



Kittson County Health Resources

Kittson Healthcare 1010 S Birch Ave. Hallock, MN 56728 - Hospital 218-843-3612, Hallock Clinic 218-843-2165, Karlstad Clinic 218-436-2251 or www.kittsonhc.org - Specialists that visit Kittson Healthcare include cardiology, orthopedics, podiatry, endoscopy, ophthalmology, dermatology and dietetics

Kittson Pharmacy 1010 S Birch Ave. Hallock, MN 56728 - 218-843-3896

Thrifty White Drug 101 Cleveland Ave. Karlstad, MN 56732 - 218-436-2438

Kittson County Hospice - Teresa Clay 218-843-3804

American Cancer Society - Kittson Unit - Patti Swanson 218-843-5090 or pswanson@ruralaccess.net

Trails to Treatments - Kristi Westlund 218-686-7440

Alluma 603 Bruce St. Crookston, MN 56716 - 218-281-3940 or <https://allumacares.org>

Kittson County Social Services 410 5th St. S #100, Hallock, MN 56728 - 218-843-2689 or <https://www.co.kittson.mn.us>

Kittson County Sheriff 410 5th St. SE #102 Hallock, MN 56728 - 218-843-3535

Schools:

Kittson Central School District #2171 444 North Ash Ave. Hallock, MN 56728 - 218-843-3683 or <http://kittson.k12.mn.us> - Kristi Nigg, School Counselor

Lancaster School District #356 401 Central Ave. Lancaster, MN 56735 - 218-762-5400 or <https://www.lancaster.k12.mn.us> - Molly Janicke, School Social Worker

Tri-County School District #2358 303 Pembina Trail Karlstad, MN 56732 - 218-436-2261 or <https://tricity.k12.mn.us> - Molly Janicke, School Social Worker

Heritage Christian School 116 Harding Street South Karlstad, MN 56732 - 218-436-2144 or <https://www.heritagepatriots.org>

Sterling North - Pembina Campus 532 Pacific Ave. St. Vincent, MN 56755 - 218-823-6822

WIC 136 W Minnesota Ave. Newfolden, MN 56738 - 218-874-7845 or www.quinchsmn.com

The Village Family Service Center - Employee Assistance Programs - 800-627-8220

Dr. Jana's Chiropractic & Wellness 205 Roosevelt Ave. Karlstad, MN 56732 - 218-436-4264

XPerience Health & Fitness 110 E Broadway St. Hallock, MN 56728 - 701-454-3489

Certified Personal Trainers - Jordan Vig 218-988-2483, Lisa Sang 218-242-7053, Marili Eksteen 904-504-0665, and Lauren Stang 218-843-1512

Certified Health & Life Coaches - Becky Coffield - 218-843-5257

Certified Emotion Code Practitioners - Becky Coffield - 218-843-5257

1-800-QUIT-NOW (1-800-784-8669) or www.smokefree.gov
Download quitSTART app - free smartphone app
Smokefree TXT or Dipfree TXT

Questions call Becky at
218-843-3612 Ext 200

WWW.KITTSONHC.ORG