



**DETROIT
RESOURCE GUIDE
2013-2014**

Acknowledgement

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Alternatives For Girls (Wayne County)

903 W. Grand Blvd. Detroit MI 48208

(313) 361-4000

- Helps girls & young women off the streets.

ACCESS

2651 Saulino Court, Dearborn MI 48120

(313) 842-7010

www.accesscommunity.org

- After-school homework assistance, outreach educational services, summer-intensive literacy program, educational and recreational field trips, teen dialogue groups, sports programs, summer youth academic and recreational programs, career training for summer youth leaders.

Big Brother/Big Sisters of Metro Detroit

23077 Greenfield #430, Southfield MI 48075

(248) 569-0600 or (313) 309-0500

- Adult mentors for boys/girls between 7-14 years of age.

Children's Aid Society (CAS)

2151 E. Jefferson Suite 250, Detroit MI 48207

(313) 961-8100

admin@casmichigan.org

- Mon-Fri: 7:30am - 5pm
- Mission of Children's Aid Society (CAS) is to help children, youth and families in metropolitan Detroit, with a special focus on those most at-risk.
- 21st Century All Stars After School Program is available to students who attends a Detroit public school or live in the neighborhood of a school that host the program, include an hour before school and at least two hours a day after school for four days a week during the school year.

- Loving Children Project, partnership between CAS and Detroit Police Department's (DPD) Child Abuse Unit gives access to services by CAS on-site social workers to prevent further neglect and/or perpetuation of parental/caregiver frustration, which can lead to abuse and/or abandonment via counseling and resources.
- Moving Families in the Right Direction a family-focused juvenile diversion program for first offenders; family-focused and provides case management, behavioral alternatives, and guidance to families and their pre-delinquent youths ages 12-17.
- Provides employability skills training, job placement, retention support and family stabilization services to out of school youth and adults.
- Other programs include: Early Attention Program (EAP), Head Start Preschool Development, Gang Awareness Prevention Program (GAPP), Purposeful Parenting Program (P3), Certified Nursing Assistant (CNA) training.

Childtime Child Care

(877) 624-2602

www.childtime.com

3031 West Grand Blvd. Detroit & 19251 Mack Ave. Grosse Pointe Woods & 500 Renaissance Center Detroit

(313) 874-3300 and (313) 886-6565

- Mon-Fri: 6:30am - 6:30pm.
- Child care for 6 weeks to 5 years of age at \$170/week for full time or with state assistance, pay \$50 for tuition. Afternoon available to children up to 12 years old.

Christ Liberty Ministry & Child Care Center

14305 E. 7 Mile Rd. Detroit MI 48205

(313) 521-2751

- Mon-Fri: 6:30am - 6pm.
- Affordable cost and/or use state assistance (DHS) to utilize child care services for newborn to 12 years.

Children's Village International Centers Nursery School

14901 Meyers Rd. Detroit MI 48227

(313) 931-7610

- Licensed by The State of Michigan, must qualify for DHS.
- Care from 6 weeks to 12 years of age. Free child care to single working parents, require 40-hour job. We teach education and social skills.

City Year Detroit

1 Ford Place, Detroit MI 48202

(313) 874-6825

www.cityyear.org

- A domestic version of the Peace Corp., City Year participants tutor and mentor school children and community projects. Participants must be 17 to 24 years old, U.S. citizens or legal residents and have either a high school diploma or GED, or agree to pursue a GED while in the program.

Detroit Rescue Mission Ministries

150 Stinson, Detroit MI 48226

(313) 993-4700 or (800) 969-8090

www.drmm.org or www.wildwoodranch.org

- Operates Wildwood Ranch in Howell MI for campers age 7 thru 16, Detroit children, who could not otherwise afford to attend summer camp.

Focus: HOPE, Center for Children

1550 Oakman Blvd. Detroit MI 48238

(313) 494-5500

www.focushope.edu

- Mon-Fri: 6:30am - 5:30pm.
- Quality, affordable child care in an education environment; hands-on learning experiences that allow your child to progress at their own pace.

- Newborn to 3 years of age for early child care service (Head start) is free for local in zipcode 48238.
- Child care for infant to 4 years of age; tuition-based infants and toddlers (\$170/wk) and 3-4 years (\$133/wk).
- Offer 9-week summer day camps (\$110/wk) Mon-Fri: 7:30am - 5pm. Call (313) 494-4400.

Grace Centers of Hope

35 E. Huron, Pontiac MI 48342
(248) 334-2187 or (855) HELP-GCH

www.gracecentersofhope.org

- After-school programs and summer programs, "The Kid's Clubhouse", offers GED help.
- Offer full-day childcare for newborns up to age 2 and preschool for 3-4 years old.

In His Image Child Care

16247 Schaefer Hwy. Detroit MI 48235
(313) 971-6839

- Faith based curriculum, your trusted choice for child care. Special programs and discounts available.
- Care for 6 months to 13 years of age (\$25 for first 8 hours then \$3 for additional hour).
- 24/7 as needed, weekend by appointment.

Joy-Southfield Health & Education Center

18917 Joy St., Detroit MI 48228
(313) 493-9767 or (313)581-7773

Email: joysouthfield@aol.com

- Youth education & mentor program.
- Designed for K-8 students. Mentors-tutors are available individually and in small groups. Partnering with Dixon Educational Learning Academy 8401 Trinity.

Jude Family Child Care Center

9105 Van Dyke St. Detroit MI 48213

(313) 925-8890

-Open Year Round * Before/After School Care for Children

6-12 Years * Infants 6 Weeks - 30 Mos. - \$175.00/Week;

Toddler 30-36 Mos. - 135.00/Week

Older Preschool 3 -5 Years - \$125.00/Week * Summer Camp

6-12 Years - \$125.00/Week * Before/After School Care -

\$80.00/Week * Daily - \$40.00 A Day * Registration Fee - \$50.00

/ \$65.00 for 2 Children

Before and After School is provided during the school year only!

The center will provide care for your child on half days of school.

One (1) full day is available to you for emergency school

closings, at no additional charge; however, other arrangements

must be made during extended school breaks! Parents/Guardians

are welcome to visit at any time.

Kidspac

3420 Cass Ave. Detroit MI 48201

(313) 224-5046

<http://www.kidspacemontessori.net>

- Year-round; Mon-Fri: 6:30am - 6:30pm.
- Private Montessori school for infants, toddlers and kindergarten (\$200/wk) or accept state assistance.

Kindercare Learning Center

3381 Greenfield Rd. Dearborn MI 48120

(313) 271-5985

www.kindercare.com

- Open Mon-Fri: 6:30am - 6pm.
- Care for 6 weeks to 12 years old (\$210/wk) or state assistance upon qualification plus co-pay.

Leaps and Bounds Family Services

Mt. Calvary, 8129 Packard, Warren MI 49089

(586) 759-3895

www.leapsnbounds.org

- Office hours Mon-Fri: 8am - 4pm. Evening classes 6:30pm - 8:30pm variable dates on calendar.
- Provides family education services through early literacy programs for families with children up to age 5 for free (evening and Saturday classes available), teen mentoring project for youth 14-17 in Lincoln high school, GED program thru Michigan Works with existing case.
- Free tutoring available to Lincoln high school students.
- For residents of Detroit and south Macomb county.

Matrix Human Services--Vistas Nuevas Head Start

2051 Rosa Parks Blvd. Suite 1K, Detroit MI 48216

(313) 962-5255 or (313) 831-1000

www.matrixhumanservices.org

- Federally funded, comprehensive program serving low-income children 3-5 years of age, special needs children and their families.

Michigan Youth Challenge Academy (Attn: Admissions & Graduate Affairs)

5500 Armstrong Rd. Bldg 13, Battle Creek MI 49016

(800) 372-0523 or (616) 968-1067. Call for application packet.

www.michigan.gov/dmva

- The MYC Academy is a 17.5 month, 3-phase program that incorporates eight core components that encourages physical, mental, and moral development to ages of 16-18.
- The program meals, housing and uniforms are all provided and there are no costs to the cadet or their families for participation in the program. There is NO military obligation for participation.
- Receive 400 hours classroom instruction to prepare for exam.

The Children's Center

(313) 262-0977

- Provides mental health and other services to at-risk children and families in the Detroit area.

The Downriver Community Conference

15100 Northline Rd. Suite 179, Southgate MI 48195
(734) 362-7045

- Offers tutoring & study skills training, free GED prep, guidance & counseling, free career assessment, employment opportunities & free job search assistance and free assistance with job related needs, free life skills workshops, job shadowing and internships, occupational skills training, follow-up services for at least one year.

YMCA of Metro Detroit Minority Achievers Program

(313) 267-5300

- Provides matching funds for 18 college-bound students from families living below the poverty level for students who are first in their families to attend college. Students attend monthly workshops and earn money through fund-raising and part-time jobs, and the YMCA oversees the savings program.

➤ ***More information on Youth Programs & Services:***
<http://julieslist.homestead.com>

Low or Free-cost youth programs and services in Michigan consisting of education programs, summer camps, recreation, mentoring, vocational training and child services.

Clinics: Low cost/Free

- Free/low cost clinics:

http://www.michigan.gov/mdch/0,1607,7-132-2943_52115--_.00.html

ACCESS

2651 Saulino Court, Dearborn MI 48120

(313) 842-7010

www.accesscommunity.org

- Serves a diverse and growing population of uninsured and under-insured Michiganders.
- Provides health and mental health services.
- Accepts Arabic clients or any Dearborn resident.

Algonac Medical Center

555 St. Clair River Dr. Algonac MI 48001

(810) 794-4917

www.downrivercs.org

- Sliding “fee” scale available.
- Open Mon-Sat; call for hours.

American Indian Health & Family Services

4880 Lawndale, Detroit MI 48210

(313) 846-6030

www.aihfs.org

- Medical, dental, substance abuse, as well as prevention services.
- Eligibility limited to low-income Native Americans.

Arab-American and Chaldean Council (ACC)

28551 Southfield Rd. Lathrup Village MI

(248) 559-1990

www.myacc.org

- Offering a variety of health-related services in Wayne, Oakland and Macomb counties.

Cabrini Clinic at Most Holy Trinity Catholic Church

1234 Porter St. Detroit MI 48226

(313) 961-7863

www.cabriniclinic.org

- Volunteer health professionals provide primary medical care, prescription assistance and mental health care to uninsured adults, ages 19 to 64.
- Provides free walk-in services: Tue: 5pm - 8pm/ Thurs: 1pm - 5:30pm & 6pm - 8pm.
- Adult mental health services by appointment only, Wed: 3pm - 6pm
- Twenty-five enrolled patients are seen at each clinic on a first come, first served basis. Registration is one hour before the clinic opens. Free or low cost clinic.

Cass Community United Methodist Church Clinic

3745 Cass Ave. Detroit MI 48201

(313) 883-2277

Email: ccumcac@aol.com

- Sat: 9am - 12pm; free care and meds, especially for <60 years old.

CHASS Clinic (Community Health and Social Service)

Southwest Center

5635 W. Fort St. Detroit MI 48209

(313) 849-3920

Midtown

801 Virginia Park, Detroit MI 48202

(313) 556-9907

- No one will be turned away.
- Services are focused on low-income African-American and Hispanic individuals.

- Established patients can make appointments by calling 313-849-3920 for the Southwest Center and 313-556-9907 for the MidTown Center. New Patients call 313-849-3920.

Coalition on Temporary Shelter Clinic (COTS)

26 Peterboro, Detroit MI 48201

(313) 831-3777

- Health care services on Tuesday 9am - 1pm for the homeless.

Community Family Health Center

1230 N. Maple, Ann Arbor MI 48105

(734) 998-6117

- Full range of primary care, such as check-ups, prenatal care, contraception, flu shots, child birth classes, and school physicals.
- Mon: 9am - 4pm / Tues-Thur: 1pm - 7pm / Fri: 9am - 4pm.
- Sliding scale with proof of income.

Corner Health Center

47 N. Huron, Ypsilanti MI 48197

(734) 484-3600

www.cornerhealth.org

- Mon: 9am - 7pm / Tues-Thur: 9am - 6pm / Fri: 9am - 5pm.
- General medical care, OB/GYN, family planning, and counseling for people aged 12-21 and their children.

Covenant Community Care

559 W. Grand Blvd. Detroit MI

(313) 554-1095

5716 Michigan Ave. Detroit MI 48210

(313) 554-1095

1700 Waterman Detroit MI 48209

(313) 841-1699

27776 Woodward Ave. Royal Oak MI 48067

(248) 556-4900

www.covenantcommunitycare.org

- Adult medical care by appointment only; sliding “fee” scale.

