

# Wayne County

## Community Resource Guide



Resources assembled by:



2021

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

2021

Wayne  
County  
Community  
Resource  
Guide

[A guide to services in your community]

2021

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**ABUSE & PROTECTIVE SERVICES**

- FOR EMERGENCY SERVICES CALL.....911
- Children and Adult Protective Services (CPS).....(855) 444-3911
- Children’s Center of Wayne County-Trauma therapy..... (313) 831-5535
- Common Ground Crisis Line.(800) 231-1127
- Equality Michigan.....(313) 537-7000
- Faith Trust Institute.....(206) 634-1903
- 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 Human Trafficking Resource Center..... (888) 373-7888
- Professional Outreach Counseling Services.....(313) 292-7640
- RAINN Hotline (sexual assault hotline) .....(800) 656-4673
- Stop It Now! Hotline .....(888) 773-8368
- Suicide Prevention .....(800) 273-8255
- Victim Connect (stalking hotline).....(855) 484-2846
- 24-Hour Crisis .....(800) 317-0708
- The Guidance Center..... (734) 785-7700
- Wayne County Child Abuse Unit..... (313) 224-5857

**ADULT AGING SERVICES**

- AARP .....(888)687-2277
- Area on Aging.....(800)858-1637
- Detroit Area Agency on Aging.....(313)446-4444
- HAP Senior Plus.....(800)868-3153
- Matrix Human Services Center for Seniors .....(313)526-4000  
Ext 1221
- McLaren Home Care .....(866)323-5974
- Medicare .....(800)633-4227
- Medicare/Medicaid Assistance Program .....(800)803-7174
- Social Security Administration .....(800)772-1213
- The Senior Alliance.....(800)815-1112
- Wayne County Senior Services .....(800)851-1454

**Adult Day Services**

- Abundant Life Adult Day Program .....(313)531-0262  
Detroit, MI
- Bradley Adult Day Care .....(313)281-6452  
Highland Park, MI
- Caring Hearts Adult Day Care .....(313)345-5400  
Detroit, MI
- Caring With Love Adult Daycare .....(313)977-9642  
Detroit, MI
- CLW Adult Day Care Center .....(313)633-0853  
River Rouge, MI
- G.O.A.L. Adult Day Care Inc .....(313)342-8040  
Detroit, MI
- Great Memories Adult Daycare Service .....(734)796-0454  
Taylor, MI
- It Takes a Village Adult Day Care .....(313)369-5500  
Detroit, MI
- L&L Adult Day Care .....(313)366-1100  
Detroit, MI
- Redford Adult Day Care .....(313)592-0310  
Redford, MI
- Sac Adult Day Care Center .....(313)270-2773  
Detroit, MI
- Sage Adult Daycare .....(888)473-2408  
Redford Charter Township, MI

## Adult Foster Care

American Heritage Adult Foster Care, Inc  
.....(734)284-4965  
Brownstown, MI  
Arbor Manor Home.....(313)952-2619  
Redford Charter Township, MI  
Berry's Adult Foster Care .....(313)579-1881  
Detroit, MI  
Better Life Residential Care .....(313)561-4600  
Dearborn Heights, MI  
Bower's Adult Foster Care on East Grand  
.....(313)363-7018  
Highland Park, MI  
Brown's Adult Foster Care .....(734)522-5608  
Livonia, MI  
Crites Adult Foster Care .....(313)833-8418  
Detroit, MI  
Downriver Adult Care .....(313)388-8231  
Allen Park, MI  
E M Coleman's Adult Foster Care Home, Inc  
.....(313)392-0416  
Highland Park, MI  
Heavenly Comfort Adult Foster Care.(313)307-0002  
Detroit, MI  
Kelly's Adult Foster Care .....(313)865-2251  
Detroit, MI  
Latham Adult Foster Care .....(313)925-3525  
Detroit, MI  
Making a Difference Adult Foster Care  
.....(313)865-9967  
Highland Park, MI  
Spivey's Adult Foster Care .....(313)255-1857  
Detroit, MI

## Alzheimer's & Dementia Support

Alzheimer's Association and Helpline  
.....(800)272-3900  
Alzheimer's Support Group at Livonia Civic Park  
Senior Center .....(734)466-2555  
Alzheimer's Support Group @ St. Michael's  
Episcopal Church.....(313)884-4820  
Grosse Pointe Woods

Home Instead Alzheimer's and Dementia Care  
Services .....(734)525-5300  
Livonia Department of Community Resources  
.....(734)466-2555  
Trinity Lutheran Church Caregiver Support Group  
.....(734)282-5877  
Visiting Angels  
Plymouth.....(734)661-2850  
Detroit.....(313)272-8282

