Cheboygan County Community Resource Guide

[ A guide to services in your community]
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ABUSE & PROTECTIVE SERVICES

FOR EMERGENCY SERVICES CALL .........................911
24 hour crisis line
www.wrcnm.org
Children & Adult Protective Services
................................................................. (855) 444-3911
Crisis Hotline...............https://13reasonswhy.info
Crisis Hotline Text REASON to 741741
Common Ground Crisis Line.......... (800) 231-1127
Department of Human Services ...... (231) 627-8500
Cheboygan, MI
Equality Michigan ....................... (313) 537-7000
LGBT Resources
https://equalitymi.org
HAVEN Crisis Line......................... (877) 922-1274
Love Is Respect Hotline.............. (866) 331-9474
www.loveisrespect.org
text LOVEIS to 22522
National Domestic Violence Helpline
................................................................. (800) 799-7233
National Sexual Assault Hotline ...... (800) 656-4673
www.rainn.org
National Suicide Prevention
Lifeline................................. (800) 273-8255
Victim Connect (crime victims) ..... (855) 484-2846
www.victimconnect.org
Women’s Resource Center of Northern MI
................................................................. (231) 347-0082

ADULT AGING SERVICES

Department of Human Services.......(231) 627-8500
Cheboygan, MI
Disability Network of Northern MI ..(231) 922-0903
Traverse City, MI
Meals on Wheels..........................(231) 627-7234
Medicare/Medicaid Assistance Program
(MMAP)...................................................(800) 803-7174
Region 9 Area Agency on Aging ......(989) 358-4661
Alpena MI
Social Security Administration ......(866) 574-2588
Petoskey, MI
Veterans Services .......................(231) 627-8833
Cheboygan, MI

Adult Day Services

McLaren Adult Day Center............(231) 348-0771
Petoskey
Cheboygan County Council on Aging
www.3coa.com
Sand Road Senior Center..........(231) 627-7234
Bus transportation available
Sand Castles.................................(231) 597-8317
Adult Day Care Service, Cheboygan
Wolverine Center.........................(231) 525-8969
Wolverine, MI

Adult Foster Care

1 Oak.................................................(906) 630-0407
Cheboygan, MI
Alternative Family Care AFC ......(231) 268-3244
Cheboygan, MI
Benton House..............................(231) 268-3122
Cheboygan, MI
Carpenters AFC Home .................(231) 625-9645
Cheboygan, MI
Cleveland House.........................(231) 627-4405
Cheboygan, MI
Hancock Haven Retirement Village..(231) 625-8132
Cheboygan, MI
Harrison House.........................(231) 627-7750
Cheboygan, MI
Kennedy Farms..........................(231) 445-7059
Cheboygan, MI
Maple Hill Adult Foster Care .......... (231) 238-0306
Afton, MI
Rivertown Haven ......................... (231) 627-3261
Cheboygan, MI
Sessler’s AFC ................................ (231) 818-9001
Afton, MI
The Silver Fox AFC ...................... (231) 238-4110
Afton, MI
Whispering Pines 2 ..................... (231) 238-9715
Afton, MI

Alzheimer’s & Dementia Support

Alzheimer’s Association Greater Michigan Chapter……..(231) 929-3804
24 Hour Helpline ................... (800) 272-3900
Cheboygan County Alzheimer’s & Dementia Support Group ............... (231) 238-5165
Cheboygan Senior Center
Project Lifesaver ........................ (231) 627-3155
Ext 434 Cheboygan Sheriff’s Department
Personalized radio transmitters on persons with Alzheimer’s & ARMD who may wander away from the safety of their homes.

