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ABUSE & PROTECTIVE SERVICES

FOR EMERGENCY SERVICES CALL.................................911
Children & Adult Protective Services
.........................................................(855) 444-3911
Common Ground Crisis Line........ (800) 231-1127
DHS-Abuse and
Neglect........................................(855) 444-3911
Domestic & Sexual Violence
Helpline.............................................(800) 799-7233
EVE ............................................. (517) 372-5572
Lansing, MI
HAVEN Crisis Line.........................(877) 922-1274
Mason Domestic Violence Support
Unit (DVSU) ......................................(517) 676-8285
MSU Safe Place...............................(517) 355-1100
Lansing, MI
National Suicide Prevention
Lifeline..............................................(800) 273-8255
Crisis Hotline......................https://13reasonswhy.info
Crisis Hotline Text REASON to 741741
Siren Eaton Shelter.....................(517) 543-0748
Charlotte, MI

ADULT AGING SERVICES

Crisis Services for the Elderly ........(517) 483-7205
Meals-On-Wheels .........................(517) 887-1460
Tri County Office on Aging ..........(517) 887-1440
Lansing, MI

Adult Day Services
Comfort Keepers ......................(517) 321-4010
Lansing, MI
Home Instead Senior Care ..........(517) 333-0610
East Lansing, MI
Mareck Family & Geriatric Services
.....................................................(517) 866-3707
Okemos, MI

Adult Foster Care
Bedford House .........................(517) 580-8243
Lansing, MI
Belmonte Circle.........................(517) 349-6975
East Lansing, MI
Blessed Home..............................(517) 4023952
Lansing, MI
Blessed Manor LLC ..................(517) 267-0976
Lansing, MI
Blessed Manor LLC 2 ..........(517) 484-5576
Lansing, MI
Bridges Crisis Unit .............(517) 346-8415
Lansing, MI
Brookdale Meridian .................(517) 381-8700
Haslett, MI
Burcham Hills Retirement Center ..(517) 351-8377
East Lansing, MI
Carolyn’s Care Home ..............(517) 589-9118
Leslie, MI
CBI Rehabilitation Services, Inc.....(517) 349-6975
Lansing, MI
Cedar Woods .........................(517) 655-3935
Williamston, MI
Hope Network .........................(517) 332-1616
East Lansing, MI
Country Creek AFC ...................(517) 676-1070
Mason, MI
Craft Care Home ......................(517) 676-1558
Mason, MI
Crafts Care Homes .................(517) 694-3873
Holt, MI
Crosaires, Inc. ......................(517) 898-1715
Williamston, MI
Dansville Country Care ................... (517) 623-0119
Dansville, MI

Turning Leaf ................................ (517) 393-5203
Lansing, MI

Dorris’ Daily Living AFC ................ (517) 393-0652
Lansing, MI

East Oak Residents Home .......... (517) 676-2788
Mason, MI

Elder Ridge Manor ................. (517) 851-7501
Stockbridge, MI

Grandhaven Living Center .......... (517) 485-5966
Lansing, MI

Green Acres Mason ................. (517) 676-1484
Mason, MI

Prestige Way .......................... (517) 694-2020
Holt, MI

Alzheimer’s & Dementia Support
Alzheimer’s Association .......... (800) 272-3900

Assisted Living

Bickford of Okemos ................. (517) 706-0300
Lansing, MI

Brighter Horizons ...................... (517) 643-2073
Lansing, MI

Colonial Woods ....................... (517) 484-1044
Lansing, MI

Covington Woods ..................... (517) 327-7700
Lansing, MI

Evergreen Place ...................... (517) 482-4045
Lansing, MI

Grandhaven Manor ............... (517) 372-4499
Lansing, MI

Great Lakes Christian Homes Inc. .... (517) 694-3700
Holt, MI

Heritage Village ..................... (517) 694-6564
Holt, MI

Holt Senior Care & Rehab ........ (517) 694-2144
Bickford of West Lansing .......... (517) 321-3391
Lansing, MI

Morgan Home Care .................. (517) 484-5694
Lansing, MI

Vista Springs Edgewood .......... (517) 393-7777
Lansing, MI

Vista Springs Timber Ridge .......... (517) 339-2322
East Lansing, MI

ANIMAL SUPPORT

Animal Control Department .......... (517) 676-8370

Animal Shelters

Capital Area Humane Society .......... (517) 626-6060

DISABILITY RESOURCES

Bureau of Services for the Blind Persons
...........................................(800) 292-4200