## Assisted Living

Angel Gardens Assisted Living .....(734)464-2772  
Livonia, MI  
Bickford of Canton .....(734)656-5580  
Canton, MI  
Blessed Assisted Living.....(734)564-9794  
Garden City, MI  
Crystal Creek Assisted Living.....(734)453-3203  
Canton, MI  
Cunningham's Trenton Senior Assisted Living  
Facility .....(734)775-6192  
Trenton, MI  
Elmcroft of Downriver.....(734)288-7307  
Brownstown Charter Township  
Falkirk Assisted Living .....(734)348-6006  
Brownstown, MI  
Flat Rock, MI  
Glen Abbey Assisted Living .....(734)981-9224  
Canton, MI  
K&K Assisted Living .....(313)931-3600  
Detroit, MI  
Michigan House Assisted Living.....(734)283-6000  
Riverview, MI  
New Beginning Assisted Living.....(313)870-9801  
Detroit, MI  
Passion and Caring Home for the Elderly  
.....(313)923-0170  
Detroit, MI  
WellSpring Assisted Living  
Southworth Facility (Plymouth)  
.....(734)259-8274  
Lenmoore Facility (Belleville).  
.....(734)325-7846

Williams Community Living.....(313)871-7542  
Detroit, MI

## **ANIMAL SUPPORT**

City of Detroit Animal Control .....(313)922-3647  
Detroit Animal Care and Control .....(313)224-6356  
Downriver Central Animal Control.....(734)246-1328  
Southgate, MI  
Friends for Animals of Metro Detroit (313)943-2697  
Friends of Michigan Animals Rescue .(734)461-9458  
Michigan Anti-Cruelty Society .....(313)891-7188  
Detroit, MI  
Michigan Humane Society Detroit.....(866)648-6263  
Michigan Humane Society Westland.(734)721-7300  
Wayne County Wildlife Animal Control Services  
.....(734)619-8842

### **Animal Shelters**

Brownstown Animal Shelter .....(734)675-4008  
Flat Rock Animal Shelter .....(734)790-5082  
Friends of Michigan Animal Rescue...(734)461-9458  
Belleville, MI  
Grosse Ile Animal Shelter.....(734)469-7145  
River Rouge Animal Shelter .....  
.....(313)205-1732  
Romulus Animal Shelter.....(734)942-7591  
Shelter to Home .....(734)556-3135  
Wyandotte, MI  
Taylor Animal Shelter.....(734)374-1354  
Wayne Animal Shelter .....(734)721-1643  
Woodhaven and Trenton Animal Shelter  
.....(734)675-4956  
Woodhaven, MI

## **COUNTY & CITY RESOURCES**

Brownstown Charter Township .....(734)365-0065  
Canton Township .....(734)394-5100  
City of Allen Park.....(313)928-1400  
City of Belleville.....(734)697-9323  
City of Dearborn.....(313)943-2000  
City of Dearborn Heights.....(313)791-3400  
City of Detroit Mayor's Help Desk .....(313)224-3400

City of Ecorse .....(313)386-2520  
City of Flat Rock City Clerk .....(734)782-2455  
City of Gibraltar.....(734)676-3900  
City of Grosse Pointe.....(313)885-5800  
City of Grosse Pointe Farms.....(313)885-6600  
City of Grosse Pointe Woods .....(313)343-2440  
City of Hamtramck .....(313)800-5233  
City of Harper Woods.....(313)343-2500  
City of Highland Park.....(313)252-0050  
City of Inkster .....(313)563-4232  
City of Lincoln Park.....(313)386-1800  
City of Livonia.....(734)466-2200  
City of Melvindale .....(313)429-1040  
City of Plymouth.....(734)453-1234  
City of River Rouge City Clerk .....(313)842-5604  
City of Riverview .....(734)281-4201  
City of Rockwood City Hall .....(734)379-9496  
City of Romulus .....(734)942-7500  
City of Southgate.....(734)258-3010  
City of Taylor .....(734)287-6550  
City of Trenton .....(734)675-6500  
City of Wayne City Hall.....(734-722-2000  
City of Westland.....(734)713-3888  
City of Woodhaven .....(734)675-3000  
City of Wyandotte .....(734)324-4500  
Garden City .....(734)793-1600  
Grosse Ile Township .....(734)676-4422  
Grosse Pointe Park City Clerk.....(313)822-6200  
Huron Charter Township.....(734)753-4466  
Plymouth Charter Township .....(734)453-3840  
Redford Charter Township.....(313)387-2700  
Township of Northville.....(248)348-5800  
Township of Sumpter.....(734)461-6201  
Van Buren Charter Township.....(734)699-8900  
Wayne County 3<sup>rd</sup> Circuit Court .....(313)224-0157  
Detroit, MI  
Wayne County 16<sup>th</sup> District Court.....(734)466-2500  
Livonia, MI  
Wayne County 17<sup>th</sup> District Court.....(313)387-2790  
Redford, MI  
Wayne County 18<sup>th</sup> District Court.....(734)595-8720  
Westland, MI  
Wayne County 19<sup>th</sup> District Court.....(313)943-2060  
Dearborn, MI