Assisted Living

Grebe Village Senior Housing .......... (231) 627-5161
Cheboygan, MI
Golden Beach Manor .................... (989) 734-3066
Millersburg, MI
Hancock Haven Retirement Village . (231) 625-8132
Cheboygan, MI
Lynn Street Manor ....................... (989) 733-2661
Onaway, MI
Pinecrest Village at Mackinaw City.. (231) 436-5535
The Brook Retirement Community . (231) 268-3400
Cheboygan, MI

ANIMAL SUPPORT

Animal Control Complaints Dial .................911

Animal Shelters

Cheboygan County Humane Society . ...................................................... (231) 238-8221
Cheboygan, MI

Northern Michigan Animal Rescue Network ......................................(231) 238-7297
Topinabee, MI

DISABILITY RESOURCES

Michigan Commission for the Blind .(800) 292-4200
Vocational Rehabilitation
Michigan Division on Deaf, Deafblind and Hard of Hearing ...................(313) 437-7035
North Country Community Mental Health ............................................(877) 470-7130
Straits Area Services .......................(231) 627-4319
Community rehabilitation organization providing services to adults with developmental disabilities and mental illness in Cheboygan County.

EDUCATION & TRAINING

Education Service District ..........(231) 238-9394
Cheboygan, Otsego, Presque Isle Counties

Adult Programs

Cheboygan Public Library Literacy Program ............................................(231) 627-9139
Contact Mark Bronson
Inverness School Programs ..........(989) 358-5180
IOSCO Regional Education Service Agency ...........................................(989) 305-8063
Adult Education Distance Learning
Michigan Works Northeast Consortium ...................................................(231) 627-4303
Cheboygan, MI

Childcare Centers & Preschools

Bishop Baraga Preschool ..........(231) 627-5608
Cheboygan
Cheboygan 2 Head Start ..........(231) 597-9378
Cheboygan
Cheboygan 3 Head Start ..........(231) 597-8184
Cheboygan
Cheboygan 4 Head Start ..........(231) 627-1180
Cheboygan
Cheboygan 1 Head Start ..........(231) 627-6582
Cheboygan
Cornerstone Christian Preschool..... (231) 627-2160  
Cheboygan  
Indian River Head Start .................. (231) 238-6868  
Indian River  
Mackinaw City Public School Pre K .. (231) 436-8211  
Mackinaw City  
Cheboygan High School .................. (231) 627-7191  
Wolverine Head Start ................... (231) 525-6466  

Community Education  
Advanced Drug Testing............... (231) 680-0278  
CPR, OSHA, Child & Babysitting  
Cheboygan Public Library.............. (231) 627-2381  
Sewing, Clay (adult & children), Drawing classes  
CPR Training Services of Northern  
Michigan.................................... (231) 203-3197  
DNR- Hunters Safety.................... (989) 275-5151  
Cheboygan, MI  
Troubled Youth Programs.............. (231) 627-4139  
Snowmobile Safety Classes #8 ....... (231) 627-3155  
Street Smart Drivers Training........ (231) 597-8556  
Cheboygan County  

Libraries  
Cheboygan Area Public Library ........ (231) 627-2381  
Indian River Area Library............. (231) 238-8581  
Mackinaw Area Public Library......... (231) 436-5451  
Topinabee Public Library.............. (231) 238-7514  
Wolverine Community Library .......... (231) 525-8800  

Schools  
Bishop Baraga Catholic School ........ (231) 627-5608  
Cheboygan  
Cheboygan Area Public Schools ...... (231) 627-4436  
Board of Education Office  
Cheboygan High School ................. (231) 627-7191  
Cheboygan Inverness Academy ......... (231) 627-5613  
Alternative Education  
Cheboygan, Otsego, Presque Isle Esd  
............................................. (231) 238-9394  
East Elementary School................. (231) 627-5211  
Cheboygan  
Cheboygan Intermediate School ...... (231) 627-7103  
Cheboygan Middle School.............. (231) 627-7103  
Cornerstone Christian School......... (231) 627-2160  
Cheboygan  
Inland Lakes Elementary................ (231) 238-6868  

Cheboygan High School .................... (231) 627-7191  
Cheboygan  

Cheboygan County Community Resources Updated 2020
EMPLOYMENT ASSISTANCE

MI Indian Employment & Training Services ....................................................... (800) 591-8820
Michigan Works ........................................... (231) 627-4303
Cheboygan
Unemployment Agency ................. (866) 500-0017
Customer Service Hotline
Women’s Resource Center .......... (231) 627-2380 Employment and Education Service
Cheboygan