Detroit Community Health Connection Clinics

East Riverside

13901 E. Jefferson, Detroit MI 48215

(313) 822-0900

Eastside Health Center

7900 Kercheval, Detroit MI 48215

(313) 921-5500

Bruce Douglas Health Center

6550 W. Warren Detroit MI 48215

(313) 897-7700

Woodward Family Medical Center

611 Martin Luther King Jr. Blvd. Detroit MI 48215

(313) 832-6300

The Nolan Family Health Center

111 W Seven Mile Rd. Detroit MI 48203

(313) 369-2600

www.dchcquality.org

- Mon-Fri: 9am - 5pm.
- Offer adult medicine and ancillary services (labs, imaging), adolescent care, dental, emergency services, family planning, OB/GYN services, prenatal (WIC) and pediatric care (includes free childhood immunizations), services to patients that include confidential screening, diagnosis, and treatment of HIV/AIDS.
- Partnership with The City of Detroit Pharmacy, allows patients to receive affordable medications from the same facility.
- Please call for prices for services.

Detroit Health Care for the Homeless

2395 W. Grand Blvd. Detroit MI 48208

(313) 897-2061

- Medical, dental, and some mental health services.
- Appointments and walk-in, Mon-Fri: 8am - 5pm.
- No fee for the homeless; discounts for the uninsured.

Detroit Health Department Clinics

Grace Ross Health Center

14585 Greenfield Detroit MI 48227

(313) 852-4435

Northeast Health Center

5400 E. Seven Mile Rd. Detroit MI 48234

(313) 852-4231

Herman Keifer Family Health Clinic

1151 Taylor Detroit MI 48206

(313) 876-4826

Detroit Hope Hospital

801 Virginia Park Detroit MI

(313) 874-0100

www.detroithope.com

- Affordable community-based hospital, including emergency services, mental health, dental and primary care.
- Free transportation is available.

Detroit Medical Clinic

4059 W. Davison Detroit MI 48238

(313) 491-5400

- Open Mon-Fri: 9am - 5pm.
- Offering discounts for uninsured patients; bring photo ID.

Detroit Medical Group

8282 Woodward Detroit MI 48202

(313) 874-3440

- Mon-Fri: 9am – 4pm.

6455 Gratiot Detroit MI 48207

(313) 921-8600

- Mon/Wed/Thur: 9am - 3:15pm; Tue/Fri: 1pm - 4pm.

14071 E. Seven Mile Rd. Detroit MI 48205

(313) 371-2828

- Mon-Fri: 9am – 4pm.

- Photo ID required. Free vaccinations and discounted medical services (\$60) for the uninsured, does not include labs or medications.

Family Medical Center of Michigan – Carleton

130 Medical Center Dr. Carleton MI 48117

(734) 654-2169

- Mon-Fri: 8am -5pm, except Wed: 8am – 8pm.
- Must live in MONROE County; \$20 for first visit.
- Sliding scale based on total income (Food stamps, child support, unemployment, SS, etc), so bring pay stubs.
- By appointment only, hours as above.
- Dental services also available.

Family Medical Center of MI – Temperance

8765 Lewis Ave. Temperance MI 48182

(734) 847-3802

- Mon-Fri: 8am -5pm, except Wed & Thur: 8am – 8pm.
- Must live in MICHIGAN; \$20 for first visit.
- Sliding scale based on total income (Food stamps, child support, unemployment, SS, etc), so bring pay stubs.
- By appointment only, hours as above.

Father Pops Clinic

20 Whitemore St. Pontiac MI 48342

(248) 334-2126

- Physician available first and third Wed. 4pm-7pm.
- Please call ahead. First come first serve.
- No pregnancy, no pain services. No medications

Fort St. Presbyterian Church Clinic

631 W. Fort St. Detroit MI 48201

(313) 961-4533

- Clinic for the homeless population.
- Open Thurs: 9am - 11am (registration begins at 8:30am).

Gary Burnstein Community Health Clinic

90 W. University, Pontiac MI 48342

(248) 758-1690

- Tue/Wed: 9am - 12pm; Thur: 6pm - 9pm.
- Must call for information on forms to fill out in order to receive free health care.
- Must call for appointment.
- Dental Services available: Will do fillings, extractions, cleaning, but no root canals, no crowns. Waiting list to get appointment, must call ahead for appt.

Great Lakes Medical Clinic

4420 E. Davison, Detroit MI 48212

(313) 369-1500

- Mon-Fri: 8:30am - 3:30pm.
- Walk-in welcome, please bring SS card and ID.
- \$55 for a comprehensive office visit. Does not include labs or medications.

Health Centers Detroit

7633 E Jefferson Ave. Suite 340, Detroit MI 48214

(313) 822-9801

- Mon-Fri: 8:30am - 5pm

23077 Greenfield, Southfield MI 48075

(313) 822-9801

- Mon-Fri: 8:30am - 2pm, exclude Wed.

DRH University Health Center, 4201 St Antoine Suite 7A,

Detroit MI 48201

(313) 745-4091

- Mon-Fri: 8:30am - 5pm

www.hcdmg.org

- Walk-ins welcome at Greenfield ONLY. Call for an appointment at Jefferson and St. Antoine.
- Sliding scale for uninsured: \$40 for first visit, \$20 for each visit after that.

Hamtramack Health Center

11447 Jos Campau Hamtramck, MI 48212
313-365-1362

- Primary care Pediatrics, Adult Medicine, Prenatal Care, Pediatric, Dentistry, behavioral Health and WIC Services
- Walk-ins welcome
- Mon-Fri: 9am - 5:30pm/ Wed: 11am - 7:30pm.

Hope Clinic of Chelsea

603 S. Main St, Chelsea MI 48118
(734) 395-4898

- Clinic is open once a month on Sat. by appointment 9am - 12pm.
- Services for the uninsured only. Call and leave message to schedule an appointment.
- Enter hospital near downtown, not on Main St.

Hope Medical Clinic

518 Harriet St. Ypsilanti MI 48198

Mon: 5pm - 8pm / Tue & Thur: 9am - 12pm, 1pm - 5pm / Wed:
9am - 12pm, 6pm - close / Sat: 9am - 12pm.

(734) 481-0111

- General medical care for adults and children without insurance or medical benefits. Free services.
- Prescription assistance available.

HUDA Clinic

13240 Woodrow Wilson, Detroit MI 48238
(313) 865-8446

www.hudaclinic.com

- Thur/Sat: 8:30am - 2pm. Call for appointment, especially new patients.
- Uninsured are free.
- Some medications provided.
- Located inside the Muslim Center of Detroit.

Joy Southfield Health Clinic

18917 Joy Rd. Detroit MI 48228

(313) 581-7773

www.joysouthfield.org

- Call for an appointment, can only call on first Tuesday of the month at 10 am to schedule an appointment.
- No STDs, no mental health, no Substance abuse.
- Pediatrics services: call (313) 579-1182.
- OB/GYN services: call (313) 366-3900.

Malta Medical Mission at St. Leo's Church

4860 15th St, Detroit MI 48208

(313) 894-2240

- 1st and 3rd Wed of each month 9am - 1:30pm. All walk-in appointments.
- MUST live in 48204, 48206, 48208, 48210, 48216.
- Free primary care services.

Michigan Association of Physicians from India (MAPI) Free Clinic

12701 S Telegraph Rd. Suite 101, Taylor MI 48180

(734) 374-3152

- Open Saturdays 9am - 12pm and by appointments only.
- Primary care for adults without health insurance.

Mercy Place Clinic

55 Clinton, Pontiac MI 48342

(248) 333-0840

- Primary care services for uninsured working adults.
- Open Mon-Fri: 8am - 4:30pm by appointment only, closed for lunch 11:30 - 12:30pm.

Mercy Primary Care Center

5555 Conner Ave. Detroit MI 48213

(313) 579-4000

- Primary care for adults aged 18-64 who do not have private health insurance and do not qualify for either Medicare or Medicaid.
- Open Mon-Wed, Fri: 830am - 5pm/ Thurs: 8:45am - 8pm, by appointment only.
- Services provided within the center include: Primary care visits, select lab testing, diagnostic imaging, health education, select specialty referrals, pharmacy, mental health visits, and transportation.
- Specialized Personal Assistance (SPA) program is dedicated to offering homeless individuals and families in our community a warm shower and clean clothing as well as with assistance in accessing existing community programs for housing and substance abuse treatment.

Neighbors Caring for Neighbors Samaritan House

58944 Old Van Dyke Washington Twp. MI 48094

(586) 336-9956 or (586) 336-9288

- For Macomb County residents who lack health insurance; primary care only.
- Appointments preferred; Open Mon: 9am - 6pm.

New Haven Medical Center

57737 Gratiot Ave. New Haven MI 48048

(586) 749-5197

www.downrivercs.org

- Sliding scale.
- Family practice and OB/GYN services.
- Open Mon-Wed: 8:30am - 7pm / Thur-Fri: 8:30am - 5pm / Sat: 8:30am - 12pm.

NOAH at Central United Methodist Church

23 E. Adams Ave. Detroit MI 48226

(313) 965-5422

- Mon-Thur: 10:30am - 12pm.
- Health screenings, referrals, prescription assistance.

Oakland County Children's Clinics (Oakland County residents only.)

250 Elizabeth Lake Rd. Pontiac MI 48341
(248) 858-1311

- Well-child services on the first Friday morning of each month by appointment only.

27725 Greenfield, Southfield MI 48076
(248) 424-7066

- Well-child services on the fourth Tuesday afternoon of each month by appointment only.

1010 E. West Maple Rd. Walled Lake MI 48390
(248) 926-3341

- Well-child services on the third Monday morning of each month by appointment only.

Oakland Primary Health Services

46 N. Saginaw Pontiac MI 48341
(248) 322-6747

Packard Community Clinic

3174 Packard Ann Arbor MI 48108
(734) 971-1073

www.packardcommunityclinic.org

- Sliding scale available; proof of income required; Call for hours.
- Primary care for adults and children.
- Mon-Fri: 8am – 5pm, except Wed: 8am – 7pm / Sat: 8am – 12pm.

People's Clinic for Better Health

3110 Goulden St. Port Huron MI 48060
(810) 985-4747

- For St. Clair County residents.
- Walk-in only – first time patients must arrive by 9am.
- Open Tues-Thur: 8am - 12pm.

POH Children's Clinic

673 MLK Blvd. N. Pontiac MI 48342

(248) 334-0024

- For children 18 and under who live in Oakland County.
- Open Mon/Wed/Fri: 9am - 5pm & Tues/Thur: 10am - 6pm; closed for lunch 12pm - 1pm.

Robert R. Frank Student Run Free Clinic

5555 Conner St. Detroit MI 48213

(313) 444-5490

www.frankclinic.med.wayne.edu

- Sat: 9am - 12pm.

Royal Oak Medical Clinic

Covenant Community Health Center (on Woodward)

27776 Woodward Ave. Royal Oak MI 48076

(248) 556-4900

- Mon/Wed/Thurs/Fri: 8am - 4pm/ Tue: 11am - 7pm.

SAY Detroit

211 Glendale, Detroit MI 48203

(313) 869-8569

- Free clinic for women and children.

Shelter Association Health Clinic

312 W. Huron Ann Arbor MI 48104

(734) 662-2829

- Mon: 1pm - 5pm & 7pm - 9pm / Tue: 8:30am - 4:30pm / Wed: 9am - 4:30pm / Thur: 9am - 12pm & 1pm - 5pm / Fri: 8:30am - 4:30pm.
- Podiatry Clinic every 3rd Thursday of the month
- Women's health clinic 1st Tuesday of the month
- HIV/STD clinic 2nd Thursday of the month
- Services for individuals who lack permanent housing.
- Walk-in and appointments accepted.

St. John Community Health Center

3000 Gratiot, Detroit MI 48207

- Free clinic for adults; appointments only; call for hours.

St. John Oakland Primary Care

27472 Schoenherr Rd. Suite 130, Warren MI 48088

(586) 582-7550

- Mon & Fri: 8am - 5pm / Tue & Thur: 10am - 7pm / Wed: 8:30am - 12pm.
- Free clinic; call for an appointment.

St. Joseph Mercy Neighborhood Health Family Centre

111 N. Huron St. Suite 101, Ypsilanti MI 48197

(734) 544-6900

- Mon-Fri: 8am - 5pm.
- Primary care. Fees are based on income, but no one is denied care, appointments only.

St. Patrick Senior Center Health Clinic

58 Parsons St. Detroit MI 48201

(313) 831-7080

- Services for those 60 and up; call for hours.

St. Vincent De Paul Health Center at Immaculate Heart of Mary Church

2255 Greenfield Suite 349, Southfield MI 48075

Providence Pavilion 9 Mile & Greenfield

(313) 837-5078

- Open Mon-Fri by appointment only. For adults only.

Thea Bowman Health Center

15400 McNichols Rd. W Detroit MI 48235

(313) 835-5990

- Primary care for adults and children.
- Low-cost clinic providing medical and dental care.
- Walk-in and appointments.
- Mon / Tues/ Thurs / Fri: 8am – 5pm / Wed: 11am – 7pm.