Wayne County 20<sup>th</sup> District Court .....(313)277-7480  
Dearborn Heights, MI  
Wayne County 21<sup>st</sup> District Court .....(734)793-1680  
Garden City, MI  
Wayne County 22<sup>nd</sup> District Court .....(313)277-8200  
Inkster, MI  
Wayne County 23<sup>rd</sup> District Court .....(734)374-1334  
Taylor, MI  
Wayne County 24<sup>th</sup> District Court .....(313)928-0535  
Allen Park, MI  
Wayne County 25<sup>th</sup> District Court .....(313)382-8603  
Lincoln Park, MI  
Wayne County 27<sup>th</sup> District Court .....(734)324-4475  
Wyandotte, MI  
Wayne County 28<sup>th</sup> District Court .....(734)258-3068  
Southgate, MI  
Wayne County 29<sup>th</sup> District Court .....(734)722-5220  
Wayne, MI  
Wayne County 30<sup>th</sup> District Court .....(313)252-0300  
Highland Park, MI  
Wayne County 31<sup>st</sup> District Court .....(313)800-5248  
Hamtramck, MI  
Wayne County 32A District Court .....(313)343-2590  
Harper Woods, MI  
Wayne County 33<sup>rd</sup> District Court .....(734)671-0201  
Woodhaven, MI  
Wayne County 34<sup>th</sup> District Court .....(734)941-4462  
Romulus, MI  
Wayne County 35<sup>th</sup> District Court .....(734)459-4740  
Plymouth, MI  
Wayne County 36<sup>th</sup> District Court .....(313)965-2200  
Detroit, MI  
Wayne County Friend of the Court....(844)785-7593  
Wayne County Probate Court.....(313)224-5706

**DISABILITY & SPECIAL NEEDS  
RESOURCES**

Children’s Special Healthcare Services  
.....(800)359-3722  
Detroit Wayne Integrated Health Network  
.....(313)833-2500  
Disability Network of MI .....(800)782-4160

Disability Network Wayne County Detroit  
.....(313)923-1655  
Lincoln Behavioral Services  
Livonia .....(734)425-3777  
Redford .....(313)562-8840  
Medicare/Medicaid Assistance Program  
.....(800)803-7174  
Michigan Ability Partners.....(734)246-5600  
Southgate  
Michigan Alliance for Families .....(800)552-4821  
Michigan Commission for the Blind Vocational  
Rehabilitation  
..... (800)292-4200  
Michigan Developmental Disabilities Institute at  
Wayne State University .....(313)577-2654  
Michigan Commission for the Deaf .  
..... (800) 257-4850  
Services to Enhance Potential (STEP)  
..... (313)278-3040  
The Arc Detroit..... (313)831-0202  
The Arc Western Wayne County..... (734)729-9100

**EDUCATION & TRAINING**

**Adult Programs**

Adult Education Center.....(313) 579-7109  
Detroit, Special Education  
Detroit Adult Education West.....(313) 852-1089  
Detroit  
Dominican Literacy Center.....(313) 267-1000  
Detroit  
Golightly Career Tech Center.....(313) 822-8820  
Detroit  
Hamtramck Adult Education.....(313) 893-2214  
Hamtramck  
Matrix Human Services Education Center  
.....(313)526-4000  
Ext 1221  
Mercy Education Project.....(313) 963-5881  
Detroit, Women’s Program  
Northwest Adult Education Center..(248) 555-1212  
Siena Literacy Center.....(313) 532-8404  
Detroit

SW Solutions Adult Learning.....(313) 451-8055  
 Detroit  
 Warren Woods Adult & Community Education  
 Warren.....(586) 439-4408  
 Wayne County Community College Adult Education  
 Program.....(313) 496-2731  
 Locations: Downriver Campus, Taylor  
 Northwest Campus, Detroit  
 Eastern Campus, Detroit  
 Little Rock Urban Institute, Detroit  
 Wholistic Training Institute.....(313) 255-6155  
 Detroit

**College & Career Centers**

College for Creative Studies.....(313) 664-7400  
 Detroit, Focus on Art Education  
 Detroit Baptist Theological Seminary  
 Allen Park.....(313) 381-0111  
 Detroit Business Institute-Downriver  
 Riverview.....(734) 479-0660  
 Detroit Institute of Music Education.(313) 223-1600  
 Detroit  
 Detroit School for Digital Technology  
 Detroit.....(313) 263-4200  
 Everest Institute .....  
 Medical School, Dearborn.....(313) 562-4228  
 Technical School, Detroit.....(313) 567-5350  
 Henry Ford College.....(313) 845-9600  
 Dearborn  
 ITT Technical Institute .....(313) 278-5208  
 Dearborn  
 L'espirit Academy.....(734) 762-0200  
 Canton and Royal Oak  
 Madonna University.....(734) 432-5300  
 Livonia  
 MIAT College of Technology.....(800) 447-1310  
 Canton  
 P&A Scholars Beauty School.....(313) 933-9393  
 Detroit  
 Sacred Heart Major Seminary.....(313) 883-8500  
 Detroit  
 Schoolcraft College.....(734) 462-4400  
 Livonia  
 University of Detroit Mercy.....(313) 993-1245

University of Michigan.....(313) 764-1817  
 Ann Arbor  
 Wayne County Community College(313) 496-2600  
 Wayne State University.....(313) 577-2424

