



VALLEY CITY HEALTH AND WELLNESS RESOURCE GUIDE 2024

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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



Updated 01.12.2024

To request updates, send to etufte@barnescounty.us

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ABUSE & NEGLECT SERVICES

Name & Location	Contact Info.	Service Description
Abused Persons Outreach Center 160 2 nd St. NW Valley City, ND 58072 www.ndcaws.org www.apocnd.org	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.
Vulnerable Adult Protective Services ND Department of Health and Human Services 600 E. Boulevard Ave Bismarck, ND 58505-0250	1.855.462.5465 Option 2 Messages can be left for intake staff.	Program addresses the safety of vulnerable adults who are at risk of harm due to the presence or threat of abuse, neglect, or exploitation. Anyone can report a concern.
Buffalo Bridges Human Service Zone 230 4 th St. NW, Rm 102 Valley City, ND 58072	701.845.8521 Fax: 701.845.4281	Economic assistance programs to include SNAP, Health Care Coverage, Childcare Assistance, and TANF. Child welfare programs.

AGING SERVICES

Name & Location	Contact Info.	Service Description
Lifeline & Medical Alert 979 Central Ave. N Valley City, ND 58072	701.845.8222 Fax: 701.845.8249	Lifeline system setup.
Sanford Health Hearing Centers 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.
Adult and Aging Services ND Department of Health and Human Services 1237 W. Divide Ave., Suite 6 Bismarck, ND 58501	1-855-462-5465 Relay ND TTY: 711 Fax: 701.328.8744 Email: carechoice@nd.gov	Administers programs and services that help older adults and adults with physical disabilities to live safely and productively in the least restrictive, appropriate setting.
South Central Adult Services 139 2 nd Ave. SE Valley City, ND 58702 www.southcentralseniors.org	701.845.4300 1.800.472.0031	Congregate meals, frozen meals, home delivered meals, (Meals on Wheels), food pantry, public transportation, outreach, and senior center.

ASSISTED LIVING/NURSING HOMES/BASIC CARE FACILITIES

Name & Location	Contact Info.	Service Description
Bridgeview Estates 1120 5 th ST. NE Valley City, ND 58072 www.bridgeviewliving.org	701.845.8061 1.877.845.8061 (TF)	Secure assisted living environment, which allows for independence with available social and medical support services.
The Legacy Place 570 13th ST. NE Valley City, ND 58072 http://thelegacyplacevc.com/	701.845.8945 Fax: 701.490.3254	Assisted, senior, and transitional living options for tenants.
SMP Health- St. Raphael 979 Central Ave. N Valley City, ND 58072 https://smphealth.org/straphael/	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.
Rock of Ages 1315 4 th St NE Jamestown, ND 58401	701.252.9292	Individuals receive health, social, or personal care services, but do not require regular 24 hour medical or nursing services.
Roseadele Memory Care 1505 3 rd St SE Jamestown, ND 58401	701.251.1741	Individuals receive health, social, or personal care services, but do not require regular 24 hour medical or nursing services.
North Dakota Veterans Home 1600 Veterans Drive Lisbon, ND 58054	701.683.6500	Nursing home, basic care, and assisted living for Veterans, their spouses and widows.

ASSISTANCE PROGRAMS

Name & Location	Contact Info.	Service Description
Barnes County Ministerial Association 138 3 rd St. NW Valley City, ND 58072	701.845.1328	May provide rent and temporary accommodations, utilities, fuel, and emergency housing.
Bridges Backpack Food Program Epworth United Methodist 680 8 th Ave. SW Valley City, ND 58072 www.epworthvalleycity.com/ministries	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
Barnes County Food Pantry 139 2 nd Ave. SE Valley City, ND 58072 www.southcentralseniors.org/food-pantry	701.845.4300 1.800.472.0031	Provides food to individuals and families needing assistance. It is run by volunteers and is donation funded.
Barnes County Laundry Project Maytag Laundromat 8 th Ave SW, (located in first block off main avenue). Valley City, ND	701-845-8521	Offered the first Tuesday of each month from 9:00am to 12:00pm. Program provides coins, laundry detergent, and dryer sheets. Please arrive by 10:00am.
Community Action Agency Region VI Jamestown Region PO BOX 507 Jamestown, ND 58401 www.cap6.com	701.252.1821 1.800.726.8179 (TF)	Offers 0-5 Head Start, emergency services, energy share, financial counseling, food pantry, individual & family services, weatherization, and resources.
Community Closet Our Saviors Lutheran Church 138 3 rd St. NW Valley City, ND 58072	701.845.1328	Source of free clothing of all genders and sizes, winter gear, boots, shoes, and blankets.
Great Plains Food Bank www.greatplainsfoodbank.org	701.232.6219	Great Plains Food Bank distributes food packages quarterly in the region. For dates, visit: www.greatplainsfoodbank.org .

