

Saginaw County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2021

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

2021

Saginaw
County
Community
Resource
Guide

[A guide to services in your community]

2021

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[TABLE OF CONTENTS]

Abuse & Protection.....	[1]
Adult Aging Services.....	[1-2]
Animal Support.....	[2]
County Resources	[2-3]
Disability Resources	[3]
Education & Training.....	[3-4]
Emergency & Disaster Services.....	[5]
Employment Assistance	[5-6]
Financial Assistance	[6]
Fitness, Recreation & Rehabilitation	[6]
Food Pantries, Clothing & Household Assistance.....	[6]
Healthcare Services.....	[7-9]
Housing Assistance	[9]
Legal Assistance	[10]
Parenting/Pregnancy Resources.....	[10]
Support Groups.....	[10]
Transportation	[11]
Tribal Services.....	[11]
Veterans Affairs	[11]
Volunteer Opportunities	[11]

2021



ABUSE & PROTECTIVE SERVICES

- CAN Council - Saginaw..... (989) 752-7226
- Children & Adult Protective Services.. (855) 444-3911
- Common Ground Crisis Line (800) 231-1127
- Crisis Hotline.....<https://13reasonswhy.info>
- Crisis Hotline..... Text REASON to 741741
- Equality Michigan (313) 537-7000
- HAVEN Crisis Line (877) 922-1274
- Love Is Respect Hotline (866) 331-9474
- Michigan Coalition to End Domestic & Sexual
Violence (MCEDSV) (517) 347-7000
- National Domestic & Sexual Violence Helpline
..... (800) 799-7233
- National Human Trafficking Resource Center
..... (888) 373-7888
- Narcotics Anonymous 24/7 (800) 230-4085
- RAINN (Rape & Incest National Network)
..... (800) 656-4673
- Stop It Now! Hotline (888) 773-8368
- Suicide Prevention..... (800) 273-8255
- Victim Connect (stalking hotline) (855) 484-2846

ADULT AGING SERVICES

Adult Day Services

- Caring.com..... (855) 863-8283
- Brady Senior Center..... (989) 845-7200

- Buena Vista Senior Center (989) 752-1655
- Chesaning Senior Center (989) 845-6565
- Eleanor Frank Senior Center..... (989) 797-6895
- Frankenmuth Senior Center (989) 652-3430
- Freeland Senior Center (989) 695-2000
- Friendship Senior Center (989) 797-6801
- Hemlock Senior Center (989) 642-2610
- Maple Grove Senior Center (989) 845-7444
- Marie Davis Senior Center..... (989) 758-2441
- South Colony Senior Center (989) 790-3289

Adult Foster Care

- Hoomstra Adult Foster Care (989) 790-4679
- House of Serenity AFC (989) 327-1155
- My Angel Adult Foster Care..... (989) 401-8598
- Peace of Mind Adult Foster Care..... (989) 355-1502
- Reis Adult Foster Care (989) 790-1187

Alzheimer's & Dementia Support

- Alzheimer's Association & Helpline.... (800) 272-3900

Assisted Living

- Bickford of Saginaw Township (989) 799-9600
- Brookdale Saginaw (989) 249-7500
- Edgewood Assisted Living Center..... (989) 497-9970
- Independent Living Solutions (989) 752-6143
- New Hope Valley (989) 498-4000
- Serenity Springs (989) 793-3471
- Wellspring..... (989) 792-7979

Skilled Nursing Facilities

- Avista Nursing & Rehab (989) 777-5110
- Chesaning Comfort Care..... (989) 607-0011
- Chesaning Nursing and Rehab..... (989) 845-6602
- Great Lakes Rehab Center (989) 607-1500
- Hoyt (989) 754-1419
- Medilodge of Frankenmuth..... (989) 652-6101
- Saginaw Senior Care & Rehab (989) 792-8729
- Samaritas (989) 799-1902

Senior Citizen Resources

- Commission on Aging-Saginaw..... (989) 797-6880
- Forester Senior Services (Relocation, Appraisal &
Estate Services) (989) 497-0200
- HAP Senior Plus (800) 868-3153
- McLaren Homecare and Hospice (866) 323-5974
- Meals on Wheels-Saginaw (989) 797-6880
- Medicare..... (800) 633-4227

Medicare/Medicaid Assistance Program (MMAP)
 (800) 803-7174
 Region 7 Area Agency on Aging..... (800) 858 1637
 Saginaw Senior Care & Rehab Center
 (989) 792-8729
 Social Security Administration..... (800) 772-1213
 Veterans Affairs (844) 698-2311

