

# Grand Traverse

## Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2022

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

2022

Grand  
Traverse  
County  
Community  
Resource  
Guide

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[ A guide to services in your community]

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**ADULT AGING SERVICES**

Acts of Love Home Companion	(231)929-7595
Alliance for Senior Living	(231) 263-4040
Alzheimer's Association	(800) 272-3900
Area on Aging	(800) 858-1637
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
Commission on Aging	(231) 922-4688
Crisis Services for the Elderly	(517) 483-7205
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
McLaren Home Care	(866) 323-5974
Meals on Wheels	(800) 632-7334
Medicare	(800) 633-4227
Medicare/Medicaid Assistance Program (MMAP)	(800) 803-7174
Munson Home Care	(800) 252-2065
Seniors Helping Seniors	(989) 401-4527
Social Security Administration	(800) 772-1213
Traverse City Residential Care	(231) 313-9633
Visiting Angels Living Assistance Services	(800) 365-4189

**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
Department Of Human Services	(231) 941-3900
HAVEN Crisis Line	(877) 922-1274
Love is respect Hotline	(866) 331-9474
Narcotics Anonymous 24/7	(800) 230-4085
National Domestic & Sexual Violence Helpline	(800) 799-7233
National Domestic Violence Helpline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
RAINN (Rape & Incest National Network)	(800) 656-4673
Stop It Now! Hotline	(888) 773-8368
Suicide Prevention	(800) 273-8255
The Trevor Project (Youth LGBTQ crisis and suicide hotline)	(866) 488-7386
Third level Crisis Line	(800) 442-7315
Victim Connect- any crime	(855) 484-2846
Vulnerable Adult Help Line	(855) 444-3911
Women’s Resource Center Crisis	(800) 554-4972

**Adult Day Services**

Grand Traverse County Senior Centers	(231) 922-4911
Grand Traverse Pavilions	(231) 932-3000
Angel Hart Home Care	(231) 347-4800
Comfort Keepers	(231) 222-5376
Grand Traverse Commission on Aging	(231) 922-4688

**Adult Foster Care**

Arbor House	(231) 935-3772
Bay Ridge Assisted Living	(231) 932-9757
Beacon of the North	(231) 263-1353
Beacon Home at Silverview	(231) 922-9791
Benton AFC Facility	(231) 883-5386

Boardman Lake Glens: Brigadoon	(231) 933-0933
Cass Road Adult Foster Care	(231) 941-8685
Cedar Valley Home	(231) 933-0486
Cherry Hill Haven	(231) 933-0421
Cherry Hill Haven II	(231) 933-4155
Cherry Hill Haven III	(231) 933-0705
Cherry Hill Nest	(888) 456-2736
Cherry Hill Lodge	(231) 932-1545
Countryside Senior AFC	(231) 263-0711
Culver Meadows Adult Foster Care	(231) 943-9421
Culver Meadows Senior Living	(231) 943-9430
Elmwood AFC	(231) 946-7939
Frentners AFC	(231) 263-0742
Green Acres	(231) 947-7055
Hillcrest AFC	(231) 263-7026
Home of Traverse City	(231) 929-9773
Horizon Heights	(231) 932-1681
Horizon North AFC	(231) 941-5732
Joy Givers, Inc	(231) 922-5974
Kennedy House	(231) 884-4916
Kennedy House West	(231) 933-7118
King Adult Living Center	(231) 929-1311
Lake Shore AFC	(231) 276-9260
Laparr AFC	(800) 333-6002
Larosa AFC Home	(231) 929-3830
Lindsay Countryside Senior AFC	(231) 649-0678
Mission Point	(231) 263-7323
Neurorestorative Michigan	(800) 743-6802
Neurorestorative Michigan- East Bay North	(231) 932-0413
Neurorestorative Michigan- East Bay South	(231) 935-1070
Piper's Place AFC	(231) 492-5681
Rainbow of Hope Farm	(231) 263-4673
Summerfield AFC	(231) 943-9590
The Manor House	(231) 935-2300
Traverse Manor	(231) 946-2999
West Shore AFC Home, LLC	(231) 276-9795

