



Directory
LGBTQ
Twin Ports Area

2015

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Websites



Duluth, MN & Superior, WI
Northeast Minnesota
Northwest Wisconsin

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. 8th St.
Duluth, MN 55812
(218) 723-8569
www.astccc.net

**Jefferson People's House**

12 South 15th 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 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.gloriadeiduluth.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. Jennifer Amy-Dessler
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: [Andrea Novel](#)
Buck
1602 East 2nd St. Duluth, MN
(218) 724-8857
www.jewishduluth.org

Unitarian-Universalist

Rev. Bruce Johnson
835 W. College St., Duluth, MN
(218) 724-0308
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. 2nd St. Suite 101
Duluth, MN 55802
(218) 726-5433

Harbor City Psychological Associat.

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

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
Carolyn Phelps
Director of Outpatient Therapy
Saprina Matheny MSW, LICSW
(218) 728-4491
humandevelopmentcenter.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. 3rd 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. 1st St. Duluth, MN #200
(218) 726-1442 or
Crisis Line (218) 726-1931
www.pavsa.org



Range Mental Health

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

Range Mental Health

624 S. 13th 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 1st 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. 8th, 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 1st 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 3rd Street Duluth MN, 55805
(218) 786-8128
www.mnaidsproject.org



Rural AIDS Action Network (RAAN)

18 W 1st 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 3rd 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 1st 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 1st St. Duluth, MN
55802
(218) 733-1383
Hours: M, T, W, Th 1-5pm
www.lssmn.org

Women's Health Center

32 East 1st 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. 1st 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



Center City Housing

1401 E. 2nd St. Duluth, MN

(218) 728-6437

www.centercityhousing.org

Life House Youth Center

102 West First St.

Duluth, MN 55802

(218) 722-7431

www.lifehouseduluth.org

LSS Renaissance Teen Transitional Housing, LSS/Street Outreach

104 W. 1st St. Duluth, MN

(218) 723-8052

www.lssmn.org



HDC Homeless Project (Serves, Saint Louis County)

315 N. 2nd 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. 1st 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. 1st 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 1st 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. 1st St. Duluth, MN
(218) 723-8052
www.lssmn.org



LSS Another Door

(Ages 18-24)
104 W. 1st 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. 6th Ave. E. Duluth, MN
2nd 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 9th Ave. S.
Virginia MN 55792
(218) 741-3343

LSS Crisis Nursery & Visitation Center

1 E 1st 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. 6th Ave. E. Duluth, MN
2nd 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 9th Ave. S.
Virginia MN 55792
(218) 741-3343

Duluth High Schools GSA

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

East High School
Blake Peterson
GSA Advisor (2015)
301 N 40th 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 3rd 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 9th 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
pwwilken@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 21st 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



This Way Out: National

Sundays 5pm
KUMD 103.3 FM
www.kumd.org



Social & Support Groups (Adult)

GLTB AA

Narcotics Anonymous

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



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



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 6th 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 6th Ave. East
Duluth, MN 55805
(218) 722-4903
www.ngmc.net



Support Groups and Recovery

Deaf Queers & Allies Group

Deaf Queer Resource Center

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

Co-Chairs: Nathan Westerberg & Kristy Johnson



Range GLTBA

Iron Range GLTBA



E. Central MN Men's Circle

www.menscircle.org

Email: info@menscircle.org



Trans +

Sean Hayes & Daneila Smith

1st & 3rd Tuesday of the Month

Building for Women

32 East 1st 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

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