**Childcare Centers & Preschools**

Academic Gardens Preschool .....(734)453-7744  
 Plymouth, MI  
 Betty Boo Day Care .....(734)326-8036  
 Westland, MI  
 Childtime of Westland .....(877)220-0584  
 Westland  
 Crossroads Learning Center .....(313)368-7300  
 Detroit, MI  
 God's Kids Early Learning Center .....(313)821-8779  
 Grosse Pointe Park, MI  
 Grosse Pointe Nursery School.....(313)881-3460  
 Grosse Pointe Woods, MI  
 Joyous Child Early Learning.....(734)641-6630  
 Wayne, MI  
 Learning Tree Child Care Center – South  
 .....(248)986-8837  
 Livonia, MI  
 Lincoln Park Head Start Guidance Center  
 .....(313)381-0976  
 Lincoln Park, MI  
 Little Treasures Day Care Center .....(734)589-6576  
 Wayne, MI  
 Matrix Human Services Head Start....(313)526-4000  
 Montessori Children's Center .....(313)382-2777  
 Allen Park, MI  
 Nanny's Nursery & Day Care.....(313)295-7188  
 Taylor, MI  
 Oakman Child Care Development.....(313)791-7905  
 Dearborn, MI  
 Southgate KinderCare .....(734)281-1111  
 Southgate, MI  
 Sunrise Day Care & Learning Center, Inc  
 .....(313)283-7204  
 Detroit, MI

**Libraries**

3<sup>rd</sup> Judicial Circuit Law Library.....(313)224-5265  
 Detroit, MI



Bryant Branch Library .....(313)943-4091  
 Dearborn, MI  
 Carl Sandburg Library.....(248)893-4010  
 Livonia, MI  
 Detroit Area Library Network .....(313)577-6789  
 Detroit Public Library  
     Main .....(313)481-1300  
 Dunning-Hough Library.....(734)453-0750  
 Plymouth  
 Esper Branch Library .....(313)943-4096  
 Dearborn, MI  
 Lincoln Park Library.....(313)381-0374  
 Plymouth District Library .....(734)453-0750  
 Redford Township District Library .....(313)531-5960  
 Romulus Public Library.....(734)942-7589  
 Taylor Community Library.....(734)287-4840  
 Wayne Public Library .....(734)721-7832  
 William P. Faust Public Library.....(734)326-6123  
 Westland, MI

**School Districts**

Clarenceville School District.....(248)919-0400  
 Dearborn Heights School District No. 7  
     .....(313)203-1000  
 Detroit City School District.....(313)240-4377  
 Ecorse Public Schools.....(313)294-4750  
 Gibraltar School District.....(734)379-6350  
 Grosse Ile Township Schools.....(734)362-2555  
 Grosse Pointe Public Schools .....(313)432-3000  
 Harper Woods School District.....(586)209-2400  
 Livonia Public School District .....(734)744-2500  
 Melvindale-Northern Allen Park Schools  
     .....(313)389-3312  
 Plymouth-Canton School District.....(734)416-2700  
 Redford Union School District.....(313)242-6000  
 River Rouge School District.....(313)297-9600  
 Romulus Community School District .(734)532-1600  
 South Redford School District.....(313)535-4000  
 Taylor School District .....(734)374-1200  
 Trenton Public Schools.....(734)676-8600  
 Wayne-Westland Community School District  
     .....(734)419-2000

Westwood Community School District  
     .....(313)565-1900  
 Dearborn, MI  
 Woodhaven-Brownstown School District  
     .....(734)783-3300  
 Wyandotte Public Schools .....(734)759-6000

**Youth Programs**

Big Brothers Big Sisters of Metropolitan Detroit  
     .....(313)309-0500  
 Boy Scouts of America .....(313)897-1765  
 Detroit, MI  
 Boys and Girls Club of SE Michigan....(313)894-8500  
 Detroit, MI  
 Ennis Center for Children.....(313)342-2699  
 Detroit, MI  
 Matrix Youth Assistance Program.....(313)526-4000  
 Michigan College Access Network .....(517)316-1713  
 Southeast Michigan Community Alliance (SEMCA)  
 Young Professionals Programs.....(734)229-3500  
 Taylor, MI  
 The Children’s Center .....(313)831-5535  
 Detroit, MI  
 The Guidance Center .....(734)785-7700  
 Southgate, MI  
 The Youth Connection .....(313)826-7099  
 Detroit, MI  
 Wayne County 4-H  
     Detroit.....(313)494-4797  
     Wayne .....(734)721-6576  
 Wayne State University Community Engagement  
 and K-12 Outreach Office .....(313)577-8896  
 Youth Assistance Program  
     Livonia .....(734)466-2670  
     Plymouth.....(734)455-4095  
     Westland .....(734)467-7904

**EMERGENCY & DISASTER SERVICES**

**Ambulance, Fire and Police.....911**  
 American Red Cross ..... (800)733-2767  
 City of Detroit Emergency Management  
     ..... (313)596-2590

Federal Emergency Management Agency (FEMA)  
 ..... (800)621-3362  
 Dearborn, MI  
 Wayne County Emergency Management  
 ..... (734)942-5289)

