

Grand Traverse

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2021

Available at <http://www.mclaren.org/mclaren-physician-partners/resources.aspx>

2021

Grand
Traverse
County
Community
Resource
Guide

[A guide to services in your community]

[TABLE OF CONTENTS]

Abuse & Protective Services	[1]
Adult Aging Services	[1-3]
Animal Support	[3]
Disability Resources.....	[3]
Education & Training	[3-4]
Adult Programs.....	[3]
Childcare Centers & Preschools	[3-4]
Community Education	[5]
Libraries	[5]
Schools	[5-6]
Colleges/Career Centers	[6]
Emergency & Disaster Services	[6]
Law Enforcement.....	[6]
Employment Assistance.....	[6]
Financial Assistance	[6]
Tax Assistance	[6]
Fitness, Recreation & Rehabilitation	[6-7]
Food Pantries, Clothing & Household Assistance	[7]
Healthcare Services	[7]
Clinics & Hospitals	[7-8]
Dental Resources.....	[8]
Hearing Aids	[8]
Medical Equipment & Loan Closets.....	[8-9]
Mental Health, Counseling & Substance Abuse Services	[9]
Physical Therapy.....	[9]
Pharmacies & Prescription Assistance	[9]
Vision Providers.....	[9-10]
Housing Assistance	[10]
Emergency Shelters & Warming Centers.....	[10]
Heating/Utility Assistance & Home Repairs/Weatherization	[10]
Low Income Housing	[10]
Legal Assistance.....	[10]
Parenting & Pregnancy Resources	[11]
Transportation	[11]
Tribal Services	[11]
Veterans Affairs.....	[11]
Volunteer Opportunities.....	[11]



ABUSE & PROTECTIVE SERVICES

FOR EMERGENCY SERVICES CALL.....911

- Children & Adult Protective Services
..... (855) 444-3911
- Common Ground Crisis Line (800) 231-1127
- Equality Michigan..... (313) 537-7000
- Faith Trust Institute..... (206) 634-1903
- Grand Traverse County Department
Of Human Services..... (231) 941-3900
- HAVEN Crisis Line (877) 922-1274
- Narcotics Anonymous 24/7..... (800) 230-4085
- National Human Trafficking Resource Center
..... (888) 373-7888
- Love Is Respect Hotline (866) 331-9474
- National Domestic Violence Helpline
..... (800) 799-7233
- RAINN (Rape & Incest National Network)
..... (800) 656-4673
- Stop It Now! Hotline..... (888) 773-8368
- Suicide Prevention..... (800) 273-8255
- Third level Crisis Line..... (800) 442-7315
- Victim Connect- any crime..... (855) 484-2846
- Vulnerable Adult Help Line (855) 444-3911
24 hours a day, 7 days a week
- Women’s Resource Center Crisis..... (800) 554-4972

ADULT AGING SERVICES

- Acts of Love Home Companion (231)929-7595
- Companion Care - Personal Care - Transportation -
Meal Preparation - Laundry - Social Interaction -
House Cleaning
- Alliance for Senior Living..... (231) 263-4040
Kingsley
- Alzheimer's Association (800) 272-3900
- Emergency Respite - Short Term Respite - In Home
Respite - Adult Day Care
- Area Agency on Aging of
Northwest MI, Inc. (231) 947-8920
- Brightstar of Northern Michigan (231) 929-7827
- HAP Senior Plus..... (800) 868-3153
- Comfort Keepers (231) 222-5376
- Compassionate Care Home Health.. (231) 929-5491
- Grand Traverse Commission on Aging
..... (231) 922-4688
- Crystal Penny, INC..... (231) 223-4844
- Department of Human Services..... (231) 941-3900
- Disability Network..... (800) 782-4160
- Disability Network Northern MI (231) 922-0903
- InTeliCare (231) 421-5285
- Meals on Wheels..... (800) 632-7334
- Medicare (800) 633-4227
- Medicare/Medicaid Assistance Program
(MMAAP)..... (800) 803-7174
- Munson Home Care (800) 252-2065
munsonhomehealth.org
- Seniors Helping Seniors (989) 401-4527
- Social Security Administration (800) 772-1213
- Traverse City Residential Care (231) 313-9633

Adult Day Services

- Grand Traverse County Senior Centers
..... (231) 922-4911
- Acme, Fife Lake, Interlochen, Kingsley
Traverse City
- Grand Traverse Pavilions (231) 932-3000
Traverse City
- Angel Hart Home Care (231) 347-4800
- Grand Traverse County
Comfort Keepers (231) 222-5376
Traverse City
- Grand Traverse Commission on Aging
..... (231) 922-4688