### **Alzheimer's & Dementia Support**

Alzheimer's Association of Northwest Michigan	(231) 929-3804
Alzheimer's Association	(800) 272-3900
Greater Michigan Chapter Support Groups	<a href="http://www.alz.org/gmc">www.alz.org/gmc</a>

Dementia Friendly Grand Rapids	(616) 222-7036
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### **Assisted Living**

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

### **ANIMAL SUPPORT**

AC PAW Spay & Neuter Program	(231) 587-0738
Animal Control	(231) 995-6080
Great Lakes Pet Memorial & Crematory	(231) 421-1370
HOPE-Veterinary Cost Assistance	(231) 631-7222
HOPE-Pet Food Pantry	(231) 590-8133

### **Animal Shelters**

AC Paw	(231) 587-0738
Cherryland Humane Society	(231) 946-5116
Great Lakes Humane Society	(231) 846-8293
Missaukee Humane Society	(231) 839-3800

### **COUNTY & CITY RESOURCES**

City of Traverse City	(231) 922-4700
Child & Family Services of NW MI	(231) 946-8975
Grand Traverse County Health Dept	(231) 995-6111
Natural Resources Dept	(231) 922-5280
Northwest Michigan Community Action Agency	(231) 947-3780
Traverse Connect	(231) 947-5075

## **DISABILITY RESOURCES**

Aging & Disability Resource Collaboration of Northwest MI	(517) 241-4100
Autism Society of MI	(800) 328-8476
Children's Special Healthcare Services	(800) 359-3722
Disability Network Northern Michigan	(231) 922-0903
Disability Network of MI	(800) 782-4160
	<a href="http://www.dnmichigan.org/cil-directory">www.dnmichigan.org/cil-directory</a>
GiGi's Playhouse (Downs Syndrome Resources)	(847) 885-6149
Medicare/Medicaid Assistance Program	(800) 803-7174
Michigan Alliance for Families	(800) 552-4821
Michigan Commission for the Blind	(800) 292-4200
Michigan Commission for the Deaf	(517) 507-5223
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 Healthcare Needs	(800) 359-3722
United Cerebral Palsy of MI	(800) 828-2714
Vocational Rehabilitation Dental Lifeline Network	(303) 534-5360
Vocational Rehabilitation Michigan Commission for the Deaf	(313) 437-7035

## **EDUCATION & TRAINING**

American Red Cross	(800) 733-2767
Michigan Reconnect	<a href="http://michigan.gov/reconnect">michigan.gov/reconnect</a>
Special Education and Early Intervention Services	(888) 320-8384
Tuition Incentive Program	(888) 447-2687

### **Adult Programs**

Talent Investment Agency	(517) 243-7423
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## **Childcare Centers & Preschools**

A Jump Ahead Day Care	(231) 709-9472
A Little School House	(231) 933-7465
Angel Care Child Care	(231) 933-3232
Bayview Child Care Center and Preschool	(231) 633-4582
Bethlehem Nursery School	(231) 947-2725
Building Blocks Preschool and CDC	(231) 922-0776
Central Day Care Center	(231) 947-6131
Community Children's Center	(231) 947-1650
Down by The Creek Children's Center	(231) 267-5880
Grand Traverse Bay YMCA Child Care Center	(231) 933-9622
Mill Creek Child Care	(231) 267-9955
Munson Kids Club	(231) 590-3806
NMCAA Preschool-Discovery	(800) 632-7334
NMCAA Preschool-Hannah	(231) 263-7373
NMCAA Preschool-Mill Creek	(231) 947-3780
NMCAA Preschool-Traverse Heights	(800) 632-7334
NMCAA Preschool-Blair Elementary	(231) 933-5700
NMCAA Preschool Chums Plaza	(231) 947-3780
Old Mission Peninsula School	(231) 252-0225
Pathways Preschool	(231) 943-2418
St Mary's Day Care Center	(231) 263-7560
Strong Foundation Childcare	(231) 943-2200
TCAPS Child Care-BayView	(844) 801-5437
TCAPS Child Care-Bertha Vos	(231) 933-6420
TCAPS Child Care-Blair	(231) 933-5700
TCAPS Child Care Central Elementary	(231) 933-5910
TCAPS Child Care-Cherry Knoll	(231) 933-8940
TCAPS Child Care-Courtade	(231) 933-5800
TCAPS Child Care-Eastern	(231) 933-5600
TCAPS Child Care-Glenn Loomis	(231) 933-6420
TCAPS Child Care-Interlochen	(231) 933-5920
TCAPS Child Care-Oak Park	(231) 933-6570
TCAPS Child Care-Old Mission	(231) 933-7420
TCAPS Child Care-Silver Lake	(231) 933-3580
TCAPS Child Care-Traverse City High School	(231) 933-5860
TCAPS Child Care-Westwoods	(231) 933-7900
TCAPS Child Care-Willow Hill	(231) 933-8540

