

# Saginaw County

## Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2022

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

2022

Saginaw  
County  
Community  
Resource  
Guide

---

[A guide to services in your community]

# [TABLE OF CONTENTS]

<b>Abuse &amp; Protective Services</b>	<b>[1]</b>
<b>Adult Aging Services</b>	<b>[1-2]</b>
<b>Animal Support</b>	<b>[2]</b>
<b>County &amp; City Resources</b>	<b>[2-3]</b>
<b>Disability &amp; Special Needs Resources</b>	<b>[3]</b>
<b>Education &amp; Training</b>	<b>[3-4]</b>
<b>Emergency &amp; Disaster Services</b>	<b>[4]</b>
<b>Employment Assistance</b>	<b>[4-5]</b>
<b>Financial Assistance</b>	<b>[5]</b>
<b>Fitness, Recreation &amp; Rehabilitation</b>	<b>[5]</b>
<b>Food Pantries, Clothing &amp; Household Assistance</b>	<b>[5]</b>
<b>Healthcare Services</b>	<b>[6-7]</b>
<b>Housing Assistance</b>	<b>[8]</b>
<b>Legal Assistance</b>	<b>[8]</b>
<b>Parenting &amp; Pregnancy Resources</b>	<b>[8]</b>
<b>Prescription Assistance</b>	<b>[8-9]</b>
<b>Support Groups</b>	<b>[9]</b>
<b>Transportation</b>	<b>[9]</b>
<b>Tribal Services</b>	<b>[9-10]</b>
<b>Veterans Affairs</b>	<b>[10]</b>
<b>Volunteer Opportunities</b>	<b>[10]</b>



**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	
<a href="https://13reasonswhy.info">https://13reasonswhy.info</a>	
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	(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
Underground Railroad	(989) 755-0411

**ADULT AGING SERVICES**

Commission on Aging-Saginaw	(989) 797-6880
Forester Estate-Relocation-Appraisal	(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

**Adult Day Services**

Brady Senior Center	(989) 845-7200
Buena Vista Community Center	(989) 752-1655
Chesaning Senior Center	(989) 845-6565
Eleanor Frank Senior Center	(989) 797-6895
Saginaw County Senior Center	(989) 652-3430
Hemlock Senior Center	(989) 642-2610
Saginaw Senior Center(Chesaning)	(989) 845-7444
Marie Davis Senior Center	(989) 758-2441
Golden Horizons	(989) 892-6644

**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

**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) 752-6142

New Hope Valley Assisted Living and Memory Care Community (989) 498-4000  
 Wellspring Lutheran Services Senior Living Campus (989) 792-7979  
 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 Nursing & Rehab Center (989) 754-1419  
 Medilodge of Frankenmuth (989) 652-6101  
 Saginaw Senior Care & Rehab (989) 792-8729  
 Samaritas Senior Living of Saginaw310305 (989) 799-1902

## **ANIMAL SUPPORT**

Animal Care Center (989) 797-4500  
 Bridgeport Animal Hospital (989) 777-2131  
 Great Lakes Pet Emergencies (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

### **Animal Shelters**

Saving Tails Animal Rescue  
[savingtailsanimalrescue.org](http://savingtailsanimalrescue.org)  
 Amazing Grace Animal Rescue (989) 792-0346

## **COUNTY & CITY RESOURCES**

### **County Offices**

Board of Commissioners (989) 790-5267  
 Saginaw County Clerk (989) 790-5251  
 Saginaw County Department of Public Health (989) 758-3800  
 Saginaw County Mosquito Abatement Commission (989) 755-5751  
 Public Works Commission (989) 790-5258  
 Register of Deeds (989) 790-5270  
 Saginaw County 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-City Hall (989) 399-1311  
 Shields (Thomas Twp.) (989) 781-0150  
 St Charles (989) 865-8287  
 Zilwaukee (989) 755-0931

### **Courts**

Circuit Court (989) 790-5470  
 Probate Court-Estate Division (989) 790-5320  
 Saginaw County Probation Office (989) 758-2470  
 District Court 70<sup>th</sup> – Criminal Division (989) 790-5385  
 District Court 70<sup>th</sup> -Civil Division (989) 790-5380  
 District Court 70<sup>th</sup> -Traffic Division (989) 790-5390  
 District Court Probation (989) 790-5492  
 Probate Court (989) 790-5279  
 Friend of the Court (989) 790-5300  
 Friend of the Court-Payment Information  
 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

Kinder Kare Tuscola St, Saginaw	(989) 399-8778
Kinder Kare Federal Ave, Saginaw	(989) 753-0192
Kinde 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

## **DISABILITY RESOURCES**

Children’s Special Healthcare Services	(800) 359-3722
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**

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

### **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) 695-5260
Hemlock Public Schools	(989) 642-5221
Kinder Kare Frankenmuth	(989) 652-3345
Kinder Kare Freeland	(989) 695-5388