United Methodist Church

140 E. Flint St. Lake Orion MI 48362

(248) 858-1311

- Well-child services on the second Wednesday morning of each month by appointment only. Must be an Oakland County resident.

Wayne County Department of Public Health Clinics

Medical services by appointment only at the following locations:

6450 Maple St. Dearborn MI 48126

(313) 216-2201

- Mon/ Tues/ Thurs/ Fri: 8am - 4pm / Wed: 11am - 7pm.

Wayne Health Center

33030 Van Born Road Wayne MI 48184

(734) 727-7100

- Mon/ Tue/ Thur/ Fri: 8am - 4:30pm / Wed: 11am - 7:30pm.
- Closed 4th Tuesday afternoon/month.

Western Wayne Family Health Centre

26650 Eureka Rd. Taylor MI 48180

(734) 941-4991

- Mon-Thur: 9am - 6pm / Fri: 9am - 5pm.

Western Wayne WIC Clinic

25350 Ecorse Rd. Taylor MI 48180

(313) 295-8320

- Mon-Fri: 8am - 4:30pm.

ZIAD Healthcare

12830 Sibley Rd. Riverview MI 48192

(313) 815-8767.

www.ziadhealthcare.org

- Over 50 metro Detroit locations in Wayne, Oakland and Macomb counties.
- Pay on a sliding scale.

School-Based Health Centers

School-based health centers provide services to children and adolescents who attend a school or live near the school. These services may include: health screenings, immunizations, treatment of minor injuries, medical exams and lab services. Call your local clinic to find out exactly what services they provide and whether or not you are eligible.

Carstens Elementary School (Detroit)

(313) 331-2081

Cornerstone School (Detroit)

(313) 891-0641

Finney High School Health Center (Detroit)

(313) 640-0336

Hamtramck High School Health Center

(313) 891-9473

Henry Ford Health System — Cleveland Middle School Health Center (Detroit)

(313) 366-9050

○ Services available to any Detroit Public School student.

Henry Ford Health System — Hutchins Middle School Health Center (Detroit)

(313) 873-1400

Henry Ford Health System — Loving Elementary School Health Program (Detroit)

(313) 252-3028

Henry Ford Health System — Youthville Health Center (Detroit)

7375 Woodward, Detroit MI

(313) 309-1475

○ Serves ages 10-21

- Acute illness/injury to chronic disease and sexual health
- See all patients, no co-pay if without insurance.

Henry Ford Health System — Mobile Health One

(313) 874-7210 (occupational medicine general number)

(313) 874-9470 (adult unit)

- Fee for service.
- Hearing testing, drug testing, exams, x-rays, labs, pulmonary functioning, EKG's.
- Children's unit: HANK (Health Alliance for Neighborhood Kids) – (313) 647-1020.
- RV unit visits schools and community centers.
- Primary care, physical exams, screening and treatment for illness and injury, immunization, dental services, health education.

Howe Elementary School Health Center

(313) 344-7006

Inkster Teen Health Center

3250 Middlebelt Rd. Inkster MI 48141

(734) 729-3650

- Wayne County residents ages 10-21 and children of teenage parents are welcome.

Lincoln Elementary School Healthcare Center (Westland)

(734) 728-2423

Macomb County Henry Ford Health System Fitzgerald High School Teen Health Center (Warren)

(586) 759-9070

McNair Technical School (Detroit)

(313) 640-5935

Napoleon B. Jordan Center at Butzel School (Detroit)

(313) 866-9973

New Haven Adolescent Health Clinic
(586) 749-5173
Oakland County

Newton Health Center at Rutherford Academy (Detroit)
(313) 838-6822

Nichols Elementary Health Center (Detroit)
(313) 852-0800

Nolan Middle School Health Center (Detroit)
(313) 368-4267

Northern High School Teen Health Center (Detroit)
(313) 873-6083

Northwestern High School Teen Health Center (Detroit)
(313) 596-0700 Ext. 388

Oakland Taylor Teen Health Center
19275 Northline Rd. Southgate MI48195
(734) 287-2076

Osborn Student Health Center (Detroit)
(313) 372-5974

Pontiac Central and Northern High School Teen Health Center
(248) 451-7365

Remus Robinson Health Center
(313)866-5500

Scarlett Middle School (Ann Arbor)
(734) 677-2708

South Redford School Based Health Clinic (Detroit)
(313) 242-0570

St. Clair County Teen Health Center
(810) 987-1311

Stone High School (Ann Arbor)
(734) 973-9167

Washtenaw County East Middle School (Ypsilanti)
(734) 714-1409

Western International High School (Detroit)
(313) 849-4758 or (313) 842-1398

- School clinic works in association with CHASS and Covenant Clinic

Clothing Resources

AIDS Partnership of Michigan

2751 E. Jefferson Suite 301, Detroit MI 48207

(313) 446-9800

www.aidspartnership.org

- Services including clothing provided for AIDS patients who are enrolled in program.

Calvary' Coat Closet – Calvary Baptist Church

15221 Eureka Rd. Southgate MI 48195

(734) 284-2811

- Distribute free coats, hats and gloves in the fall.

Career Corner – Clothes Closet

44 Mill St. Rochester MI 48308

(248) 656-0230

www.ranh.org click on “clothing”

- Mon/Tues/Thur: 10am – 4pm; Fri/Sat: 10am - 2pm;
Wed: 10am - 7pm.
- Serves residents of Rochester area; eligibility determined at the main office Mon-Thurs 12pm –2:30pm.
- See website for requirements. Clothing for all ages.

Church of the Resurrection

27085 W. Outer Dr. Ecorse MI 48229

(313) 382-1781

Community Lutheran Church – Helping Hands

23984 Gibraltar Rd. Flat Rock MI 48134

(734) 782-0563

www.clcflatrock.com click on “support ministries” and “helping hands”

- Wed: 9am – 1:30pm.
- Food and clothing; primary for residents of Flat Rock.

Council Thrift Shop

3287 W. 12 Mile Rd. Berkley MI

(248) 548-6664

○ Mon-Sat: 11am - 7pm and Sun: 12pm - 4pm.

1221 E. Lincoln, Royal Oak MI

(248) 542-2600

○ Mon-Sat: 9am - 5pm.

Crossroads of Michigan

Main office: 2424 W. Grand Blvd. Detroit MI 48208

(313) 831-2787

East office: 21230 Moross Rd. Detroit MI 48236

(313) 822-4441

www.crossroadsofmichigan.org

- Offer clothing, food, household items as well as serve a hot meal in the soup kitchen every Sunday afternoon 12pm-3pm. Help with prescription and identification.

Detroit Friendship House

9540 Conant St. Hamtramck MI 48212

(313) 871-7443

www.detroitfriendshiphouse.com

- Primarily serves as a food pantry, but occasionally has some clothing available free of cost and distributes school supplies in July/August. Must be a resident of Hamtramck.

Detroit Rescue Mission Ministries

5225 E. Davidson, Detroit MI

(313) 366-3409

www.drmm.org

- Mon/Wed/Fri: 9am - 3:30pm.
- Clothing available in store as well as many other services and supports. Free.

Dix United Methodist Church Thrift Shop

1911 Horger St. Lincoln Park MI

(313) 386-3455

- Wed: 9am - 12pm.
- Clothing available.

Downriver Community Conference Chrysalis Boutique

15100 Northline Rd. Southgate MI 48195

(734) 362-7070

www.dccwf.org

- Mon-Fri: 8:30am - 5pm;
- Good quality clothing for women and men as they enter workforce; free of charge if enrolled in “Jet” or “Path” program, small fee if not enrolled.

Dress for Success

5361 McAuley Dr. Ypsilante MI 48198

(734) 712-0517

www.dressforsuccess.org

- Mon/Tue: 10:30am – 2:30pm / Thur: 11am – 3pm / Fri: 12:30pm - 6pm.
- Business clothing for women; must have a referral and call to set up an appointment.

Full Gospel Temple Ministry

34033 Palmer Rd. Westland MI 48186

(734) 326-3885

- Mon/Wed/Fri: 10am - 3pm.
- Must call between 10am - 2pm to place clothing order and then pick up the same day before 3pm.

Guiding Hands Pregnancy – Evangel Baptist Church

16994 Telegraph Rd. Taylor MI 48180

(734) 494-2400 or (734) 946-5680

Email: evangelbaptist@comcast.net

- Must be Wayne County resident
- Mon: 7pm - 9pm and Tue: 10am – noon.

- Services for pregnant teenagers including parenting skills lessons and counseling; clothing and baby supplies available. Recommend arriving as soon as they open, first visit will take about an hour.

Help Is On The Way (Food Pantry and Clothing Closet)

5358 Beech Daly, Dearborn Heights MI 48125

(313) 908-7104 (Jack Schmidt)

- Only Thur: 6pm - 9pm, advised to arrive before 7:30pm.
- Clothing and Food for first 70 families. Need photo ID.

Jackets for Jobs

5555 Conner Suite 2097, Detroit MI 48213

(313) 579-8160 or 9160

avaughn@jacketsforjobs.org

www.jacketsforjobs.org

- Reduced cost professional business clothing for men and women;
- Must be enrolled in the “Work First” program and registered on the Michigan Talent Bank to participate.
- Wed/Thur: 10am - 4pm /Fri: 9am - 5pm.

Lighthouse of Oakland County

46156 Woodward Ave. Pontiac MI

(248) 920-6000 or Emergency (248) 920-6100

www.lighthouseoakland.org

- Mon-Fri: 9am – 5pm.
- Clothing for women going into workforce for members of “Career Dress” program.

Matrix Human Services

Serving Detroit at more than 26 locations.

13560 E. McNichols, Detroit MI 48205

(313) 526-4000

www.matrixhumanservices.org

- Through variety of programs, dedicated to serving the poor and those in need throughout Detroit for more than 106 years by providing food, clothing, shelter, and other needs.

My Father's Business

21001 Moross Rd. Detroit MI 48236

(313) 642-0277

www.gracewired.com click on “outreach,” “our city,” “my father’s business”

- 2nd and 4th Sat of month; 9:30am - 1pm, must arrive by 11:45am.
- Provides food, goods and services.

New Hope Methodist Church

3401 Oakwood Blvd. Melvindale MI 48122

(313) 383-6577

- Last 2 Thursdays of each month, 11am - 1pm.
- Primarily a food pantry; diapers and clothing occasionally available.

Salvation Army

Many locations in greater Detroit area.

(734) 282-1943

www.salmich.org

- Clothing, food, furniture, emergency shelter.
- Usually no fees.

St. Thomas Episcopal Church Thrift Shop

2441 Nichols Dr. Trenton MI 48183

(734) 671-8479 (office)

(734) 676-3122 (church); call for referral (Mon-Thur) for a free bag.

www.stthomastrenton.org then click on Thrift Shop (lower left)

- Sat: 9am - 12pm (closed in July).
- Gently used clothing, household goods, books, and toys. Most clothing is sold for \$3 per grocery bag full!!

St. Vincent DePaul Store

Van Eslander Services

3000 Gratiot Ave. Detroit MI 48207

11 stores in greater Detroit area

(313) 393-2930 or 1-(877) 788-4623

Find a store and great deals at www.svdpdet.org

Thrift Store Locations:

- Food, clothing, furniture and household items; most items \$1-\$5
 - *Clinton Township*
 - 35192 Gratiot Ave; (586) 792-3500
 - Mon-Sat: 8am - 6pm
 - *Utica*
 - 45550 Van Dyke; (586) 323-5133
 - Mon-Sat: 8am - 6pm
 - *Waterford*
 - 2235 Elizabeth Lake Rd; (248) 681-6760
 - Mon-Sat: 8am - 6pm
 - 5395 Dixie Highway; (248) 623-2780
 - Mon-Sat: 8am - 6pm
 - *Westland*
 - 6613 N. Wayne Rd; (734) 729-3088
 - Mon-Sat: 9am - 8pm
 - *Lincoln Park*
 - 3760 Fort Street; (313) 382-3100
 - Mon-Sat: 8am - 6pm
 - *Detroit (East)*
 - 3000 Gratiot Ave; (313) 393-2930
 - Mon-Sat: 9am - 5pm
 - *Detroit (West)*
 - 15725 Grand River; (313) 836-2878
 - Mon-Sat: 8am - 5pm
 - *Detroit*
 - 14922 Kercheval; (313) 331-6992
 - Mon-Sat: 8am - 5pm.
 - *St. Clair Shores*

- 23746 Greater Mack; (586) 773-0190
- Mon-Sat: 9am - 6pm
- *Inkster*
 - 27114 Michigan Avenue; (313) 277-4617
 - Mon-Sat: 9am – 8pm; Sun: 12pm – 5pm.
- *Port Huron*
 - 1337 24th Street; (810) 984-5392
 - Mon-Sat: 9am - 8pm and Sun: 12pm - 5pm

Tried and True Thrift Shop

35004 Michigan Ave. Wayne MI 48184

(734) 728-9777

- Mon-Sat: 10am - 7pm.
- Good quality clothing at affordable prices; also nice selection of furniture.

