

SCHOOL RESOURCES

WILLISTON PUBLIC SCHOOLS

Superintendent—Warren Larson
1201 9th Avenue West
(701) 572-1580
www.williston.k12.nd.us/

WILLISTON HIGH SCHOOL

502 W Highland Drive
(701) 572-0967

WILLISTON MIDDLE SCHOOL

501 14th St. West
(701) 572-5618

HAGAN ELEMENTARY

2501 9th Street West
(701) 572-4960

LEWIS & CLARK ELEMENTARY

704 17th Avenue West
(701) 572-6331

WILKINSON ELEMENTARY

1200 9th Avenue West
(701) 572-6532

RICKARD ELEMENTARY

1224 1st Avenue East
(701) 572-5412

ST. JOSEPH'S CATHOLIC SCHOOL

124 6th Street West
(701) 572-6384

TRINITY CHRISTIAN SCHOOLS

2419 9th Ave West
(701) 774-9056
www.tcsnd.org

DISTRICT 8 SCHOOLS

1201 9th Avenue NW
(701) 572-6359

STONEY CREEK (701) 572-3579

GARDEN VALLEY (701) 826-4261

ROUND PRAIRIE (701) 875-4346

WILLISTON/TRENTON HEAD START

407 University Avenue
(701) 572-2346

School Counselors are available at all area schools

ADULT LEARNING CENTER

(701) 572-5886 www.adultlearningcenter.com
PO Box 1326; Williston, ND 58802-1326

WILMAC

(701) 572-6757

1415 W. Dakota Pkwy.

Offers education assistance to any 3-21 year old student who has a disability & is in need or specially designed instruction for Williams and McKenzie Counties

WILLISTON STATE COLLEGE

(701) 774-4200 www.wsc.nodak.edu
PO Box 1326; Williston, ND 58802-1326

WATFORD CITY PUBLIC SCHOOLS

(701) 444-3624 - High School

100 3rd St. SE; Watford City, ND 58854

(701) 444-2985 - Elementary

300 3rd St. SE; Watford City, ND 58854

WILDROSE PUBLIC SCHOOLS

(701) 539-2261 www.wildrose.k12.nd.us
PO Box 697; Wildrose, ND 58795

ALEXANDER PUBLIC SCHOOLS

(701) 828-3334 www.alexander.k12.nd.us
PO Box 66; Alexander, ND 58831

DIVIDE COUNTY SCHOOL DISTRICT #1

(701) 965-6313 www.divide-co.k12.nd.us
PO Box G; Crosby, ND 58730

GRENORA PUBLIC SCHOOL

(701) 694-2711 www.grenora.k12.nd.us

PO Box 38; Grenora, ND 58845

JOHNSON CORNERS

(701) 675-2359

Keene, ND 58847

RAY PUBLIC SCHOOLS

(701) 568-3301 www.ray.k12.nd.us

PO Box 564; Ray, ND 58849

TIOGA PUBLIC SCHOOLS

(701) 664-3606 www.tioga.k12.nd.us

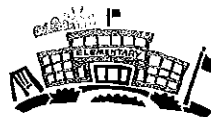
PO Box 69; Tioga, ND 58852—Elementary

PO Box 279; Tioga, ND 58852—High School

TRENTON PUBLIC SCHOOLS

(701) 774-8221 www.eight-mile.k12.nd.us

PO Box 239; Trenton, ND 58853



PHYSICAL or EMOTIONAL ABUSE

Emotional Abuse:

Acts which impair a person's psychological growth and/or development; resulting in a negative self concept of themselves. Some acts of emotional abuse are: put downs or making them feel bad about themselves, name-calling, making them think they are crazy, and/or doing mind games including threatening suicide.

Physical Abuse:

Acts which result in physical injury. Some acts of physical abuse include: pushing, shoving, hitting, slapping, choking, pulling hair, punching, kicking, grabbing, twisting arms, tripping, biting, beating, throwing someone down, and/or using a weapon against someone.