### **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

### **Libraries**

Bridgeport Public Library	(989) 777-6030
Butman-Fish Branch Library	(989) 799-9160
Fleschner Memorial Library	(989) 624-5171
Hoyt Public Library	(989) 755-0904
Merrill District Library	(989) 643-7300
Rauchholz Memorial Library	(989) 642-8621
River Rapids District Library	(989) 845-3211
St Charles District Library	(989) 865-9451
Taymouth Twp. Library	(989) 770-4651
Thomas Twp. Library	(989) 781-3770
Ruth Brady Wickes Library	(989) 752-3821
Frankenmuth James E.Wickson District Library	(989) 652-8323
R C Zael Memorial Library	(989) 799-2771

### **School Districts**

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
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

### Law Enforcement

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
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

## 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 Bay City	(989) 667-0500



## **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
Planet Fitness	(989) 799-1300
Pure Barre	(989) 793-2673
Coop's Iron Works	(989) 401-7273
120Fitness	(989) 401-1898
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	
<a href="http://www.fbmich.org/resources/find-a-food-bank">www.fbmich.org/resources/find-a-food-bank</a>	
Old Town Christian Outreach Center	(989) 249-8696
Resurrection Lutheran Church	(989) 792-7135
Food Pantry – Saginaw	
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

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
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	<a href="http://www.myfreetaxes.com">www.myfreetaxes.com</a>
Miller Financial Services – Hemlock	(989) 642-8722
Nordstrom Tax Service – Saginaw	(989) 792-3771
United Way Volunteer Tax Assistance	(989) 755-0505



## **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
Riverview Physical Therapy	(989) 895-4340
Saginaw County Health Dept	(989) 758-3800
McLaren Occupational & Convenient Care	(989) 393-2850
Rehab-West Side Medical Mall	(989) 667-3646
Physical Therapy	
Veteran Affairs	(844) 698-2311

### **Clinics & Hospitals**

CMU Health – Saginaw	(989) 746-7500
Great Lakes Family Health Center	(989) 790-0100
Karmanos	(800) 527-6266
Saginaw Family Physicians	(989) 792-1375
McLaren Bay Special Care Hospital	(989) 667-6802
Saginaw Township Family Physicians	(989) 583-5300
St. Mary's Ambulatory Care	(989) 497-3000
Valley Urgent Care	(989) 791-3888
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	(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 Assistance**

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
Covenant Visiting Nurse Assoc	(989) 799-6020
Freedom Med Alert	(877) 318-4993
Muscular Dystrophy Association	(800) 572-1717
One-Drop Diabetes Support & Supplies	( <a href="http://onedrop.today">http://onedrop.today</a> ) (800) 437-1474
The National Federation of the Blind	(410) 659-934
Paralyzed Veterans of America/Michigan Chapter	(800) 638-6782
Saginaw Medical Services	(989) 793-4444
United Cerebral Palsy Michigan-	(800) 828-2714
Wright & Filippis	(989) 799-7360

## Mental Health & Counseling Services

Common Ground Crisis Line	(800) 231-1127
Saginaw County Community Mental Health Authority	(989) 797-3400
Healthsource Saginaw	(800) 662-6848
Holy Cross (Mental Health/Substance Abuse)	(989) 270-0252
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
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	(800) 803-7174
Medicare/Medicaid Assistance	
Michigan's Prescription Drug Discount Card- MI-RX	(866) 755-6479
NeedyMeds-Resource for medication assistance programs	(800) 503-6897
Partnership for Prescription Assistance	<a href="http://www.pparx.org">www.pparx.org</a>
RxAssist (Pharmaceutical company assistance programs)	<a href="http://www.rxassist.org">www.rxassist.org</a>
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	(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 93	(800) 834-3393

## Urgent Care

Covenant MedExpress Frankenmuth	(989) 652-1320
Covenant MedExpress Saginaw - State St	(989) 583-0100
Covenant MedExpress -Bay City	(989) 671-5700
Covenant MedExpress Saginaw- Pierce Rd	(989) 583-0285
Covenant MedExpress-Hemlock	(989) 583-0670
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
Advanced Eye Care & Contact Lens 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 & Warming Centers**

American Red Cross	(800) 733-2767
City Rescue Mission – Saginaw	(989) 752-6051
Mustard Seed Shelter – Saginaw	(989) 755-4741
Restoration Community	(989) 753-1886
Outreach Shelter – Saginaw	
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	(855) 427-2736
24/7	

## **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

## **PRESCRIPTION ASSISTANCE**

### **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
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

### Prescription Assistance

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

### 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

<a href="http://www.dnmichigan.org/cil-directory">www.dnmichigan.org/cil-directory</a>	
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	(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	<a href="http://iris.custhelp.va.gov">iris.custhelp.va.gov</a>

### 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

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

### **VETERANS AFFAIRS**

Area on Aging (800) 858-1637  
American Legion Chesaning Post 212 (989) 845-3300  
American Legion (989) 652-3717  
Frankenmuth Post 150  
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

### **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](http://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: \_\_\_\_\_

<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><u>Primary Care Physician</u></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><u>(Virtual Visits) Primary Care via Telehealth</u></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><u>McLaren Now App</u></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><u>Primary Care Physician</u></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.