Upscale

Rags to Riches Designer Resale Shoppe

23549 Telegraph Rd. Brownstown MI 48134

(734) 675-1343

- Mon-Thur: 10am - 6pm; Fri/Sat: 10am - 5pm.
- “Designer resale shoppe, quality name brand clothes at affordable prices.” Good selection of prom and special occasion dressing as well as women’s professional clothing. Prom and wedding dresses.

West Road Assembly of God

31764 West Rd. New Boston MI 48164

(734) 782-3747

<http://grohn.tripod.com>

- Gently used clothing, food, blankets, and shoes are distributed to those in need on a weekly basis in Heart Plaza. Call for more details regarding prices and times.

Baker College of Port Huron Dental Hygiene Program

3403 Lapeer Rd. Port Huron MI 49060

(810) 985-3729

- Sept-Dec: Mon/Wed/Fri: 8am – 5pm; Jan-June: Mon-Fri: 8am – 5pm; Jul-Aug: 8am – 5pm. Call for appointment.
- Small fee for services such as cleanings, X-rays, fluoride treatments and patient education.

Children's Center Dental Clinic

79 W. Alexandrine, Detroit MI 48201

(313) 833-2895

- Open Mon-Fri: 8am - 4pm.

Community Dental Center

406 N Ashley Ann Arbor MI 48103

(734) 998-9640

- Mon-Thur: 8am – 5pm; Fri: 8am – 1pm.
- Discounted services available.

Community Dental Clinic of Detroit

5555 Conner Suite 213, Detroit MI 48213

(866) 269-9223 & (877) 313-6232 (new patients only)

www.midental.org

Dental Health Clinic at Detroit Receiving Hospital

4201 St. Antoine 1st Floor Room 2G, Detroit MI 48201

(313) 494-6700

- Discounted basic and emergency dental services.
- Open Mon-Fri: 8am - 5pm.

Dentistry Clinic – Children’s Hospital

3901 Beaubien 3rd Floor, Detroit MI 48201

(313) 745-5551

Eastside Health Center Dental Services

7900 Kercheval, Detroit MI 48215

(313) 921-5500

HM Mobile Dental Care

1770 Culver Ave. Dearborn MI 48124

(313) 441-1083

- On-site dental care for homebound and bedridden individuals.

Hope Dental Clinic

518 Harriet St, Ypsilanti MI 48198

(734) 480-9575

- New patients are taken by registration only. Always accepts children, no need to register.
- Bring proof of annual income and number of people in household.
- All services are free.
- Mon-Fri: 9am - 12pm, 1pm - 5pm.

Southwest Health Center

26900 Civic Center Blvd. Warren MI 48093

(586) 573-2096

- For Macomb County Residents, must have proof of income & fill out an application.
- Services are about ½ of normal cost for dental procedures.)

St. John Community Health Dental Clinic

3000 Gratiot, Detroit MI 48207

(313) 567-7462

- By appointment only; all services are free for adults.

Herman Keifer Free Dental Clinic

1151 Taylor 7th floor, Detroit MI 48202

(313) 876-4164 or (313) 876-4239

- Open Mon-Fri: 6am - 2:30pm, by appointment only.
- Free dental care for children and adult oral health program available.

Covenant Community Care - Michigan Avenue Medical and Dental Clinics

5716 Michigan Ave. Detroit MI 48210

(313) 554-1095 (Call ahead for an appointment.)

www.covenantcommunitycare.org

- Medical hours: Mon-Fri: 8am - 4pm / Sat: 8am - 12pm.
- Dental hours: Mon-Fri: 8am - 6pm / Sat: 8am - 2pm.

Order of Malta Medical and Dental Clinic of St. Leo's Catholic Church

4860 15th St. Detroit MI 48208

(313) 897-6565/ (313) 894-2240

- Provides free or low cost dental care for low-income Michigan residents.

St. John Riverview Oral and Maxillofacial Clinic

7733 E. Jefferson, Detroit MI 48214

(313) 499-4190

- Specialty dental services for teeth or jaws; call for more information.
- Payment plans and reduced fees available.

Tri-County Dental Health / J.V.S.

29699 Southfield #35, Southfield MI 48076

(248) 559-7767

- For residents of Wayne, Oakland, and Macomb counties.
- Provides information and referrals to dentists who accept Medicaid, also free and reduced cost.
- Referrals are given by phone ONLY- no walk-ins!

University of Detroit Mercy Dental Clinic

8200 Outer Dr. Detroit MI 48219

(313) 494-6700 or (313) 494-6627 or (313) 876-4117

- Dental emergencies, cleaning, and X-rays.
- Payment at time of service, half the price of private dentists.

4201 St. Antoine, Detroit MI 48201

(313) 993-7986

University of Detroit Mercy Dept. of Periodontology & Dental Hygiene

Dental Hygiene Program

2700 Martin Luther King Jr. Blvd. Detroit MI 48208

(313) 494-6692

University of Michigan School of Dentistry

1011 N. University Ave. Ann Arbor MI 48109

(734) 763-6933 or 1-888-707-2500

- Preventive care, health education, dentures, 24-hour emergency care and more.
- Fees are lower than private dentists and payment plans can be arranged.

Wayne County Community College Dental Hygiene Program

Northwest Campus

8551 Greenfield, Detroit MI 48228

(313) 943-4040

- Low cost cleanings for children and adults by dental hygiene students.
- Spring/summer Mon-Fri: 8am - 5pm; fall/winter Mon-Fri: 8:30am - 5:30pm.

➤ ***Discount Dental Plans***

(888) 632-5353

www.dentalplans.com

- *Call or visit the Web site to find low-cost dental plans in your area.*

Domestic Violence

Arab Community Center for Economic and Social Services (ACCESS) Domestic Violence

(313) 216-2226

www.accesscommunity.org

Carolyn's Place (St. Clair County)

24 hr. Crisis Line: (810) 985-5538

www.safehorizonsmi.org

Catholic Social Services of Wayne County

9851 Hamilton, Detroit MI 48202

(313) 883-2100

www.csswayne.org

- Have Child Welfare Services, Behavioral Health Services, and Senior/Volunteer Services.
- Services for pregnant teens, infant and parenting services.

Chappy Living Solutions

19303 Algonac St. Detroit MI 48234

(313) 521-7088

First Step (Westside-Wayne County)

44567 Pinetree Dr. Plymouth MI 48170

(734) 416-1111

24 hour crisis line: (888) 453-5900 or (734) 459-5900

<http://www.firststep-mi.org>

- Spanish speaking counselor available.
- Food and counseling for adult victims of domestic violence and their children.
- Assist battered women in Out-Wayne County.
- Accompanies clients to court and divorce trials.

Gift Of A Helping Hand Charitable Trust

17148 Waltham St. Detroit MI 48205

(313) 282-7558

Haven (Oakland County)

(248) 334-1274 or 24 hr. Crisis Line: 1-(877) 922-1274

www.haven-oakland.org

Helping Hands Empowerment Svc

5502 Kensington Ave. Detroit MI 48224

(313) 642-4350

Manor House Community Services

18929 Mansfield St. Detroit MI 48235

(313) 340-1818

Medical Center Emergency Svc

4201 Saint Antoine St # 3R, Detroit MI 48201

(313) 745-3331

Michigan Capitol Fund-Housing

1906 25th St. Detroit MI 48216

(313) 841-3751

Motor City Blightbusters Inc

18220 Lahser Rd. Detroit MI 48219

(313) 255-4355

My Sister's Place/ Woman's Justice Center

Highland Park MI 48203

(313) 868-1931 or 24 hr. Crisis Line: (313) 371-3900

o Serves Wayne, Oakland & Macomb Counties.

National Domestic Violence Hotline

(800) 799-7233 (SAFE)

National Organization of Women

P.O. Box 860 East Lansing, MI 48826

(517) 485-9687

<http://www.michnow.org/>

Office on Violence Against Women

www.usdoj.gov/ovw

One Step Forward SIL Housing

2711 E Jefferson Ave. Detroit MI 48207

(313) 285-9038

Operation Get Down

10100 Harper Ave. Detroit MI 48213

(313) 921-9422

www.operationgetdown.org

Email: admin@operationgetdown.org

- Mon-Fri: 9am - 5pm for administration; center is open 24 hours.
- Provide residence for intervention/promote sobriety and prevent relapse in substance abuse.
- Referrals are made to this minimum 90 day residential treatment from Wayne County Jail Based Diversion program. Services include: initial assessment to determine level/intensity of services needed using Northpointe Correctional Offender Management Profiling for Alternative Sanction.
- Other services include: emergency services, transitional housing, warming center, adult education.
- Step Down program offers wrap around support for motivated clients to ensure a successful transition from residential treatment to integration with their families and the community.

Personal Protection Orders for Domestic Violence

211 Coleman A. Young Municipal Center Detroit MI 48226

(313) 224-6292

Restoration House Community Center

16392 Harper Detroit MI 48224

(313) 884-5365ext. 112

Email: RHCC@restorationhousecommunitycenter.org

- Thur: 10am - 3pm.
- Utilize resources in developing employable skills, continuing education, enhancing talents, providing human services in an effort to revitalize Metro-Detroit residents.
- RHCC offers food packages weekly to the community free of charge via Gleaners on a first come-first served basis.
- RHCC in conjunction with Jackets for Jobs, Inc. provide interview clothing for women transitioning into the work force at little or no cost to participants.
- Other services include tutoring and educational services, college prep, transitional housing program.

Right Track Outreach Ctr

12567 Elmdale St. Detroit MI 48213

(313) 245-8033

Southwest Housing Corp

1920 25th St. Detroit MI 48216

(313) 841-3732

Wayne County Prosecutors Office

Child and Family Abuse Bureau

(313) 224-5857

Domestic violence hotline

Black Family Development Inc

15231 W. McNichols Rd. Detroit MI 48235

(313) 272-3500

Domestic Violence-Batterer Hotline

R & R Domestic Services

15251 W. 8 Mile Rd. Detroit MI 48235

(313) 861-3011

Matrix Human Service Head-Start Family Service Center
13560 E. McNichols Rd. Detroit MI 48205
(313) 839-8791

www.matrixhumanservices.org

Email: kbrown@matrixhs.org

- Offers assistance to homeless with affordable housing, education services (vocational in technology and degree completion assistance), older adult wellness services, promote women independence.
- Vistas Nuevas Head Start program, with early childhood education, family unit support, nutrition, community support and promotes physical and mental health.
- Mon-Fri: 9am - 8pm / Sat: 9am - 7pm / Sun: 9am - 5pm.

Salvation Army

7640 Michigan Ave. Detroit MI 48210
(313) 849-4177

The Gift Of A Helping Hand Charitable Trust

11101 Morang Drive, Detroit, MI 48224
(313) 468-1476

Email: TGOAHHCT@hotmail.com for Kathy Russell

- Mon-Fri: 8am – 4pm.
- Provide clothing, food and boots as well as school supplies for kids
- mostly serve single mothers on welfare or who have lost their jobs, homeless, and the elderly
- 60% are single moms, 28% unemployed men, 10% homeless people, 2% are seniors

Vulnerable Adult Helpline Service

Michigan Department of Human Services
1-(800) 996-6228

Battered Women Shelter

Little Women New Center Inc

3031 W. Grand Blvd. Suite 675, Detroit MI 48202
(313) 664-0600

National Organization-Women

15717 Lindsay St. Detroit MI 48227
(313) 273-7400

Women Who Care

15879 E. 7 Mile Rd. Detroit MI 48205
(586) 751-3550

Women Empowering Women Inc (Paula's House)

902 N. Monroe St. Monroe MI 48162
(734) 457-1129

<http://paulashouse.org/>

- Mission is to empower women as they make the transition from treatment and/or incarceration to interdependent lifestyle, in a homelike environment.
- Transitional house for homeless women recovering from substance use.
- residential facility with only 5 beds, intake person to person basis, may stay up to a year

YWCA Interim House (Downtown)

PO Box 21904 Detroit MI 48221
800 A-SHELTER or (313) 861-5300

- Food and counseling for adult victims of domestic violence and their children.

Health Screening

"Free Health Screenings" section, administered by the United Health Organization and sponsored locally by Channel 7 WXYZ (our ABC affiliate in southeast Michigan).

Project Healthy Living

Address: Offered in 45 locations in Detroit, Wayne, Macomb, Oakland, Livingston, Sanilac, St. Clair, and Washtenaw (313) 531-9100 or (313) 531-9108 (Hotline for patients)
<https://sites.google.com/site/projecthealthylivingorg/home>

Costs: Variable, depending on the tests performed. Many screening tests are free, some of the more comprehensive exams are priced at 20 percent of the regular cost. The deductibles and copays with insurance may actually be higher than the cost of the tests here.