Adult Foster Care

Arbor House	(231) 935-3772	Indian Trail AFC	(231) 929-0701
Traverse City		Traverse City	
Bay Ridge Assisted Living	(231) 932-9757	Joy Givers, Inc.....	(231) 922-5974
Traverse City		Traverse City	
Beacon of the North.....	(231) 263-1353	Kennedy House	(231) 935-1562
Kingsley		Traverse City	
Benton AFC Facility	(231) 883-5386	Kennedy House West.....	(231) 933-7118
Kingsley		Traverse City	
Brickways	(231) 932-9030	King Adult Living Center	(231) 929-1311
Community living support program for adults with developmental disabilities.		Traverse City	
Carriage Hill AFC.....	(231) 933-9088	Lake Shore AFC.....	(231) 276-9260
Traverse City		Grawn	
Cass Road Adult Foster Care	(231) 941-8685	Laparr AFC.....	(800) 333-6002
Traverse City		Traverse City	
Cedar Valley Home.....	(231) 933-0486	Larosa AFC Home	(231) 929-3830
Traverse City		Traverse City	
Cherry Hill Haven	(231) 933-0421	Meadow Hill Care Center	(231) 263-5975
Traverse City		Kingsley	
Cherry Hill Haven II	(231) 933-4155	Mission Point	(231) 263-7323
Traverse City		Kingsley	
Cherry Hill Haven III	(231) 933-0705	Neurorestorative Michigan.....	(800) 743-6802
Traverse City		Traverse City (Physically Handicapped -	
Cherry Hill Nest	(888) 456-2736	Traumatically Brain Injured)	
Traverse City		Neurorestorative Michigan- East	
Cherry Hill Lodge	(231) 932-1545	Bay North	(231) 932-0413
Traverse City		Traverse City (Physically Handicapped -	
Cindy's Place	(231) 947-7451	Traumatically Brain Injured)	
Traverse City		Neurorestorative Michigan- East	
Countryside Senior AFC.....	(231) 263-0711	Bay South	(231) 935-1070
Kingsley		Traverse City (Physically Handicapped -	
Culver Meadows Adult Foster Care	(231) 943-9421	Traumatically Brain Injured)	
Traverse City		Beacon Specialized Living Services .	(888) 527-0012
Culver Meadows Senior Living.....	(231) 943-9430	Traverse City	
Traverse City		Paulson Home	(231) 947-5001
Samaritas.....	(231) 929-9773	Traverse City	
Traverse City		Piper's Place AFC.....	(231) 492-5681
Elmwood AFC	(231) 946-7939	Traverse City	
Traverse City		Rainbow of Hope Farm	(231) 263-4673
Green Acres.....	(231) 947-7055	Kingsley	
Traverse City		Summerfield AFC	(231) 943-9590
Hillcrest AFC	(231) 263-7026	Traverse City	
Traverse City		The Manor House	(231) 935-2300
Horizon Heights.....	(231) 932-1681	Traverse City	
Traverse City		Tower Hill AFC.....	(231) 929-2695
Horizon North AFC	(231) 941-5732	Traverse City	
Traverse City		Traverse Manor.....	(231) 946-2999
		Traverse City	
		West Shore AFC Home, LLC	(231) 276-9795

Alzheimer's & Dementia Support

Alzheimer's Association
of Northwest Michigan (231) 929-3804
Alzheimer's Association Greater
Michigan Chapter Support Groups.. (800) 272-3900
www.alz.org/gmc
Dementia Friendly Grand Rapids (616) 222-7036

Assisted Living

Arbor House Assisted Living..... (231) 935-3772
Traverse City
Bay Ridge Assisted Living Center (231) 932-9757
Traverse City
Boardman Lake Glens (231) 941-1919
Cordia at Grand Traverse Commons (231) 995-5266
Traverse City
Glen Eagle (231) 360-2062
Traverse City
Grand Traverse Pavilions (231) 932-3000
Traverse City
Northern Star Senior Living..... (231) 947-4626
Traverse City
Options for Senior Living LLC. (231) 935-4735
Placement services
Traverse City
Orchard Creek Assisted Living..... (231) 932-9060
Traverse City
The Villa at Traverse Point (231) 941-1200
Traverse City
Traverse Manor..... (231) 946-2999
Traverse City
Woodside Village (231) 933-4339
Traverse City

ANIMAL SUPPORT

Animal Control

AC PAW Spay & Neuter Program (231) 587-0738
Acme
Grand Traverse Animal Control (231) 995-6080
Great Lakes Pet Memorial & Crematory
.....(231) 421-1370
24 Hour Cell Phone (231) 645-3976
HOPE-Veterinary Cost Assistance (231) 631-7222
Acme
HOPE-Pet Food Pantry (231) 590-8133
Acme

Animal Shelters

AC Paw (231) 587-0738
Adoptions Available at PetSmart- Traverse City
Cherryland Humane Society (231) 946-5116
Traverse City, MI
Great Lakes Humane Society (231) 846-8293
Traverse City
H.A.N.D.D.S. to the Rescue
Patti (231) 645-6040
Kathy (231) 970-9336
Dorothy (231) 409-4833
HANDDS09@yahoo.com
Missaukee Humane Society (231) 839-3800
Lake City