FINANCIAL ASSISTANCE

Cheboygan County Department of Veterans Services .................. (231) 627-8833
MSHDA: Step Forward ................................ (866) 946-7432
NEMSCA ........................................ (989) 356-3474
Department of Human Services ...... (231) 627-8500
Tax Assistance
NEMCSA ........................................ (989) 358-4700
Income Tax Preparation
VITA........................................... (231) 333-9089
Income Tax Preparation
Cheboygan County United Way

FITNESS, RECREATION & REHABILITATION

McLaren Northern Michigan
Physical Therapy ................................ (231) 487-7486
Cheboygan
Northern Michigan Sports Medicine
Cheboygan ................................ (231) 627-7201
Orthosports & Physical Therapy ...... (231) 238-4090
Indian River
Indian River Physical Therapy and Sports Medicine ........................................ (231) 238-4880
Main Street Fitness ....................... (616) 634-1566
Cheboygan
Spirit of the North Yoga ............. (231) 420-9923
Cheboygan

McLaren Northern Hospital........... (800) 248-6777
Rehabilitation and Therapy
Cheboygan.............................. (231) 627-1368
Gaylord.............................. (231) 487-5080
Petoskey ...................... (231) 487-7486

Centers for Disease Control ..........(800) 232-4636
Northern Michigan Diabetes Initiative
-Otsego Memorial Hospital..........(989) 731-7718
Healthy Lifestyles Education

Clinics & Hospitals

McLaren Northern Michigan............ (800) 248-6777
Cheboygan & Petoskey Campus
McLaren Northern Michigan-Cheboygan
Community Medical Center ........... (231) 627-4364
McLaren Northern Michigan Cheboygan
Family & Internal Medicine.......... (231) 627-1282
Alcona Health Center.................. (231) 627-7118
Cheboygan
District Health Department #4 ...... (231) 627-8850
Cheboygan
Alcona Health Center Indian River .. (231) 238-8908
Indian River
Little Traverse Primary Care......... (231) 627-5400
Cheboygan
Northern Care Clinic .................. (231) 333-3019
Free Clinic
Cheboygan
OMH Medical Group-Indian River ... (231) 238-0581
Indian River
Rivertown Medical Clinic .............. (231) 597-8192
Cheboygan

Dental Resources

Dental Clinics North.................... (231) 627-8960
Cheboygan, MI
MyDental Plan offers dental services at reduced fees to patients without dental insurance
Alcona Health Center.................... (231) 627-7118
Dental Navigator

Hearing Assistance

District Health Department #4....... (231) 627-8850
Free Hearing Screenings
Michigan Department of Health and Human Services ..................... (231) 627-8500
Cheboygan, MI
Northern Care Center .................. (231) 333-3019
Free Clinic-Cheboygan, MI
Relay Center for Deaf/Hard of Hearing ............................................ (800) 649-3777

Medical Equipment & Loan Closets

ALS of Michigan ......................... (800) 882-5764
Equipment loan program for ALS and PLS patients only
Cheboygan County Council on Aging
Sand Road Center ....................... (231) 627-7234
Walkers, wheelchairs, canes, etc.
Cheboygan County Council on Aging
Wolverine Center ....................... (231) 525-8969
Walkers, wheelchairs, canes, etc.
Cheboygan Volunteer Fire Dept....... (231) 627-4321
Wheelchairs, walkers, crutches, shower seats
Community Home and Health Services
.............................................(866) 483-0712
Wheelchairs, shower chairs, walkers, cpap Machines, etc.
Muscular Dystrophy Association..... (800) 572-1717
Medical equipment loan closets in Michigan
Muscular Dystrophy Association..... (517) 706-0348
Patients with Neuromuscular Disease
All Michigan Counties
Northern Michigan Veteran’s Coalition.............................................(989) 732-3886
Ext 4234
Lift Chairs for Veterans
Paralyzed Veterans of America- MI .. (800) 638-6782
Wheelchairs, power chairs, adaptive sports equipment, hoists, lifts, etc.
The National Federation of the Blind
.............................................(410) 659-9314
Michigan CPAP Bank.................... (734) 232-3964
CPAP, BiPAP, Auto CPAP/BiPAP, ASV, AVAPS
All Michigan Counties
United Cerebral Palsy Michigan ...... (800) 828-2714
Michigan Assistive Technology Loan Fund and Michigan Employment Loan Fund

