

# 2025 BAY REGION COMMUNITY RESOURCES GUIDE



**Encompassing Arenac, Bay, Crawford, Iosco, Midland,  
Ogemaw, Roscommon and Saginaw Counties**



**PHYSICIAN PARTNERS**

Available at <https://www.mclaren.org/mclaren-physician-partners/patient-resources-mclaren-physician-partners>

# McLaren Resources

**McLaren Bay Region Hospital** (989) 894-3000 <https://www.mclaren.org/bay-region/mclaren-bay-region-home>

**McLaren Bay Convenient Care** (989) 393-2850 <https://www.mclaren.org/main/locations/occupational-health-convenient-care-center-mclaren-219>

**McLaren Caro Quick Care** (989) 231-5961 <https://www.mclaren.org/main/locations/mclaren-caro-region-quick-care-specialty-services-1510>

**McLaren Caro Region Hospital** (989) 673-3141 <https://www.mclaren.org/caro-region/mclaren-caro-region-home>

**McLaren Central Hospital** (800) 671-1453 <https://www.mclaren.org/central-michigan/mclaren-central-michigan-home>

**McLaren Central Michigan ReadyCare** (989) 773-1166 <https://www.mclaren.org/main/locations/readycare-walking-clinic-mclaren-central-michigan-119>

**McLaren Flint Region Hospital** (810) 342-2000 <https://www.mclaren.org/flint/mclaren-flint-home>

**McLaren Greater Lansing Hospital** (517) 975-6000 <https://www.mclaren.org/lansing/mclaren-greater-lansing-home>

**McLaren Home Care and Hospice** (800) 840-3147 <https://www.McLaren.org/homecare-mclaren-hospice-bay-city-1>

**McLaren Lapeer Region Hospital** (810) 667-5500 <https://www.mclaren.org/lapeer-region/mclaren-lapeer-region-home>

**McLaren Macomb Hospital** (586) 493-8000 <https://www.mclaren.org/macomb/mclaren-macomb-home>

**McLaren Northern Hospital** (800) 248-6777 <https://www.mclaren.org/northern-michigan/mclaren-northern-michigan-home>

**McLaren Northern Michigan MedCenter Petoskey South** (231) 487-2000 <https://www.mclaren.org/doctors-office/medical/northern-michigan-medcenter-3>

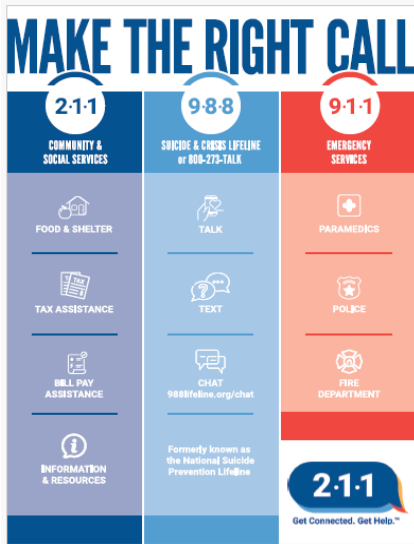
**McLaren Oakland Hospital** (248) 338-5000 <https://www.mclaren.org/oakland/mclaren-oakland-home>

**McLaren Port Huron Hospital** (810) 987-5000 <https://www.mclaren.org/port-huron/mclaren-port-huron-home>

**McLaren Thumb Convenient Care** (989) 269-5152 <https://www.mclaren.org/main/locations/occupational-health-and-convenient-care-mclaren-th-7>

**McLaren Thumb Region Hospital** (989) 269-9521 <https://www.mclaren.org/thumb-region/mclaren-thumb-region-home>

## NATIONAL AND STATE RESOURCES



### Emergency Services

<https://www.911.gov/>

**9-1-1**

### 24-Hour Crisis Line

Abuse and Protective Services  
Parenting/Pregnancy Resources

<https://www.wrcnm.org>

(800) 275-1995

### Action Agency

Housing Assistance

<https://www.micommunityaction.org/>

(517) 321-7500

### Adaptive Environments – Home Lift Systems

Medical Equipment & Loan Closets

<https://www.adaptive-environments.com>

(800) 355-5438

### Alcoholics Anonymous

Substance Abuse

<https://aa.org>

(800) 356-9996

### ALS of Michigan

Medical Equipment and Loan  
Closets, Support Groups

<https://www.alsofmichigan.org>

(248) 354-6100

### Alzheimer's Association and Helpline

Adult Aging Services, Support  
Groups

<https://www.alz.org>

(800) 272-3900

### American Cancer Society Road to Recovery (Transportation)

Transportation

<https://www.cancer.org>

(800) 227-2345

### American Red Cross

Emergency and Disaster Services  
Food Pantries, Clothing and  
Household Items, Housing  
Assistance