<p>Nearly Nu 301 Central Ave. N Valley City, ND 58072</p> <p>www.nearlynuconsignment.com</p>	701.845.1022	Consignment store. Offering gently used, deeply discounted goods and clothing.
<p>ROPES Project 415 2nd Ave NE Second floor Valley City, ND</p>	701.845.8518	Harm Reduction offering syringe services, Narcan, Narcan education, referrals, and support. Open Mondays from 1:30pm to 4:00pm.
<p>Salvation Army Eastern North Dakota Service Extension Salvation Army (local) 301 1st Ave N. Jamestown, ND 58401</p> <p>http://salvationarmynorth.org</p>	Outreach Worker 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.
<p>Thrift-E-Shop 141 2nd St NE Valley City, ND 58072</p>	701.845.4189	Offering gently used, deeply discounted goods and clothing.
<p>WIC (Women, Infants and Children) 415 2nd Ave. NE Valley City, ND 58072</p>	701.845.8520	Clients receive an individualized food package and nutrition education. Families must meet income guidelines and be screened for a nutritional risk. Eligible recipients include pregnant women, breastfeeding women, new mothers, infant or children younger than 5 years of age.

BEHAVIORAL HEALTH

Name & Location	Contact Info.	Service Description
COUNSELORS		
Addiction and Counseling Services Jamestown Business Center Jamestown, ND	701.252.5398	Specializes in the treatment of alcoholism, opioid addiction, and substance abuse.
Inspire Counseling 333 2 nd St. NW Valley City, ND 58072	701.840.1924	Serves individuals, couples, and family counseling. Ages ten and older.
Dorothy Russell, LPC & LAC Valley Christian Counseling Center Valley City, ND 58072	701.840.7266	Court ordered DUI and only MIP classes, anger management
Jessie Fuher, MS, LPCC, LMFT 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, abuse and trauma.
Sanford Health 520 Chautauqua Blvd. Valley City, ND 58072	701.845.6180	Call to inquire.
SCHSC Providers 415 2 nd 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.
St Thomas Counseling 108 1 st Ave S Ste 300 Jamestown, ND	701.952.7555	Mental Health and Substance Abuse Treatment.
The Kids Therapy Center 202 Central Ave S, Suite 6A Valley City, ND 58072	701.751.0384	Serves ages 2-18.

Catholic Charities Valley City, ND TELEHEALTH ONLY	701.235.4457	For individuals, marital, families, and children ages 2 and older.
VCSU Student Counseling, VCSU Campus McFarland 424 Valley City, ND 58072	701.845.7424	Erin Klingenberg, Ph.D Kelsie Carter, M. Ed Sara Schmuhl
TREATMENT CENTERS		
Heartview Foundation 101 East Broadway Bismarck, ND 58503 Locations in Dickinson and Cando www.heartview.org	701.222.0386 800.337.3160	Heartview Foundation is the most experienced private, non-profit alcohol/drug treatment and education program in the region.
Jamestown State Hospital 2605 Circle Drive Jamestown, ND 58401-6905 www.nd.gov/dhs/locations/statehospital	701.253.3650 TTY: 701.253.3880 Fax, Administration: 701.253.3999 Fax, Admissions: 701.253.3748 Fax, Health Information Services: 701.253.3035	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 individuals.
Prairie St. John's 510 4th Street South Fargo, ND 58103 www.prairie-stjohns.com	701.476.7200 877.333.9565	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.

CHILDCARE

For an up to date listing of centers, family and self-declared childcare providers, visit ND Health & Human Services website: www.hhs.nd.gov/childcare or call Childcare Aware at 1-800-997-8515. The listing below is up to date as of 12/31/2023.