Resources: Services provided for adults 18 years old and up. Specific services are again variable, depending on date and location. There are a number of different kinds of health screening appointments, and instructions (eg. fasting for blood tests) and preregistration are available.

Screenings: Duplex ultrasound, mammogram, EKG, ECHO, HIV, hearing and vision, stress test, glaucoma, glucose tests, kidney function, stroke exams. Many more as indicated on the site.

Comprehensive tests: Vitamin D, Hep B, Hb A1C, H. Pylori, Herpes. Blood panels for tumor markers also may be available.

Breast and Cervical Cancer Control Program

Macomb County

Macomb County Health Dept.

(586) 412-3384

- Resident of Macomb County, ages of 40 and 64, with low income and no health insurance.

- Cooperative agreement with the Macomb Health Plan. Effective February 1, 2012, the program has been transitioned entirely to MyCare Health Center, an affiliate of Macomb Health Plan.

Central Health Service Center

43525 Elizabeth Road, Mt. Clemens MI 48043

Southwest Health Center

27690 Van Dyke Suite B, Warren MI 48093

Monroe & Lenawee Counties

Lenawee County Health Dept

1040 S. Winter St. #2328, Adrian, MI 49221

(517) 264-5203

Oakland, Washtenaw & Ingham Counties

Ingham County Health Dept.

5303 S. Cedar St. Lansing MI 48911

(517) 887-4305

Wayne County

Barbara Ann Karmanos Cancer Institute

(888) 242-2702 or(800) 527-6266

Washtenaw County

(877) 221-6505

- Receive screening services free of charge, such as: clinical breast exam, pap test, pelvic exams, screening mammogram
- If a breast and/or cervical abnormality is detected then referred to community providers for follow-up for further diagnostic services.

Homeless Shelters

- Good website:

<http://www.homelesshelterdirectory.org/cgibin/id/city.cgi?city=Detroit&state=MI>

Abigayle's Place

12313 19 Mile Rd. Sterling Heights MI 48313

(586) 323-1411

www.abigayleministries.org

- Serves single pregnant women, 18 years of age and older, who are without shelter and support.
- May enter the program at any time in her pregnancy, and can remain in residence for up to three months post partum with her newborn baby.
- education and training these women receive includes Bible studies and spiritual guidance, training in basic life skills, parenting, childbirth infant care, nutrition, G.E.D. tutoring, and budgeting skills.
- Abby's Resource Center provides diapers, formula, clothing and other baby items to mothers in need.

Bethlehem House

5063 Van Dyke Ave. Detroit MI 48213

(313) 923-6435

www.bethhouse.org

- Shelter for homeless working-women without children. Ages from 35-65. Must be employed and homeless. Counseling, money management and bible study. Drug and alcohol rehabilitation not available.

Cass Community Social Services (Scott building)

11850 Woodrow Wilson St. Detroit MI 48206

(313) 883-2277

www.casscommunity.org

Email: cstan@casscommunity.org

- Open 24 hours. Provides emergency shelter, transitional and permanent supportive housing for all populations.
- Supportive services, such as food, medical, mental health, vocational, youth services to hundreds of homeless persons and families each night.
- Health Services staffed by Dr. Heather Dickson Mon/Wed/Thurs to target homeless from our residential programs, the Drop-In Center and Rotating Shelter/Warming Center and emphasize on medication compliance, as well as preventative measures like flu shots, proper nutrition and smoking cessation.

ChristNet

22395 Eureka Rd. Taylor MI 48180
(734) 671-1300

www.christ-net.org

- Provides temporary overnight shelter to homeless men, women, and children (when accompanied by a parent or guardian). Guests may stay for up to 30 consecutive days while they seek a more permanent solution to their living situation. The Intake Center is located inside the lower level of the West Mound United Methodist Church at ChristNet Center. Registration at the intake center is from 6:30pm - 7:30pm each night.
- All OPEN BEDS are given on a first come first serve basis.
- Guests may begin lining up at the side door of West Mound at 5:30pm Overnight accommodations run from 7:00pm - 6:30am.
- Also a Daytime Program that is located at ChristNet Center. The hours are Mon-Fri: 7am - 3pm, Sat and Sun hours are based on the availability of volunteers. Lunch is served at 11:30am.

Coalition On Temporary Shelter (COTS)

26 Peterboro, Detroit MI 48201

(313) 831-3777

16630 Wyoming St. Detroit MI 48221

(313) 341-9568

www.cotsdetroit.org

- Open 24 hours. Provides an array of services that enable people to achieve self-sufficiency and obtain quality affordable housing. COTS also exist to advocate for long-term solutions to the problems of homelessness.
- Such services in case management, education and employment, provide child care via Bright Beginning Child Development Center, emergency and transitional shelter, services in domestic violence.
- Make reservation on phone prior to arrival. Emergency and Transitional Housing.
- Temporary shelter for homeless men, women and children.

Covenant House

2959 Luther King Jr. Blvd. Detroit MI 48208

(313)463-2000

www.covenanthousemi.org

- Emergency Shelter Teens (ages 13-22) only.

Detroit Hotline

(313) 963-STAY

Detroit Rescue Mission -- Oasis: Shelter for Men

150 Stimson St. Detroit MI 48231

3535 Third St. Detroit MI 48231

13220 Woodward Ave Highland Park MI 48203

(313) 993-4700 or (313) 993-6703 or or (313) 868-1946

www.drmm.org

- Emergency shelter that provides food, shelter and services to intervene upon homelessness and substance addiction throughout Detroit and its surrounding metropolitan

communities.

- Abuse and Treatment Center, Emergency Shelter, Transitional Housing, & Permanent Housing. Men, many of whom are struggling with addiction, debt, and difficulty finding employment.
- All male shelter & transitional housing.
- Overnight shelter available and opens at 3pm.

East Eden Transitional Home

5081 Somerset Detroit MI 48224

(586) 524-4780

- Male facility for ex offenders and substance abusers with 30 days being clean. Three meals a day are provided. Employment assistance, GED tutoring, Medicaid, mental counseling. Must receive some source of income or have food assistance. 30 day transitional stay.

Eastside Emergency Center

5075 Chalmers St. Detroit MI 48213

(313) 824-3060

- Emergency shelter transitional family housing.

Genesis one Transitional Youth Center

14353 East Canfield St. Detroit MI 48224

(313) 459-4168

- Homeless Youth Shelter ages 8-24.

Genesis House II & III: Shelter for Women

(313) 331-8990

Help's On The Way- Emergency Shelter

3430 3rd St at MLK Blvd. Detroit MI

(313) 961-3890 or (424) 832-3100

- Mon-Fri: 7am - 4pm.
- Provides: laundry, meals, nurses, job training, finding housing, welfare assistance forms.

Judah Transitional and Recovery House

5577 Vancouver St. Detroit MI 48204

20955 W. Seven Mile Rd. Detroit MI 48219

(313) 646-6958

www.judahouse.4t.com

- Provides time-limited housing and outpatient supportive services to men who are in recovery programs for alcohol and drug abuse with emphasis on recently released men from the Michigan penal system, men with HIV/AIDS, and Veterans.
- Employment services include Green Jobs training.
- Licensed with the State of Michigan to provide substance abuse outpatient treatment and relapse prevention services.
- Committed to helping men pursue, overtake, and without fail, recover all that addiction, prison, and homelessness has taken away from them.

Mariner's Inn

445 Ledyard Detroit MI 48201

(313) 962-9446

www.marinersinn.org

- Transitional Housing (TH) Program is a supportive, semi-independent living experience available to men who have successfully completed the Mariners Inn Residential Treatment Program. Also offers the opportunity to work on all aspects of their total recovery from substance abuse and homelessness.
- Offers living space and meals in a recovering community of sober men for a period of usually six months and up to two years.
- Eligibility Criteria: homeless, able to achieve self sufficiency, completion of treatment program, employment ready.
- Outpatient Program receives weekly treatment in the form of group didactic classes and individual counseling sessions. 90-day treatment period during which time they are assisted in meeting their treatment plan goals.

- Open 24 hours.

Michigan Homeless Hotline: Emergency Shelter

See web site for complete listings:

www.hud.gov/local/det/shelters.html

1-800-A-SHELTER (1-800-274-3583)

Open Door Rescue Mission Ministries

3442 McDougall Detroit MI 48207

(313) 579-1825

www.opendoorrescuemission.com

- Provides food daily between 7pm - 7:30pm via Community Feeding Program.
- Three freshly prepared hot meals are served 7 days a week by kitchen staff and participating churches for the residents in residential program.
- Clothing distribution and personal care packages and shelter is available.

Progress Transitional House

13500 East McNicholas, Detroit MI 48221

(313) 350-2863

(313) 475-2147 Mr. Daniels All men facility

Ms. Montgomery -Women and children and single women

(313) 458-7862 or (313) 926-7599

<http://www.progresstransitional.org/Services.html>

- Subsidy is required for housing.

Rescue Mission Genesis II

2015 Webb St. Detroit MI 48206

(313) 471-1097

<http://www.drmm.org/>

- 48 women and 14 children. Women in this program often are working on substance abuse aftercare issues, addressing legal issues, and attend school and training programs.

Starfish Family Services

715 Inkster Rd. Inkster MI 48141

(866) 672-4357

www.starfishonline.org

- Up to 3 week runaway and homeless shelter for individual youths aged 10-17.

South Oakland Shelter (SOS)

431 N. Main St. Royal Oak MI 48067

(248) 546-6566

www.southoaklandshelter.org

- SOS is a 90-day drug free, alcohol free rotating shelter that focuses on helping homeless families facing dire economic times.
- Offers clients case management, counseling services, assistance finding employment and permanent housing.

Tel-Help A program of United Way for Southeastern Michigan

Local/Detroit Toll Free Emergency 24 Hours

(800) 552-1183; (313) 224-7000

Counterpoint Crisis Shelter

715 Inkster Rd. Inkster MI 48141

(866) 672-4357

www.sfish.org

- Two-week runaway and homeless shelter for individual youths aged 10-17.

Tumaini Center (Neighborhood Service Organization)

3430 Third St. Detroit Michigan 48201

(313) 832-3100

- Open 24 hours, as a crisis support center for chronically homeless individuals.
- Provided services to all who enter our doors including substance abuse treatment, mental health assessment and referral, case management, emergency food, and clothing storage.

- NSO's Addiction Treatment Services (ATS) provides drug-free substance abuse prevention and treatment services for individuals and families which also provides a re-entry program for Michigan prisoners transitioning back into the community through its Michigan Prisoner Re-entry Initiative (MPRI).

Wayne County Family Center

30600 Michigan Ave. Westland MI 48174

(734) 721-0590

- A partnership of Lutheran Social Services of Michigan and Wayne County, offering transitional shelter for homeless families.

Wayne-Metropolitan Community Action Agency

(734) 246-2280 Wayne County (excludes Detroit)

- Community support services, homeless programs, youth and family services and community development.
- Mon-Fri: 8:30am - 5pm.

Welcome Inn Day Center for the Homeless

2855 Wiltshire Berkley MI 48072

(248) 850-3219

www.sochwelcomeinn.org

- The South Oakland Citizens office is open on Tue: 10am - 3pm, for showers, food, clothing referrals etc. until the Welcome Inn opens in December.
- Open Mon-Fri: 6:30am - 7:30pm.
- Guests may sign up for showers, laundry then receive donated clothing, bus tickets
- apply for a state ID that enables them to get the services
- Meet with case managers who address mental health and addiction issues. They see nurses from Wayne State. Truly feel "welcoming"

Accounting Aid Society

7700 Second Ave, Ste 314 Detroit MI 48202
(313) 556-1920 or Toll Free: 1-866-673-0873
Email: info@accountingaidsociety.org

www.accountingaidsociety.org

- Provides free tax preparation services for low and middle income households in southeast Michigan. Services include local, state and federal tax filings and credits, year-round and tax-season assistance, and a low-income tax clinic.
- Serves Livingston, Macomb, Oakland, and Wayne Counties.

Freedom House

2630 W. Lafayette Detroit MI 48216
(313) 964-4320 x30
FAX: 313-963-1077
Email: info@freedomhousedetroit.org

www.freedomhousedetroit.org

- Provides housing, food, clothing, legal aid, medical care, job training, recreation, transportation and mental health care for survivors of persecution from around the world seeking legal asylum in the United States and Canada.

Free Legal Aid Clinic, Inc. (FLAC)

Wayne State University, Merrill-Palmer Institute, Palmer Institute
5425 Woodward Ave Detroit, MI 48202
(313) 833-0058
FAX: 313-577-3728
Email: flac@wayne.edu

www.detroitflac.com

- Law students, under attorney supervision, provide free legal aid to senior citizens in Wayne County and assist low-income Wayne County residents with their family law matters.