<https://www.redcross.org>

(800) 733-2767

### Area on Aging

Adult Aging Services, Food  
Pantries, Clothing and Household  
Items, Housing Assistance, Support  
Groups, Transportation,  
Veteran Affairs

<https://www.4ami.org>

### Autism Society

Disability and Special Needs  
Resources, Support Groups

<https://www.autism-mi.org>

(517) 882-2800

### Boys Town National Hotline

Mental Health and Counseling

<https://www.boystown.org>

(800) 448-3000

### Center for Civil Justice

Legal Assistance

<https://ccj-mi.org/>

(800) 724-7441

### Centers for Disease Control and Prevention

Healthcare Services, Substance  
Abuse

<https://www.cdc.gov>

(800) 232-4636

### CHAMPVA

Veteran Affairs

<https://www.va.gov>

(800) 733-8387

### Child Safety Seat Inspection

Parenting/Pregnancy Resources,  
Transportation

<https://www.nhtsa.gov/campaign/rig ht-seat>

(866) Seat-Check

### Children and Adult Protective Services

Abuse and Protection Services

<https://www.michigan.gov/mdhhs/adult-child-serv>

(855) 444-3911

### Children's Special Healthcare Services

Disability and Special Needs  
Resources, Healthcare Services,  
Parenting/Pregnancy Resources

<https://www.michigan.gov/mdhhs/assistance-programs/cshcs>

(800) 359-3722

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## NATIONAL AND STATE RESOURCES

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### **Common Ground Crisis Line**

Abuse and Protective Services, Mental Health and Counseling Services, Support Groups  
<https://www.commongroundhelps.org>  
(800) 231-1127

### **Compassionate Friends (Parent's Grief Group)**

Support Groups  
<https://www.compassionatefriends.org>  
(877) 969-0010

### **Dental Lifeline Network (low income; severe problems only)**

Dental Resources  
<https://www.dentallifeline.org>  
(303) 534-5360

### **Disability Network of Michigan**

Disability and Special Needs Resources, Support Groups  
<https://www.dnmichigan.org>  
(800) 782-4160

### **Early on-Helping Babies and Toddlers Stay on Track**

Parenting Resources  
<http://1800earlyon.org>  
(800) 327-5966

### **Epilepsy Foundation of Michigan**

Support Groups  
<https://www.epilepsymichigan.org>  
(800) 377-6226

### **Equality Michigan**

Abuse/Protective Svc, Support Groups  
<https://www.equalitymi.org>  
(313) 537-7000

### **Food Bank Council of Michigan**

Food Pantries  
<https://www.fbcmich.org/>  
(517) 485-1202

### **Gigi's Playhouse**

Disability/Special Needs Resources, Medical Equipment/ Loan Closets  
<https://www.gigisplayhouse.org>  
(847) 885-6149

### **HAP Senior Plus Adult**

Aging Services  
<https://www.hap.org>  
(800) 868-3153

### **HAVEN Crisis Line**

Abuse and Protective Services, Support Groups  
<https://www.haven-oakland.org>  
(877) 922-1274

### **Heat and Warmth Fund**

Housing Assistance  
<https://www.thawfund.org>  
(800) 866-8429

### **HUD Rental Assistance**

Housing Assistance  
<https://www.hud.gov>  
(800) 569-4287

### **LARA – Department of Licensing and Regulatory Affairs**

Adult Aging Services  
<https://adultfostercare.apps.lara.state.mi.us/>

### **LA LECHE**

Parenting/Pregnancy Resources  
<https://www.llli.org>  
(800) 525-3243

### **Legal Services of Eastern MI**

Legal Assistance  
<https://lsem-mi.org>  
(800) 322-4512

### **LGBT Hotline**

Abuse and Protective Services, Support Groups  
<https://www.lgbthotline.org>  
(888) 843-4564

### **LifeSource Direct Rx Discount Card uninsured/underinsured**

Pharmacies and Prescription Assistance  
<https://lifesourcedirect.com>  
(866) 340-4748

### **Love is Respect Hotline**

Abuse and Protective Services, Support Groups  
<https://www.loveisrespect.org>  
(866) 331-9474

### **MDHHS Native American Affairs Office**

Tribal Services  
<https://www.michigan.gov/mdhhs/faq/native-american-affairs>  
(517) 248-7159

### **Meals on Wheels**

Adult Aging Svc, Food Pantries, Clothing/Household Assistance  
<https://www.mealsonwheelsamerica.org/>  
(800) 632-7334

### **Medicare**

Adult Aging Services  
<https://www.medicare.gov>  
(800) 633-4227

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## NATIONAL AND STATE RESOURCES

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### Medicare/Medicaid Assistance

Adult Aging Services, Disability and  
Special Needs Resources,  
Prescription Assistance  
<https://www.mmapinc.org>  
(800) 803-7174