Name & Location	Contact Info.	Service Description
CENTERS		
Circle of Friends Preschool & Child/TL Child Care 540 3 rd Ave. NE Valley City, ND 58072	701.760.0351	Local childcare provider 2 months- 12 years old
VC Children’s Center Inc. 141 4 th Ave. NE Valley City, ND 58072	701.845.5437	Local childcare provider 1 month- 12 years old
Just Kidding Preschool and Childcare Center 913 Riverview Drive Valley City, ND 58072	701.840.6800	Local childcare provider and preschool.
Wimbledon Childcare Center 208 Center St. Wimbledon, ND 58492	701.840.2751	Childcare provider.
FAMILY		
Annette Lunde 922 11 th Ave SE Valley City, ND 58072	701-490-4192	Local childcare provider 0-12 years old
Dana Anderson 2793 111 th Ave SE Valley City, ND	701-840-8131	1 month to 12 years old
GROUP		
Kathy Edinger 920 3 rd Ave. NW Valley City, ND 58072	701.840.0611	Local childcare provider 0-6 years old.
Nat’s Daycare Natalie Heck 207 6 th St NE Valley City, ND 58072	701.490.2697	2 months – 5 years old
Pitter Patter Punkins Kayla Anderson 473 5 th St. SW Valley City, ND 58072	701.840.4622	1 month – 12 years old

SELF-DECLARED

Loretta Holden
156 9th St. NW
Valley City, ND 58072

701.845.4433

Local childcare provider

CRISIS LINES

Name & Location	Contact Info.	Service Description
<p>211 ND & First Link 4357 13th Ave S #107L Fargo, ND 58103</p> <p>myfirstlink.org/services/2-1-1-helpline</p>	<p>Dial 2-1-1 701.293.6462 1.888.293.6462 (TF) Fax: 701.235.2476 Helpline: 701.235.7335 Lifelines: 800.273.8255</p>	<p>First Link 2-1-1 Helpline provides confidential listening and support in addition to information and referral. Call specialists are also trained in crisis intervention, including suicide intervention.</p>
<p>Abused Persons Outreach Center 160 2nd St. NW Valley City, ND 58072</p> <p>www.apocnd.org</p>	<p>701.845.0078 (Center) 701.845.0072 (Hotline) 1.866.845.0072 (TF) Fax: 701.845.1897</p>	<p>No fee charged. Crisis intervention, public education, medical, legal and law enforcement advocacy, referrals, self-help groups, safe shelter, 24-hour crisis line.</p>
<p>Barnes County 911 2371 7th St SE Valley City, ND 58702</p> <p>www.co.barnes.nd.us/dept/emm</p>	<p>Dial 9-1-1 701.845.8181 Fax: 701.845.8533</p>	
<p>Suicide Prevention Hotline Available 24 hours</p> <p>suicidepreventionlifeline.org</p>	<p>800.273.8255 (TALK) Dial 988 Text 988</p>	<p>Information regarding suicide warning signs, how to help, local resources, national resources, and what should be avoided.</p>
<p>The Trevor Project 24/7 availability</p> <p>www.thetrevorproject.org</p>	<p>Call 1.866.488.7386 Text 678.678</p>	<p>The Trevor Project suicide prevention and crisis intervention for LGBTQ young people. Providing information & support to LGBTQ young people 24/7.</p>

DISABILITY SERVICES

Name & Location	Contact Info.	Service Description
ND Association for the Disabled (Main Office) 2660 S. Columbia Road Grand Forks, N.D. 58201 www.ndad.org	701.775.5577 1.800.532.6323	Services include financial assistance, equipment for loan, information, referrals, and advocacy.
Open Door Center 129 3 rd Ave. NE Valley City, ND 58072 www.odcvc.com	701.845.1124	Day programs, residential and vocational services for individuals living with disabilities.
Freedom Resource Center 300 2nd Avenue NE Suite #226 Jamestown, ND 58401 www.freedomrc.org	701.252.4693 Fax: 701.252.4697	Information, Referral, Individual Advocacy, Independent Living Skills, Peer Mentoring, Systems Advocacy, Transition Services
Social Security Administration (Fargo) 657 N 2nd Ave Fargo, ND 58102 www.ssa.gov	1.877.335.4114 1.800.772.1213	Provides Social Security assistance.

EDUCATION

Name & Location	Contact Info.	Service Description
PRESCHOOL		
Circle of Friends 540 3 rd Ave. NE Valley City, ND 58072	701.840.0905	Preschool located within St. Catherine's Elementary
Head Start 101 College St. SW Valley City, ND 58072 www.ndheadstart.com	701.845.1108 1.800.726.8179 Fax: 701.845.1886	Head Start and Early Head Start are child development programs, serving children from birth to age five, expectant mothers and families.
Jefferson Elementary 1150 Central Ave N Valley City, ND 58072 www.valley-city.k12.nd.us/jeffelem.html	701.845.0622 Fax: 701.845.5497	Special education preschool and kindergarten thru grade 3.