DISABILITY RESOURCES

Aging & Disability Resource
Collaboration of Northwest MI..... (517) 241-4100
Bureau of Services for Blind..... (800) 292-4200
Children's Special Healthcare Services
..... (800) 359-3722
Vocational Rehabilitation
Dental Lifeline Network (303) 534-5360
Disability Network Northern
Michigan..... (231) 922-0903
Traverse City
Michigan Disability Network Directory
..... <http://www.dnmichigan.org/>
Relay Center for Deaf/Hard of Hearing 711
Vocational & Technical Training for Disabilities
Division on Deaf, Blind and Hard of Hearing
.....(313)437-7035
Michigan Commission for the Blind . (800) 292-4200
Relay Center for Deaf/Hard
Of Hearing (844) 578-6563

EDUCATION & TRAINING

Adult Programs

Talent Investment Agency,
Adult Education..... (517) 243-7423
Childcare Centers & Preschools
A Little School House (231) 252-0378
Traverse City
Alphabet Soup Preschool and Day
Care Center (231) 941-1330
Traverse City

Angel Care Child Care..... (231) 933-3232 Traverse City	Mill Creek Elementary..... (231) 267-9955 Williamsburg
Bethlehem Nursery School (231) 947-2725 Traverse City	TCAPS Child Care-BayView..... (844) 801-5437 Traverse City
Building Blocks Preschool and CDC.. (231) 922-0776 Traverse City	TCAPS Child Care-Bertha Vos..... (231) 933-6420 Williamsburg
Central Day Care Center (231) 947-6131 Traverse City	TCAPS Child Care-Blair (231) 933-5700 Traverse City
Community Children’s Center..... (231) 947-1650 Traverse City	TCAPS Child Care- Central Elementary..... (231) 933-5910 Traverse City
Down By The Creek	TCAPS Child Care-Cherry Knoll..... (231) 933-8940 Traverse City
Children’s Center (231) 267-5880 Williamsburg	TCAPS Child Care-Courtade..... (231) 933-5800 Traverse City
Grand Traverse Academy	TCAPS Child Care-Eastern (231) 933-5600 Traverse City
Pre-school..... (231) 932-6953	TCAPS Child Care-Glenn Loomis (231) 933-6420 Traverse City
K-12 th grade..... (231) 995-0665 Traverse City	TCAPS Child Care-Interlochen..... (231) 933-5920 Interlochen
Grand Traverse Bay YMCA Child Care Center (231) 933-9622 Traverse City	TCAPS Child Care-Oak Park (231) 933-6570 Traverse City
Holy Angels Preschool..... (231) 946-5961 Traverse City	TCAPS Child Care-Old Mission..... (231) 933-7420 Traverse City
Immaculate Conception St Joseph’s Club (231) 947-1252 Traverse City	TCAPS Child Care-Silver Lake (231) 933-3580 Traverse City
Mill Creek Child Care..... (231) 267-9955 Williamsburg	TCAPS Child Care-Traverse City High School (231) 933-5860 Traverse City
Montessori Children’s House..... (231) 929-9325 Traverse City	TCAPS Child Care-Westwoods (231) 933-7900 Traverse City
Munson Kids Club (231) 590-3806 Traverse City	TCAPS Child Care-Willow Hill (231) 933-8540 Traverse City
NMCAA Preschool-Discovery (800) 632-7334 Traverse City	TCAPS Child Care- Long Lake Elementary..... (231) 933-7800 Traverse City
NMCAA Preschool-Hannah (231) 263-7373 Kingsley	TCAPS Child Care- Traverse Heights (231) 933-3500 Traverse City
NMCAA Preschool-Mill Creek (231) 947-3780 Williamsburg	The Cub House (231) 534-6780 Acme
NMCAA Preschool-Traverse Heights (800) 632-7334 Traverse City	The Wooden Pony Preschool..... (231) 264-8371 Williamsburg
NMCAA Preschool Blair Elementary..... (231) 933-5700 Traverse City	Traverse Bay Christian Preschool..... (231) 929-1747 Traverse City
NMCAA Preschool Chums Plaza..... (231) 947-3780 Traverse City	Traverse City Christian Schools..... (231) 929-1747 Traverse City
St Mary’s Day Care Center (231) 263-7560 Kingsley	

Traverse City Co-Op Preschool (231) 946-3950
Traverse City

Community Education

Child & Family Services (231) 946-8975
“Always a Parent” Co-parenting program
Healthy Futures Program (231) 935-5640
Support from pregnancy to children 2yrs
Homebuyer Education Workshop.... (800) 632-7334
Traverse City
La Leche League Traverse City..... (810) 247-4894
LA LECHE League..... (800) 525-3243
Breastfeeding Education & Support
NMC Extended Education (231) 995-1700
Personal Enrichment Classes
The YMCA..... (231) 933-9622
Swim, fitness, sports, etc.
Traverse Bay Area Intermediate School District
..... (231) 922-6200