**Law Enforcement**

Allen Park Police Dept..... (313)386-7800  
 Belleville Police Dept..... (734)699-2710  
 Brownstown Police Dept..... (734)675-1300  
 Canton Township Police Dept..... (734)394-5400  
 Dearborn Police Dept..... (313)943-2240  
 Detroit Police Dept 5<sup>th</sup> Precinct ..... (313)596-5500  
 Ecorse Police Dept ..... (313)381-0900  
 Flat Rock Police Dept ..... (734)782-2496  
 Gibraltar Police Dept..... (734)676-1022  
 Grosse Pointe Police Dept..... (313)886-3200  
 Grosse Pointe Farms Police Dept..... (313)885-2100  
 Grosse Pointe Woods Public Safety . (313)343-2400  
 Hamtramck Police Dept ..... (313)800-5281  
 Harper Woods Police Dept ..... (313)343-2530  
 Inkster Police Dept..... (313)563-9850  
 Highland Park Police Dept..... (313)852-7338  
 Lincoln Park Police Dept..... (313)381-1800  
 Livonia Police Dept..... (734)466-2470  
 Metro Airport Police ..... (734)942-5212  
 Michigan State Police Metro South Post  
 ..... (734)287-5000  
 Taylor, MI  
 Northville Township Police Dept .... (248)349-9400  
 Redford Police Dept ..... (313)387-2500  
 River Rouge Police Dept..... (313)842-8700  
 Riverview Police Dept ..... (734)281-4222  
 Romulus Police Dept..... (734)941-8400  
 Southgate Police Dept..... (734)258-3060  
 Taylor Police Dept ..... (734)374-1420  
 Trenton Emergency Operations..... (734)676-3737  
 Wayne County Sheriff's Office ..... (313)224-2222  
 Wayne Police Dept..... (734)721-1414  
 Woodhaven Police Dept ..... (734)676-7337

**EMPLOYMENT ASSISTANCE**

Center for Employment Opportunity (313)752-0680  
 Detroit. MI

Central City Integrated Health ..... (313)831-3160  
 Detroit, MI  
 Detroit at Work Career Center ..... (313)962-9675  
 Michigan Works ..... (800)285-9675  
 Matrix Human Services Workforce Development  
 Center..... (313)526-4000  
 Ext 1236  
 Pure Michigan Talent Connect...[www.mitalent.com](http://www.mitalent.com)  
 Southeast Michigan Community Alliance (SEMCA)  
 Michigan Works ..... (734)229-3500  
 Unemployment Office Hotline..... (866) 500-0017  
 Wayne Metropolitan Community Action Agency  
 ..... (313)388-9799

**FINANCIAL ASSISTANCE**

Focus Hope..... (313)494-4600  
 Matrix Human Services Community Financial  
 Center..... (313)526-4000  
 Ext 1411  
 MIBridges and SER Program ..... (888)642-7434  
 MSHDA: Step Forward ..... (866) 946-7432  
 Salvation Army ..... (734)453-5464  
 Society of St. Vincent De Paul in the Archdiocese of  
 Detroit..... (877)788-4623)  
 Wayne Metropolitan Community Action Agency  
 ..... (313)388-9799  
 Wayne State University School of Social Work  
 ..... (313) 577-4409

**Tax Assistance**

My Free Taxes..... [www.myfreetaxes.com](http://www.myfreetaxes.com)  
 Turbo Tax..... [www.turbotax.com](http://www.turbotax.com)  
 H&R Block..... (800) 472-5625  
 Briggs Tax Service..... ( 313) 884-2270  
 Xat Income Tax..... (313) 921-2121  
 Liberty Tax Service..... [www.libertytax.com](http://www.libertytax.com)  
*Detroit..... (313) 202-4413*  
*Taylor..... (734) 890-5930*  
*Dearborn..... (313- 429-1098*  
*Lincoln Park..... (313) 254-3451*  
*Woodhaven..... (734) 672-3250*  
*Harper Woods..... (313) 447-0472*

## **FITNESS, RECREATION & REHABILITATION**

### **Fitness**

Planet Fitness..... [www.planetfitness.com](http://www.planetfitness.com)  
*Detroit*..... (313-775-1422  
*Dearborn*..... (313) 789-5500  
*Taylor*..... (734) 947-9119  
*Garden City*..... (734) 742-5924  
*Wayne*..... (734) 486-1607  
*Westland*..... (734) 525-4800  
*Plymouth*..... (734) 392-7080  
*Northville*..... (248) 449-7634

Westland Fitness & Nutrition  
Center..... (734) 340-7556  
Powerhouse Gym..... (313) 438-5888  
*Dearborn*  
Anytime Fitness..... (313) 444-1175  
*Dearborn Heights*  
HYPE Recreation Center... .. (734) 721-7400  
*Wayne*

### **Parks & Recreation**

Elizabeth Park..... (734) 675-8051  
*Trenton*  
Heritage Park..... (734) 394-5310  
*Canton*  
Hines Park..... (734) 261-1990  
*Northville*  
Big Timber Playscape..... (734) 675-4926  
*Woodhaven*  
Lower Huron Metropark..... (734) 697-9181  
*Belleville*  
Central City Park..... (734) 722-7620  
*Westland*  
Crowley Park..... (313) 943-2000  
*Dearborn*  
Plymouth Twp. Park..... (734) 453-3567  
*Plymouth*  
Beacon Park..... (313) 566-8250  
*Detroit*  
Campus Martius..... (313) 566-8250  
*Detroit*