ANIMAL SUPPORT

Amazing Grace Animal Rescue (989) 792-0346
 Animal Care Center..... (989) 797-4500
 Bridgeport Animal Hospital (989) 777-2131
 Great Lakes Pet Emergency Hospital.. (989) 752-1960
 Humane Society of Saginaw Co. (989) 501-8672
 Mid MI Veterinary Hospital (989) 792-8665
 Saginaw Valley Equine Clinic (989) 790-7339
 Woodland Pet Resort (989) 793-2882

COUNTY RESOURCES

County Offices

Board of Commissioners (989) 790-5267
 Clerk..... (989) 790-5249
 Health Department..... (989) 758-3800
 Mosquito Control (989) 755-5751
 Public Works (Drain Office) (989) 790-5258
 Register of Deeds..... (989) 790-5270
 Road Commission (989) 752-6140
 Treasurer (989) 790-5225

Cities & Villages

Birch Run (989) 624-5711
 Chesaning (989) 845-3800
 Frankenmuth (800) 386-8696
 Hemlock (Richland Twp.)..... (989) 642-2097
 Merrill (989) 643-5660
 Oakley (989) 845-2222
 Saginaw..... (989) 399-1311
 Shields (Thomas Twp.)..... (989) 781-0150
 St Charles (989) 865-8287
 Zilwaukee..... (989) 755-0931

Courts

10th Circuit Court (989) 790-5470
 Estate Division (989) 790-5320
 Circuit Court Probation..... (989) 758-2470
 70th District Court

Criminal Division (989) 790-5385
 Civil Division..... (989) 790-5381
 Traffic Division (989) 790-5390
 District Court Probation..... (989) 790-5492
 Probate Court (989) 790-5279
 Friend of the Court (989) 790-5300
 Office of Assigned Counsel (989) 790-5207
 Prosecuting Attorney..... (989) 790-5330

Townships

Albee..... (989) 770-4844
 Birch Run (989) 624-9773
 Blumfield..... (989) 868-9512
 Brant (989) 865-6484
 Bridgeport Charter Twp..... (989) 777-0940
 Buena Vista Charter Twp. (989) 754-6536
 Carrollton..... (989) 754-4611
 Chapin (989) 661-2215
 Chesaning (989) 845-2341
 Frankenmuth (989) 652-3430
 Fremont (989) 642-2884
 James (989) 781-1353
 Jonesfield..... (989) 643-7707
 Kochville..... (989) 792-7596
 Lakefield (989) 327-3026
 Maple Grove (989) 845-6155
 Richland (Hemlock)..... (989) 642-2097
 Saginaw Charter Twp..... (989) 791-9800
 Spaulding (989) 777-0950
 St Charles (989) 865-9010
 Swan Creek (989) 865-6251
 Taymouth..... (989) 624-4159
 Thomas (Shields) (989) 781-0150
 Tittabawassee..... (989) 695-9512

DISABILITY RESOURCES

Children's Special Healthcare Services
 (800) 359-3722
 Disability Network (989) 835-4041
 Disability Network of MI..... (800) 782-4160
 Medicare/Medicaid Assistance Program (MMAP)
 (800) 803-7174
 Michigan Commission for the Blind .. (800) 292-4200
 Muscular Dystrophy Association (800) 572-1717
 Paralyzed Veterans of America (800) 638-6782
 Relay Center for Deaf/Hard of Hearing..... 7-1-1
 Social Security Administration..... (800) 772-1213

The Family Center for Children and Youth with Special
Healthcare Needs (800) 359-3722
United Cerebral Palsy of MI..... (800) 828-2714

EDUCATION & TRAINING

Adult Programs/Continuing Education

American Red Cross..... (800) 733-2767
Delta College..... (989) 686-9000
Dorsey Schools (989) 249-1926
Education & Training Connection..... (989) 755-7347
Ross Medical Education Center – Saginaw
..... (989) 793-9800
Saginaw Valley State University (989) 964-4000

Colleges/Career Centers

Delta College..... (989) 686-9000
Dorsey Schools (989) 249-1926
Education & Training Connection..... (989) 755-7347
Ross Medical Education Center (989) 791-5192
Saginaw ISD Transitions Center (989) 399-7400
Saginaw Valley State University (989) 964-4000