Libraries

East Bay Branch Library..... (231) 922-2085
Traverse City
Fife Lake Public Library (231) 879-4101
Fife Lake
Interlochen Public Library (231) 276-6767
Interlochen
Kingsley Branch Library (231) 263-5484
Kingsley
Peninsula Community Library (231) 223-7700
Traverse City
Woodmere (Main) Branch Library ... (231) 932-8500
Traverse City

Schools

Elementary Schools

Traverse City Area Public Schools.... (231) 933-1700
Administration Office
Blair Elementary School (231) 933-5700
Traverse City
Central Grade School (231) 933-5910
Traverse City
Cherry Knoll Elementary School (231) 933-8940
Traverse City
Courtade Elementary School (231) 933-5800
Traverse City
Eastern Elementary School (231) 933-5600
Traverse City
Interlochen Community School (231) 933-5920
Interlochen

Long Lake Elementary School (231) 933-7800
Traverse City
Old Mission Peninsula School (231) 492-0327
Traverse City
Silver Lake Elementary School (231) 933-3580
Traverse City
TCAPS Montessori
At Glenn Loomis..... (231) 933-6420
Traverse City
Traverse Heights
Elementary School (231) 933-3500
Traverse City
Westwoods Elementary School (231) 933-7900
Traverse City
Willow Hill Elementary School (231) 933-8540
Traverse City

Middle Schools

TC East Middle School..... (231) 933-7300
Traverse City
TC West Middle School (231) 933-8200
Traverse City

High Schools

TC Central High School..... (231) 933-6500
Traverse City
Traverse City High School
(Alternative) (231) 933-5860
Traverse City
TC West Senior High School (231) 933-7500
Traverse City

Other Schools

Grand Traverse Academy..... (231) 995-0665
Tuition-free K-12 public school
Interlochen Arts Academy (231) 276-7200
Fine arts boarding school grades 9-12
Interlochen
Kitchi Minogining Tribal School (231) 534-7760
Grades: 9-12
Traverse City
Northwest Michigan
Abba’s House (231) 946-5350
Christian School Grades: 8-12
Traverse City
Pathfinder School..... (231) 995-3800
Independent PK-8
Traverse City
TBA Career Tech Center (231) 922-6273
Traverse City
The Children’s House (231) 929-9325

Independent Montessori School PK-6
 Traverse City
 Traverse Bay Mennonite School (231) 947-8103
 Grades: 2-12
 Traverse City
 Traverse City Seventh-day
 Adventist (231) 947-8111
 Trinity Lutheran School (231) 946-2721
 Grades: PK-7
 Traverse City
 Grand Traverse Area Catholic Schools
 (231) 995-8425
 Holy Angels Elementary (231) 946-5961

Colleges/Career Centers

Career-Tech Center (231) 922-6273
 Traverse City
 Michigan Veterans Affairs.....(800) MICH-VET
 Northwest Michigan WORKS! (231) 922-3700
 Traverse City
 Northwestern Michigan College (231) 995-1000
 Traverse City
 Life Skills Center (231) 922-6357
 Traverse City
 University Center at Northwestern
 Michigan College..... (231) 995-1777

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police..... 911
 American Red Cross of
 Northwest MI (231) 947-7286
 American Red Cross..... (800) 733-2767
 Center for Disease Control
 and Prevention (CDC)..... (800) 232-4636
 Emergency Management & Homeland
 Security (231) 995-6059
 Poison Control..... (800) 222-1222
 Salvation Army of Traverse City..... (231) 946-4644
 Suicide Prevention (800) 273-8255

LAW ENFORCEMENT

City of Traverse City
 Police Department (231) 995-5150
 Grand Traverse County-
 Central Dispatch/non-emergency.... (231) 922-4550
 Grand Traverse Band of Ottawa
 & Chippewa Indians Police..... (231) 534-7777

Neighborhood Watch.....(231) 534-7473
 Grand Traverse County
 Sheriff's Office..... (231) 995-5000
 Traverse City
 Michigan State Police-District 7 (231) 779-6040
 Traverse City (Cadillac Post No. 71)

EMPLOYMENT ASSISTANCE

Michigan Indian Employment
 & Training..... (800) 591-8820
 Michigan Veterans Affairs Agency ..(800) MICH-VET
 Senior Community Services
 Employment Program (800) 442-1713
 Supported/Integrated Employment
 Services- Northern Lakes CMH (800) 492-5742
 Ticket to Work Program..... (866) 968-7842
 Social Security Disability Beneficiaries
 Unemployment Office Hotline (866) 500-0017

FINANCIAL ASSISTANCE

2-1-1 2-1-1
 Guide to Services
 MSHDA: Step Forward (866) 946-7432
 Rx Outreach..... (800) 769-3880

Tax Preparation

AARP Tax Preparation Program (231) 922-4911
 Grand Traverse County resident aged 60 and older
 My Free Taxes..... www.myfreetaxes.com
 Northwest Michigan Community Action
 Agency (NMCAA)
 Vita Free Tax Preparation (231) 947-3780