### **Rehabilitation**

Athletico Physical Therapy..... (313) 334-4298  
*Redford*  
Team Rehabilitation..... (313) 633-9586  
*Dearborn Heights*  
Preferred Rehab Care..... (734) 727-1309  
*Wayne*  
Complete Physical Rehab..... (800) 548-6070  
*Livonia*  
American Therapy Center..... (734) 728-5660  
*Westland*

MH Rehab..... (248) 890-6058  
*Hamtramck*

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

### **Food Pantries**

Matrix Human Services..... (313) 962-5255  
Gleaners Food Bank..... [www.gcfb.org](http://www.gcfb.org)  
*Detroit/Taylor*..... (313) 923-3535  
All Saints Soup Kitchen and Food  
Pantry..... (855) 882-2736  
*Detroit*  
Focus: HOPE Food Distribution  
Center..... (313) 494-4600  
*Detroit*  
Open Doors Ministries..... (734) 397-1777  
*Canton*  
Nourishing Gardens Food Bank..... (734) 713-7715  
*Belleville*  
Downriver Community Food  
Pantry..... (734) 281-6733  
*Wyandotte*

Helps on the way..... (313) 908-7104  
*Dearborn Heights*

### **Clothing Assistance**

Matrix Human Services..... (313) 962-5255  
Salvation Army..... (313) 822-2800

Cheap Charlies..... (313) 567-7788

*Detroit*

Capuchin Services Center..... (313) 925-1370

St. Vincent de Paul Society..... (313) 393-2930

Samaritas Family Center..... (734) 721-0590

*Westland*

**Household Assistance**

Matrix Human Services..... (313) 962-5255

Neighborhood Legal Services..... (313) 964-3310

United Community Housing

Coalition..... (313) 963-3310

Friendship House..... (313) 871-7443

Southwest Solutions..... (313) 963-6601

Health Emergency Agencies..... (313) 832- 3300

The Heat and Warmth Fund..... (800) 866-8429

THAW

MI Human Services..... (313) 361-7300

Samaritas Family Center..... (734) 721-0590

*Westland*

Detroit Rescue Mission..... (313) 993-6703

Newpath Homeless Shelter..... (313) 924-4141

Covenant Shelter..... (313) 463-2000

Bethlehem House..... (313) 923-6435

Cass Community Social

Services..... (313) 883-2277

**HEALTHCARE SERVICES**

Centers for Disease Control..... ..(800) 232-4636

**Clinics**

Karmanos..... (800) 527-6266

Wayne County Health

Community..... (313) 871-1926

Planned Parenthood Health

Center..... (313) 831-7776

HUDA..... (313) 865-8446

FREE Medical

Western Wayne Family Health

Centers..... (313) 561-5100

WCHC Wayne County Health

Center..... (734) 727-7101

Hope Medical Clinic..... (734) 710-6688

Detroit Public Health STD Clinic..... (313) 577-9100

**Hospitals**

Beaumont..... (313) 473-1000

Henry Ford..... (313) 640-1000

DMC Children’s..... (313) 745-5437

DMC Receiving Hospital..... (313) 745-3000

Ascension St. John Hospital..... (313) 343-4000

Garden City..... (734) 458-3300

Walter P Reuther..... (734) 367-8400

Vibra Hospital..... (313) 375-7075

Oakwood Medical Center..... (734) 697-9065

St. Mary..... (734) 655-4800

Botsford..... (248) 615-0777

Oakland Regional..... (248) 423-5100

Select Specialty..... (734) 246-5500

**Dental Resources**

HUDA..... (313) 865-8446

FREE Dental

Detroit Mercy Dental Center..... (313) 494- 6700

U of D Dental Clinic..... (313) 745-3000

My Detroit Dentist..... (313) 871-1999

Destiny Dental..... (313) 451-8304

Western Wayne Family Center..... (313) 383-1897

McAdoo Dental..... (313)537-3800

Covenant Family Dental..... (313) 554-3880

Gusfa Dental Clinic..... (313) 565-535

WCHC Wayne County Health

Center..... (734) 727-7101

Hope Medical Clinic..... (734) 710-6688

Wyandotte Clinic for the working

uninsured..... (734) 365-3560

Western Wayne Family Health

Centers..... (313) 561-5100

**Hearing Assistance**

**Medical Equipment & Loan Closets**

ALS of Michigan (800) 882-5764

Equipment loan program for ALS and PLS patients only

GiGi’s Playhouse.....(847) 885-6149

Support and resources for children with Down Syndrome.