Just Kidding Preschool and Childcare Center 913 Riverview Dr. Valley City, North Dakota 58072	701.840.6800	Local childcare provider and preschool.
K-12 SCHOOLS - PUBLIC		
Jefferson Elementary 1150 Central Ave N Valley City, ND 58072 www.valley-city.k12.nd.us/jeffelem.html	701.845.0622 Fax: 701.84505497	Special Ed Preschool thru grade 3.
Washington Elementary 510 8 th Ave. SW Valley City, ND 58072 www.valleycity.k12.nd.us/washingt on.html	701.845.0849 Fax: 701.845.3560	Grades 4 thru 6.
Valley City Jr./Sr. High School 493 Central Ave N Valley City, ND 58072 www.valleycity.k12.nd.us/jrsrhigh.html	701.845.0483 Fax: 701.845.2762	Grades 7 thru 12.
Sheyenne Valley Area Career and Tech Center 801 9 th Ave. SE Valley City, ND 58072 www.sheyennevalleyctc.k12.nd.us	701.845.0256	SVACTC offers skilled trade electives to area high school students, in addition to adult education programs such as GED study and testing. Grades 9-12.
K-12 SCHOOLS - PRIVATE		
St. Catherine Elementary 540 3rd Ave. NE Valley City, ND 58072 www.stcatherine.k12.nd.us	701.845.1453 Fax: 701.845.0556	Private Elementary School; Kindergarten thru grade 6.
Valley City Christian School 913 Riverview Dr. Valley City, North Dakota 58072 www.valleycitychristianschool.com	701.840.6800	Private School. Kindergarten thru grade 12.

HIGHER EDUCATION		
Valley City State University 101 College St. SW, Valley City, ND 58072 www.vcsu.edu	701.845.7990 1.800.532.8641 (TF)	Offers bachelor's and master's degrees with a focus in business, education, and technology.
OTHER RESOURCES		
Valley City/Barnes County Library 410 N Central Ave. Valley City, ND 58072 http://vcblibrary.org/	701.845.3821	Internet access, movies, reading, meeting rooms, children's area, and sponsored community events.
Barnes County Historical Society 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. The society operates a museum of local history which contains relevant temporary exhibits
NDSU Extension Office Barnes County Courthouse 230 4th St. NW Room 204 Valley City, ND 58072-2957	701.845.8528	Provides Barnes County residents easy access to the resources and expertise of North Dakota State University, through educational programs, publications, and events.
Sheyenne Valley Spec Ed Unit 232 3rd St NE Valley City, ND 58072 www.svseu.k12.nd.us	701.845.3402 Fax: 701.845.3408	Sheyenne Valley Special Education Unit service students with special education needs in five area school districts: Barnes County North, Hope Page, Maple Valley, Oakes, and Valley City.

EMERGENCY SERVICES

Name & Location	Contact Info.	Service Description
American Red Cross 2602 12 th St. N Fargo, ND 58102	701.845.8181 800.733.2767 701.364.1800	Provides disaster relief.
Barnes County Ambulance 914 11 th Ave. SW Valley City, ND 58072	701.845.2220 911 for emergencies	Emergency medical services and transport
Barnes County Emergency Management 1525 12 th St. NW Valley City, ND 58702 www.co.barnes.nd.us/dept/emm	701.845.8510 Fax: 701.845.8533	Barnes County Emergency Management
Barnes County Sheriff's Office 575 10 th St. SW #4 Valley City, ND 58072 www.co.barnes.nd.us/dept/shf/	701.845.8530 Fax: 701.845.0002	County Sheriff's Office
CHI Mercy Health ER 570 Chautauqua Blvd. Valley City, ND 58072 www.mercyhospitalvalleycity.org	701.845.6400 1.800.371.9177 (TF)	Local Critical Access Hospital Emergency Department
North Dakota Poison Control Center	1.800.222.1222 Emergency and Questions 612.873.3144 non-emergency	Available 24 Hours/Day
Valley City Police Department 216 2 nd Ave. NE Valley City, ND 58072 www.valleycity.us/departments/police.php	701.845.3110 911- emergencies 701.845.8181- Dispatch non-emergency	Police Department