TCAPS Child Care-Long Lake Elementary	(231) 933-7800
TCAPS Child Care-Traverse Heights	(231) 933-3500
Teddy Bear Daycare and Preschool Long Lake	(231) 943-2018
The Cub House	(231) 534-6780
The Wooden Pony Preschool	(231) 264-8371
Traverse City Christian Schools	(231) 929-1747
Traverse City Co-Op Preschool	(231) 946-3950
YMCA Child Development Center	(231) 346-4968

### Colleges/Career Centers

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

### Libraries

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

### School Districts

Traverse City Area Public Schools	(231) 933-1700
Interlochen Community School	(231) 933-5920
TCAPS Montessori At Glenn Loomis	(231) 933-6420
Grand Traverse Academy	(231) 995-0665
Interlochen Arts Academy	(231) 276-7200
Kitchi Minogining Tribal School Grades 9-12	(231) 534-7760
Northwest Michigan Abba's House Grades 8-12	(231) 946-5350
Pathfinder School Grades PK-8	(231) 995-3800
TBA Career Tech Center	(231) 922-6273

The Children's House Montessori Grades PK-6	(231) 929-9325
Traverse Bay Mennonite School Grades 2-12	(231) 947-8103
Traverse City Seventh-day Adventist	(231) 947-4640
Trinity Lutheran School Grades PK-7	(231) 946-2721
Grand Traverse Area Catholic Schools	(231) 995-8425
Holy Angels Elementary	(231) 946-5961
Traverse City Christian Schools	(231) 929-1747

### Youth Programs

Grand Traverse Bay YMCA	(231) 933-9622
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## EMERGENCY & DISASTER SERVICES

<b>Ambulance, Fire and Police</b>	<b>911</b>
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
Central Dispatch/non-emergency	(231) 922-4550
Grand Traverse Band of Ottawa & Chippewa Indians Police	(231) 534-7777
Neighborhood Watch	(231) 534-7473
Sheriff's Office	(231) 995-5000
Michigan State Police-District 7	(231) 779-6040

## EMPLOYMENT ASSISTANCE

Michigan Council of Rehabilitation Services	(517) 483-2826
Michigan Indian Employment & Training Services	(800) 591-8820

Michigan Veterans Affairs Agency	(800) 642-4838
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
Unemployment Office Hotline	(866) 500-0017

### **FINANCIAL ASSISTANCE**

MSHDA: Step Forward	(866) 946-7432
Rx Outreach	(800) 769-3880

### **Tax Preparation**

AARP Tax Preparation Program	(231) 922-4911
My Free Taxes <a href="http://www.myfreetaxes.com">www.myfreetaxes.com</a>	
Northwest Michigan Community Action Agency (NMCAA) Vita Free Tax Preparation	(231) 947-3780

### **FITNESS, RECREATION & REHABILITATION**

Anytime Fitness	(231) 941-7400
Easling Pool	(231) 933-9622
Elite Physical Therapy, Sports Performance	(231) 421-5805
Fit for You Health Club	(231) 922-7285
Formative Fitness	(231) 492-0348
Functional Rehabilitation	(231) 486-6138
FYZICAL- Therapy & Balance Centers	(231) 932-9014
Grand Traverse Athletic Club	(231) 946-0220
Grand Traverse Bay YMCA	(231) 933-9622
Grand Traverse County Parks & Recreation Office	(231) 922-4818

Grand Traverse Health Club	(231) 534-6770
Grand Traverse Pavilions Wellness Center	(231) 932-3000
Life Beyond Barriers Rehabilitation Group	(231) 486-6330
McLaren Home Care (Petoskey)	(800) 342-7711
Medilodge of Traverse City	(231) 947-9511
MI Rehab Service Rehabilitation and Therapy	(877) 901-7398 (231) 547-4024
Silver Sneakers	tools.silversneakers.com
Yen Yoga & Fitness	(231) 421-5496