FITNESS, RECREATION & REHABILITATION

Elite Physical Therapy, sports
 Performance (231) 421-5805
 Easling Pool (231) 933-9622
 Fit for You Health Club (231) 922-7285
 Traverse City
 Fyzical- Therapy & Balance Center .. (231) 932-9014
 Traverse City
 Grand Traverse Athletic Club (231) 946-0220
 Traverse City
 Grand Traverse Bay YMCA (231) 933-9622
 Traverse City
 Grand Traverse County Parks

And Recreation Office..... (231) 922-4818
 Grand Traverse Health Club..... (231) 534-6770
 Traverse City
 Grand Traverse Pavilions
 Wellness Center (231) 932-3000
 Traverse City
 Life Beyond Barriers
 Rehabilitation Group..... (231) 486-6330
 Traverse City
 Yen Yoga & Fitness..... (231) 421-5496
 Traverse City
 Formative Fitness..... (231) 492-0348
 Traverse City
 Anytime Fitness..... (231) 941-7400
 Traverse City

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

Acme Christian Thrift Store &
 Food Pantry..... (231) 938-2990
 Williamsburg
 Area Agency on Aging (231) 947-8920
 Traverse City
 Department of Human Services..... (231) 941-3900
 Traverse City
 Food Bank Council of Michigan (Pantries)
 www.fbmic.org/resources/find-a-food-bank
 Goodwill Industries (231) 922-4805
 Traverse City
 Goodwill Thrift Store..... (231) 922-4826
 Traverse City
 Grace Episcopal Church (231) 947-2330
 Traverse City
 Grand Traverse Baby Pantry (231) 947-9880
 HelpLink (231) 946-6278
 Grand Traverse Region
 HUD Rental Assistance..... (800) 569-4287
 WIC Program..... (231) 995-6112
 Women Infant Children
 WIC..... (800) 942-1636
 Immaculate Conception Pantry (231) 946-4211
 Traverse City
 Lake Ann United Methodist Church. (231) 275-7236
 Lake Ann
 Love Inc. (231) 941-5683
 Northwest Michigan Community

Action Agency (231) 947-3780
 Traverse City
 Salvation Army (231) 946-4644
 Traverse City
 Seventh Day Adventist Community
 Service Food Pantry (231) 947-8111
 Traverse City
 The Father Fred Foundation (231) 947-2055
 Traverse City
 Trinity Lutheran Church & School.... (231) 946-2720
 Traverse City
 Woman’s Resource Center (231) 941-1210
 Traverse City

HEALTHCARE SERVICES

AIDS Program Hotline (800) 872-2437
 Center for Disease Control (CDC).... (800) 232-4636
 Children’s Special Healthcare..... (800) 359-3722
 Epilepsy Foundation of Michigan
 (Support Group)..... (800) 377-6226
 Heartland Hospice..... (877) 329-1001
 Huntington’s Disease..... (800) 909-0073
 Hospice of Michigan..... (888) 247-5701
 Leukemia..... (800) 456-5413
 Michigan HIV/AIDS Hotline..... (800) 872-2437
 Munson Hospice (800) 252-2065
 24 Hrs. /7 Days a Week Hospice Information &
 Referral munsonhomehealth.org
 The Family Center for Children and Youth with
 Special Health Care Needs (800) 359-3722
 Parkinson’s..... (800) 852-9781
 Veteran Affairs (844) 698-2311

Clinics & Hospitals

McLaren Northern Hospital (800) 248-6777
 McLaren Home Care..... (866) 323-5974
 Karmanos Cancer Institute..... (800) 527-6266
 Behavioral Medical Clinic..... (231) 935-6382
 Traverse City
 Cherry Hill Haven (231) 645-2341
 Alzheimer’s disease, dementia, and memory loss
 Traverse City
 Autism Society Hotline..... (800) 328-8476
 Compassionate Care Home Health.. (231) 929-5491
 Traverse City
 Grand Traverse Allergy PC (231) 995-3657
 Traverse City
 Grand Traverse County

Health Dept. (231) 995-6111
 Traverse City
 Grand Traverse Natural
 Health Care (231) 929-8183
 Traverse City
 Grand Traverse Pavilions (231) 932-3000
 Residential, Adult Day/Respite, Nursing, Wellness
 Grand Traverse Women’s Clinic..... (231) 392-0650
 Traverse City
 Great Lakes Orthopaedic Center (231) 935-0900
 Traverse City
 Harbor Care Associates, LLC..... (231) 922-1377
 home health/ Traverse City
 In-Home Health Care Services (231) 941-4005
 Traverse City
 Life Care Sleep & Health Center (231) 421-1592
 Traverse City
 Munson Healthcare (231) 935-5000
 Traverse City
 Northwest Michigan
 Health Services..... (231) 947-0351
 Traverse City
 Medilodge of GTC (231) 947-0506
 Long term care/Short term rehabilitation
 Traverse City
 Traverse Area Pediatric & Adolescent
 Clinic..... (231) 421-8099
 Traverse Health Clinic (231) 935-0799
 Traverse City
 Veterans Medical Clinic..... (231) 932-9720
 Traverse City
 Village Family Practice (231) 935-0708
 Traverse City
 Youth Health & Wellness Center (231) 922-6416
 Ages 10-21,
 Traverse City