Childcare Centers & Preschools

Bethany Lutheran Preschool (989) 793-9579
Bulldog Kids Care (989) 865-7961
Busy Bees Day Care (989) 777-3460
Covenant Healthcare Children’s Center - Saginaw
..... (989) 583-4130
Faith Lutheran Preschool..... (989) 777-2600
Freeland Cooperative Preschool (989) 695-5260
Head Start/GRSP Office – Saginaw (989) 752-2193
Hemlock Public Schools (989) 642-5221
Kinder Kare Frankenmuth (989) 652-3345
Kinder Kare Freeland (989) 695-5388
Kinder Kare Tuscola St, Saginaw..... (989) 399-8778
Kinder Kare Federal Ave, Saginaw..... (989) 753-0192
Kinder Kare Center Rd, Saginaw (989) 793-9200
Steps Montessori – Saginaw..... (989) 792-3499
St Peter Lutheran Pre-School (989) 642-5659
Wee Care Christian Pre-School and Childcare
..... (989) 797-7529

Public Libraries

Bridgeport..... (989) 777-6030
Butman-Fish..... (989) 799-9160
Fleschner - Birch Run (989) 624-5171
Hoyt – Saginaw (989) 755-0904
Merrill District Library (989) 643-7300

Rauchholz – Hemlock (989) 642-8621
River Rapids District Library – Chesaning
..... (989) 845-3211
St Charles District Library (989) 865-9451
Taymouth Twp. Library..... (989) 770-4651
Thomas Twp. Library (989) 781-3770
Wickes - Saginaw (989) 752-3821
Wickson – Frankenmuth..... (989) 652-8323
Zael - Saginaw (989) 799-2771

Schools

Bethlehem (PreK-8) – Saginaw (989) 755-1146
Birch Run Area Schools..... (989) 624-9307
Bridgeport Baptist Academy (PreK-12)
..... (989) 777-6811
Bridgeport-Spaulding Community Schools
..... (989) 777-1770
Carrollton Public Schools..... (989) 754-1475
Chesaning Union Schools (989) 845-7020
Community Baptist Christian School, Shields (PreK-12)
..... (989) 781-2340
Francis Reh Academy - Saginaw (989) 753-2349
Frankenmuth School District (989) 652-9958
Freeland Community Schools..... (989) 695-5527
Gethsemane, Saginaw (PreK-8) (989) 792-3607
Grace Christian School, Saginaw (PreK-12)
..... (989) 793-2129
Hemlock Public Schools (989) 642-5221
Holy Cross, Saginaw (PreK-8)..... (989) 793-9795
Immanuel, Frankentrost (PreK-8)..... (989) 754-4285
International Academy of Saginaw..... (989) 921-1000
Merrill Community Schools (989) 643-7261
Michigan Lutheran Seminary..... (989) 793-1010
North Saginaw Charter Academy (989) 249-5400

Schools, cont.

Nouvel Elementary/Middle (989) 792-2361
Nouvel High School..... (989) 791-4330
Peace (PreK-8) - Saginaw (989) 792-2581
Saginaw Learn to Earn Academy (989) 399-8775
Saginaw Preparatory Academy (989) 752-9600
Saginaw Twp. Community Schools
..... (989) 797-1800
School District of the City of Saginaw
..... (989) 399-6500
St Charles Community Schools (989) 865-9961
St John’s (PreK-8) – Hemlock..... (989) 642-5178
St Lorenz (PreK-8) – Frankenmuth (989) 652-6141
St Paul’s (PreK-8) – Saginaw (989) 799-3271

St Peter (PreK-8) – Hemlock (989) 642-5659
 Swan Valley School District (989) 921-3701
 St. Johns Evangelical, Saginaw (PreK-8)
 (989) 799-0935
 The New Millennium Academy, Saginaw (3-8)
 (989) 484-7363
 TriCity SDA School (K-8) – Saginaw.....(989) 790-2508
 Valley Lutheran High School.....(989) 790-1676
 Zion (PreK-8) - Chesaning (989) 845-2377

Youth Programs

Boy Scouts (989) 662-4464
 Boys & Girls Club (989) 399-5122
 First Ward Community Center (989) 753-0411
 Frankenmuth Park and Recreation..... (989) 652-3440
 Freeland Sportszone..... (989) 695-2000
 Girl Scouts..... (989) 799-9565
 Little League
 Saginaw South..... (989) 272-8375
 Swan Valley (989) 671-7329
 Saginaw Community Foundation (989) 755-0545
 Saginaw County Youth Protection Council
 (989) 755-0937
 Saginaw Twp Soccer Association..... (989) 792-9600
 Saginaw YMCA..... (989) 753-7721
 Youth for Understanding USA (989) 777-4420

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police..... 911

American Red Cross..... (800) 733-2767
 Consumers Energy Emergency Line ... (800) 477-5050
 Innerlink for Runaways..... (989) 753-3431
 Poison Control (800) 222-1222
 Saginaw County Emergency Management
 (989) 790-5434
 US Coast Guard – Saginaw River (989) 892-0556