All cases of child abuse should be reported to a County Social Services Agency:
Divide County (701) 965-6521 ~ McKenzie County (701) 444-3661 ~ Williams County (701) 774-6300

EMOTIONAL/PHYSICAL ABUSE SERVICES

NORTHWEST HUMAN SERVICE CENTER

1-800-231-7724 or (701) 774-4600

(701) 572-9111 (emergencies)

Offers individual, marital, and family therapy.

MENTAL HEALTH UNIT OF MERCY MEDICAL CENTER

(701) 774-7448

Treatment programs for adolescents and adults.

FAMILY CRISIS SHELTER

(701) 572-0757 (days)

(701) 572-9111 (emergencies)

VICTIM WITNESS ASSISTANCE PROGRAM

(701) 577-4577

Provides services to victims and witnesses of crime.

FOR VICTIMS OF SEXUAL ASSAULT:

MEDICAL EXAMINATION:

If you are the victim of a sexual assault, a medical examination is highly recommended. During the medical exam, you will be checked for internal and external injuries. Physical evidence will be collected to be used if you decide to prosecute. You will be given an antibiotic to prevent venereal disease and a pregnancy test to determine if there is an existing pregnancy. Information will be given to you regarding testing for AIDS and HIV.

REACTION TO SEXUAL ASSAULT:

Sexual assault is a trauma that can cause a crisis in your life. As a result, you may experience a wide range of feelings and reactions. Keep in mind that it is normal to have these feelings in response to a sexual assault.

PSYCHOLOGICAL RESPONSES:

You may experience: shock and numbness, loss of control, fear, guilt and self-blame, vulnerability, helplessness, isolation, distrust, sexual fears, anger, and disruption of your daily activities.

PHYSICAL SYMPTOMS:

You may also develop physical symptoms such as headaches, general aches and pains, and difficulty eating and sleeping.

RAPE & SEXUAL ABUSE

NORTHWEST HUMAN SERVICE CENTER
1-800-231-7724 or (701) 774-4600
Offers mental health and psychiatric services

FAMILY CRISIS SHELTER
(701) 572-0757 (days)
(701) 572-9111 (evenings/weekends)
Offers a 24-hour shelter and crisis line.

VICTIM WITNESS ASSISTANCE PROGRAM
(701) 577-4577
Provides services to victims of crime.

MENTAL HEALTH UNIT of MERCY MEDICAL CENTER
(701) 774-7448
www.mercy-williston.org
Offers inpatient treatment for acute and chronic psychiatric care.

LAW ENFORCEMENT
EMERGENCY: **911**

Williston Police	(701) 577-1212
Tioga Police Department	(701) 664-2514
Watford City Police	(701) 444-2400
Williams County Sheriff	(701) 577-7700
McKenzie County Sheriff	(701) 444-3654
Divide County Sheriff	(701) 965-6461

PREVENTION POINTERS FOR PARENTS

1. When it comes to drinking and drug use, model the kind of behavior you would like your kids to follow. Remember the old adage, "Do as I say, not as I do", will never be as effective as setting the correct, positive example yourself.
2. If there is a history of alcoholism in the family, don't hide it from your children. Let them know that they may be particularly susceptible to it and encourage the safe choice of lifelong abstinence.
3. Sports and drinking have overrun TV advertising these days. Be aware of how often the two are paired and how often children get messages from them. Be sure to counteract those messages with some of your own. When those who are preaching prevention are users themselves, their ability to provide appropriate modeling is strongly questioned.
4. Tune yourself into the myriad of false messages that your children are receiving through movies, TV shows, sports events, and advertising.



SUBSTANCE ABUSE AND PREVENTION SERVICES

AA — ALCOHOLICS ANONYMOUS

Williston (701) 572-9882

Ray (701) 568-3557

For area meeting schedules check out:
www.aanorthdakota.org/District01.htm
AA is a fellowship of people working to recover from alcoholism.