Legal Aid And Defender, Association Inc. (LAD)

Main Office

613 Abbott St, 6 Fl Detroit, MI 48226

(313) 967-5555

FAX: 313-962-0892

Client Service Center (Wayne County)

1240 Third St Detroit, MI 48226

(313) 967-5800 or Toll Free: 877-964-4700

FAX: 313-962-0290

Client Service Center (Macomb County)

32 Market Street Mount Clemens, MI 48043-5640

(586) 465-1344

FAX: 586-465-1932

www.ladadetroit.org

- Provides free civil legal services to low- and moderate-income people in Macomb, Oakland and Wayne counties, including the City of Detroit in most civil legal matters affecting individuals and families, including landlord-tenant, child custody, parental visitation, consumer purchases, utility shutoffs, mortgage foreclosures, Social Security and other public benefits.

Michigan Legal Help Website

<http://www.michiganlegalhelp.org/>

- The Michigan Legal Help website was created to help people who have to handle simple civil legal problems without a lawyer. There are articles you can read to learn about a specific area of the law and toolkits to help you prepare to represent yourself in court. The Michigan Legal Help website does not provide legal advice, and it is not a substitute for having a lawyer. If you need more help, you can search the website for a lawyer or community services in your area.

Michican Legal Services

220 Bagley Ave Ste 900 Detroit, MI 48226

(313) 964-4130

FAX: 313-964-1192

www.milegalservices.org

- Provides legal assistance with property tax issues, foreclosure and homelessness prevention. Serves Wayne County.

Neighborhood Legal Services (NLSM)

Management and General Services

Fort Street Office

455 W Fort St Ste 214 Detroit, MI 48226

(313) 964-1975

FAX: 313-963-2584

Housing Advocacy Center

7310 Woodward Avenue, Suite 701 Detroit, MI 48202

(313) 964-1975

FAX: 313-963-2584

Disability Advocacy & AIDS Law Center

440 E. Congress Suite 330 Detroit, MI 48226

(313) 874-5820 x2224

FAX: 313-874-5497

Children's Justice and Education Program

440 Congress, Suite 350 Detroit, MI 48226

(313) 874-5820 x2230

FAX: 313-874-5497

Crime Victim Advocacy

440 Congress, Suite 350 Detroit, MI 48226

(313) 874-5820 x2216

FAX: 313-874-5497

Elder Law Center

12121 Hemingway Redford, MI 48239

(313) 937-8291

FAX: 313-937-8893

Free Legal Aid Clinic

5435 Woodward Detroit 48202

(313) 833-0058

Legal Advocacy Project/HIV-AIDS Victim Advocacy

440 E. Congress Suite 330 Detroit, MI 48226

(313) 874-5820 x2224

FAX: 313-874-5497

Permanent Housing for the Disabled

8900 Pardee Road Taylor, MI 48180

(313) 316-5356

FAX: 313-291-2678

www.nlsmichigan.org

- Provides advocacy services to Wayne County individuals who are suffering from a disability, a victim of crime, diagnosed with HIV/AIDS, need housing advocacy services, require legal services for elder residents or legal services for children.

ACCESS

(313) 842-7010

www.accesscommunity.org

- Provides a wide variety of community health, mental health and social services at four locations in Dearborn.
- Accepts Arabic clients or any Dearborn resident, appointment preferred

Adult Well-Being Services

Mental Health and Substance Abuse Services

1423 Field Ave. Detroit MI 48214

(313) 924-7860 or (313) 347-2070

6700 Middlebelt Rd. Romulus MI 48174

(734) 629-5000

Assertive Community Treatment (ACT)

15200 East Jefferson Ave. Suite 106, Grosse Pointe MI 48230

(313) 879-5029

Children's Hospital of Michigan (CHM) Psychiatry and Psychology Services

3901 Beaubien St. Detroit MI 48201

(313) 745-5437 or 1-(888) 362-2500

<http://www.childrensdmc.org/pediatric-psychiatry-and-psychology>

- Specialists in psychiatry/psychology at CHM provide a variety of consultative and treatment services for preschoolers, children, and adolescents.
- Specialty services designed to address many of the emotional and behavioral needs of the medically ill patients who are seen at the CHM.

Common Ground Sanctuary

1410 S. Telegraph Bloomfield Hills MI 48302

(248) 456-8150 or 24-hour Crisis Line: 1-(800)-231-1127

www.commongroundsanctuary.org

- Provides crisis counseling 24 hours a day, seven days a week to youth, adults, and families in crisis in the Oakland County area.
- Free legal clinic every Tues 6:30pm - 8pm.
- Support groups also available.

Detroit Central City Community Health (DCCCMH)

10 Peterboro St Detroit MI 48201

(313) 831-3160

Crisis Hotline: 1-(800) 241-4949 or 1-(866) 870-2599

<http://www.dcccmh.org/>

- Provide an integrated array of mental health, housing, and substance abuse services.
- DCCCMH meets the needs of over 4,000 persons annually, providing food, clothing, shelter, employment and treatment services.
- Open Mon-Fri: 8am – 5pm.

Detroit East, Inc.

11457 Shoemaker Detroit MI 48213

Adult (313) 331-3435

Children (313) 267-9600

<http://www.detroiteastcmh.org/>

- Treatment and support services for seriously ill adults, youth, and children and their families living with mental illness or substance abuse.

Detroit-Wayne County Community Mental Health

640 Temple 8th floor, Detroit MI 48201

(313) 833-2500

http://www.waynecounty.com/hhs_mh.html

- 24-hour emergency line: (313) 224-7000 or (800) 241-4949

- Offers a culturally diverse network of community mental health programs, clinics, private therapists, psychologists and psychiatrists to provide mental health services.

Development Centers, Inc. (DCI)

17421 Telegraph Rd. Detroit 48219

(313) 531-2500

Adult Services

24424 W. McNichols, Detroit MI 48219

(313) 531-2500

Child Services

17321 Telegraph Rd. Detroit 48219

(313) 531-2500

<http://www.mhweb.org/wayne/development.htm>

- provides comprehensive behavioral health services include individual therapy and treatment, case management, vocational readiness, support with daily living skills, housing procurement, dual diagnosis groups, medication monitoring, psychiatric and nursing support, health coordination, parenting support, hospital diversion, assistance with transportation, access to the entire CareLink and Detroit Wayne County Community Mental Health continuum of care.

Macomb Community Mental Health Access Center

(586) 948-0222 (screening)

(586) 307-9100 (24-hour crisis)

Michigan Psychological Services

39520 Woodward Suite 210, Bloomfield Hills MI 48304

(248) 647-8412

- General mental health services; sliding scale available.

Neighborhood Services Organization (NSO)

220 Bagley Suite #1100, Detroit MI 148226

(313) 961-7990

8600 Woodward, Detroit MI 48202

(313) 875-7601

<http://www.nso-mi.org/index.php>

- Private non-profit human service agency that provide diverse and innovative community development programs and community services to meet the changing needs of the regions population.
- provides the following mental health services: Case Management/Services Coordination, Addiction in Alcohol and Other Drugs, Crisis Intervention, Outpatient Treatment, Integrated Developmental Disabilities, Supported Living

New Center Community Mental Health Services

Contact Carelink: (888) 711-5465

-Once enrolled into Carelink system, will then be assigned to various centers, including:

New Center Community Mental Health

2051 W. Grand Blvd. Detroit MI 48208

Adult Intake: (313) 961-3200 or (313) 961-3350

Children Intake: (313) 961-3510

New Center Community Mental Health North Park Facility

10001 Puritan Detroit MI 48221

(313) 494-4000

New Center Community Mental Health Family Place

8726 Woodward, Detroit MI 48202

(313) 664-0700

New Center Training Center

15004 Third Ave. Highland Park MI 48203

(313) 868-8809

<http://www.newcentercmhs.org/>

<http://www.mhweb.org/wayne/newcenter.htm>

- Dedicated to providing and promoting quality behavioral health services to North Central Detroit and Highland Park.

Northeast Guidance Center (NEGC)

2670 Chalmers, Detroit MI 48215

(877) 242-4140 or (313) 824-5620

Adult Services and Administration

12800 East Warren Ave. Detroit MI 48215

(313) 824-8000

Child and Family Services

20303 Kelly Rd. Detroit MI 48225

(313) 245-7000

Child and Family Services

2900 Connor St. Bldg. A, Detroit MI 48213

(313) 824-8000

Motor City Clubhouse

2900 (5555) Conner Street, Bldg. B Detroit MI 48215

(313) 824-5620

www.neguidance.org

- Services designed to help the adult with a severe and pervasive mental illness become stabilized, seek community integration, and obtain employment support through specialized programs.
- Takes a whole family approach to help children with severe behavioral difficulties, integrating psychiatric and therapeutic techniques to help them live up to their full potential.
- Offers crisis intervention, family or group therapy

North Central Health Center

4321 E. McNichols, Detroit MI 48212

(313) 369-1717

17141 Ryan Road Detroit MI 48212

(313) 369-1717

<http://www.northcentralhealthcenter.org/>

- Mental health services, integrated health care, mental illness, co-morbid health disorders, primary care and mental health, North Central breaks barriers between psychiatry and primary care to achieve statistically significant outcomes.

Partnerships for Integrated Care & Health

1413 Field Ave. Detroit MI 48214

(313) 924-7860

http://www.awbs.org/about_us/index.html

- Adult Well-Being Services promotes health, well-being and independence of adults through advocacy, services, family and community support.
- Multiple locations for long term care, disability and mental health services

Services To Enhance Potential/Detroit Resource Center

4700 Beaufait Detroit MI 48207

(313) 267-9777

17910 Van Dyke Detroit MI 48234

(313) 368-5200

<http://www.stepcentral.org/index.htm>

- Non-profit organization providing supports and services to persons with disabilities and other mental health needs in Wayne County, Michigan.

Sinai-Grace Hospital Psychiatry/Psychology/Mental Health Services

14230 W. McNichols Detroit MI 48235

(313) 966-2100

24 Hr Crisis Center: (313) 966-4880

<http://www.sinaigrace.org/?id=55&sid=1>

- Offers a full spectrum of outpatient mental health services for adults including individual psychotherapy, family therapy, group therapy, medication evaluation and consultation.

Southwest Counseling and Development Services

For adult counseling services, contact ACCESS and Welcome Center, contact phone: (313) 841-7474.

Southwest Counseling Adult Outpatient Center

1700 Waterman Ave. Detroit 48209

(313) 841-8900

For early childhood and family literacy services, contact phone: (313) 896-2800.

Main office

7060 McGraw St. Detroit MI 48210

For children, youth and families services, contact phone: (313) 963-2266

Southwest Solutions Administration and Children, Youth and Families Center

5716 Michigan Ave. Detroit MI 48210

(313) 481-3100

For supportive housing services, contact phone: (313) 963-6601

Housing Resource Center

1600 Porter St. Detroit MI 48216

Southwest Counseling Go-Getters Drop-in Center

2640 West Vernor Highway Detroit MI 48216

(313) 961-0677

Adult Services

4800 Grand River Detroit MI 48209

(313) 896-2800

Children's Services

2051 Rosa Parks Detroit MI 48208

(313) 963-2266

<http://www.swol.org/counseling>

http://www.mhweb.org/wayne/sw_cmh.htm

- Encompasses a broad range of programs for children, youth, adults and families. Provides services for adult counseling, early childhood and family literacy, children, youth and families, and supportive housing.
- Offers mental health counseling, family literacy, children and youth services, affordable and supportive housing, homeownership services, real estate and commercial development, and many other programs.

St Clair County Mental Health

(810) 987-6911 or 1-(800) 225-4447

The Children's Center (TCC)

79 W. Alexandrine Detroit MI 48201

(313) 831-5535

<http://thechildrenscenter.com/>

- TCC is leading the way in local, state, national and international initiatives as the agency of choice for 7,000 children and families in metro Detroit.
- Have nine board-certified Child Psychologists and Psychiatrists along with a team of clinicians on staff dedicated to "Developing Strong Children and Successful Families."

The Guidance Center

15601 Northline Rd. Southgate MI 48195

(734) 785-7705 ext 7053

Central Access Unit: (734) 785-7700 for all services

After Hours Crisis Line: (888) 711-5465

www.guidance-center.org

- Mental health and social services in the Downriver (Wayne County) area for infants, children, teens and adults.
- Also education/learning resources for children and families, children's behavioral health, juvenile justice, developmental disability services.

University Psychiatric Center (UPC)

Main Office: www.med.wayne.edu/psychiatry/

2751 East Jefferson Ave. Suite 400, Detroit MI 48207

(313) 993-3434 or (313) 577-7792

Livonia UPC

16836 Newburgh Road, Livonia MI 48154

(734) 464-4220

Children's Center

3901 Beaubien St. 4th Floor, Carls Building, Detroit MI 48201

(313) 745-4879

<http://www.mhweb.org/wayne/universitypsy.html>

- No cost to the unemployed/uninsured.
- Provides a full range of services for the treatment of serious and chronic mental disorders to adult and children.