Fire Departments (Non-Emergency Numbers)

Albee Twp..... (989) 770-4844
 Birch Run (989) 624-9561
 Blumfield Twp..... (989) 753-9881
 Buena Vista..... (989) 755-4756
 Bridgeport..... (989) 777-2400
 Carrollton Twp..... (989) 754-4611
 Chesaning-Brady..... (989) 845-2552
 Frankenmuth City (989) 652-9901
 James Township..... (989) 781-2023

Jonesfield-Lakefield (989) 643-5277
 Kochville..... (989) 792-7596
 Maple Grove (989) 845-6967
 Saginaw City..... (989) 759-1376
 Saginaw Twp..... (989) 792-9691
 Spaulding Twp. (989) 777-0950
 Swan Creek (989) 865-6121
 Taymouth Twp..... (989) 624-4159
 Thomas Twp. (Shields)..... (989) 781-4141
 Tittabawassee Twp..... (989) 695-9768

Law Enforcement (Non-Emergency Numbers)

Birch Run (989) 624-1113
 Bridgeport..... (989) 777-2800
 Buena Vista Twp (989) 753-7793
 Carrollton Twp (989) 754-9244
 Chesaning (989) 845-2550
 Delta College – Public Safety (989) 686-9113

Law Enforcement (Non-Emergency Numbers, cont.)

Frankenmuth (989) 652-8371
 Michigan State Forensics Lab (989) 777-9300
 Oakley Brady..... (989) 845-5400
 Richland Twp (989) 642-2097
 Saginaw City..... (989) 757-4580
 Saginaw Twp..... (989) 793-2310
 St. Charles..... (989) 860-8850
 SVSU Police (989) 964-4141
 Thomas Twp (989) 797-4580
 Tittabawassee Twp..... (989) 695-9623
 Tri-City Post (Freeland)..... (989) 495-5555
 Saginaw County Sheriff..... (989) 797-4580

Community Corrections

Adult (989) 790-5584
 Juvenile (989) 799-2821
 Parole Office (989) 754-8661

EMPLOYMENT ASSISTANCE

Delta College Career Services..... (989) 686-9072
 Dorsey Schools (989) 249-1926
 Goodwill..... (800) GOODWILL
 Michigan Indian Employment & Training Services
 (800) 591-8820
 Michigan Small Business Development Center
 (989) 686-9597
 Michigan Works Saginaw (989) 752-3145

Michigan Works..... (989) 667-0500
 Ross Medical Education Center – Saginaw
 (989) 793-9800
 Saginaw County Community Action Agency
 (989) 753-7741
 State of Michigan Workforce Development Agency
 (517) 335-5858
 SVSU Career Services..... (989) 964-4954
 Unemployment Office Hotline (866) 500-0017

Staffing Agencies

Adecco Staffing..... (989) 797-4411
 APS Employment Services – Saginaw . (800) 929-2816
 Kelly Services – Saginaw (989) 799-5761
 Manpower – Saginaw (989) 799-7701
 Qualified Staffing..... (989) 799-0912

FINANCIAL ASSISTANCE

Guardianship Services-Saginaw..... (989)755-1532
 MSHDA..... (855) 646-7432
 Saginaw Community Foundation (989) 755-0545
 Saginaw County CAC..... (989) 753-7741
 Saginaw County Department of Health & Human
 Services..... (989) 758-1100
 Salvation Army..... (989) 401-7881
 United Way of Saginaw County..... (989) 755-0505

Tax Assistance

Aim Tax & Financial (989) 777-5432
 Hill & Porter Tax Service – Bridgeport
 (989) 777-3400
 H&R Block Bridgeport..... (989) 777-4640
 H&R Block Chesaning (989) 845-2250
 H&R Block E Genesee (989) 753-7341
 H&R Block Gratiot Rd (989) 793-9944
 H&R Block State St..... (989) 791-1551
 H&R Block W Genesee..... (989) 752-2008
 Jackson Hewitt, Saginaw (989) 607-4066
 Kulhanek Accounting & Tax Service - Chesaning
 (989) 845-7337
 Liberty Tax Service - Saginaw (989) 327-1523
 My Free Taxes.....www.myfreetaxes.com
 Miller Financial Services - Hemlock.... (989) 642-8722
 Nordstrom Tax Service - Saginaw..... (989) 792-3771
 United Way Volunteer Tax Assistance
 (989) 755-0505