HEALTH & WELLNESS

Name & Location	Contact Info.	Service Description
Aesthetica Skin Care & Therapies 323 Central Ave N, Suite 203 Valley City, ND 58072 www.aestheticavc.com	701.890.0404	Infrared sauna, red light therapy, halotherapy, facial massage.
b-fit 24/7 323 Central Ave. SW Valley City, ND 58072	701.845.0000	Gym/Physical Fitness Center and Aqua massage
Central Ave. Chiropractic 323 Central Ave. N #202 Valley City, ND 58072	701.845.0709 Toll Free: 1.800.291.0709	Massage therapy
Cold Mountain Massage, LLC 202 Central Ave S. Valley City, ND	701.890.0330	Massage therapy
Gaukler Family Wellness - Valley City Parks & Recreation 733 8th Ave SW Valley City, ND 58072 www.vcparks.com	701.845.3294	Exercise and fitness, swimming pool, kid friendly.
A Holistic Touch 201 Central Ave S. Valley City, ND 58072 www.aholistictouch.massagetherapy.com	701.845.5555	Massage therapy
3:27 Life 201 Central Ave S Valley City, ND 58072 327.life	701.840.5531	Offers bioenergetics in a non-invasive, drug free modality that helps achieve balance in your body's energy to reduce common digestive, fatigue, and seasonal ailments.
Massage by Cidnee at Salon 356 356 Central Ave N. Valley City, ND 58072	701.490.0769	Massage therapy
Posh Salon & Spa 1028 Main St. W Valley City, ND 58072	701.845.0924	Spa and massage services
Sacred Beings Yoga Studio 341 Central Ave. N, Suite 5 Valley City, ND 58072	(701) 490-0423	Yoga studio.

HEALTH EDUCATION

Name & Location	Contact Info.	Service Description
<p>City-County Health District 415 2nd Ave. NE Valley City, ND 58072</p> <p>www.citycountyhealth.org</p>	701.845.8518	Health education includes: chronic disease education and management, prevention education, emergency preparedness, and environmental health. See website for a complete listing of available programs.
<p>CHI Mercy Health 570 Chautauqua Blvd. Valley City, ND 58072</p> <p>www.mercyhospitalvalleycity.org</p>	701.845.6400 1.800.371.9177	Health education offerings: CPR training, first aid, stroke education, heart attack education, and injury prevention. See website or call for a complete listing of available education.
<p>NDSU Extension – Barnes County 230 4th St. NW #204 Valley City, ND 58072</p> <p>www.ag.ndsu.edu/barnescountyextension</p>	701.845.8528	Provides Barnes County residents easy access to the resources and expertise of North Dakota State University, through educational programs, publications, and events.

HOME HEALTH & HOSPICE

Name & Location	Contact Info.	Service Description
<p>CHI Health at Home – Home Health and Hospice 367 2nd St NW Valley City, ND 58072</p> <p>www.chihealthconnectathome.com</p>	855.860.3464 Fax: 701.845.6552	Certified home care providing care to clients in their homes. For more information about eligible insurance or self-pay options, contact directly.
<p>City-County Health Home Care 415 2nd Ave. NE Valley City, ND 58072</p> <p>www.citycountyhealth.org</p>	701.845.8518 Fax: 701.845.8542	Certified home care providing care to clients in their homes. For more information about eligible insurance or self-pay options, contact directly.

<p>Hospice of the Red River Valley 1240 W. Main St. Valley City, ND 58072</p> <p>www.hrrv.org</p>	<p>701.845.1781 800.237.4629 Fax: 701.845.1799</p>	<p>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.</p>
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HOUSING

Name & Location	Contact Info.	Service Description
HOUSING ASSISTANCE		
<p>Barnes County Housing Authority 120 12th St. NW, Valley City, ND 58072</p>	<p>701.845.2600</p>	<p>Promotes adequate and affordable housing, economic opportunity and services and a suitable living environment free from discrimination for low and moderate-income persons.</p>
RENTAL COMPANIES		
<p>Visit Valley City – Barnes County Development Corporation’s website for a full listing of rental agencies at: www.developvcbc.com/goodlife</p>		
REAL ESTATE AGENCIES		
<p>Ivy Real Estate Group 356 Central Ave. N Valley City, ND 58072</p> <p>www.ivyrealestategroup.com</p>	<p>701.840.5044</p>	
<p>RE/MAX Now 145 Central Ave N Valley City, ND 58072</p> <p>www.lawnrealty.com</p>	<p>701.845.0782</p>	
<p>Valley Realty, Inc. 1268 West Main St. Valley City, ND 58072</p> <p>www.valleyrealtyinc.com</p>	<p>701.845.1602</p>	

JOBS & EMPLOYMENT

Name & Location	Contact Info.	Service Description
<p>Valley City - Barnes County Development Corporation 250 West Main Street Valley City ND 58702</p> <p>www.developvcbc.com</p> <p>jennifer@developvcbc.com</p>	<p>701.490.9010 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 & Recruiting Coordinator is the primary contact for employee retention and engagement.</p>
<p>Job Service of ND 1350 32nd St S, Fargo, ND 58103</p> <p>www.jobsnd.com</p>	<p>701. 239.7300</p>	<p>Search for Jobs with Job Service North Dakota's advanced search tool. Create a profile, build your resume and submit applications online.</p>
<p>Sheyenne Valley Area Career and Technology Center 801 9th Ave. SE Valley City, ND 58072</p>	<p>701.845.0256</p>	<p>Offers adult education programs such as GED study and testing, civics education, career awareness, and English as a second language</p>
<p>Workforce Center 250 West Main St. Suite 2 Valley City, ND 58072</p> <p>kara@developvcbc.com</p>	<p>701.490.9013</p>	<p>Find assistance with job searches, resume writing, applying for jobs, finding training, and much more.</p>