### **Parks & Recreation**

Traverse City Parks and Recreation	(231) 922-4900
Grand Traverse County Civic Center and Twins Lake Park	(231) 922-4818
F and M Park	(231) 922-4700
Pine Grove and Gens Park	(231) 947-8647
Fulton Park	(231) 922-4910

### **FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE**

Acme Christian Thrift Store & Food Pantry	(231) 938-2990
American Red Cross	(800) 733-2767
Area Agency on Aging	(231) 947-8920
Department of Human Services	(231) 941-3900
Food Bank Council of Michigan (Pantries) <a href="http://www.fbmic.org/resources/find-a-food-bank">www.fbmic.org/resources/find-a-food-bank</a>	
Goodwill Industries	(231) 922-4805
Goodwill Thrift Store	(231) 922-4826
Grace Episcopal Church	(231) 947-2330
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
Immaculate Conception Pantry	(231) 946-4211
Lake Ann United Methodist Church	(231) 275-7236



Love Inc.	(231) 941-5683
Northwest Michigan Community Action Agency	(231) 947-3780
Salvation Army	(231) 946-4644
Seventh Day Adventist Community Service Food Pantry	(231) 947-8111
The Father Fred Foundation	(231) 947-2055
Trinity Lutheran Church & School	(231) 946-2720
Woman's Resource Center	(231) 941-1210
WIC	(800) 942-1636

### **HEALTHCARE SERVICES**

AIDS Program Hotline	(800) 872-2437
Center for Disease Control and Prevention	(800) 232-4636
Children's Special Healthcare	(800) 359-3722
Epilepsy Foundation of Michigan	(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
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**

Autism Society Hotline	(800) 328-8476
Behavioral Medical Clinic	(231) 935-6382
Cherry Hill Haven	(231) 645-2341
Compassionate Care Home Health	(231) 929-5491
Grand Traverse Allergy PC Health Dept	(231) 995-3657 (231) 995-6111
Grand Traverse Natural Health Care	(231) 929-8183
Grand Traverse Pavilions	(231) 932-3000
Grand Traverse Women's Clinic	(231) 392-0650
Great Lakes Orthopaedic Center	(231) 935-0900

Harbor Care Associates, LLC	(231) 922-1377
In-Home Health Care Services	(231) 941-4005
Life Care Sleep & Health Center	(231) 421-1592
Karmanos Cancer Institute	(800) 527-6266
McLaren Home Care	(866) 323-5974
McLaren Northern Hospital	(800) 248-6777
Medilodge of GTC	(231) 947-0506
Michigan HIV/STD Hotline	(800) 872-2437
Munson Healthcare	(231) 935-5000
Northwest Michigan Health Services	(231) 947-0351
Traverse Area Pediatric & Adolescent Clinic	(231) 421-8099
Traverse Health Clinic	(231) 935-0799
Veterans Medical Clinic	(231) 932-9720
Village Family Practice	(231) 935-0708
Youth Health & Wellness Center	(231) 922-6416

### **Dental Resources**

Beers Family Dentistry	(231) 941-0200
Deerhaven Family Dentistry	(231) 929-3606
Dental Clinics North – Traverse	(231) 932-7316
Dental Lifeline Network	(303) 534-5360
Denture Care Clinic	(231) 941-1898
East Bay Family Dentistry	(231) 946-4443
Grand Traverse Endodontics	(231) 932-9711
GT Smile Center	(231) 403-1378
Grandview Dental Care	(231) 922-0775
Harbor Side Dental	(231) 946-0207
Michigan Donated Dental Services Program	(800) 589-2632
Mobile Care Group dental care for homebound / nursing & assisted care facilities	(248) 809-6398
Rice, Derek J DDS	(231) 946-2497
Rose Street Dental	(231) 947-6880
Scott Schulz Orthodontics	(231) 929-3200
Traverse Dental Care	(231) 946-6336

### **Hearing Aids**

Audicare Hearing Centers	(231) 938-3111
Dynamic Hearing Care Systems	(231) 384-6556
Hear USA	(231) 946-2200