United Cerebral Palsy Michigan..... (800) 828-2714  
 Michigan Assistive Technology Loan Fund and  
 Michigan Employment Loan Fund  
 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  
 Miracle Ear Hearing Centers..... (734) 887-9496  
 Zounds Hearing Center..... (313) 436-5044  
 Lucid Hearing Center..... (734) 281-8926  
 Hart Medical Equipment..... (313) 264-6003  
 Sunrise Medical Equipment..... (734) 722-0200  
 Binson's Medical Equipment..... (734) 421-2041

**Mental Health & Counseling Services**

Matrix Human Services..... (313) 962-5255  
 HUDA..... (313) 865-8446  
 FREE Medical  
 Wayne State University Psychology  
 Clinic..... (313) 577-2840  
 Detroit Wayne Mental Health  
 Authority..... (313) 833-2500  
 Ascension Eastwood Behavioral  
 Health..... (313) 343-7230  
 Motor City Center for Hope..... (313) 694-3886  
 iAmerical Medical/Substance Abuse/Behavioral  
 Health..... (313) 307-0088  
 Team Wellness Center..... (734) 324-8326  
 Downriver Mental Health..... (734) 285-8282  
 WCHC Wayne County Health  
 Center..... (734) 727-7101  
 Problem Gambling Help-Line ..... (800) 270-7117  
 24-hours, 7-days

**Pharmacies & Prescription Assistance**

Partnership for Prescription Assistance  
 .....[www.pparx.org](http://www.pparx.org)  
 RxAssist .....[www.rxassist.org](http://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  
 Elder Prescription Insurance Program  
 ..... (866) 747-5844  
 Senior Prescription Drug Assistance  
 MMAP ..... (800) 803-7174  
 Michigan Medicare/Medicaid Assistance Program  
 MiRx Discount Card..... (866) 755-6479  
 For patients without drug coverage

**RETAIL 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**

CDC Hotline (800) 232-4636  
 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  
 iAmerical Medical/Substance Abuse/Behavioral  
 Health..... (313) 307-0088  
 WCHC Wayne County Health  
 Center..... (734) 727-7101

**Urgent Care**

Hamtramck Urgent Care..... (313) 556-9900  
*Hamtramck*  
 MI Urgent Care..... (313) 499-6000  
*Grosse Pointe Woods*  
 Advanced Urgent Care..... (313) 582-0100  
*Dearborn*  
 West Park Urgent Care..... (313) 438-0198  
*Detroit*

Best Urgent Care and  
Telemedicine..... (313) 948-3030  
*Redford Twp*  
Westland Urgent Care..... (734) 578-0009  
Beaumont Urgent Care..... (734) 589-1254  
*Wayne*  
Wyandotte Urgent Care..... (734) 299-0712  
Taylor Urgent Care..... (313) 768-5393

**Vision Assistance**

Vision USA..... (800) 766-4466  
Assistance with eye exams  
Pearle Vision..... (313) 733-8002  
Kresge Eye Institute(313) 577-8900  
HUDA..... (313) 865-8446  
FREE Medical  
SVS Vision Optical Centers..... (734) 728-5940  
Heritage Optical Center..... (313) 863-9581  
Vision Associates of Westland..... (734) 326-2160  
Meijer Optical..... (734) 525-7311  
SEEN Vision Care..... (313) 278-7336  
Vision Without Limits..... (734) 981-5820

**LEGAL ASSISTANCE**

Children’s Law Center..... (734) 281-1900  
Community Legal Resources..... (313) 962-3171  
Criminal Defense Resource Center ..(313) 256-9833  
Detroit Bar Assoc. Immigration Outreach Project  
.....(313) 961-6120  
Detroit Free Legal Aid Clinic..... (313) 833-0058  
Freedom House ..... (313) 964-4320  
Legal Aid and Defender Assoc..... (313) 967-5555  
Legal Aid Legal Service ..... (888) 733-1853  
Legal Hotline for Michigan Seniors .. (800) 347-5297  
Neighborhood Legal Services MI..... (313) 964-1975  
Salvation Army of Eastern Michigan Legal Aid Clinic  
.....(313) 361-6340  
Sugar Law Center.....(313) 933-4505  
University Of Michigan Law School  
Child Advocacy Clinic ..... (734) 764-1358  
Community Enterprise Clinic ..... (313) 593-0934  
Pediatric Advocacy Clinic ..... (734) 763-1358  
West Side Mothers Welfare Rights Organization  
.....(313) 964-3980

**PARENTING/PREGNANCY RESOURCES**

24-Hour Crisis Line (800) 275-1995  
321-Grow Parent and Family Resources  
.....(844) 321-4769  
AAA Pregnancy Resource Center..... (734) 425-8060  
Care Net Pregnancy Center .....(313) 243-1267  
Counseling & Resource Center of Dearborn  
.....(313) 359-1977  
Detroit Parent Network .....(313) 309-8100  
Family Life Services Clinic and Pregnancy Center  
.....(734) 434-3088  
Great Start Collaboration ..... (734) 225-6616  
Melvindale Crisis Pregnancy..... (313) 382-5941  
Parent Education – Wayne County Circuit Court  
.....[https://www.3rdcc.org/programs-  
services/parenteducation](https://www.3rdcc.org/programs-services/parenteducation)  
Planned Choices Women’s Resource Center  
.....(313) 382-5941  
Pregnancy Aid ..... (313) 882-1000  
Wayne County Online Parenting Classes  
.....[https://mi.onlineparentingprograms.com/mi-  
wayne-coparenting-programs.html](https://mi.onlineparentingprograms.com/mi-wayne-coparenting-programs.html)