FITNESS, RECREATION & REHABILITATION

Parks & Recreation

Boy Scouts.....(989) 662-4464
 Boys & Girls Club (989) 399-5122
 Frankenmuth Parks and Recreation ... (989) 652-3440
 Freeland Sportszone..... (989) 695-2000
 Girl Scouts..... (989) 799-9565
 Little League Saginaw South..... (989) 272-8375
 Little League Swan Valley (989) 671-7329
 Saginaw City Parks..... (989) 759-2191
 Saginaw County Fair (989) 845-2143
 Saginaw County Parks & Recreation .. (989) 790-5280
 Saginaw Twp Parks & Recreation (989) 791-9860
 Saginaw Twp Soccer Association..... (989) 792-9600
 Saginaw YMCA..... (989) 753-7721
 Shiawassee National Wildlife Refuge . (989) 777-5930
 Wilderness Trails Zoo – Birch Run (989) 624-6177

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

American Red Cross – Saginaw..... (989) 754-8181
 Area on Aging (800) 858-1637
 Catholic Family Services (989) 753-8446
 City Rescue Mission of Saginaw (989) 752-6051
 East Side Soup Kitchen (989) 755-3663
 First Presbyterian Church Food Pantry - Saginaw
 (989) 793-9890
 First Ward Community Center (989) 753-0411
 Food Bank Council of MI
www.fbmic.org/resources/find-a-food-bank
 Old Town Christian Outreach Center . . (989) 249-8696
 Resurrection Lutheran Church Food Pantry – Saginaw
 (989) 792-7135
 Saginaw Community Action (989) 753-7741
 Saginaw County DHHS..... (989) 758-1100
 Salvation Army – Saginaw (989) 401-7881
 United Way of Saginaw (989) 755-0505
 WIC (800) 942-1636

HEALTHCARE SERVICES

AIDS Program Hotline..... (800) 872-2437
 Centers for Disease Control..... (800) 232-4636

Children's Special Healthcare Services
 (800) 359-3722
 McLaren Bay Region Hospital..... (989) 894-3000
 McLaren Homecare and Hospice (866) 323-5974
 McLaren Physical Therapy
 Midland (989) 794-4035
 Pinconning..... (989) 879-5500
 Riverview (989) 895-4340
 Saginaw County Health Dept..... (989) 758-3800
 Uptown Occupational & Convenient Care
 (989) 393-2850
 West Side Medical Mall..... (989) 667-3646
 Veteran Affairs..... (844) 698-2311

Clinics

CMU Health – Saginaw (989) 746-7500
 Great Lakes Family Health Center (989) 790-0100
 Karmanos..... (800) 527-6266
 Med Express Urgent Care
 Frankenmuth..... (989) 652-1320
 Hemlock..... (989) 583-0670
 Saginaw (SVSU)..... (989) 583-0285
 Saginaw Family Physicians..... (989) 792-1375
 Saginaw Township Family Physicians..(989) 583-5300
 St. Mary's Ambulatory Care (989) 497-3000
 Valley Urgent Care..... (989) 791-3888

Hospitals

Aleda V Lutz VA Medical Center (989) 497-2500
 Ascension St Mary's of Michigan..... (989) 907-8000
 Covenant Medical Center (989) 583-0000
 Covenant Harrison..... (989) 583-7000
 Healthsource Saginaw (800) 662-6848
 Karmanos..... (800) 527-6266
 Select Specialty Hospital..... (989) 583-4850

Dental Resources

All Smiles Dental - Saginaw (989) 790-6700
 Aspen Dental- Saginaw..... (989) 755-6600
 Birch Run Family Dental (989) 624-5570
 Bridgeport Dental..... (989) 921-5390
 Chesaning Family Dental (989) 845-7242
 Children's Mobile Dental Program of Great Lakes Bay
 Health (Sept – June) (989) 921-4393
 Delta College Dental Clinic (989) 686-9469
 Dental Dreams- Saginaw (989) 777-4880
 Dental Hygiene Health Services..... (989) 385-5174
 Dental Lifeline Network (low income; severe
 problems only) (303) 534-5360

Denture Care Clinic - Saginaw (989) 754-8150
 Dr White Dental – Birch Run (989) 624-9381
 Ehinger & Hopfensperger Dentistry....(989) 845-7655
 Frankenmuth Family Dental (989) 652-6196
 Groves & Fender Family Dentistry - Frankenmuth
 (989) 652-6271
 Michigan Donated Dental Services Program
 (866) 263-4067
 Piesko & Lennan, DDS – Hemlock..... (989) 642-2750
 St Charles Family Dentistry..... (989) 865-6731