NA—NARCOTICS ANONYMOUS

(701) 572-7743

For local meeting schedules and information

NORTHWEST HUMAN SERVICE CENTER

1-800-231-7724 or (701) 774-4600

MERCY MEDICAL CENTER

Mercy Recovery Center

(701) 774-7409

TRAUMATIC BRAIN INJURY (TBI) AND ACQUIRED BRAIN INJURY (ABI) SUPPORT GROUP

Getting together to find answers to the unique situations facing victims and their families.

2nd Monday of the month (Sept.—Apr.)

7:00 p.m. at Mercy Wellness Center

Call Howard for information (701) 572-5903

WILLISTON COMMITTEE ON EMPLOYMENT AND ADVANCEMENT OF PEOPLE WITH DISABILITIES (CEAD)

This is a local organization with the purpose of promoting employment opportunities to people with disabilities and providing public awareness. Call 577-8115 for meeting dates and times.

UPPER MISSOURI DISTRICT HEALTH UNIT

(701) 774-6400 www.umdhu.org

Tobacco Free — Adult smoking cessation
Tobacco Prevention & Control Program
Activities include: Advocacy, policy, community involvement, tobacco use issues and marketing. Training and resources for youth and adults.

Tobacco Cessation —online program directory
www.ndtobaccoprevention.net

NORTH DAKOTA QUIT LINE

1-866-388-QUIT (7848)

BASIN ALCOHOL & DRUG SERVICES

Located in the old Post Office Building

(701) 774-0122

REGION 1 PREVENTION PROGRAM

(701) 572-8191

Educational resources available for alcohol, tobacco and other drugs.

WILMAC

(701) 572-6757

Offers education assistance to any 3-21 year old student with a disability who is in need of specially designed instruction for Williams and McKenzie Counties

ADULT LEARNING CENTER

(701) 572-5886

www.adultlearningcenter.com

Located on the Williston State College Campus

You can now get your GED online.

DISABILITY SERVICES

OPPORTUNITY FOUNDATION

"Building Lifestyles Fulfilling Dreams"

(701) 774-8593

621 East Broadway

Community Service Provider for people with developmental disabilities.

PEOPLE FIRST of WILLISTON

(701) 570-1342

Providing information & referral services for people with disabilities in the Tri-County area.

PROTECTION AND ADVOCACY (P&A)

(701) 774-4345

PO Box 2472

www.ndpanda.org

Advocating for the legal and human rights of people with disabilities.

NORTH DAKOTA ASSOCIATION for the DISABLED (NDAD)

3114 1st Ave. W. www.ndad.org

(701) 774-0741 or 877-741-7379

Nonprofit, charitable organization that assists people with disabilities within ND, many of whom are not eligible for services from other agencies.

DEPARTMENT of VOCATIONAL REHABILITATION (VR)

316 2nd Ave. W.

1-800-231-7724 or (701) 774-4600

www.nd.gov/humanservices

NATIONAL ALLIANCE for the MENTALLY ILL (NAMI)

The Nations Voice on Mental Illness

1-888-999-6264 www.nami.org

NATIVE AMERICAN RESOURCE CENTER

(701) 774-0304

Alcohol & drug program in Trenton

FAMILY RECOVERY HOME / QUANTUM LACHOER CENTER FOR CHANGE

(701) 774-9625

Offers a continuum of services that specializes in providing assistance to parents and their children recovering from chemical addiction and mental illness. Provides low intensity addiction treatment and long term residential for adolescents and adults.

NORTH DAKOTA TEEN CHALLENGE

(701) 667-2131 www.tc4hope.org

Mandan, ND

Offers a faith-based live-in & outreach drug recovery and prevention program.

SADD (Students Against Destructive Decisions)

WHS (701) 572-0967

WMS (701) 572-5618

www.sadd.org

An organization for junior and senior high students which serves as a peer support group working in prevention of substance abuse and the awareness of making health life choices.

BENEVOLENT and PROTECTIVE ORDER of ELKS

(701) 572-6354

Drug awareness educational materials provided through the Community Prevention Coalition to communities and schools.

LUTHERAN SOCIAL SERVICES OF ND

(701) 774-0749 www.lssnd.org

Gamblers Choice-helps compulsive gamblers and their family members overcome the problems caused by this addiction.