Disability Network Capital Area ...... (517) 999-2760

Michigan Alliance for Families ........ (800) 552-4821

Michigan Career & Technical Institute........................................(877) 901-7360

Michigan Commission for the Blind . (800) 292-4200

Michigan Division on Deaf and Hard of Hearing.......................(517) 507-5223

EDUCATION & TRAINING

Lansing Adult Education .......... (517) 755-4040

St. Luke Crisis Center ................ (517) 253-8025

Woodcreek Achievement Center .... (517) 755-1707

Childcare Centers & Preschools

100 Acre Wood Child Care Center . (517) 694-2458
Holt, MI

Abbott Nursery School ............... (517) 351-7410

East Lansing, MI

Beginnings Child Care .............. (517) 482-0082
Lansing, MI

CACS Head start ..................... (517) 482-1504
Lansing, MI

Caterpillar Corner Childcare .......... (517) 889-5348
Holt, MI

Colt’s & Filly’s Child Care .......... (517) 244-0814
Mason, MI

Dansville Preschool & Child Care
Development Center .................................. (517) 623-6904
Dansville, MI
Early on-Ingham ISD............................... (517) 244-4514
Lansing, MI
Education Child Care Center ............... (517) 485-6825
Lansing, MI
Emanuel Lutheran Daycare Center ........ (517) 485-4118
Lansing, MI
Gilden Woods Early Care & Preschool ............. (517) 574-4159
Okemos, MI
Great Start............................................. (517) 336-3784
Lansing, MI
Happy Elephant Child Care............... (517) 882-6602
Lansing, MI
Head Start ........................................... (517) 482-1504
Kid’s Club.............................................. (517) 851-8600
Stockbridge, MI
Kid Time Child Development Center ........... (517) 887-6673
Memorial Lutheran Preschool ................. (517) 655-1402
Williamston, MI
Rainbow Child Care Center of Lansing ............... (517) 580-4617
Okemos KinderCare ................................ (517) 347-1919
Rally Kids Connection............................. (517) 339-0099
Haslett, MI
Reaching Higher Program.......................(517) 887-2762
Lansing, MI
Scribbles & Giggles Child Care............... (517) 482-1551
Lansing, MI
Tutor Time of Okemos ......................... (877) 684-1613

Community Education

American CPR Training...........................(517) 349-8811
A Safety First of Lansing ....................... (517) 694-6224
American Red Cross...............................(517) 484-7461

Libraries

Capital Area District Libraries:
Aurelius .............................................. (517) 628-3743
Mason, MI
Dansville ............................................ (517) 623-6511
Downtown Lansing ............................... (517) 367-6350
Foster .................................................. (517) 485-5185

Ingham County Community Resources Updated 2020
(Pre-K-10) ........................................ (517) 321-5565
Immaculate Heart of Mary-St. Casimir (K-8) ........................................ (517) 882-6631
Lansing Baptist ........................................ (517) 882-2280
Lansing Catholic High .................. (517) 267-2100
Lansing Christian Schools ............ (517) 882-5779
Montessori Children’s House ....... (517) 482-9191
New Covenant Christian (K-12) .... (517) 323-8903
Pam’s Academy of Champions (Pre-K-3) ........................................ (517) 394-2333
Resurrection School (K-8) .......... (517) 487-0439
St. Gerard School (K-8) ............ (517) 321-6126
Leslie Public Schools ................. (517) 589-8200
Leslie White Pine Academy (K-8) .. (517) 589-8961
Mason Public Schools ................ (517) 676-2484
Okemos Public Schools .............. (517) 706-5000
Okemos Public School Academies
Great Lakes Cyber Academy ...... (517) 381-5062
Michigan Connections Academy . (517) 507-5390
Nextec High School ................. (517) 347-7793
Okemos Non-Public Schools
Montessori/Radmoor Schools (Pre-K-6) ........................................ (517) 351-3655
St. Martha School (Pre-K-8) ...... (517) 349-3322
Stockbridge Community Schools . (517) 851-7188
Waverly Community Schools ....... (517) 321-7265
Webberville Community Schools ... (517) 521-3422
Williamston Community Schools .. (517) 655-4361
Williamston Non-Public Schools
Memorial Lutheran (Pre-K-8) ..... (517) 655-1402
St. Mary School (Pre-K-5) .......... (517) 655-4038