MEDICAL & CLINICAL CARE

Name & Location	Contact info.	Service Description
CHIROPRACTORS		
<p>Central Avenue Chiropractic PC 323 Central Ave. N #202 Valley City, ND 58072</p>	<p>701.845.0709</p>	
<p>Foell Chiropractic Clinic 201 Central Ave S Valley City, ND 58072</p>	<p>701.845.3132</p>	
<p>Thomsen Chiropractic Clinic 1530 W Main St. Valley City, ND 58072</p>	<p>701.845.2481</p>	

CLINICS		
City-County Health District 415 2 nd Ave. NE Valley City, ND 58072 www.citycountyhealth.org	701.845.8518	Public health office nurse available for immunizations, blood pressure screenings, glucose checks, injections, and fingernail and foot care.
Essentia Health Clinic 132 4 th Ave. NE Valley City, ND 58072 www.essentiahealth.org	701.845.8060 Fax: 701.845.8067	General practice clinic. Visit website for a complete listing of medical staff.
Sanford Health Valley City Clinic 520 Chautauqua Blvd. Valley City, ND 58072 www.sanfordhealth.org	701.845.6000 FAX: 701.845.6150 Appointments: 701.845.6140 1.800.228.8685	General practice clinic. Visit website for a complete listing of medical staff.
DENTISTS		
Bridge City Dentistry 239 2 nd Ave NW Suite 1 Valley City, ND 58072 www.bridgecitydentistry.com	701.845.4221	General dentistry.
Concept Dentistry 117 3 rd St NW Suite 4 Valley City, ND 58072 www.myconceptdentistry.com	701.845.2180	General dentistry.
Red River Valley Dental Access Project, Moorhead 1900 28 th Ave S Moorhead, MN 56560	218.790.7790	Urgent care for low income and uninsured people who do not have a dentist.
HEARING SERVICES		
Sanford Health Hearing Centers 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.

HOSPITAL		
CHI Mercy Health 570 Chautauqua Blvd. Valley City, ND 58072 www.mercyhospitalvalleycity.org	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.
OPTOMETRISTS		
Looyesen I Care 1230 Main St. W Valley City, ND 58072 www.looyesenicare.com	701.845.4444	
Professional Eye Care Centers 200 Central Ave. N Suite F Valley City, ND 58072 www.proeyecarecenters.com	701.845.5000	
PHARMACIES		
Central Ave. Health Mart Pharmacy 323 Central Ave. N #101 Valley City, ND 5807	701.845.5280	
NuCara Pharmacy 234 Central Ave. N Valley City, ND 58072	701.845.2652	
Thrifty White Pharmacy 120 W Main St Valley City, ND 58072	701.845.1763	
VA Pharmacy (Fargo)	855.846.8154 701.232.3241	

THERAPIES – PHYSICAL, SPEECH, OCCUPATIONAL, CARDIAC REHAB

CHI Mercy Health 570 Chautauqua Blvd. Valley City, ND 58072 www.mercyhospitalvalleycity.org	701.845.6400 Fax: 701.845.6413	Therapies: physical, speech, occupational and cardiac rehab.
Essentia Health Clinic 132 4 th Ave. NE Valley City, ND 58072 www.essentiahealth.org	701.845.8060 Fax: 701.845.8067	Out-patient physical therapy.
Mobility Plus 1109 West Main St Suite B Valley City, ND 58072	701.890.7900	Rehabilitation practice that provides physical and occupational therapy.