COMMUNITY SERVICES

COMMUNITY ACTION PARTNERSHIP

(701) 572-8191 www.willistoncap.org

Self-Reliance/Case Management Program -

Assists individuals with employment options, educational opportunities, housing, budgeting, family issues, and credit problems.

Emergency Services -Includes rental assistance, utility disconnect, homeless shelter, and other services.

Home Buyers Education -Provides basic education for new homebuyers on various issues of home ownership.

Renter Education -Provides education to renters on various issues (deposits, move in/out, evictions).

Weatherization -Designed to make homes safe, comfortable and energy efficient while saving the low income occupant money.

Region 1 Prevention Program -Provides education and programs to reduce the use of ATOD abuse among persons under 21 and increase responsible use of legal drugs by those over 21.

NORTHWEST HUMAN SERVICE CENTER

1-800-231-7724 or (701) 774-4600

Provides vocational rehabilitation and developmental disabilities services to persons with serious mental illness.

RED CROSS

(701) 577-2923

www.redcross.org

JOB SERVICE of NORTH DAKOTA

(701) 774-7900

www.jobsnd.com

Job Corps — Provides vocational training for youth in a residential setting.

Job Training Partnership Act — Vocational training for youth. Includes internships, OJT (on the job training) classroom or work experience.

LUTHERAN SOCIAL SERVICES OF ND

(701) 774-0749 www.lssnd.org

Assists with Great Plains Food Bank, Lutheran Disaster Response, Rural Response Coalition and Senior Companion Program.

NORTH DAKOTA EMERGENCY NUMBERS

-Abused Adult Resource Center (ND)	1-800-472-2911
-Alcohol & Addiction 24 Hour Help Line	1-800-574-9096
-Cancer Information	1-800-342-4535
-Coverage for Uninsured Children	1-800-342-4718
-Crime Victims	1-800-445-2322
-Disease Control/AIDS Hotline	1-800-472-2180
-Early Childhood Training Center (ND)	1-800-782-6128
-Law Enforcement, Fire, Medical, Highway, Domestic Emergency	1-800-472-2121
-North Dakota Help Hotline—24 hours, 7 days a week	1-800-472-2911
-North Dakota Mental Health Information Service	1-800-472-2911
-North Dakota Poison Control Center	1-800-732-2200
-Runaway Hotline	1-800-621-4000
-Suicide Prevention	1-800-472-2911
-TDD (Hearing Impaired) Medical Emergency Services for North Dakota	1-800-472-2121

CRISIS & HOTLINES

NORTHWEST HUMAN SERVICE CENTER

1-800-231-7724 or after hours (701) 572-9111
Offers emergency telephone counseling service.
Offers confidential counseling by e-mail:
dhsnwhsc@state.nd.us

FAMILY CRISIS SHELTER

(701) 572-0757 (days)
(701) 572-9111 (evenings/weekends)
Provides services for victims of domestic violence.

ND POISON INFORMATION CENTER

1-800-222-1222

ND SUICIDE PREVENTION

1-800-472-2911

PROTECTION AND ADVOCACY

(701) 774-4345
Advocate for individuals with development disabilities.

SOCIAL SECURITY ADMINISTRATION

1-800-772-1213 or (701) 572-0682
www.ssa.gov

HEALTHY WILLISTON...HEALTHY YOUTH

(701) 774-7417 www.healthywilliston.com
A vehicle to share resources and partner with organizations that take an active role in building assets in youth, to create a healthier community.

COMMUNITY SERVICE ND –

Williston Region (701) 577-5345
www.ndcommunityservice.org/williston

VICTIM WITNESS ASSISTANCE PROGRAM

(701) 577-4577
Assists victims and witnesses of crime.

WILLISTON AREA CHAMBER OF COMMERCE

(701) 577-6000 10 Main St.

SENIOR CITIZEN PROGRAM

(701) 577-6751 18 Main St.
Provides meals on wheels, serves congregate meals 11:30 am M-F, social activities, Senior Outreach-assistance on Senior issues.