Colleges/Career Centers
Career Quest Learning Center ....... (517) 318-3330
Lansing, MI
Douglas J Aveda Institute .......... (877) 311-8957
East Lansing, MI
Great Lakes Christian College . (517) 321-0242
Lansing, MI
Hill Career Academy ................. (517) 755-1060
Lansing, MI
Holloway’s Real Estate Institute ... (800) 292-5945
Lansing Community College ... (800) 644-4522
Michigan State University . (517) 355-8332
East Lansing, MI
New Horizons Computer Learning Center
..................................................... (616) 574-7500
Ross Medical Education Center ......(517) 703-9044
Lansing, MI
Western Michigan University Cooley Law School
..................................................... (517) 371-5140

Youth Programs
Boy Scouts of America ............... (517) 321-9400
Boys & Girls Club ...................... (517) 394-0455
Gateway Youth Services ............ (517) 882-4000
24-Hour Crisis Hotline ............. (517) 882-7217
Runaway Hotline ...................... (800) 786-2929
YMCA ........................................ (517) 827-9700

EMERGENCY & DISASTER SERVICES
Ambulance, Fire and Police .............. 911
Ingham County Homeland Security and Emergency Management (517) 676-8223
Tri County Metro Narcotics .......... (517) 394-5588

Law Enforcement
Bath Charter Twp. Police .......... (517) 641-6271
Dewitt Township Police .......... (517) 669-6578
East Lansing Police ................. (517) 351-4220
Grand Ledge Police ................. (517) 627-2149
Ingham County Sheriff .......... (517) 676-2431
Holt ................... (517) 694-0045
Lansing Police Department .......... (517) 483-4600
Lansing Twp. Police ............... (517) 485-1700
Meridian Township Police Dept. .. (517) 332-6526
Michigan State Police ............. (517) 332-2521
Lansing, MI
Michigan State University Police .. (517) 355-2221
Stockbridge Police ................. (517) 851-7517

EMPLOYMENT ASSISTANCE
Michigan Works ......................... (517) 492-5500
Michigan Rehabilitation Services .. (517) 373-3390
People Ready ....................... (517) 272-4454
Unemployment Office Hotline ....... (866) 500-0017
FINANCIAL ASSISTANCE

Capital Area Community Services ... (517) 676-1065
Mason
Department of Human Services ...... (517) 887-9400
Department of Veterans Affairs ...... (517) 887-4331
Greenpath Debt Solutions .............. (517) 321-5836
Ingham County Society of St. Vincent
DePaul ............................................ (517) 484-4228
MSHDA: Step Forward .................... (866) 946-7432
Salvation Army ............................... (517) 484-4424
Tri-County Office on Aging .............. (517) 887-1440

Tax Assistance

Freedom Tax Services LLC........ (517) 676-4253
H & R Block
   Lansing ............................................ (517) 337-3066
   Okemos ...................................... (517) 381-8052
   Mason ........................................ (517) 676-5858
   Williamston ................................ (517) 655-8485
Jackson Hewitt Tax Service .......... (517) 485-1547
   Holt ............................................ (517) 694-8058
   Liberty Tax Services ...................... (517) 324-7040
   Simplified Tax ................................ (517) 882-2441
   Williamston ................................ (517) 913-4399

FITNESS, RECREATION & REHABILITATION

AnyTime Fitness................................ (517) 333-8383
FlexCity Fitness…………………………..(866) 953-Flex
Planet Fitness..................................(517) 381-8200
Okemos, Mi

Parks & Recreation

Abbott Road Park .........................(517) 337-1731
Adado River Front ......................(517) 483-4277
Alton Park ..................................... (517) 337-1731
Bancroft Park...............................(517) 483-4277
Burchfield Park ...........................(517) 337-1731
Beal Botanical Garden ............(517) 884-8486
Beck Park .................................. (517) 483-4277
Cooley Garden Park ...................(517) 483-4277
Fenner Nature Center ...............(517) 483-4224
Harris Nature Center ...................(517) 349-3866
Hawk Island Park .........................(517) 337-1731
Hunter Park and Outdoor Pool ......(517) 483-4277
Lake Lansing Park ....................(517) 676-2233
McNamara Canoe Landing ..........(517) 337-1731
Ormond Park .............................(517) 483-4277
Potter Park & Zoo .........................(517) 483-4222
Riverbend Natural Area .............(517) 337-1731
Riverpoint Park ...........................(517) 483-4277
West Side Park .........................(517) 483-4277
Woldumar Nature Center ..........(517) 322-0030