Hearing Resources

Beltone Skoric Hearing Aids (989) 793-7620
 Bieri Hearing (989) 793-2701
 Central Michigan University Audiology Clinic
 (989) 774-3904
 HearingLife..... (989) 252-8986
 HearUSA..... (989) 799-1611
 Miracle Ear..... (989) 799-0663
 Relay Center for Deaf and Hard of Hearing.....7-1-1
 Riverfront Hearing (989) 790-5005
 Valley ENT Associates (989) 799-8620

Medical Equipment & Loan Closets

ALS of Michigan (800) 882-5764
 Equipment loan program for ALS and PLS patients
 only
 Covenant Visiting Nurse Assoc (989) 799-6020
 Freedom Med Alert (877) 318-4993
 Michigan CPAP Bank..... (734) 232-3964
 CPAP, BiPAP, Auto CPAP/BiPAP, ASV, AVAPS
 Muscular Dystrophy Association (800) 572-1717
 Medical equipment loan closets in Michigan
 One-Drop Diabetes Support & Supplies
 (<http://onedrop.today>) (800) 437-1474
 The National Federation of the Blind
 (410) 659-9314
 Paralyzed Veterans of America/Michigan Chapter
 (800) 638-6782
 Wheelchairs, power chairs, adaptive sports
 equipment, hoists, lifts, etc.
 Saginaw Medical Services..... (989) 793-4444
 PLS patients only
 United Cerebral Palsy Michigan (800) 828-2714
 Michigan Assistive Technology Loan Fund and
 Michigan Employment Loan Fund
 Wright & Filippis (989) 799-7360

Mental Health & Counseling Services

Common Ground Crisis Line (800) 231-1127
Community Mental Health (989) 797-3400
Healthsource Saginaw (800) 662-6848
Holy Cross (Mental Health/Substance Abuse)
..... (989) 596-3557
List Psychological Services (989) 790-3130
Narcotics Anonymous 24/7 (800) 230-4085
NCADD National Council on Alcoholism and Drug
Dependence (800) 622-2255
National Domestic & Sexual Violence Helpline
..... (800) 799-7233
National Human Trafficking Resource Center
..... (888) 373-7888
Problem Gambling Help-Line 24/7 (800) 270-7117
RAINN Rape and Incest National Network
..... (800) 656-4673
Saginaw Psychological Services (989) 799-2100

Mental Health & Counseling Services, cont.

SEMCA (800) 686-6543
Stop It Now! Hotline (888) 773-8368
Substance Abuse (800) 662-4357
Suicide Prevention (800) 273-8255
Training & Treatment Innovations (989) 799-6542
Westlund Guidance Clinic (989) 793-4790

Prescription Assistance

MMAP Michigan Medicare/Medicaid Assistance
Program (800) 803-7174
Michigan's Prescription Drug Discount Card - MI-Rx
..... (866) 755-6479
NeedyMeds (800) 503-6897
Resource for medication assistance programs
Partnership for Prescription Assistance
..... www.pparx.org
RxAssist (Pharmaceutical company assistance
programs) www.rxassist.org
Rx Outreach (800) 769-3880

Pharmacies

Birch Run Drugs (989) 624-9231
Bridgeport Pharmacy (989) 777-2900
Broad Street Pharmacy- Chesaning (989) 845-9355
Central Pharmacy – Chesaning (989) 845-3609
CVS Frankenmuth (989) 652-8001
CVS Saginaw (Inside Target) (989) 793-5701
Downs Pharmacy- Saginaw (989) 758-6000
Faler Drugs- Saginaw (989) 793-2445

Family Pharmacy - Chesaning (855) 511-5501
Healthway Compounding Pharmacy - Saginaw
..... (989) 791-1691
Healthway Pharmacy – St Charles (989) 865-9971
Hemlock Pharmacy- Saginaw (989) 301-0250
Hometown Pharmacy (989) 781-2370
Kroger Pharmacy Frankenmuth (989) 652-0621
Kroger Pharmacy on Gratiot (989) 791-7110
Kroger Pharmacy on State (989) 921-6222
Medplex Pharmacy – Bridgeport (989) 746-9500
Meijer Pharmacy in Birch Run (989) 624-1610
Meijer Pharmacy on Gratiot (989) 781-6510

Pharmacies, cont.