Dental Resources

Beers Family Dentistry (231) 941-0200
 Traverse City
 Deerhaven Family Dentistry (231) 929-3606
 Traverse City
 Dental Clinics North - Traverse (231) 932-7316
 Denture Care Clinic (231) 941-1898
 Traverse City
 East Bay Family Dentistry..... (231) 946-4443
 Traverse City
 Grand Traverse Endodontics..... (231) 932-9711
 Traverse City

GT Smile Center (231) 403-1378
 Grandview Dental Care (231) 922-0775
 Traverse City
 Harbor Side Dental (231) 946-0207
 Traverse City
 Rice, Derek J DDS (231) 946-2497
 Traverse City
 Rose Street Dental (231) 947-6880
 Traverse City
 Scott Schulz Orthodontics..... (231) 929-3200
 Traverse City
 Traverse Dental Care..... (231) 946-6336
 Traverse City

Hearing Aids

Hear USA (231) 946-2200
 Traverse City
 Hearing Solutions of Northwest
 Michigan..... (231) 922-1500
 Traverse City, MI
 Higgins Hearing Aid Services..... (231) 947-2420
 Traverse City
 Miracle Ear (231) 947-3337
 Traverse City
 Munson Hearing Clinic..... (231) 935-6455
 Traverse City

Medical Equipment & Loan Closets

ALS of Michigan..... (800) 882-5764
 Equipment loan program for ALS and PLS patients
 only
 Chronic Care Management (231) 421-6921
 Traverse City
 Grand Traverse
 Commission on Aging..... (231) 922-4688
 Wheelchairs, walkers, commodes and bath
 benches. Grand Traverse County 60+
 Great Lakes Therapy House Calls (231) 941-3100
 Traverse City (Ask for Dan)
 Michigan CPAP Bank (734) 232-3964
 Machines: CPAP, BiPAP, Auto CPAP, Auto BiPAP,
 ASV, AVAPS
 All Michigan Counties
 Muscular Dystrophy Association (800) 572-1717
 Medical equipment loan closets in Michigan
 Paralyzed Veterans of America- MI (800) 638-6782
 Wheelchairs, power chairs, adaptive sports
 equipment, hoists, lifts, etc.
 The National Federation of the

Blind (410) 659-9314
United Cerebral Palsy Michigan..... (800) 828-2714
Michigan Assistive Technology Loan Fund and
Michigan Employment Loan Fund

Mental Health, Counseling & Substance Abuse Services

Addiction Treatment Services..... (231) 346-5216
Traverse City
Catholic Human Services..... (231) 947-8110
Traverse City
Lakeview Counseling..... (231) 929-0300
Traverse City
Mental Wellness Counseling..... (231) 714-0282
Traverse City
Munson Behavioral Health (231) 935-6382
Traverse City
Narcotics Anonymous
(NA) Hotline (855) 706-9275
National Council on Alcoholism and Drug
Dependence (NCADD) (800) 622-2255
Northern Lakes Community Mental
Health..... (231) 922-4850
Traverse City
Old Town Psychological Services (231) 941-6550
Pine Rest Traverse City Clinic..... (231) 947-2255
Problem Gambling Help-Line (800) 270-7117
24-hours, 7-days
Substance Abuse Hotline (800) 662-4357
SEMCA (Substance Abuse) (800) 686-6543
Treatment Services for Medicaid..... (800) 834-3393
Third Level Youth Crisis Intervention
Center..... (800) 442-7315
Traverse City
The Path to Partnership (231) 660-1017
Traverse City
Vickie L. Green, MA, LPC..... (231) 943-0500
Traverse City
Women's Resource Center (231) 941-1210

Physical Therapy

McLaren Home Care (Petoskey).....(800) 342-7711
Rehabilitation and Therapy.....(231) 547-4024
Charlevoix

Pharmacies & Prescription Assistance

Partnership for Prescription Assistance
.....www.pparx.org
NeedyMeds..... (800) 503-6897
MiRx Discount Card..... (866) 755-6479

For patients without drug coverage
RxAssist.....www.rxassist.org
RX Outreach..... (800) 769-3880
Database of programs for prescription assistance
Traverse Health Clinic (231) 935-0799
Prescription Assistance
Kroger..... ask pharmacist
Meijer (select free prescriptions) ask pharmacist
Target (\$4/ \$10 generics program).. ask pharmacist
Sam's Club (\$4/\$10 prescription program)
Wal-Mart (\$4/\$10 prescription program)
Walgreens (Prescription Savings Club)
..... ask pharmacist