**SUPPORT GROUPS**

Michigan Self Help Groups  
.....[www.mhweb.org/miscellany/selfhelp](http://www.mhweb.org/miscellany/selfhelp)  
ALS of Michigan.....(800) 882-5764  
Alzheimer’s Association and Helpline  
.....(800)272-3900  
Area on Aging.....(800) 858-1637  
Common Ground Crisis Line.....(800) 231-1127  
Disability Network of MI.....(800) 782-4160  
.....[www.dnmichigan.org/cil-directory](http://www.dnmichigan.org/cil-directory)  
Equality Michigan.....(313) 537-7000  
Haven Crisis Line.....(877) 922-1274  
Love is Respect Hotline.....(866) 331-9474  
Epilepsy Foundation of Michigan.....(800)377-6226  
Narcotics Anonymous 24/7.....(800) 230-4085  
National Domestic & Sexual Violence Helpline  
.....(800) 799-7233  
National Human Trafficking Resource Center  
.....(888) 373-7888

National Council on Alcoholism and Drug Dependence (NCADD).....(800) 622-2255  
 Parkinson's.....(800) 852-9781  
 Problem Gambling 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**

Area on Aging.....(800) 858-1637  
 Auto Safety Hotline.....(888) 327-4236  
 Child Safety Seat Inspection.....(866) Seat-Check  
 Detroit Area Agency on Aging Transportation Program..... (313) 446-4444  
 Detroit Department of Transportation.....(313) 933-1300  
 Downriver Community Conference Transportation.....(734) 362-7029  
 Karmano's Cancer Institute.....(800) 527-6266  
 Matrix Human Services.....www.matrixhumanservices.org  
 Road to Recovery – Free for patients to and from cancer treatment ..... (800) 227-2345  
 SEMCOG Alternative Commute Program..... (800) 961-3334  
 SMART Bus..... [Smartbus.org](http://Smartbus.org)  
 Souteast Michigan Commuter Connect.....[www.commuterconnectmi.com/Public/Home](http://www.commuterconnectmi.com/Public/Home)  
 Uber Health .....[www.uber-health.com](http://www.uber-health.com)  
 Veterans TOLL Free Numbers.....[iris.custhelp.va.gov](http://iris.custhelp.va.gov)

## **TRIBAL SERVICES**

Michigan Indian Legal Services ..... (231)947-0122  
 Michigan Department of Civil Rights.....(517) 335-3165  
 MDHHS Native American Affairs Office.....(517) 335-7782

Michigan Indian Employment and Training Services.....(800) 591-8820  
 Michigan Indian Tuition Wavier.....(517) 241-7748  
 U.S. Office of Indian Education.....(202) 260-3774

## **VETERANS AFFAIRS**

American legion Veteran's Service Office – Transportation to VA Hospital..... (734) 720-7855  
 Area on Aging.....(800) 858-1637  
 CHAMPVA..... (800) 733-8387  
 Health, Human & Veteran Services – Wayne County.....(313) 224-0810  
 John D. Dingell VA Medical Center... (313) 576-1000  
 Michigan Veterans Affairs..... (800) 642-4838  
 Motor City Veteran's Village.....www.motorcityveteransvillage.org  
 Paralyzed Veterans of America.....(800) 638-6782  
 VA Ann Arbor Healthcare System.... (800) 361-8387  
 VA Hosp. Travel Dept.....(800) 511-8056  
 Veterans Administration..... (800) 827-1000  
 Veteran's Crisis Line ..... (800) 273-8255  
 Veterans Services Organization .....(313) 964-6595  
 Veterans TOLL Free Numbers.....[iris.custhelp.va.gov](http://iris.custhelp.va.gov)  
 Wayne County Veterans Affairs .....(313) 224-5045

## **VOLUNTEER OPPORTUNITIES**

Alternatives for Girls..... (313) 361-4000  
 American Red Cross.....(800) 733-2767  
 Area on Aging.....(800) 858-1637  
 Community Action Network ..... (734) 973-1183  
 Cots..... (313) 831-3777  
 FDDR Feeding Detroit ..... (313) 544-6661  
 Focus Hope ..... (313) 494-5500  
 Food Bank Council of Michigan.....[www.fbmich.org/resources/find-a-food-bank](http://www.fbmich.org/resources/find-a-food-bank)  
 Forgotten Harvest..... (248) 967-1500  
 Gleaners Community Food Bank .....(313) 923-3535  
 Matrix Human Services.....www.matrixhumanservices.org  
 Michigan Urban Farming Initiative... [www.miufi.org](http://www.miufi.org)  
 Ronald McDonald House..... (313) 745-5909  
 Senior Citizen Food Distribution..... (734) 326-5202  
 YouthWorks-Detroit..... (313) 831-1533

# IS IT AN EMERGENCY?

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

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

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

<b>Non-Urgent:</b>	<b>TeleHealth</b>	<b>Semi-Urgent:</b>	<b>Urgent:</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)</b> <b>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.