Meijer Pharmacy on Tittabawassee ... (989) 249-6010
Rite Aid in Bridgeport (989) 777-3550
Rite Aid in Frankenmuth (989) 652-2613
Rite Aid on Bay Rd (989) 792-9606
Rite Aid on E Genesee (989) 752-8240
Rite Aid on W Genesee (989) 753-2447
Rite Aid on Gratiot (East) (989) 249-4215
Rite Aid on Gratiot (West) (989) 791-4221
Rite Aid on State St (989) 792-3451
Rite Aid on Tittabawassee (989) 754-8477
Sam's Club Pharmacy- Saginaw (989) 790-8930
Schultz Country Pharmacy- Chesaning
..... (989) 845-3609
Walgreens on E Genesee (989) 753-9688
Walgreens on W Genesee (989) 755-2251
Walgreens on Bay Rd (989) 497-9316
Walgreens on State St (989) 791-3088
Wal-Mart Pharmacy Bay Rd (989) 790-7431
Brockway (989) 497-8112

Retail Discount Drug Programs

NeedyMeds (800) 503-6897
RX Outreach (800) 769-3880

Substance Abuse

CDC Hotline (800) 232-4636
Healthsource Saginaw (800) 662-6848
Michigan Counseling Center (888) 622-3345
Narcotics Anonymous (NA) Hotline (800) 230-4085
National Council on Alcoholism and Drug Dependence
(NCAAD) (800) 622-2255
Saginaw County Community Mental Health Authority
..... (989) 797-3400
SAMHSA Hotline (800) 662-4357
SEMCA (800) 686-6543

Substance Use Treatment Services (800) 834-3393

Urgent Care

Covenant MedExpress Frankenmuth . (989) 652-1320
Covenant MedExpress State St (989) 583-0100
Covenant MedExpress Pierce Rd..... (989) 583-0285
Hope Urgent Care, Birch Run (989) 244-6441
Valley Urgent Care..... (989) 791-3888

Vision Assistance

Advanced Eye Care & Contact Lens
Chesaning (989) 845-7050
St Charles..... (989) 865-9979
America’s Best Contact & Eyeglass (989) 399-3477
Andersen Eye Associates (800) 519-3933
Anderson Saginaw (989) 797-2400
Anderson Hemlock (989) 642-4510
Envision Eye Care..... (989) 799-2020
Eye Care Specialist of Michigan (989) 791-2020
Family Eye Care Center – Frankenmuth
..... (989) 652-2626
Great Lakes Eye Institute, Frankenmuth
..... (989) 652-2020
Great Lakes Eye Institute, Saginaw (989) 793-2820
Hass Vision Center - Chesaning (989) 845-3835
Lens Crafters (989) 790-0184
Lions of Michigan Foundation (517) 887-6640
Michigan Commission for the Blind ... (800) 292-4200
Riverfront Optical (989) 790-5005
Special Needs Vision Clinic (989) 777-1040
Walmart Vision Center, Bay Rd (989) 790-8937
Walmart Vision Center, Brockway..... (989) 497-8130

HOUSING ASSISTANCE

Emergency Shelters

American Red Cross..... (800) 733-2767
City Rescue Mission - Saginaw..... (989) 752-6051
Mustard Seed Shelter – Saginaw.....(989) 755-4741
Restoration Community Outreach Shelter - Saginaw
..... (989) 753-1886
Underground Railroad - Saginaw (989) 755-0413

Heating/Utility Assistance & Home Repairs/Weatherization

American Red Cross..... (800) 733-2767
Area on Aging (800) 858-1637
The Heat and Warmth Fund (800) 866-8429

Saginaw County Community Action Agency
..... (989) 753-7741
Saginaw County Dept of Health & Human Services
..... (989) 758-1100
USDA Rural Development..... (800) 414-1226

Low Income Housing

MSHDA: Step Forward..... (866) 946-7432
HUD Rental Assistance (800) 569-4287
Saginaw County Community Action Agency
..... (989) 753-7741
Saginaw County Dept of Health & Human Services
..... (989) 758-1100
Saginaw Housing Commission (989) 755-8183
USDA Rural Development..... (800) 414-1226
Veterans Toll Free Number.....iris.custhelp.va.gov

LEGAL ASSISTANCE

Center for Civil Justice (800) 724-7441
Legal Services of Eastern Michigan (800) 322-4512
Michigan Department of Civil Rights.. (517) 335-3165
Michigan Indian Legal Services..... (231) 947-0122
Michigan Senior Legal Hotline (866) 400-9164
Social Security Administration..... (800) 772-1213
Veterans Toll Free Number.....iris.custhelp.va.gov

PARENTING/PREGNANCY RESOURCES

Child Safety Seat Inspection.....(888) SEAT CHECK
First Ward Community Center (989) 753-0411
Friend of the Court (989) 790-5300
Le Leche (800) 525-3243
National Parent Help Line 24/7 (855) 427-2736

PARENTING/PREGNANCY RESOURCES, cont.