LAW ENFORCEMENT

EMERGENCY

911

Williston Police	(701) 577-1212
Tioga Police	(701) 664-2514
Watford City Police	(701) 444-2400
Crosby Police	(701) 965-6359
Williams County Sheriff	(701) 577-7700
McKenzie County Sheriff	(701) 444-3654
Divide County Sheriff	(701) 965-6461
ND Highway Patrol	(701) 774-4360
ND Game & Fish	(701) 774-4360
NW Narcotics Task Force	(701) 577-7711

ND CRISIS INTERVENTION HOTLINE 211

ND TRAVEL INFORMATION 511

REGION 1 SAFE COMMUNITIES

(701) 572-8191 www.willistoncap.org
Resources and injury prevention information:
Traffic safety, occupant protection, DUI, underage drinking, child passenger safety, bicycle and pedestrian safety, and traffic crash statistics.
Safe Seat Program: Provides low cost child restraint/car seats from birth to 100 lbs. (By appointment only).

NDSU EXTENSION SERVICE

Divide County	(701) 965-6501
McKenzie County	(701) 444-3451
Williams County	(701) 577-4590

www.ext.nodak.edu

Family Nutrition Program:

Information can be found on nutrition, food safety, and health.

VOLUNTEER OPPORTUNITIES

American Red Cross	(701) 577-2923
Community Action Partnership	(701) 572-8191
Family Crisis Shelter	(701) 572-0757
Hospice	(701) 774-7430
Mercy Medical Center	(701) 774-7400
NDSU Extension Service	(701) 577-4590
Williston Area Chamber of Commerce	(701) 577-6000
Mentors & Friends for Youth	(701) 572-9505

MEDICAL AND MENTAL HEALTH

NORTHWEST HUMAN SERVICE CENTER 1-800-231-7724

Crosby (701) 965-6025
Watford City (701) 842-2701
Williston (701) 774-4600

www.nd.gov/humanservices/

Individual, marital and family therapy; clinical assessment, psychological and psychiatric services; outreach.

CATHOLIC CHARITIES NORTH DAKOTA

(701) 255-1793 (Bismarck)

Adoption; Unplanned Pregnancy Services;
Juvenile Tracking Services; Guardian Services.

PATH (PROFESSIONAL ASSOCIATION OF TREATMENT HOMES)

(701) 572-7650 www.pathinc.org

Therapeutic treatment foster care.

LUTHERAN SOCIAL SERVICES OF ND

(701) 774-0749 www.lssnd.org

Adoption Option –offers adoption services
and free pregnancy counseling.

TRENTON INDIAN SERVICE AREA

(701) 572-8316

Housing and employment, job placement,
training, clinical services, elderly services,
childcare, youth prevention services, and WIC.

4-H

Participants (ages 6 –19) learn how to develop
skills: decision making, communication, conflict
management, teamwork, and leadership skills.

**Contact your local county extension office for
more information:**

Divide County (701) 965-6501
McKenzie County (701) 444-3451
Williams County (701) 577-4590

WILLISTON PARKS AND RECREATION

(701) 577-5141 www.willistonparks.com

Offers a wide variety of youth recreation programs

WILLISTON COMMUNITY LIBRARY

(701) 774-8805 www.willistonlibrary.org

UPPER MISSOURI DISTRICT HEALTH UNIT

1-877-572-3763 toll free or (701) 774-6400

www.umdhu.org

110 W Broadway Ste 101, Williston

Immunization Program

Monthly immunization clinics, education &
resources.

Family Planning

Provides information and resources, including
contraception and sexual education.

Injury Prevention

Provides car seat education, information and
referrals.

ND Healthtracks

Provides health screening & makes appropriate
referrals for diagnosis and treatment.

HIV & STD Testing

UMDHU—Divide County Office

(701) 965-6813

300 2nd Ave NE, Crosby

UMDHU-McKenzie County Office

(701) 444-3449

109 5th St.SW, Watford City

COMMUNITY RESOURCE

COORDINATOR - MERCY HOSPITAL

(701) 774-7495

NORTHWEST HUMAN SERVICE CENTER

1-800-231-7724 or (701) 774-4600

Anger management classes for youth and After
School Program for grades 4—6.