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

Advent House Ministries ...............(517) 485-4722
American Red Cross .................(517) 484-7461
Board of Water and Light ...........(517) 702-6006
Capital Area Community Services ... (517) 393-7077
Christian Services .......................(517) 394-5411
City Rescue Mission ...................(517) 485-0145
Cristo Rey Community Center ......(517) 372-4700
Department of Human Services
Ingham County ............................(517) 887-9400
Food Bank Council of Michigan (517) 485-1202
Garden Project ...............................(517) 853-7809
Gateway Community Services ......(517) 351-4000
Good Shepherd Mission ...............(517) 851-9800
Greater Lansing Housing Coalition ...(517) 372-5980
Greater Lansing Food Bank ...........(517) 899-9457
Holt Community Food Bank ...........(517) 694-9307
Leslie Community Outreach ..........(517) 589-5814
MSU Student Food Bank ..............(517) 432-5136
Open Door Ministry .......................(517) 485-9477
Our Savior Lutheran Food Bank (517) 882-7750
Salvation Army ............................(517) 482-9715
Seventh Day Adventists ..........(517) 627-4348
St Vincent Catholic Charities .......(517) 323-4734
St Mary's Catholic Church .........(517) 484-5331
Stockbridge Community Outreach ... (517) 851-7285
Volunteers of America ...............(517) 484-4414
Williamston Food Bank ..............(517) 655-3813

Click it/Ship it

Meijer- Shipt Home Grocery Delivery ...
   www.ship.com/lansing
Kroger ClickList Delivery Home Grocery Delivery
HEALTHCARE SERVICES

Centers for Disease Control .......... (800) 232-4636
Medicare........................................(800) 633-4227
Medicare/Medicaid Assistance
Program...........................................(800) 803-7174

Clinics & Hospitals

McLaren Greater Lansing............... (517) 975-6000
McLaren Orthopedic Hospital.......... (517) 975-6000
Rehabilitation Services- Jolly Rd...... (517) 975-3520
McLaren greater Lansing Mid-Michigan Southside
Urgent Care..................................... (517) 913-3888
McLaren Greater Lansing Okemos CMC ........................................... (517) 975-3800
McLaren Multi-Specialty Clinic ...... (517) 975-3750
McLaren Orthopedic Hospital .......... (517) 975-6000
Capital Internal Medicine Assoc. .... (517) 374-7600
Lansing, MI
Henry Ford Allegiance Family
Medicine............................................(517) 244-0434
Mason, MI
Howell Redicare.............................. (517) 546-9200
Jamieson Total Health Care Center (517) 882-6605
Lansing Urgent Care....................... (517) 999-2273
Michigan Headache Clinic................ (517) 324-3445
MSU Child Health Care Clinic ........... (517) 353-3003
MSU Women’s Healthcare............... (517) 364-5888
Okemos Family Chiropractic Health ........................................ (517) 381-1880
MSU Pediatric & Sub Specialty Care
Clinic................................................. (517) 364-5440
Optimum Health Clinic..................... (517) 394-8589
Red Cedar Valley Medicine ............. (517) 332-3324
Redicare Okemos............................. (517) 339-2100
VA Lansing, Clinic.......................... (517) 267-3925
Work Health Occupational Health... (517) 327-5220

Free Clinics

Care Free Medical and Dental........ (517) 887-5922
Cristo Rey Family Health Clinic...... (517) 371-1700
Ingham County Health Dept............. (517) 887-4311
Ingham Community Center .............. (517) 244-8060
His Healing Hands Health Center..... (517) 882-0056

Planned Parenthood....................... (517) 351-0550
Willow Health Center..................... (517) 702-3500