Pregnancy Care Center (989) 752-7664
Saginaw ISD Birth to 5 (989) 399-7473
Saginaw County Dept of Health & Human Services
..... (989) 758-1100
Saginaw County Youth Protection Council
..... (989) 755-0937
The Family Center for Children and Youth with Special
Healthcare Needs..... (800) 359-3722

WIC (800) 942-1636
Women’s Health Resource Line (800) 994-9662

SUPPORT GROUPS

ALS of Michigan (800) 882-5764
Alzheimer’s Association and Helpline (800) 272-3900
Area on Aging (800) 858-1637
Common Ground Crisis Line (800) 231-1127
Disability Network of MI..... (800) 782-4160
.....www.dnmichigan.org/cil-directory
Equality Michigan (313) 537-7000
Epilepsy Foundation of Michigan (800) 377-6226
HAVEN Crisis Line (877) 922-1274
Love is Respect Hotline..... (866) 331-9474
Narcotics Anonymous 24/7 (800) 230-4085
National Domestic and Sexual Violence Helpline
..... (800) 799-7233
National Human Trafficking Resource Center
..... (888) 373-7888
National Council on Alcoholism and Drug
Dependence (NCADD) (800) 622-2255
Parkinson’s (800) 852-9781
Problem Gambling Helpline..... (800) 270-7117
Rape and Incest National Network (RAINN)
..... (800) 656-4673
SEMCA (800) 686-6543
Stop It Now! Hotline (888) 773-8368
Substance Abuse Hotline..... (800) 662-4357
Suicide Prevention..... (800) 273-8255
WIC (800) 942-1636
Women’s Health Resource Line (800) 994-9662

TRANSPORTATION

Area on Aging (800) 858-1637
Auto Safety Hotline (888) 327-4236
Child Safety Seat Inspection.....(866) SEAT CHECK
Chippewa Cab Medical Transport (989) 779-2227
Great Lakes Bay Health Transportation
..... (989) 755-2053
H.W. Browne Airport (989) 758-2459
Holt Transportation - Saginaw..... (989) 860-1004
Karmanos..... (800) 527-6266

MDOT – Bay City Office (989) 671-1555
Saginaw Transit Authority (989) 907-4000
Veterans Toll Free Number.....iris.custhelp.va.gov

TRIBAL SERVICES

Department of Civil Rights..... (517) 335-3165
MDHHS Native American Affairs Office
..... (517) 335-7782
Michigan Indian Employment & Training Services
..... (800) 591-8820
Michigan Indian Legal Services..... (231) 947-0122
Michigan Indian Tuition Waiver (517) 241-7748
Saginaw Chippewa Indian Tribe (989) 775-4000
U.S. Office of Indian Education..... (202) 260-3774

VETERANS AFFAIRS

Area on Aging (800) 858-1637
American Legion Chesaning Post 212 (989) 845-3300
American Legion Frankenmuth Post 150
..... (989) 652-3717
American Legion East Street, Saginaw Post 312
..... (989) 984-7772
American Legion S. Niagara Street, Saginaw Post 22
..... (989) 792-9747
American Legion Weiss Street, Saginaw Post 439
..... (989) 792-2000
CHAMPVA (800) 733-8387
Michigan Veterans Affairs (800) 642-4838
VFW Carrollton-Zilwaukee Post 1859. (989) 752-8826
VFW Saginaw Post 9809 (989) 792-0060
Paralyzed Veterans of America (800) 638-6782
US Department of Veterans Benefits . (800) 827-1000
Veteran Affairs..... (844) 698-2311
Veterans Toll Free Number.....iris.custhelp.va.gov

VOLUNTEER OPPORTUNITIES

American Red Cross..... (800) 733-2767
Commission on Aging (989) 797-6880
Food Bank Council of MI
.....www.fbmic.org/resources/find-a-food-bank
Habitat for Humanity – Saginaw (989) 754-9435
United Way – Saginaw County (989) 755-0505

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 <u>Primary Care Physician</u></p> <ul style="list-style-type: none"> • Cold/Flu Symptoms • Earaches • Mild Backaches • Mild Sprains • Rashes • Sore Throat/Cough • Toothaches 	<p><u>(Virtual Visits) Primary Care via Telehealth</u></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 <u>McLaren Now App</u> mclaren.org/mclarennow</p>	<p>Needs Medical Care and can wait a few hours. You should contact your <u>Primary Care Physician</u> 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.