Wayne Center

7430 Second Ave. Ste. #20, Detroit MI 48202

(313) 871-2337

<http://www.waynecenter.org>

- Leading agency in Wayne County in assisting and enabling persons with disabling conditions of other behavioral health care needs to achieve optimal independence and inclusion in the community through self-determination.

Prescription Assistance

Bridges to Access

1-(866) 728-4368

www.bridgestoaccess.com

- For patients with low incomes who may need help getting the medicines they need. Our program provides most of our non-cancer medicines with low co-payments at participating retail drug stores and free through mail order.

Commitment to Access

www.CommitmentToAccess.com

- For cancer and specialty pharmacy medicines, works much like Bridges to Access. Patients with low income and limited prescription drug benefits can obtain these outpatient medicines at no cost.

Crossroads of Michigan

(313) 831-0212

www.crossroadsofmichigan.org

- Provides one-time emergency prescription assistance by appointment only.

GlaxoSmithKline “Orange Card”

1-(888) 672-6436

www.GSK-Access.com

- Savings of 20 percent to 40 percent on GlaxoSmithKline prescription medicines.
- For seniors and disabled individuals who are enrolled in Medicare but lack prescription coverage.
- Prescription medications at no cost to Medicare Part D Prescription Drug Plan enrollees who meet the eligibility requirements. Call for an application, or go to website.

Macomb County Senior Prescription Program

(586) 469-6313

- Macomb County residents who are 60 and over can receive discounts on their prescriptions at local pharmacies.

Michigan Medicare/Medicaid Assistance Program

6105 W. St. Joseph Suite 209, Lansing MI 48917

1-(800) 803-7174

Michigan's Prescription Drug Discount Card

1-(866) 755-6479

www.michigan.gov

Needy Meds

1-(978) 281-6666

www.needymeds.org

- must complete application online
- includes eye medications

Novo Nordisk Patient Assistance Program

1-(866) 310-7549

Lilly Cares Patient Assistance Program

1-(800) 545-6962

- for assistance with insulin

Oakland County Express Scripps

1-(866) 731-7213

- Two programs are available for Oakland County residents who do not have prescription coverage.
- Free program open to Oakland County seniors 60 and up
- Program for individuals aged 59 and under costs \$14/year to enroll, or \$20/year for families. Discounts of 15 percent to 40 percent are available.

Partnership Prescription Assistance

1-(866) 477-2669

www.pparx.org

- Assist with Advair, Symbicort, Plavix, etc.

Prescription Relief

1-(866) 378-4686

www.prescriptionrelief.org

- Prescription assistance for low-income individuals who do not have insurance coverage.
- The cost is \$8 per month per prescription.
- Apply online or call for details.

Senior Alliance

3850 Second St. Suite 201, Wayne MI 48184

(313) 831-2000

- Provides a voucher for a 15-day supply of medication.
- Clients must call to set up an appointment and provide verification that they do not have insurance.

The Medicine Program

www.themedicineprogram.com

- Print a free discount card on the Internet to save money on prescriptions, or call the number above for more information.

Together Rx Access Program

1-(800) 444-4106 or 1-(800) 865-7211

www.togetherrxaccess.com

World Medical Relief

11745 Rosa Parks Blvd. Detroit MI 48206

(313) 866-5333

info@worldmedicalrelief.org

- Mission is to facilitate the distribution of surplus medical resources as needed.

- Through Dual Medical Equipment program, low-income clients can obtain canes, walkers, hospital beds, over-the-bed tables, commodes, tub benches, and similar items. A doctor's prescription is needed. All items must be picked up from WMR's warehouse. A small handling fee is assessed.
- Drug assistance is available for persons in Wayne, Oakland & Macomb counties age 18 and older who do not have prescription drug coverage and meet income levels below and are not currently enrolled in Medicaid. Call United Way for Southeastern Michigan's 2-1-1 call center to pre-qualify based on certain income guidelines.
- state licensed pharmacy; affordable \$8.30 per RX, most mailed directly to home
- Must be 18 years or older; earn \$24K or less if single or \$37K or less for couple, additional \$300 per dependent; do not have prescription coverage; not currently enrolled in Medicaid.

NOTE: Target, Walmart & Kroger have \$4.00 generic prescriptions. Meijer has selected antibiotics for free.

Meijer

- Free 14 day supply of antibiotics: Amoxicillin, Cephalexin, SMX-TMP, Ciprofloxacin, Ampicillin, Penicillin VK, Prenatal vitamins, Birth Control, Metformin (up to 100 tablets/fill), Atorvastatin (30 tablets/fill) (10,20,40,80mg)

Target

- 30 & 90 day supply list for \$4 Prescriptions.
 - Lists by condition and/or alphabetical.
- <http://www.target.com/pharmacy/generics-condition>

Walmart

- 30 & 90 day supply list for \$4 Prescriptions.
 - Downloadable & Printable lists in English & Spanish.
- <http://www.walmart.com/cp/1078664>

Kroger

- 30 & 90 day supply list.

http://www.kroger.com/pharmacy/generics/Pages/alphabetical_drug_list.aspx

➤ ***Prescription Drug and Patient Assistance Programs***

- There are many resources on the internet that provide information on prescription drugs and Patient Assistance Programs (PAP).
- Visit www.phrma.org, www.pparxmi.org, www.rxassist.org. or www.needymeds.com, or call (202) 835-3400 for more information on lowering prescription drug bills.

Specialized Programs

Hemophilia Foundation of Michigan

905 W. Eisenhower Circle, Suite 107 Ann Arbor MI 48103

1-(800) 482-3041

www.hfmich.org

- Supports people who have Hemophilia and provides information about medications, as well as grants for those with financial need.

Michigan Lupus Foundation

26507 Harper Ave. St. Clair Shores MI 48081

(586) 775-8310 or (800)705-6677

www.milupus.org

- Provides one-time, emergency assistance for members of the Alliance diagnosed with Lupus. Costs \$25 per year.

Michigan Parkinson Foundation

30400 Telegraph Rd. Suite 150, Bingham Farms MI 48025
(248) 433-1011 or (800) 852-9781

www.parkinsonsmi.org

- Pays up to \$250 per year for Parkinson's related medications, for those that do not currently have prescription coverage.

Myasthenia Gravis Association

5523 East Nine Mile Road Warren MI 48091
(586) 755-9100 or (800) 227-1763

www.mgadetroit.org

- Provides mail order medication for the drugs Mestinon and Prednisone for people diagnosed with Myasthenia Gravis.

National Kidney Foundation of Michigan

1169 Oak Valley Drive Ann Arbor MI 48108
1-(800) 482-1455

www.nkfm.org

- The foundation will pay \$750 toward the cost of medications for people with kidney disease who do not have insurance coverage.
- Contact the Program Coordinator for patient services for more information.

Soup Kitchen

- Use www.PantryNet.org to find the closest food provider to your location.
- Locate a Food Bank in Michigan, visit www.fbcmich.org

Capuchin Soup Kitchen

4390 Conner Detroit MI 48215

(313) 822-8606 ext 17

Email: mbreen@cskdetroit.org

- Mon-Sat: 830am - 930am Breakfast / 11am - 1pm Lunch / 4pm - 6pm Dinner (except Saturday).
- 1/3 of its meals are served to children 12 and under. With the introduction of an evening meal at Conner, a nourishing meal awaits children after school and adults after work.

Crossroads of Michigan

Main office: 2424 W. Grand Blvd. Detroit MI 48208

(313) 831-2787

East office: 21230 Moross Rd. Detroit MI 48236

(313) 822-4441

www.crossroadsofmichigan.org

- Offer clothing, food, household items as well as serve a hot meal in the soup kitchen every Sunday afternoon 12pm-3pm. Help with prescription and identification.
- Pantry hours: Mon/Tue/Thur/Fri: 9am – 4pm; Wed: 1pm – 4pm; Sat: 9am – 12pm

Gleaners Food Bank

2131 Beaufait, Detroit MI 48207

(313) 226-9888 or (800) 552-1183 or (866) GLEANER

www.gcfb.org/

- Community Food Bank serving Southeastern Michigan, the largest nonprofit organization providing food for our hungry neighbors in Detroit.

Hope to Cope Food Programs

1519 Martin Luther King Dr., Detroit MI 48208

(313) 964-3113

- Sat. 12pm - 130pm: Community Kitchen for 150-300people.
- Sun. 10am: Food Pantry- one grocery bag of food for ~40 families.

Meldrum Kitchen

1264 Meldrum Detroit MI 48207

(313) 579-2100 ext 218

- Mon-Fri: 830am - 930am for breakfast/11am – 1pm for lunch.
- Also provides showers and a change of clothes to ~30 individuals/day.

Saint Leo's Soup Kitchen

4860 15th St. Detroit MI 48208

(313) 897-6565

Salvation Army Soup Kitchen

24140 Mound Rd. Warren MI 48091

(586) 755-5191

Monday-Friday, Noon-1pm - Lunch

- Social services, (586) 754-7400, are located in the same building. They help people with emergency food, commodities and help in paying utility bills.
- Mon-Fri: 9am-12pm and 1-4pm.

St. Christine

22261 Fenkell Detroit MI 48223

(313) 255-0312

- Tue: 230pm – 430pm

St. Patrick Food Pantry

58 Parsons St. Detroit MI 48201

(313) 833-0857

- Mon-Sat: 11am – 1p

Substance Abuse

Detroit Area Bureau of Substance Abuse, Prevention, Treatment, and Recovery 24 hr Hotline

For People on Medicaid: Call 1-(800) 362-5142.

1-(800) 467-2452 or (313) 876-4070

- Allows patients to call a single number and have their medical needs, geographical location, and payment information discussed and then given contact information for the facility that seems to best fit their situation.

Detroit Rescue Mission Ministries

(313) 993-4700

(313-893-9747 (patients can call to determine availability and treatment options)

<http://www.drmm.org/substanceabuseservices.htm>

- Two major addiction programs - sub-acute substance abuse detoxification and substance abuse treatment.
- Sub-acute substance detoxification services are provided by nurses and a licensed physician. A variety of agencies such as the Michigan Department of Corrections, Substance Abuse and Mental Health Services Agency and Detroit Bureau of Substance Abuse Prevention, Treatment and Recovery provide referrals and funding for treatment for specific populations.
- Patients who do not meet their guidelines and have no insurance are provided treatment through contributions made by their individual donors.

Christian Guidance Center

91 Glendale, Highland Park MI 48203

(313) 869-8569

- Detox Center & Transitional Housing for People with Co-Occurring Disorders.

- All male facility.

Donald F. DeVos Ministry Center

13130 Woodward Ave. Detroit MI 48203

(313) 868-1946

- Permanent housing for the disabled.
- All male facility

Oasis

13220 Woodward Ave. Highland Park MI 48203

(313) 868-1946

- Abuse and Treatment Center, Emergency Shelter, Transitional Housing, & Permanent Housing.
- All male facility.

Sacred Heart Rehabilitation Center

(313) 245-4357

www.sacredheartcenter.com

- Main inpatient treatment and detoxification facility is located in Richmond, MI which is approximately 1 hr from Mid-town but they do have an outpatient facility located here in Detroit.
- Dedicated women specialty service which only treats women 18 and older, with or without their child, as well as pregnant women.
- The direct contact number for this facility is 810-987-1258 and is located at: New Life Home for Recovering Women Inc - 17131 Gitre Street Detroit MI, 48205

Substance Abuse-Moms Place

2801 15th St. Detroit MI 48216

313-962-1741

- For single mothers with children and single women with a substance abuse history and/or a disability.

Detroit LIGHT House Program

3800 Woodward Avenue Suite 400 Detroit MI 48201

(313) 832-1300

www.pnlh.org

- Outpatient addiction services located at Detroit and a dedicated inpatient facility located about 35 min out of midtown Detroit in Plymouth, MI.
- Options are available for patients with insurance, Medicare, and self pay with costs that vary depending on their needs.
- The outpatient facility can be contacted at (313) 832-1300 and the inpatient intake phone number is (734) 451-7800.

Positive Images II

4875 Coplin St Detroit MI 48215

(313) 822-6940

- Mon-Fri: 9 am - 5 pm
- Therapeutic community for addicted adult females and their families who have difficulty functioning due to chemical dependency. It provides intensive substance abuse treatment, domicile, childcare, shelter plus support services, and collaborates with existing community programs.
- A 32-unit apartment building that provides housing and supportive to homeless women and their children who are developing the skills necessary to live independently.
- Overall treatment focus is to assist residents in achieving and/or maintaining abstinence from drugs. The program includes Anger Management Workshops, Dual-diagnosis Groups, and Play Therapy for children.
- Staff assists residents with resume writing, job skills, interview skills, and referrals to MRS.

