Duluth-Superior GLBTQAI Pride Committee

P.O. Box 3198 Duluth, MN 55803

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

Co-Chairs: Nathan Westerberg & Kristy Johnson



### Range GLTBA

#### Iron Range GLTBA



### E. Central MN Men's Circle

[www.menscircle.org](http://www.menscircle.org)

Email: [info@menscircle.org](mailto:info@menscircle.org)



### Trans +

Sean Hayes & Daneila Smith

1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the Month

Building for Women

32 East 1<sup>st</sup> Street.

Duluth MN, 55802



### Transgender Friends & Family Support Group

### Northland Prism Community

The Northland Prism Community (formerly the Northland Queer Coalition) in the Twin Ports (Duluth MN and Superior WI) that strives to address the needs of the LGBT+ community.

Meetings and social events to bring the queer community together are in the works. Check on here to find out what the group is up to!



### Itasca GLBT Alliance



### Queer & Allied Families

A group for folks in the Twin Ports who are part of LGBTQ\* families looking for community, information, and support.



### Smoke-Free Queers

GLBTQAI-identified individuals and allies who have quit smoking, are trying to quit, or thinking about quitting.