Dental Resources

Dental Lifeline Network............... (303) 534-5360
.................................................. http://dentallifeline.org/michigan
Donated Dental services for people with physical and mental disabilities who cannot afford needed dental treatment
Denver, CO
Forest Community & Dental (Ingham County) .................................................. (517) 887-4423
Affordable Dentures...................... (800) Denture
Aspen Dental................................. (517) 318-2657
Carefree Medical and Dental Inc. .... (517) 272-5033
East Lansing Dental....................... (517) 351-9070
Endodontic Specialist................. (517) 351-0800
Evergreen Dental Center.............. (517) 484-5811
Great Lakes Family Dental.......... (517) 332-2422
Great Expressions Dental Center
Lansing............................................ (517) 887-7200
Okemos.......................................... (517) 349-3175
Lansing Elite Dental..................... (517) 886-9696
Healthy Smiles Child Dental Center
Lansing............................................ (517) 333-3160
Community Health Center............ (517) 272-4150
Implant Dentistry of Greater Lansing
.................................................. (517) 484-0329
Mid-Michigan Oral Surgery PC ...... (517) 627-4088
Midwestern Dental Associates ......... (517) 394-1495
Murphy Family Dentistry............... (517) 321-4815
Parkway Dental PC....................... (517) 349-3040
Trillium Dental.............................. (517) 485-3444

Hearing Assistance

Ingham County Health Department ..... (517) 887-4311
Lions Club of Michigan State......... (517) 887-6642

Medical Equipment & Loan Closets

ALS of Michigan............................. (800) 882-5764
Equipment loan program for ALS and PLS patients only
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
Muscular Dystrophy Association..... (517) 706-0348
Patients with Neuromuscular Disease
All Michigan Counties
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
All Michigan Counties
United Cerebral Palsy Michigan ...... (800) 828-2714
Michigan Assistive Technology Loan Fund and
Michigan Employment Loan Fund
Cardinal Health......................... (517) 432-8334
Carelinc .......................................... (517) 485-9588
Centurion Medical Products ....... (517) 546-5400
Hart Medical Equipment ............... (517) 489-5350
R S Biomedical ................................ (517) 655-9116
Shoreline Sport Medical Supply ...... (800) 245-1064
Sparrow Medical Supply .............. (517) 349-4111
Symmetry Medical Lansing .......... (517) 882-4312
Walgreens ....................................... (517) 351-0249
Wright & Filippis ......................... (517) 484-2624
Zip Medical Supplies ....................... (517) 272-1940

Mental Health & Counseling Services
A New Hope Counseling Center ..... (517) 323-4531
A & A Psychotherapy Associates ..... (517) 349-4111
Awakenings Family Therapy........... (517) 699-4357
Carefree Medical Behavioral Health
....................................................... (517) 272-4007
Comprehensive Psychological Services
....................................................... (517) 337-2900
Community Mental Health Crisis Services
....................................................... (517) 346-8460
Hope Network .................................. (517) 332-1616
Huffman Psychology ..................... (517) 337-9554
Justice in Mental Health Organization
....................................................... (517) 371-4661
Okemos Therapy Associates .......... (517) 281-0644
Problem Gambling Help-Line ...... (800) 270-7117
24-hours, 7-days
Psychological & Behavioral Consultants
....................................................... (517) 372-2535
Reflections Counseling..................... (517) 321-4775

Pharmacies & Prescription Assistance
Partnership for Prescription Assistance
....................................................... www.pparx.org
RxAssist ........................................ www.rxassist.org
Database of medication assistance programs
LifeSource Direct .........................(866) 340-4748
Uninsured and Underinsured
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
Genoa ............................................(517) 887-3539
Lansing, MI
Atlas Meds Pharmacy .............(517) 580-0991
Lansing, MI
CVS Pharmacy .........................(517) 272-5400
Fowlerville Pharmacy .............(517) 223-9832
Haslett Central Pharmacy ..........(517) 339-0300
Holt Pharmacy .........................(517) 699-1544
Meijer Pharmacy
Mason .........................................(517) 244-1910
East Lansing .........................(517) 333-3010
Dewitt .................................(517) 669-4610
Okemos ........................................(517) 347-9110
Select free prescriptions
Central Pharmacy Patient Careway........... (517) 393-1000
Lansing, MI
PGPA Pharmacy ......................(517) 381-7472
Okemos, MI
Rite Aid
E. Michigan Ave, Lansing ............(517) 485-4381
Saginaw St., Lansing .................(517) 321-7746
Sam’s Club Pharmacy .............(517) 482-1803
(4/$10 prescription program)
Sparrow Pharmacy Plus-11 .......(517) 364-5380
Sparrow Pharmacy Plus-10 ...........(517) 364-3079
Stockbridge Pharmacy ...............(517) 851-7575
Target Pharmacy ......................(517) 882-4845
(4/$ 10 generics program)
Village Drug Shop ......................(517) 521-3484
Webberville, MI  
Walgreen’s Pharmacy ..................... (517) 882-2732  
Walmart Pharmacy ........................ (517) 381-8267  
($4/$10 prescription program)  
Ware’s Pharmacy ............................ (517) 676-9199  
Mason, MI  
Welcome Pharmacies ..................... (517) 589-8291  
Leslie, MI  