Southeastern Michigan Community Alliance

25363 Eureka Road Taylor MI 48180

1-(800) 686-6543

www.semca.org

- Substance abuse services, call for more information.

Oakland County Health Division PACE Program

(248) 858-5200

- Substance abuse services for the uninsured living in Oakland County.

Operation Get Down Substance Abuse/Mental Health Treatment Program

10100 Harper Detroit MI 48213

(313) 921-9422

For People Who Are Not Covered By Health Insurance: Call the AARS (Access, Assessment, & Referral) program in your area (listed below):

Macomb County: CARE of Southeastern Michigan

31900 Utica Rd. Fraser MI 48026

(586) 541-2273 or 1-(877) 484-8884

Oakland County: Pace

250 Elizabeth Lk. Rd. Suite1570, Pontiac MI 48341

(248) 858-5200 or 1-(888) 350-0900 ext. 852002

Detroit Residents (within city): Herman Keifer Complex

1151 Taylor, Bldg. #1, Detroit MI 48202

(313) 876-4070 / (313) 876-4566 or 1-(800) 467-2452

Monroe & Wayne County (Other than Detroit): SEMCA

1-(800) 686-6543

Genesee County: IARC

1047 Professional Dr. Flint MI 48552

(810) 235-9555

Livingston & Washtenaw Counties: Washtenaw Community Health Org.

555 Towner, Ypsilanti MI 48197

(734) 554-3050 or 1-(800) 440-7548

Substance Abuse Support Groups

AA (Alcoholics Anonymous)

(248) 541-6565

AA – Greater Detroit Area

1-(877) 337-0611

Detroit/Wayne County Intergroup

(313) 831-5550

Macomb County Intergroup

1-(800) 316-2748

Oakland County Central

(248) 332-3521

Alcohol-ANON/Alateen

(810) 542-9682

Adult Children of Alcoholics

(810) 853-1776

Eastside Alano Club – Warren

(586) 757-9123

Macomb Alano Club - Clinton Twp.

(586) 465-3151

Alcoholics For Christ

1-(800) 441-7877 or (248) 399-9955

NA (Narcotics Anonymous)

24 hr help line – 1-(877) 338-1188 or (248) 543-7200

Families Against Narcotics (F.A.N.)

1-(800) 736-9805

NAR-ANON

(586) 441-2868

Cocaine Anonymous

(810) 742-3454

Marijuana Anonymous

1-(800) 766-6779 or (248) 548-4044

Co-Dependents in Recovery

(313) 886-8136

Rational Recovery

(810) 333-2621

Secular Organization for Sobriety

(810) 253-0289

Adult Outpatient Treatment Programs - Wayne County

Catholic Social Services

Detroit – (313) 883-2339

Eastwood Clinics

Livonia - (734) 425-4070

Dearborn – (313) 583-0735

Detroit – E. Outer Drive (313) 369-5000 or Conner Street (313) 923-6830

Hegira Programs Inc (HPI)

Canton – (734) 397-3088

Northville – (734) 347-3470

Romulus – (734) 942-7585

Westland – (734) 425-0636

Self Help Addiction Rehab

McDougall St., Detroit – (313) 923-6300

W. Grand Blvd., Detroit – (313) 894-8444

Quality Behavioral Health

Detroit – 1-(800) 684-1223 or (313) 922-2222

Vista Maria/Girls Care Program

Dearborn Heights – (313) 271-3050

Salvation Army Harbor Light

Detroit – (313) 361-6136

Sacred Heart Rehabilitation Center

Detroit – (313) 579-0430

Women only – (313) 245-4357

Community Care Services (CCS) Counseling and Resource Center

Lincoln Park – (313) 389-7525

Taylor – (734) 955-3550

Apex Behavioral Health

Brownstown – (734) 479-0949

Dearborn – (313) 271-8170

Westland – (734) 729-3133

Guidance Center

Southgate – (734) 785-7703

Detroit Methadone Clinics

John Dingel VA Medical Center – Chemical Dependence Treatment Services

4646 John Rd. Detroit MI 48201
(313) 576-1000 x4906

UPC Jefferson Avenue Research Clinic

2761 E. Jefferson Ave. Detroit MI 48207
(313) 993-3964

NW Industrial Drug Rehab Clinic

9600 Dexter St. Detroit MI 48206
(313) 894-4879

Rainbow Center of Michigan Inc

12501 Hamilton Ave. Highland Park MI 48203
(313) 865-1580

Nardin Park Recovery Center (NPRC)

9605 W. Grand River Ave. Detroit MI 48204
(313) 834-5930

Sunshine Treatment Institute PLLC

4821 E. McNicholas Rd. Detroit MI 48212
(313) 368-4800

Metro East Substance Abuse Treatment Corporation

13929 Harper Ave. Detroit MI 48213
(313) 371-0055

New Light Recovery Center Inc

300 W. McNichols St. Detroit MI 48203
(313) 867-8015

Star Center Inc

13575 Lesure St. Detroit MI 48227
(313) 493-4410

Premier Services of Michigan

23700 Van Dyke Ave. Warren MI 48089

(586)758-6670

Substance
Abuse

Adult Survivors of Sexual Abuse Renaissance Unity Church

11200 E. 11 Mile Rd. Warren MI 48088

(586) 758-3050

- Thursday evenings @ 7:30pm
- Both Men and Women.

Haven (Oakland County)

(248) 334-1274 or 24 hr. Crisis Line: 1-(877) 922-1274

- Women Only.

RAINN (24 Hours) Rape Counseling Center

1-(800) 656-HOPE or (313) 833-1660

- Provide help with sexual assault.

Turning Point (Macomb County)

(586) 463-4430 or 24 hr. Crisis Line: (586) 463-6990

- Teen group held in the fall for 16 wks. Adult group held in winter for 16 wks.
- Also 8 week educational support groups for adult sexual assault survivors and their significant others.

Eye Care America

Various Locations

1-(800) 222-EYES

<http://www.eyecareamerica.org>

- Provides referrals to doctors who will perform free or very low cost eye exams and surgery to individuals over 65 years old.
- Also provides free glaucoma exam for those at risk.

Lions Club International

www.lionsclub.org

Macomb Twp.: (586) 254-9499

Shelby Twp.: (586) 854-7434

St. Clair Shores: (586) 222-1792

Warren: (586)758-5974

- Distributes eyeglasses and performs eye exams for those in need.
- Committed to assisting people with vision impairments who cannot afford eyeglasses. Please call the number in the community you reside; contact local chapters for more information (all linked through website)

Vision USA

1-(800) 766-4466

www.aoa.org/visionusa

- Optometrists donate their services at no cost.
- If you need an eye exam and cannot afford one and do not have insurance, submit an online application for VISION USA services or register by calling (Mon-Fri: 8am-6pm)

Hotlines and Special Services

AIDS Information and Resources

- Please call 1-(800) 872-AIDS (872-2437) or 1-(800) 750-TEEN (750-8336) for information about HIV and AIDS.

Alcoholics Anonymous (AA)

www.alcoholics-anonymous.org

- Free, 12-step program that helps individuals with alcoholism to stop drinking.
- Visit the Web site to find a group near you.

Alzheimer's Hotline

1-(800) 272-3900

- Information about Alzheimer's disease.
- Call this hotline, sponsored by the Alzheimer's Association.

American Association of Retired Persons (AARP)

1-(866) 227-7448

www.aarp.org

- This organization provides medical and dental insurance discounts, job placement, and other services for people aged 50 and older.

AmeriPlan USA

(586) 263-8572

Email: info@ameriplanusa.com

- A medical/dental/vision discount program for small business owners and their employees. Call the number listed above for more information.

Barbara Ann Karmanos Cancer Institute

www.karmanos.org

1-(800) 527-6266

- Cancer awareness, treatment and prevention for Detroit and Wayne County residents.

BCBSM/BCN Medicare Part D Helpline

1-(800) 485-4415

www.bcbsm.com

- Helpline for information about Medicare Part D prescription plans offered by Blue Cross Blue Shield of Michigan and Blue Care Network.

Children's Special Health Care Services

1-(800) 359-3722

www.michigan.gov/cshcs

- Program for children and some adults with special health care needs and chronic medical condition such as cerebral palsy, sickle cell disease, epilepsy, diabetes, muscular dystrophy or others, please call the number above for more information.

Depression and Suicide Resources

1-(800) 784-2433 or 1-(800) 273-8255 anytime for help (please call 911 for emergencies).

- Help is available for you or your loved ones suffering from depression or suicidal thoughts.

Domestic Violence Resources

1-(800) 799-SAFE

- Call anytime to find out about shelters, free legal services, counseling and other resources in your area.

Elderly and Disabled Helpline

1-(855) 444-3911 (Wayne County Adult Protective Services)

1-(800) 942-4357

- Provides information, referrals, and resources on abuse and neglect for elderly and disabled citizens.
- Report suspected abuse by calling this number

Elder Abuse Unit at Wayne County's Prosecutors office
(313) 224-5626

Gospel Against AIDS

2751 E. Jefferson Ave. Suite 301, Detroit MI 48207
(313) 341-5989

www.gospelaa.org

- Faith-based organization that provides preventive education on HIV/AIDS and sexually transmitted diseases

Grief & Loss - Hospice of Michigan

1-(888) HOM-5656

Grief Net- www.griefnet.org Prisoner Re-entry Program:
Oakland County: (248) 681-1705 Ext. 233

Michigan 2-1-1

- 2-1-1 is a new hotline that provides information and referrals to anyone in Michigan about health care, education, housing, family planning, mental health or other social services.
- Simply pick up the phone and dial "211" to learn more.

Michigan Parenting Help

<http://www.bridges4kids.org>

- Website with a large variety of topics plus online help
- Information and referral services for all kids.

MICHild/Healthy Kids Program

1-(888) 988-6300

www.michigan.gov/michild

- Provide basic health and dental insurance coverage and preventive services to uninsured Michigan children and pregnant women who do not qualify for Medicaid.
- Cost is either free or minimal fee, depending on your income.

Mammogram/Pap Smear Referral Program

1-(800) 922-6266

- Michigan Department of Community Health provides this free service to women ages 40-64 who need information on breast or cervical cancer, or are in need of an annual Pap smear or mammogram. Simply call the number listed above to find women's health resources in your area.

Michigan Senior Abuse Hotline

1-(800) 347-5297

Northland Family Planning

1-(800) 447-7354

- Family planning, emergency contraception, routine gynecological exams, and other reproductive health services.
- Three metro Detroit locations: Westland, Southfield and Sterling Heights.

Nursing Home Helpline

1-(866) 485-9393

- Nursing home residents and their relatives can call this number to file complaints, and assist with resident rights, payments, issues, guardianship, and nursing home placement.
- Find information on nursing homes in your area.

Parents Anonymous

www.parentsanonymous.org

- Visit website for more information on their free weekly support groups which help parents learn about community resources, set parenting goals, and give and receive support during difficult times.
- Free child care is available while the groups are in session.

Planned Parenthood

1-(800) 230-PLAN

www.miplannedparenthood.org

- Provides reproductive health care, including annual exams, contraception, pregnancy testing, and sterilization to women and men.
- Fees are based on a sliding scale.
- There are 29 clinics throughout Michigan.

Prisoner Re-entry Program (Oakland County)

(248) 681-1705 Ext. 233

Poison Control

1-(800) 222-1222

- Immediate advice on possible poisoning, toxic substance or any other environmental hazard emergency.

Suicide Prevention/Crisis Center 24 Hours

Macomb County – (586) 307-9100

Oakland County – (248) 456-0909

Wayne County – (313) 224-7000

<http://suicidehotlines.com/michigan.html>

Tobacco Quit Line

1-(800) 784-8669

- Free hotline to help break addiction to tobacco-related products.

1-(800) 537-5666

- Free printed materials, coupons, quit kits.

Wayne County Prosecutors Office: Child and Family Abuse Bureau

(313) 224-5857

Wayne County Department of Human Services

(313) 396-0200

- 22 locations in the metro Detroit area; call to find the one nearest you.
- Helps families meet financial, medical, and social needs.
- Assists people to become self-sufficient.
- Helps protect children and adults from abuse, neglect, and exploitation.

Women's Center of Southeastern Michigan

510 S. Maple, Ann Arbor MI 48104

(734) 973-6779

<http://www.womenscentersemi.org/>

- Therapy, financial counseling, career services, and support groups for women. Please call or visit the Web site for more information.

Women, Infants and Children Program (WIC)

1-(800) 942-1636

<http://www.fns.usda.gov/wic>

- Provides nutritious foods, information on healthy eating, and referrals to health care for women, infants, and children.

U.S. Veterans Health Resource Center

1-(877) 222-8387

www.va.gov

- Provides medical services to all military veterans who have served in the United States Armed Forces.
- Services are either free or require a small fee.



School of Medicine