Mental Health & Counseling Services

Catholic Human Services ............. (231) 627-9917
Cheboygan
Harbor Hall............................... (231) 347-5511
Substance Abuse, Alcohol, Gambling
Cheboygan
Hidden Brook Counseling ............. (231) 487-1885
Substance Abuse, Behavioral Health, Child and Adolescent, Men’s Group
Cheboygan
North Country Community Mental Health
.............................................(800) 834-3393
Patient Access Line
North Country Community Mental Health- Cheboygan ....................... (231) 627-5627
Third Level Crisis Line .................. (800) 442-7315
Problem Gambling Help-Line ........ (800) 270-7117
24-hours, 7-days
Women’s Resource Center ........... (800) 275-1995
24 Hour Help Line

Cheboygan County Community Resources Updated 2020
Pharmacies & Prescription Assistance

Partnership for Prescription Assistance ........................................ www.pparx.org
RxAssist ........................................ www.rxassist.org
Database of medication assistance programs
NeedyMeds ........................................ (800) 503-6897
Resource for medication assistance programs
Senior Prescription Drug Assistance
MMAP ...................................... (800) 803-7174
Michigan Medicare/Medicaid Assistance Program
MiRx Discount Card ................... (866) 755-6479
For patients without drug coverage
Northern Care Clinic ................... (231) 333-3019
Free Clinic
Family Fare Pharmacy ............... (231) 627-5371
Cheboygan, MI
Modern Pharmacy ................. (231) 627-9949
Cheboygan, MI
Modern RX .............................. (231) 238-2499
Indian River, MI
Walgrenes Pharmacy .............. (231) 627-1080
Cheboygan, MI
Walmart Pharmacy ............... (231) 627-4337
Cheboygan, MI

 RETAIL DISCOUNT DRUG PROGRAMS
Wal-Mart  ask pharmacist
(W4/$10 prescription program)
Walgrenes  ask pharmacist

Substance Abuse
Alcohols Anonymous District 15 Meetings
http://www.aadistrict15mi.com/meetings
CDC Hotline ........................................ (800) 232-4636
Narcotics Anonymous (NA) Hotline. (877) 338-1188
Harbor Hall Outpatient ................. (888) 880-5511
Cheboygan, MI
Northern MI Regional Entity .......... (800) 834-3393
24-hours, 7-days- referral to treatment
Substance Abuse Hotline ............ (800) 662-4357
Substance Use Treatment Services . (800) 834-3393
24-hours, 7-days- referral to treatment

Vision Assistance
Eye Care of America .......................(877) 887-6327
Foundation of the American Academy of Ophthalmologists.
Michigan Department of Health and Human Services .......... (231) 627-8500
Cheboygan, MI
Northern Care Center ............... (231) 333-3019
Free Clinic-Cheboygan, MI

HOUSING ASSISTANCE

Cheboygan Housing Commission.....(231) 627-7189
Cheboygan
Department of Human Services ......(231) 627-8500
Cheboygan
Habitat for Humanity ................. (231) 597-4663
Cheboygan
Housing Choice Voucher Program ... (989) 275-7265
NEMCSA Housing Programs ........ (866) 484-7077
Women’s Resource Center .......... (231) 627-2380
Cheboygan, MI

Emergency Shelters & Warming Centers

Nehemiah House ..........................(231) 347-0363
Shelter for Men
Petoskey
Salvation Army Service Center ...... (231) 627-9003
Social Services Cheboygan
Women’s Resource Center .......... (800) 275-1995
Shelter for Women, Petoskey

Heatng/Utility Assistance & Home Repairs/Weatherization

Department of Human Services ......(231) 627-8500
Cheboygan
NEMCSA ................................. (866) 270-0686
Salvation Army Service Center ...... (231) 627-9003
Social Services Cheboygan
The Heat and Warmth Fund .......... (800) 866-8429

Low Income Housing

Action Agency ..........................(800) 443-5518
USDA Rural Development .......... (989) 345-5470
Onaway
Cheboygan County Community Resources Updated 2020