RETAIN DISCOUNT DRUG PROGRAMS  
Kroger ask pharmacist  
Meijer ask pharmacist  
(select free prescriptions)  
Target ask pharmacist  
($4/ $10 generics program)  
Sam’s Club ask pharmacist  
($4/$10 prescription program)  
Wal-Mart ask pharmacist  
($4/$10 prescription program)  
Walgreens ask pharmacist  

Substance Abuse  
Alcoholics Anonymous ................. (517) 377-1444  
CDC Hotline ................................ (800) 232-4636  
City Rescue Mission .................... (517) 485-0145  
Community Mental Health ............ (517) 887-5286  
Crisis Services ............................ (517) 346-8460  
Families Against Narcotics .......... (517) 898-3236  
Griefnet ..................................... (734) 761-1960  
National Alliance on Mental Issues  . (517) 485-4049  
Narcotics Anonymous (NA) Hotline (877) 338-1188  
Substance Abuse Hotline .......... (800) 662-4357  
Substance Use Treatment Services . (800) 834-3393  
24-hours, 7-days- referral to treatment  
Mid Michigan Recovery Services . . (517) 887-0226  
PATHways................................... (517) 272-4122  
Reality Counseling Services .......... (517) 484-4997  
Recovery Center ............................ (517) 267-7623  
Victory Clinical Services ............ (517) 394-7867  

Vision Assistance  
Capital City Vision Center........... (517) 349-2393  
Care Free Optometry ................... (517) 887-5922  
Delta Vision Optical ..................... (517) 381-2000  
Eyemart Express ......................... (517) 323-3490  
Goodrich Optical ........................ (517) 393-2660  

Ingham County Health Dept. ...........(517) 887-4322  
Vision Screenings  
Jones Vision Center .................... (517) 332-2233  
LO Eyecare ................................ (517) 337-1040  
Lens Crafters  
Okemos.................................... (517) 349-0784  
Lansing.................................... (517) 327-0019  
Norton Eye Care ......................... (517) 336-4545  
Pearle Vision ............................... (517) 882-0202  
Rx Optical  
Okemos.................................... (517) 349-9944  
Lansing.................................... (517) 866-2888  
Sears Optical ............................. (517) 351-3498  
Vision USA ................................. (800) 766-4466  
Assistance with eye exams  
Wallace Opticians ........................ (517) 332-8628  

HOUSING ASSISTANCE  
Community Action Agency ............ (517) 373-9344  
Habitat for Humanity .................... (517) 374-6235  
Lansing, MI  
Lansing Housing Commission ........ (517) 487-6550  
Michigan State Housing Development Authority .................................................. (517) 373-8370  
The Heat and Warmth Fund .......... (800) 866-8429  
USDA Rural Development ............. (517) 324-5190  
Volunteers of America ................ (517) 484-4414  
Lansing, MI  

Emergency Shelters & Warming Centers  
Advent House Ministries ............. (517) 485-2837  
City Rescue Mission ................. (517) 485-0145  
EVE, Inc. .................................. (517) 372-5572  
Victims of domestic violence  
First Baptist Church-Hearts & Hands ................................................................. (517) 663-7104  
Glass House .............................. (517) 482-2028  
Haven House ............................... (517) 337-2731  
Loaves and Fishes Overnight Shelter ................................................................. (517) 482-2099  
Shelter and Emergency Services ...... (517) 484-4414  
Siren Eaton Shelter ................. (517) 543-0748  

Heating/Utility Assistance & Home  

Ingham County Community Resources Updated 2020
Ingham County Community Resources Updated 2020