VETERINARY SERVICES

Valley City Veterinary Hospital, PC 1068 4 th St. SW Valley City, ND 58072 www.valleycityvet.com	701.845.3662 Fax: 701.845.3663	Valley City Veterinary Hospital, PC, is a full-service animal clinic, your pet can get everything from nail trimmings to major surgery, all in one friendly, well-equipped place. 24 hour emergency services.
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PUBLIC HEALTH

Name & Location	Contact Info.	Service Description
<p>City-County Health District 415 2nd Ave. NE Valley City, ND 58072</p> <p>www.citycountyhealth.org</p>	<p>701.845.8518 Fax: 701.845.8542</p>	<p>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, family planning, jail health.</p>
<p>Central Valley Health District, Jamestown 122 2nd St. NW Jamestown, ND 58401</p>	<p>701.252.8130</p>	<p>Family planning, sexual assault response team, women's way, WIC, baby and me, tobacco addiction help, emergency preparedness and response, and environmental health.</p>
<p>Community Health Ministry-Parish Nurse 401 Broadway Tower City, ND 58071</p> <p>www.towercitynd.com</p>	<p>701.633.5533</p>	<p>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.</p>

RESPIRE SERVICES

Name & Location	Contact Info.	Service Description
<p>Qualified Service Providers For a listing of individuals who provide respite services, visit ND Aging & Adult Services website: www.hhs.nd.gov/adults-and-aging/services</p>	<p>1-855-462-5465</p>	

SOCIAL SERVICES

Name & Location	Contact Info.	Service Description
<p>Buffalo Bridges Human Service Zone 230 4th St. NW, Rooms 102-105 Valley City, ND 58072</p> <p>www.barnescounty.us</p>	<p>701.845.8521 Fax: 701.845.4281</p>	<p>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.</p>
<p>South Central Adult Services 139 2nd Ave. SE Valley City, ND 58072</p> <p>www.scacs.net</p>	<p>701.845.4300 1.800.472.0031 Fax: 701.845.4073</p>	<p>Outreach services, 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, 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, Food Pantry assistance, medical equipment assistance, dialysis transportation</p>

<p>South Central Human Service Center 415 2nd Ave. NE Valley City, ND 58072</p> <p>www.nd.gov/humanservices/locations/regionalhsc/</p>	<p>701.253.6300 1.800.260.1310 Fax: 701.253.6400</p>	<p>Offers service to assistance 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.</p>
<p>Barnes County Veterans Service Office 575 10th St SW Suite #7 Valley City, ND 58072</p> <p>www.barnescounty.us</p>	<p>701.845.8511 Fax: 701.845.8590</p>	<p>Provides assistance to veterans and their families within local, state, and federal laws by providing assistance with pensions, medical care, military records, VA benefits, proof of service, and death payments.</p>

SPIRITUAL CARE

Name & Location	Contact Info.	Service Description
CHURCHES		
<p>Calvary Baptist Church 2030 Main St W Valley City, ND 58072</p>	701.845.9220	
<p>CHI (Mercy) Hospital Chapel 570 Chautauqua Blvd Valley City, ND 58072</p>	701.845.6400	
<p>Connect Church 320 Central Ave S Valley City, ND 58072</p>	701.845.4193	
<p>Congregational United Church of Christ 217 4th St NW Valley City, ND 58072</p>	701.845.1977	
<p>Epworth United Methodist Church 680 8th Ave SW Valley City, ND 58072</p>	701.845.0340	

Evangelical Free Church 1141 9th St SW Valley City, ND 58072	701.845.1649	
Faith Lutheran Church ELCA 309 4 th St. NE Valley City, ND 58072	701.845.4390	
First Baptist Church 3511 Kathryn Road S Valley City, ND 58072	701.845.4500	
First United Pentecostal Church 540 3 rd Ave NE Valley City, ND 58072	701.845.0354	
Grace Free Lutheran Church AFLC 2351 Main Street W Valley City, ND 58072	701.845.2753	
New Life Assembly of God 520 Winter Show Road Valley City, ND 58072	701.845.2259	
Our Savior's Lutheran Church ELCA 138 3rd St NW Valley City, ND 58072	701.845.1328	
SMP Health- St. Raphael Chapel 979 Central Ave N Valley City, ND 58072	701.845.8222	
St Catherine's Catholic Church 540 3rd Ave NE Valley City, ND 58072	701.845.0354	
St. Paul's Evangelical Lutheran Church 202 3 rd St. NW Valley City, ND 58072	701.845.0702	
Trinity Lutheran Church ELCA 499 4th Ave NW Valley City, ND 58072	701.845.3837	
Valley Apostolic 215 4th Ave. Valley City, ND 58072	701.845.9590	