Vision Providers

Bay Eye Associates (231) 935-0630
Traverse City
Cedar Run Eye Center (231) 929-3888
Traverse City
Dunscombe Optical..... (231) 947-6767
Traverse City
Goodwill Optical..... (231) 932-1520
Traverse City
Grand Traverse Ophthalmology (231) 947-6246
Traverse City
Great Lakes Eye Consultants..... (231) 947-1690
Traverse City
Sam's Club Optical (231) 995-0263
Traverse City
Northern Vision Eye Care..... (231) 932-9000
Traverse City
Old Town Optical (231) 946-0333
Traverse City
Scarborough Family Eyecare..... (231) 201-2681
Traverse City
LensCrafters (231) 929-7711
Traverse City
SVS Vision Optical Centers (231) 486-0580
Traverse City
Traverse City Eye..... (231) 935-8101
Traverse City
Traverse Vision..... (231) 941-5440

ASSISTANCE PROGRAMS FOR EYEGLASSES/VISION

Must meet specific program qualifications
EyeCare America* (877) 887-6327
Assistant Program for low cost/free
eye care, eye glass & contact lens programs

National Eye Care Project* (800) 222-3937
 Assistance program for eye exam/care
 New Eyes for the Needy* (973) 376-4903
 Assistance program for eyeglasses
 Sight for Students* (888) 290-4964
 Assistance program for free eye Exams for students
 Vision USA (800) 766-4466
 Assistance program for eye exam/glasses

HOUSING ASSISTANCE

Area Agency on Aging of
 Northwest Michigan (231) 947-8920
 Area on Aging (800) 858-1637
 Department of Human Services (231) 941-3900
 Traverse City
 Grand Traverse Band of Ottawa
 & Chippewa Indians Housing Dept. . (231) 534-7800
 Habitat for Humanity (231) 941-4663
 Grand Traverse Region
 Michigan Veterans Trust Fund (800) MICH-VET
 MSHDA: Step Forward (866) 946-7432
 Northwest Michigan Community
 Action Agency (231) 947-3780
 Traverse City
 Salvation Army (231) 946-4644
 Traverse City
 Traverse City Housing Commission.. (231) 922-4915
 Women’s Resource Center (231) 941-1210
 Traverse City

Emergency Shelters & Warming Centers

Goodwill Inn (231) 922-4890
 Traverse City
 Patriot Place (989) 448-2260
 Veterans Transitional Housing Community
 Gaylord
 Pete’s Place (231) 922-4800
 Shelter for youth ages 14-17
 Traverse City
 Safe Harbor (844) 900-0500
 Homeless Shelter, winter only-Traverse City
 Women’s Resource Center (231) 941-1210
 Traverse City

Heating/Utility Assistance & Home Repairs/Weatherization

Department of Human Services (231) 941-3900
 Traverse City
 Northwest Michigan Community

Action Agency (231) 947-3780
 Low Income weatherization services
 Consumers Energy (800) 477-5050
 Assistance Programs
 DTE Energy (800) 477-4747
 The Heat and Warmth Fund (800) 866-8429
 TrueNorth Heat &
 Energy Assistance (231) 355-5880
 USDA Rural Development (231) 941-0951 Ext 4

Low Income Housing

Aspen Hills (231) 947-5704
 Traverse City
 Bay Hill Apartments (231) 933-9600
 Traverse City
 Boardman Lake Apartments (231) 941-5257
 Traverse City
 Churchside Village (231) 941-1450
 Traverse City
 Hillview Apartments (231) 946-6540
 Traverse City
 Trade Winds Terrace Apartments (231) 946-2050
 Traverse City
 Traverse City Housing Commission.. (231) 922-4915
 Section 8 Program, rental assistance
 Village Glen Apartments (231) 932-9506

LEGAL ASSISTANCE

Catholic Human Services (231) 947-8110
 Traverse City
 Center for Civil Justice (800) 724-7441
 Legal Services of Northern Michigan
 (231) 941-0771
 Michigan Depart of Civil Rights (517) 335-3165
 Michigan Senior Legal Hotline (866) 400-9164
 Michigan Indian Legal Services (231) 947-0122
 Third Level Crisis Center-Legal Aid Clinic
 (800) 442-7315

PARENTING/PREGNANCY RESOURCES

Women’s Health Resource Line (800) 994-9662
 Crisis Pregnancy Hotline (800) 579-6626
 24 Hour
 Child & Family Services (231) 946-8975
 Traverse City
 LA LECHE (800) 525-3243
 Child Safety Seat Inspection (866) Seat-Check

Healthy Futures..... (231) 935-5640
 Traverse City
 Parent Help Line..... (855) 427-2736
 24-hour parent support
 The Family Center for Children and Youth with
 Special Health Care Needs..... (800) 359-3722
 Planned Parenthood (231) 929-1844
 Traverse City
 Women’s Resource Center (231) 941-1210
 Traverse City

TRANSPORTATION

Auto Safety Hotline..... (888) 327-4236
 BATA Dial-A-Ride..... (231) 941-2324
 Traverse City
 Child Safety Seat Inspection..... (866) Seat-Check
 Grand Traverse Band of Ottawa
 And Chippewa Indians (231) 499-1791
 Patient transportation assistance
 Grand Traverse County Chapter
 Of Disabled Veterans (231) 313-9357
 Rides to various VA medical facilities