Hearing Solutions of Northwest Michigan (231) 922-1500  
 Higgins Hearing Aid Services (231) 947-2420  
 Miracle-Ear Hearing Aid Center (231) 638-4127  
 Munson Hearing Clinic (231) 935-6455  
 Relay Center for Deaf/Hard of Hearing 7-1-1

**Medical Equipment & Loan Closets**

Adaptive Environments - Home lifting systems (800) 355-5438  
 ALS of Michigan (800) 882-5764  
 Chronic Care Management (231) 421-6921  
 GiGi's Playhouse (847) 885-6149  
 Grand Traverse Commission on Aging (231) 922-4688  
 Great Lakes Therapy House Calls (231) 941-3100  
 Michigan Assistive Technology Loan Fund (800) 828-2714  
 Michigan CPAP Bank (734) 232-3964  
 Muscular Dystrophy Association (800) 572-1717  
 One-Drop Diabetes Support & Supplies (800) 437-1474  
 Paralyzed Veterans of America (800) 638-6782  
 The National Federation of the Blind (410) 659-9314  
 United Cerebral Palsy Michigan (800) 828-2714

**Mental Health & Counseling Services**

Access Alliance (800) 448-5498  
 Boys Town National Hotline (800) 448-3000  
 Catholic Human Services (231) 947-8110  
 Common Ground Crisis Line (800) 231-1127  
 Lakeview Counseling (231) 929-0300  
 Mental Wellness Counseling (231) 714-0282  
 Munson Behavioral Health (231) 935-6382  
 National Council on Alcoholism and Drug Dependence (NCADD) (800) 622-2255  
 Narcotics Anonymous 24/7 (800) 230-4085  
 National Domestic & Sexual Violence Helpline (800) 799-7233  
 National Human Trafficking Resource Center (888) 373-7888

Northern Lakes Community Mental Health (231) 922-4850  
 Old Town Psychological Services (231) 941-6550  
 Pine Rest Traverse City Clinic (231) 947-2255  
 Problem Gambling Help-Line (800) 270-7117  
 RAINN (Rape & Incest National Network) (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  
 Third Level Youth Crisis Intervention Center (800) 442-7315  
 The Path to Partnership Treatment Services for Medicaid (231) 660-1017  
 Women's Resource Center (800) 834-3393  
 (231) 941-1210

**Substance Abuse**

Addiction Treatment Services (231) 346-5216  
 CDC Hotline (800) 232-4636  
 Narcotics Anonymous (NA) Hotline (800)230-4085  
 National Council on Alcoholism and Drug Dependence (NCADD) (800) 622-2255  
 SEMCA (800) 686-6543  
 Substance Abuse Hotline (800) 662-4357

**Urgent Care**

Foster Family Community Health Center Urgent Care (231) 935-8686  
 The Walk-in Clinic Urgent Care (231) 929-1234  
 Bayside Docs Urgent Care (231) 933-9150

**Vision Assistance**

Bay Eye Associates (231) 935-0630  
 Cedar Run Eye Center (231) 929-3888  
 EYESEE Vision Care (231) 947-6767  
 Full Spectrum Eye Care and Pediatrics (231) 946-8460  
 Goodwill Optical (231) 932-1520  
 Grand Traverse Ophthalmology (231) 947-6246  
 Great Lakes Eye Consultants (231) 947-1690  
 Low Vision Solutions (231) 935-1000  
 Sam's Club Optical (231) 995-0263  
 Northern Vision Eye Care (231) 932-9000  
 Old Town Optical (231) 946-0333  
 Scarbrough Family Eyecare (231) 947-8667

LensCrafters	(231) 929-7711
SVS Vision Optical Centers	(231) 486-0580
Traverse City Eye	(231) 244-4456
Traverse Vision	(231) 941-5440
EyeCare America	(877) 887-6327
National Eye Institute	(301)-496-5248
National Eye Care Project	(800) 222-3937
New Eyes for the Needy	(973) 376-4903
Sight for Students	(888) 290-4964
Vision USA	(800) 766-4466