MERCY RECOVERY CENTER

(701) 774-7409

Adolescent Substance Abuse Program,
community outreach providing education,
prevention and networking.

ECKERT YOUTH HOME

(701) 572-7262

YOUTH ASSESSMENT CENTER

(701) 577-7708

YOUTH SERVICES

JUVENILE COURT

(701) 774-4371

Works with youth and their families to provide early intervention, diversion & accountability to divert from further legal problems.

Adapt Program –Uses choices and the decision making process.

LUTHERAN SOCIAL SERVICES OF ND

(701) 774-0749 www.lssnd.org

Restorative Justice -brings youth who have admitted their crime with the victims of their crime together for juvenile accountability.

Tracking –provides intensive supervision to troubled youth.

Luther Hall -residential treatment center.

SADD — Students Against Destructive Decisions

Williston High School (701) 572-0967
Williston Middle School (701) 572-5618
www.sadd.org

MENTORS AND FRIENDS FOR YOUTH, INC.

(701) 572-9505

One on One Mentoring -provides a youth the opportunity for a positive and trusting friendship with a responsible adult.

Teen Mentoring– teens mentor younger students.

Lunch Buddy Program– Adults are matched with a youth to provide mentoring during school lunch.

SHRINERS HOSPITALS

1-800-237-5055 www.shrinershq.org

Provides expert, no-cost orthopedic and burn care to children under the age of 18.

COUNTY SOCIAL SERVICES

Williams (701) 774-6300

Divide (701) 965-6521

McKenzie (701) 444-3661

Medicaid—Provides medical coverage to income eligible families.

COMMUNITY ACTION PARTNERSHIP

(701) 572-8191 www.willistoncap.org

Free confidential HIV non-medical testing (oral)

MENTAL HEALTH UNIT of MERCY MEDICAL CENTER

(701) 774-7448 www.mercy-williston.org

Counseling and psychotherapy including psychiatric services are available to adolescents, adults and families.

LUTHERAN SOCIAL SERVICES of NORTH DAKOTA

(701) 774-0749 www.lssnd.org

Provides adoption, pregnancy counseling, youth services including Luther Hall, Tracking & Restorative Justice, Gamblers Choice, Senior Companion Program.

MERCY WELLNESS CENTER

(701) 572-1848 www.mercy-williston.org

AREA HOSPITALS

McKenzie County Memorial (701) 842-3000

Mercy Medical Center (701) 774-7400

St. Luke's in Crosby (701) 965-6384

AREA NURSING HOMES

Bethel Lutheran Home (701) 572-6766

Good Samaritan - Crosby (701) 965-6086

Good Shepherd - Watford (701) 444-2331

Tioga Medical Center LTC (701) 664-3313

AREA CLINICS

Comprehensive Pediatric Care (701) 572-7732

Craven-Hagen Clinic (701) 572-7651

Crosby Clinic (701) 965-6349

Tioga Medical (701) 664-3368

Trinity Health-Western Dakota (701) 572-7711

Trenton Community Clinic (701) 774-0461

Trinity Regional Eyecare (701) 572-7641

Williston ENT Clinic (701) 774-0661

Medcenter One –McKenzie Cty. (701) 842-3771

PREGNANCY

UPPER MISSOURI DISTRICT HEALTH UNIT

(701) 774-6400 www.umdhu.org

Programs available:

WIC (Women, Infants and Children) - special supplemental food program during and after pregnancy.

O.P.O.P. (Optimal Pregnancy Outcome Program) - early entry into prenatal care for high-risk pregnancy women and supplemental care in areas of nursing, social & nutritional services, education, referral and resource information and materials.

Welcome Home Baby

Follow up visit after being discharged from the hospital.

Family Planning Program

Includes: Contraceptives & pregnancy testing

STD** Diagnosis and treatment and free HIV testing.