TRIBAL SERVICES

Anishinaabek Family Services..... (231) 534-7681
 Prevention, Intervention, Child
 Protection, Adoption, Licensing,
 Monitoring Services
 The Grand Traverse Band of Ottawa
 And Chippewa Indians (231) 534-7136
 Little Traverse Bay Bands of
 Ottawa (231) 534-7100
 MDHHS Native American Affairs Office
 (517) 335-7782
 Michigan Depart of Civil Rights..... (517) 335-3165
 Michigan Indian Employment and Training Services
 (800) 591-8820
 Michigan Indian Legal Services (231) 947-0122
 Michigan Indian Tuition Waiver..... (517) 241-7748
 Office of Indian Education (202) 260-3774

VETERANS AFFAIRS

Disabled American Veterans..... (231) 313-9357
 Michigan Veterans Affairs * (800) 642-4838
 Veterans Administration* (800) 827-1000
 CHAMPVA..... (800) 733-8387

CHAMPVA Meds by Mail..... (888) 385-0235
 Education (GI Bill)..... (888) 442-4551
 Health Care Benefits (877) 222-8387
 Grand Traverse Veterans Affairs..... (231) 995-6070
 Traverse City VA Outpatient Clinic... (231) 932-9720
 Veterans Crisis Line* (800) 273-8255
 Military Crisis Line* (800) 273-8255
 National Call Center for Homeless
 Veterans* (877) 424-3838
 Veterans Affairs..... (844) 698-2311
 VA Benefits* (800) 827-1000
 VA Caregiver Support Line* (855) 260-3274
 Wounded Warrior Resource
 Center..... (888) 997-2586
 VETERANS Toll Free numbers
 iris.custhelp.va.gov

VOLUNTEER OPPORTUNITIES

American Red Cross (800) 733-2767
 Commission on Aging..... (231) 922-4688
 Traverse City
 Goodwill (231) 922-4805
 Traverse City
 Grand Traverse Lighthouse Keeper
 Program..... (231) 386-7195
 Grand Traverse Pavilions (231) 932-3000
 Traverse City
 Habitat for Humanity (231) 941-4663
 Traverse City
 Munson Medical Center (231) 935-7455
 Traverse City
 TCAPS (231) 933-1700
 Traverse City Public Schools
 The Salvation Army (231) 946-4644
 Traverse City
 Traverse Area District Library (231) 932-8500
 Traverse City
 United Way of Northwest Michigan (231) 947-3200

IS IT AN EMERGENCY?

Clinic Name: _____ Office Phone: _____

AFTER HOURS Phone Number: _____

Our Preferred Urgent Care: _____

<u>Non-Urgent:</u>	<u>TeleHealth</u>	<u>Semi-Urgent:</u>	<u>Urgent:</u>
<p>You should make an appointment with your Primary Care Physician</p> <ul style="list-style-type: none"> • Cold/Flu Symptoms • Earaches • Mild Backaches • Mild Sprains • Rashes • Sore Throat/Cough • Toothaches 	<p>(Virtual Visits) Primary Care via Telehealth</p> <ul style="list-style-type: none"> • Allergies • Bronchitis • Colds and Flus • COVID Symptoms • Earache • Headache • Hives • Insect Bites • Pink Eye • Rashes • Sinusitis <p>If your provider does not offer Telehealth visits, consider using the McLaren Now App mclaren.org/mclarennow</p>	<p>Needs Medical Care and can wait a few hours. You should contact your Primary Care Physician and/or go to Urgent Care Facility for treatment</p> <ul style="list-style-type: none"> • Accidents and Falls • Moderate Sprains • Moderate Backaches • Mild Breathing Difficulty (i.e. Asthma) • Minor Cuts with Controlled Bleeding • Eye Irritation/Redness • Cold/Flu Symptoms WITH fever • Vomiting/Diarrhea with Dehydration • Severe Sore Throat or Cough • Minor Broken Bones or Fractures (fingers/toes) • Skin Rashes and Infections • Urinary Tract Infections • Minor Injuries • Minor Burns 	<p>You should go to your nearest Hospital Emergency Department</p> <ul style="list-style-type: none"> • Severe Chest Pain or Difficulty Breathing • Compound Fracture (bone protrudes through skin) • Convulsions/Seizures • Loss of Consciousness • Fever in Newborn (less than 3 months old) • Heavy, Uncontrollable Bleeding • Deep Knife or Gunshot Wounds • Moderate to Severe Burns • Poisoning • Serious Head/Neck or Back Injury • Pregnancy-Related Problems • Severe Abdominal Pain • Signs of Heart Attack (chest pain lasting longer than 2 minutes) • Signs of Stroke (loss of vision, sudden numbness, weakness, slurred speech or confusion) • Suicidal or Homicidal Thoughts/Feelings • Vomiting up Blood

When in doubt, patients who feel their symptoms require immediate medical attention may choose to go to a hospital emergency department, where medical professionals can determine which level of care is required.