Cheboygan Housing Commission .... (231) 627-7189
Cheboygan
Cheboygan Shores Senior Housing.. (231) 627-4090
Cheboygan
Lighthouse Village Apartments ...... (231) 597-9419
Cheboygan
Mackinaw Apartments............... (231) 627-7835
Cheboygan
NEMSCA ......................................... (989) 358-4678
Cheboygan
Rental Assistance Program
Newport Village Senior Housing...... (231) 627-5001
Cheboygan
South Pointe Apartments............... (989) 732-6237
Indian River, MI

LEGAL ASSISTANCE

Cheboygan County Department
Of Veterans Services .................. (231) 627-8833
Cheboygan
Cheboygan County Friend of
The Court.....................................(231) 627-8825
Elder Law of Michigan................ (866) 400-9164
Lakeshore Legal Aid .................... (888) 783-8190
Legal Services of Northern Michigan
...................................................... (888) 645-9993
Michigan Indian Legal Services.... (800) 968-6877

PARENTING/PREGNANCY RESOURCES

AA Crisis Pregnancy Center ......... (231) 627-2626
Cheboygan
Active Parenting Program ........... (231) 627-8825
Cheboygan
Parent Help Line Child Abuse ..........(800) 942-4357
24-hour parent support
Women’s Resource Center
24-Hour Crisis Line .................... (800) 275-1995
Cheboygan, MI
Women’s Resource Center .......... (231) 627-2380
Cheboygan, MI

TRANSPORTATION

Cheboygan Council on Aging........ (231) 627-7234
Cheboygan County United Way ......(231) 627-2288
Harbor Care Associates...............(877) 439-9141
Wheelchair Transport
Straits Regional Ride ..................(231) 597-9262

TRIBAL SERVICES

Department of Civil Rights ...........(517) 335-3165
Grand Traverse Bay Band of Ottawa & Chippewa
Indians .......................................(231) 347-7174
Little Traverse Bay Band of Odawa
Miskiki Gumik ............................ (231) 242-1700
Michigan Indian Legal Services ......(800) 968-6877
Sault Tribal Health & Human Services
.............................................(906) 643-8689
Tribal Health, St. Ignace
Sault Saint Marie Tribe of Chippewa Indians
..............................................(800) 793-0660

VETERANS AFFAIRS

Saginaw County VA Clinic ..........(800) 406-5143
Mackinaw City ....................... (231) 436-5176
Cheboygan County Veterans
Services ........................................(231) 627-8833
CHAMPVA ................................. (800) 733-8387
CHAMPVA Meds by Mail ................(888) 385-0235
Michigan Veterans Affairs ......... (800) 642-4838
Veterans Administration .......... (800) 827-1000
Veteran’s Crisis Line ............(800) 273-8255
Wounded Warrior Resource Center (888) 997-2586

VOLUNTEER OPPORTUNITIES

Cheboygan County Habitat for Humanity
..................................................(231) 597-4663
Cheboygan
Cheboygan County History Center...(231) 627-9597
Cheboygan
Cheboygan County Humane Society.
..............................................(231) 238-8221
Cheboygan
Cheboygan County United Way ........ 2 -1 -1
Cheboygan
## IS IT AN EMERGENCY?

Clinic Name: _____________________________
Office Phone: ____________________________

AFTER HOURS Phone Number: ____________________________

Our Preferred Urgent Care: ____________________________

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.

### Non-Urgent:
You should make an appointment with your Primary Care Physician

- Cold/Flu Symptoms
- Earaches
- Mild Backaches
- Mild Sprains
- Rashes
- Sore Throat/Cough
- Toothaches

If your provider does not offer Telehealth visits, consider using the McLaren Now App mclaren.org/mclarennow

### TeleHealth (Virtual Visits)
Primary Care via Telehealth

- Allergies
- Bronchitis
- Colds and Flus
- COVID Symptoms
- Earache
- Headache
- Hives
- Insect Bites
- Pink Eye
- Rashes
- Sinusitis

### Semi-Urgent:
Needs Medical Care and can wait a few hours. You should contact your Primary Care Physician and/or go to Urgent Care Facility for treatment

- 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

### Urgent:
You should go to your nearest Hospital Emergency Department

- 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