NATIONAL LIFE CENTER

Pregnancy Hotline

1-800-848-5683

COMMUNITY ACTION PARTNERSHIP

(701) 572-8191 www.willistoncap.org

Baby Think It Over -Program utilizes life-like dolls, providing teenagers hands-on parenting experience. Program is coordinated with other community agencies.

Postponing Sexual Involvement Training -Peer abstinence training given to Middle School students by High School students.

SOCIAL SERVICES

Williams County (701) 774-6300

Divide County (701) 965-6521

McKenzie County (701) 444-3661

LUTHERAN SOCIAL SERVICES OF ND

(701) 774-0749 www.lssnd.org

Provides family pregnancy services.

****STATISTICALLY, EVERY AMERICAN HAS A 25% CHANCE OF CONTRACTING A SEXUALLY TRANSMITTED DISEASE IN THEIR LIFETIME**

COMMUNITY ACTION PARTNERSHIP

(701) 572-8191

www.willistoncap.org

Services include the adult homeless shelter, weatherization, food pantry referrals, self-reliance, energy share (utilities), housing rehabilitation, rental deposit, rental assistance, homebuyer assistance program, homebuyer & renter education, supplemental commodity program for elderly, and low income apartments—West View.



REGION 1 FOOD PANTRIES

Divide County Food Pantry (701) 965-6074

Concordia Church—Crosby

301 Main St. E

Tioga Food Pantry (701) 664-2824

First Lutheran Church—Tioga

313 Torning St.

Watford City Food Pantry (701) 444-3244

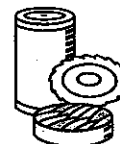
First Lutheran Church—Watford City

201 3rd Ave NW

Williston Food Pantry (701) 572-2921

Salvation Army

15 Main St.



BASIC NEEDS

SALVATION ARMY

1-877-225-0373 or (701) 572-2921
www.salvationarmyusa.org
15 Main St.
Temporary emergency services,
Food Pantry

SOCIAL SERVICES

Williams County (701) 774-6300
110 W Bdwy. Ste. 202; Williston
Divide County (701) 965-6521
300 2nd Ave N; Crosby
McKenzie County (701) 444-3661
201 5th St. NW; Watford City
Provides fuel assistance, food stamp program,
Medicaid (Medical assistance program), and other
basic needs services for low-income families.

PARENTING

PARENT RESOURCE CENTER

(701) 572-5863
Providing information and support to those
raising children of any age through a variety of
resources and parenting programs.

MERCY MEDICAL CENTER— BUILDING HEALTHY FAMILIES

(701) 774-4182 www.mercy-williston.org
Offering Classes In:
Early Pregnancy
Lamaze
Breast Feeding
Baby Basics

CHILD CARE RESOURCE AND REFERRAL of LUTHERAN SOCIAL SERVICES

1-800-450-7801
Assists parents in locating child care and
preschool programs.

CIRCLE OF HOPE

Northern Plains Healthy Start Program and the
Child Care Assistance Program
(701) 774-8824 –Trenton

UPPER MISSOURI DISTRICT HEALTH UNIT

(701) 774-6400
Family Planning Program
Optimal Pregnancy Outcome Program
Welcome Home Baby

NORTHWEST HUMAN SERVICE CENTER

Williston 1-800-231-7724 or (701) 774-4600
Crosby (701) 965-6025
Watford City (701) 842-2701

Partnership Project—Working with families who
have a severe emotionally disturbed child to help
them access services in their own community.

WARNING SIGNS OF CHILDHOOD DEPRESSION

- ⇒ Talk about feeling empty, hopeless, guilty, or worthless
- ⇒ Difficulty thinking clearly, concentrating, making
decisions, completing schoolwork and keeping up grades
- ⇒ Physical complaints such as headaches, stomachaches or
backaches; lack of energy; sleeping problems; weight or
appetite change
- ⇒ Unusual behavior: restlessness or irritability; skipping
school or cutting classes; difficulty getting along with
others; dropping out of sports, hobbies or activities;
drinking alcohol or using drugs
- ⇒ Preoccupation with suicide, death or other morbid
subjects



PARENTING (continued)

MCKENZIE COUNTY SOCIAL SERVICES
(701) 444-3661

DIVIDE COUNTY SOCIAL SERVICES
(701) 965-6521

WILLIAMS COUNTY SOCIAL SERVICES
(701) 774-6300

Child Care Assistance—Assist in the costs of child care as a result of employment, education, and training.