SUPPORT GROUPS

Name & Location	Contact Info.	Service Description
GRIEF SUPPORT		
Hospice of the Red River Valley 1240 W. Main St. Valley City, ND 58072 www.hrrv.org	701.845.1781 800.237.4629 Fax: 701.845.1799	Grief Support
CHI Health at Home – Home Health and Hospice 367 2nd St NW Valley City, ND 58072 www.chihealthconnectathome.com	701.845.6550 855.860.3464 Fax: 701.845.6552	Grief Support
OTHER SUPPORT GROUPS		
Alcoholics Anonymous 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.
Celebrate Recovery 320 Central Ave S Valley City, ND 58072	701.845.4193	Meets Thursday nights at 6 pm. Faith based, non-denominational. 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.
Hearing Loss Resource Group CHI Mercy Health 570 Chautauqua Blvd. Valley City, ND 58072		Meets every other Wednesday in the Health Education Center from 10am-noon.
Narcotics Anonymous Fellowship Corner 320 2 nd Ave SE Valley City, ND	Business Hours: 701.845.8186 After business hours: 701.840.2811	Open meeting for anyone with the desire to stop using any substance. Meetings on Thursday at 12:00pm and Sundays at 6:30pm.

Sheyenne Valley Memory Café Meets at Faith Lutheran Church 309 4 th Street NE Valley City, ND www.citycountyhealth.org	701.845.8518	Monthly meetings offer a place to discuss issues around memory loss/dementia/early onset Alzheimer's.
Valley City Public Library 410 Central Ave N. Valley City, ND 58072 www.vcbclibrary.org/services	701.845.3821	Offers books, DVDs, programs, computers, magazines, and newspapers. Adult Programs offered include Book Club, and Crafts. Children's Programs include Circle Time, Story Hour, LEGO Club, and Kid Crafternoon. Teen Programs include Teen Advisory Board, and Teen Chill Zone.

TRANSPORTATION SERVICES

Name & Location	Contact Info.	Service Description
South Central Adult Services Transit southcentraltransitnetwork.org	701.845.4300	Daily ride service: Monday-Friday 8:00am-5:00pm. Saturday and Sunday 8:00am-2:00pm. Dialysis transportation also provided.
Valley City Taxi Service	701.840.1406	24 hours per day seven days a week.
Veterans Service Office	701.845.8511	Veterans can receive transportation through VSO to VA facilities only located in Fargo or Jamestown.

VALLEY CITY KEY CONTACTS

Name & Location	Contact Info.	Service Description
City Hall 254 2nd Ave NE, PO Box 390 Valley City, ND 58072 www.valleycity.us	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.
Driver's License 271 Winter Show Rd SW Valley City, ND 58072 NO WALK-INS	Appointments made at dot.nd.gov or by phone at 1-855-633-6835.	Driver's License is in Valley City the first and third Wednesday of each month by appointment only.

Department of Motor Vehicle 253 Central Ave N., Suite 101 Valley City, ND 58072	701.845.3812	Vehicle registration, licenses, tabs, inspections, and titles.
ND 811- ND One Call Call Before You Dig	811 Or 800.795.0555	
North Dakota Winter Show 700 7th St. SE Valley City, ND 58072 www.northdakotawintershow.com	701.845.1401	ND Winter Show is home to the oldest and longest running agriculture show in ND. Event Center holds livestock shows, horse shows, livestock auctions and more.
Rosebud Visitor Center Convention & Visitors Bureau 250 West Main St. Valley City, ND 58072 www.valleycitytourism.com	701.490.9010	Tourism center Open Monday-Friday 9:00am – 5:00pm. Weekends (June-September), Saturday 9:00am – 5:00pm and Sunday 10:00am – 5:00pm.
Sheyenne Valley Community Foundation 250 West Main St. Valley City, ND 58072 www.yoursvcf.org	701.490.1596	SVCF was established to receive, manage, and distribute gifts made to the foundation for charitable purposes. SVCF connects donors with causes they care about and serve as a catalyst for community change.
Valley City Chamber of Commerce 235 Central Ave N., Suite 101 Valley City, ND 58072 www.valleycitynd.org	701.845.1891	Promotes and improves 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.
Valley City Development Corp. 250 Main St. W. Valley City, ND 58072 www.developvcbc.com	701.490.9010	Promotes job creation and economic vitality through business retention and expansion, entrepreneurial development and attracting new and expanding businesses to Valley City.
Valley City Public Works 254 2nd Ave NE, PO Box 240 Valley City, ND 58072 www.valleycity.us	701.845.0380 Fax: 701.845.4588	Water, Sewer, Electricity, Garbage.

Barnes Rural Water 421 West Main St. Valley City, ND 58072	701.845.1117	Water.
Cass County Electric 1105 7 th St. SE Valley City, ND 58072	701.845.2251	Electricity.
Montana Dakota Utilities (MDU)	1.800.638.3278	Natural Gas/Heating.
BEK Communications 220 4 th St NE Valley City, ND 58072	701.845.0355	Internet/TV/Telephone
Cable Services, Inc. (CSI)	701.252.2225	Internet/TV