Department of Human Services	(231) 941-3900
Low Income weatherization services Consumers Energy Northwest Michigan	(800) 477-5050
Community Action Agency	(231) 947-3780
The Heat and Warmth Fund	(800) 866-8429
TrueNorth Heat & Energy Assistance	(231) 355-5880
USDA Rural Development	(231) 941-0951
	Ext 4

### **HOUSING ASSISTANCE**

American Red Cross	(800) 733-2767
Area Agency on Aging of Northwest Michigan	(231) 947-8920
Area on Aging	(800) 858-1637
Department of Human Services	(231) 941-3900
Grand Traverse Band of Ottawa & Chippewa Indians Housing Dept.	(231) 534-7800
Habitat for Humanity	(231) 941-4663
Michigan Veterans Trust Fund	(800) MICH-VET
MSHDA: Step Forward	(866) 946-7432
Northwest Michigan Community Action Agency	(231) 947-3780
Salvation Army	(231) 946-4644
Traverse City Housing Commission	(231) 922-4915
Veterans TOLL Free Numbers	<a href="http://iris.custhelp.va.gov">iris.custhelp.va.gov</a>
Women’s Resource Center	(231) 941-1210

### **Emergency Shelters & Warming Centers**

Goodwill Inn	(231) 922-4890
Patriot Place	(989) 448-2260
Pete’s Place Shelter for youth ages 14-17	(231) 922-4800
Safe Harbor	(844) 900-0500
Women’s Resource Center	(231) 941-1210

### **Heating/Utility Assistance & Home Repairs/Weatherization**

American Red Cross	(800) 733-2767
Area on Aging	(800) 858-1637
Assistance Programs DTE Energy	(800) 477-4747

### **Low Income Housing**

Aspen Hills	(231) 947-5704
Bay Hill Apartments	(231) 933-9600
Boardman Lake Apartments	(231) 941-5257
Churchside Village	(231) 941-1450
Grand Traverse Area Clc	(231) 932-9030
Hillview Apartments	(231) 946-6540
HUD Rental Assistance	(800) 569-4287
Oak Park Apartments	(231) 947-3621
Tradewinds Terrace Apartments	(231) 946-2050
Traverse City Housing Commission	(231) 922-4915
Village Glen Apartments	(231) 932-9506
Action Agency	(800) 443-5518
USDA Rural Development	(517) 324-5190

### **LEGAL ASSISTANCE**

Catholic Human Services	(231) 947-8110
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
Legal Services of Eastern Michigan	(800) 322-4512
Michigan Senior Legal Hotline	(866) 400-9164

Social Security Administration (800) 772-1213  
 Veterans TOLL Free Numbers [iris.custhelp.va.gov](http://iris.custhelp.va.gov)

**PARENTING/PREGNANCY RESOURCES**

Women’s Health Resource Line (800) 994-9662  
 Crisis Pregnancy Hotline 24 hour (800) 579-6626  
 Child & Family Services (231) 946-8975  
 LA LECHE (800) 525-3243  
 Child Safety Seat Inspection (866) Seat-Check  
 Healthy Futures (231) 935-5640  
 Parent Help Line 24-hour parent support (855) 427-2736  
 The Family Center for Children and Youth with Special Health Care Needs (800) 359-3722  
 Planned Parenthood (231) 929-1844  
 Women’s Resource Center (231) 941-1210  
 24-Hour Crisis Line (800) 275-1995  
 WIC (800) 942-1636

**PRESCRIPTION ASSISTANCE**

**Pharmacies**

Home Town Pharmacy (231) 922-2952  
 Olsens West Pharmacy (231) 947-2880  
 Meijer (231) 933-1810  
 Rite Aid Pharmacy (231) 929-0526  
 Thompson Pharmacy & Medical (231) 947-2880  
 Traverse Health Clinic (231) 935-0799  
 Wal-Mart (231) 933-7095  
 Walgreens-Garfield (231) 922-9277  
 Walgreens-Traverse City (231) 938-7051

**Prescription Assistance Programs**

Elder Prescription Insurance Program (866) 755-6479  
 Partnership for Prescription Assistance [www.pparx.org](http://www.pparx.org)  
 MiRx Discount Card (866) 755-6479  
 NeedyMeds (800) 503-6897  
 RxAssist [www.rxassist.org](http://www.rxassist.org)  
 RX Outreach (800) 769-3880  
 Traverse Health Clinic (231) 935-0799