Educational Programs—Planned, time-limited parenting education program.

Parent Aid—A preventive parenting program; individualized to client's needs.

Foster Care—Alternative, 24 hour per day, family life experience, in a licensed protective environment.

Child Protection Services—To prevent, remedy or alleviate potential, actual or alleged abuse, neglect, or exploitation of children under age 18, by a caretaker.

Family Focus Services—To help families strengthen their relationships, work with parents and children to prevent, shorten, or lessen risks of out-of-home placements. Voluntary program, individualized to client's needs.

BASIC PARENTING GUIDELINES

- √ Learn to know your child so well that you are alert to any warning signs of problems
- √ Serve as a good role model by behaving the way want your child to behave
- √ Praise your child for displaying values that are important to you, such as respect, responsibility, caring, and honesty
- √ Criticize your child's behavior, not your child
- √ Make time for your child, and keep the lines of communication open
- √ Provide these important tools for success: a love of education and a love of life
- √ Remember that none of us are perfect. Learning from mistakes helps us grow
- √ Help your child learn to make good decisions and to solve problems independently
- √ Encourage your child to respect others and to have self-respect
- √ Show your child unconditional love, even when his/her behavior is out of line

**ATTORNEY REFERRAL &
INFORMATION SERVICE**
1-800-932-8800

ND ATTORNEY GENERAL'S OFFICE
(701) 328-2210
www.ag.state.nd.us

ND CONSUMER PROTECTION DIVISION
1-800-472-2600

**ND DEPARTMENT OF LABOR –HUMAN
RIGHTS DIVISION**
1-800-582-8032

**WILLIAMS COUNTY STATE'S
ATTORNEY**
(701) 577-4577

**MCKENZIE COUNTY STATE'S
ATTORNEY**
(701) 444-3733

BETTER BUSINESS BUREAU
(651) 699-7665 www.mnd.bbb.org



FINANCIAL & LEGAL SERVICES

COMMUNITY ACTION PARTNERSHIP

(701) 572-8191

www.willistoncap.org

Volunteer Income Tax Assistance (VITA) - aids eligible persons in completing a federal and state income tax return. Payee and budgeting services are also provided.

DIVISION OF JUVENILE SERVICES, NORTHWEST JUDICIAL DISTRICT JUVENILE COURT

(701) 774-4371

Offers legal custodian care and probation services for adjudicated youth.

LEGAL SERVICES OF NORTH DAKOTA

1-800-634-5263

www.legalassist.org

Legal Services for North Dakotans who cannot afford an attorney. Information and application available online.

THE 40 DEVELOPMENTAL ASSETS

1. Family Support
2. Positive Family Communication
3. Other Adult Relationships
4. Caring Neighborhood
5. Caring School Climate
6. Parent Involvement in Schooling
7. Community Values Youth
8. Youth As Resources
9. Service to Others
10. Safety
11. Family Boundaries
12. School Boundaries
13. Neighborhood Boundaries
14. Adult Role Models
15. Positive Peer Influence
16. High Expectations
17. Creative Activities
18. Youth Programs
19. Religious Community
20. Time at Home
21. Achievement Motivation
22. School Engagement
23. Homework
24. Bonding to School
25. Reading for Pleasure
26. Caring
27. Equality and Social Justice
28. Integrity
29. Honesty
30. Responsibility
31. Restraint
32. Planning and Decision Making
33. Interpersonal Competence
34. Cultural Competence
35. Resistance Skills
36. Peaceful Conflict Resolution
37. Personal Power
38. Self-Esteem
39. Sense of Purpose
40. Positive View of Personal Future