Capital Area Community Services ... (517) 393-7077
Department of Human Services ..... (517) 877-9400
Salvation Army .............................. (517) 484-4424
Stockbridge Community Outreach .. (517) 851-7285

**Repairs/Weatherization**

Capital Area Community Services ... (517) 393-7077
Michigan Weatherization Assistance Program........................... (517) 373-8896
The Heat and Warmth Fund.......... (800) 866-8429

**Low Income Housing**

Action Agency.................................. (517) 373-9344
Benson Hills Apartments.............. (517) 706-6145
Haslett, MI
Camelot Hills............................... (517) 485-6938
Lansing, MI
Delhi Stratford Place.................... (517) 699-3701
Senior Apartments, Holt, MI
Grange Acres .................................. (517) 339-9321
Haslett, MI
The Glen on Forest Apartments......(517) 887-1000
Lansing, MI
Huntley Villas Townhomes.......... (517) 694-3493
Holt, MI
Ingham County Housing Commission ........................................ (517) 349-1643
Pinebrook Manor Apartments ...... (517) 882-3518
Lansing, MI
Tamarack Apartments ............... (517) 694-0074
Holt, MI
USDA Rural Development ............. (517) 324-5190

**LEGAL ASSISTANCE**

Legal Aid Legal Service ................ (866) 531-6309
Legal Hotline for Michigan Seniors.. (800) 347-5297

**PARENTING/PREGNANCY RESOURCES**

Capital Area Community Services, Inc.
....................................................... (517) 482-1504
Parenting classes
Child Abuse Prevention Services .... (517) 484-8444
Cristo Rey Community Center ...... (517) 372-4700
Ingham County Community Resources Updated 2020

Circle of Parents .......................(517) 882-4000
x123
Drop in Breastfeeding Clinic ..........(517) 574-0802
Expectant Parents Organizations ....(517) 887-7000
Kinship Care Resource Center ......(517) 355-9600
Parent Help Line ......................(855) 427-2736
24-hour parent support
Shared Pregnancy Women’s Center 
......................................................... (517) 484-1882
WIC ...........................................(517) 887-4326
Willow Tree Family Center ..........(586) 806-9832
Women’s Center of Greater Lansing 
......................................................... (517) 372-9163
Women’s Center .......................(800) 275-1995

**TRANSPORTATION**

AmbuCab .....................................(517) 482-1245
Persons requiring lift equipped service for non-
medical transfers
Amtrak Station-LNL .................(800) 872-7245
East Lansing, MI
CATA Bus .....................................(517) 394-1100
Department of Transportation .......(517) 373-2090
Lansing, MI
Dean Trailways of Michigan ......(517) 319-3326
Lansing, MI
Dean Transportation Inc. ..........(517) 319-8300
Lansing, MI
Greyhound ...............................(517) 332-2595
East Lansing, MI
Spec-Tran .................................(517) 394-2282
Curb-to curb service for people with disabilities

**TRIBAL SERVICES**

American Indian Services, Inc........(313) 388-4100
Department of Civil Rights ..........(517) 335-3165
Michigan Indian Employment and 
Training Services ..........................(517) 393-0712
Michigan Indian Legal Services .....(800) 968-6877

**VETERANS AFFAIRS**

CHAMPVA .................................(800) 733-8387
CHAMPVA Meds by Mail .............(800) 385-0235
Lansing Veteran’s Affairs ..........(517) 887-4331
Michigan Association of County Veteran’s Counselors.......................... (517) 887-4331
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

Veteran’s Crisis Line.................. (800) 273-8255
VFW’s Unmet Needs Program........ (866) 789-6333

VOLUNTEER OPPORTUNITIES

Allen Neighborhood Center ..........(517) 367-2468
Capital Area Community Services ...(517) 393-7077
Ingham County Animal Shelter ........(517) 676-8370
MSU Student Food Bank...............(517) 432-513
VFW Volunteer Program..............(269) 965-0465
Volunteers of America...............(517) 484-4414
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

TeleHealth (Virtual Visits)
Primary Care via Telehealth
- Allergies
- Bronchitis
- Colds and Flus
- COVID Symptoms
- Earache
- Headache
- Hives
- Insect Bites
- Pink Eye
- Rashes
- Sinusitis

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

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