**SUPPORT GROUPS**

ALS of Michigan (800) 882-5764  
 Alzheimer’s Association and Helpline (800) 272-3900  
 Area on Aging (800) 858-1637  
 Autism Society of MI (800) 328-8476  
 Common Ground Crisis Line (800) 231-1127  
 Disability Network of MI (800) 782-4160  
[www.dnmichigan.org/cil-directory](http://www.dnmichigan.org/cil-directory)  
 Epilepsy Foundation of Michigan (800) 377-6226  
 Equality Michigan (313) 537-7000  
 Haven Crisis Line (877) 922-1274  
 LGBT Hotline (212) 714-1141  
 Love is Respect Hotline (866) 331-9474  
 Narcotics Anonymous 24/7 (800) 230-4085  
 National Council on Alcoholism and Drug Dependence (NCADD) (800) 622-2255  
 National Domestic & Sexual Violence Helpline (800) 799-7233  
 National Human Trafficking Resource Center (888) 373-7888  
 Parkinson's (800) 852-9781  
 Problem Gambling Help Line (800) 270-7117  
 RAINN (Rape & Incest National Network) (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**

American Cancer Society (800) 227-2345  
 Road to Recovery (800) 858-1637  
 Area on Aging (888) 327-4236  
 Auto Safety Hotline (231) 941-2324  
 BATA Dial-A-Ride (231) 307-4555  
 Bay Medical Transport (866) Seat-Check  
 Child Safety Seat Inspection (231) 499-1791  
 Grand Traverse Band of Ottawa And Chippewa Indians

Grand Traverse Area (231) 313-9357  
 Chapter 38 - Disabled  
 Veterans - Request a Ride  
 Karmano's Cancer Institute (800) 527-6266  
 Veterans TOLL Free [iris.custhelp.va.gov](http://iris.custhelp.va.gov)  
 Numbers

Wounded Warrior (888) 997-2586  
 Resource Center  
 VETERANS Toll Free [iris.custhelp.va.gov](http://iris.custhelp.va.gov)  
 numbers

### **TRIBAL SERVICES**

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

### **VETERANS AFFAIRS**

Area on Aging (800) 858-1637  
 CHAMPVA (800) 733-8387  
 CHAMPVA Meds by Mail (888) 385-0235  
 Disabled American (231) 313-9357  
 Veterans  
 Education (GI Bill) (888) 442-4551  
 Health Care Benefits (877) 222-8387  
 Grand Traverse Veterans (231) 995-6070  
 Affairs  
 Michigan Veterans Affairs (800) 642-4838  
 Military Crisis Line (800) 273-8255  
 Military One Source (800) 342-9647  
 National Call Center for (877) 424-3838  
 Homeless Veterans  
 Paralyzed Veterans of (800) 638-6782  
 America  
 Traverse City VA Outpatient (231) 932-9720  
 Clinic  
 Veterans Administration (800) 827-1000  
 Veterans Affairs (844) 698-2311  
 VA Benefits (800) 827-1000  
 VA Caregiver Support Line (855) 260-3274  
 Veterans Crisis Line (800) 273-8255

### **VOLUNTEER OPPORTUNITIES**

American Red Cross	(800) 733-2767
Area on Aging	(800) 858-1637
Commission on Aging	(231) 922-4688
Goodwill	(231) 922-4805
Grand Traverse Lighthouse Keeper Program	(231) 386-7195
Grand Traverse Pavilions	(231) 932-3000
Habitat for Humanity	(231) 941-4663
Munson Medical Center	(231) 935-7455
TCAPS	(231) 933-1700
The Salvation Army	(231) 946-4644
Traverse Area District Library	(231) 932-8500
United Way of Northwest Michigan	(231) 947-3200
Food Bank Council of Michigan	<a href="http://www.fbmic.org/resources/find-a-food-bank">www.fbmic.org/re sources/find-a- food-bank</a>

# IS IT AN EMERGENCY?

Clinic Name: \_\_\_\_\_ Office Phone: \_\_\_\_\_

AFTER HOURS Phone Number: \_\_\_\_\_

Our Preferred Urgent Care: \_\_\_\_\_

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

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.