### Medicaid Portal

[https://myhbcld.state.mi.us/myHBPublic/landing.action?request\\_locale=en](https://myhbcld.state.mi.us/myHBPublic/landing.action?request_locale=en)

### Michigan Alliance for Families

Disability and Special Needs  
Resources, Parenting/Pregnancy  
Resources  
<https://www.michiganallianceforfamilies.org/>  
(800) 552-4821

### Michigan Assistive Technology Loan Fund

Medical Equipment & Loan Closets  
<https://www.mi-ucp.org>  
(800) 827-4843

### Michigan Coalition to end Domestic & Sexual Violence Abuse and Protective Services

<https://www.mcedsv.org>  
(517) 347-7000

### Michigan Commission for the Blind

Disability and Special Needs  
Resources, Vision Assistance  
<https://www.michigan.gov>  
(800) 292-4200

### Michigan Commission for the Deaf

Disability and Special Needs Resources  
<https://www.michigan.gov>  
(313) 437-7035

### Michigan CPAP Bank CPAP, BiPAP, ASV, AVAPS and Supplies

Medical Equipment & Loan Closets  
<https://pranavmayuram.github.io/UMich-CPAP-Bank/public/#/mission>  
(734) 232-3964

### Michigan Department of Civil Rights

Legal Assistance, Tribal Services  
<https://www.michigan.gov/mdcr>  
(517) 335-3165

### Michigan Department of Education – Office of Special Education

Disability and Special Needs  
Resources  
<https://www.michigan.gov/mde/services/special-education>  
(833) 633-5788

### Michigan Donated Dental Services Program

Dental Resources  
<https://www.michigandental.org>  
(517) 346-9454

### Michigan HIV/STD Hotline

Clinics and Hospitals  
<https://www.miunified.org/resources/hotline>  
(800) 872-2437

### Michigan Indian Employment and Training Services

Tribal Services  
<https://www.michigan.gov/mdhhs/inside-mdhhs/tribal-government-services-and-policy>  
(800) 591-8820

### Michigan Indian Legal Services Hotline

Legal Assistance, Tribal Services  
<https://www.mils3.org>  
(231) 947-0122

### Michigan Indian Tuition Waiver

Tribal Services  
<https://www.michigan.gov/mdcr/divisions/dei/indian-tuition-waiver>  
(517) 241-7748

### Michigan Senior Legal Hotline

Legal Assistance  
<https://www.elderlawofmi.org>  
(866) 400-9164

### Michigan State University College of Law

Legal Assistance  
<https://www.law.msu.edu>  
(517) 432-6800

### Michigan United Way

Michigan Resources  
<https://www.unitedway.org/find-your-united-way>  
2-1-1

### Michigan Veteran Affairs

Veteran Affairs  
<https://www.michigan.gov/mvaa>  
(800) 642-4838

### Military One Source

Mental Health and Counseling  
Services, Legal Assistance,  
Parenting/Pregnancy Resources,  
Veteran Affairs  
<https://www.militaryonesource.mil>  
(800) 342-9647



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## NATIONAL AND STATE RESOURCES

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### **MSHDA: Step Forward**

Financial Assistance Housing Assistance

<https://www.stepforwardmichigan.org>

(855) 646-7432

### **MiRx Discount Card**

Pharmacies & Prescription Assistance

<https://www.mihealth.org/mirx>

(877) 681-7540

### **Muscular Dystrophy Association**

Disability and Special Needs Resources, Medical Equipment and Loan Closets

<https://www.mda.org>

(800) 572-1717

### **Narcotics Anonymous 24/7**

Abuse and Protective Services, Mental Health and Counseling Services, Substance Abuse, Support Groups

<https://www.na.org>

(800) 230-4085

### **National Alliance on Mental Illness**

Mental Health and Counseling

<https://www.nami.org>

(800) 950-6264

### **National Child Abuse Hotline**

Abuse and Protective Services

<https://www.childhelp.org>

(800) 422-4453

### **National Council on Alcoholism and Drug Dependence (NCADD)**

Mental Health and Counseling Services, Substance Abuse, Support Groups

<https://www.ncadd.us>

(667) 262-2869

### **National Domestic and Sexual Violence Helpline**

Abuse and Protective Services, Mental Health and Counseling Services, Support Groups

<https://www.thehotline.org>

(800) 799-7233

### **National Eye Institute**

Vision Assistance

<https://www.nei.nih.gov>

(301) 496-5248

### **National Federation of the Blind**

Medical Equipment & Loan Closets

<https://www.nfb.org>

(410) 659-9314

### **National Human Trafficking**

Abuse and Protective Services, Mental Health and Counseling Services, Support Groups

<https://www.eeoc.gov/national-human-trafficking-resource-center>

(888) 373-7888

### **NEMCSA**

Multitude of community resources

<https://www.nemcsa.org/get-involved/community-resource-corner/>

(989) 358-4700

### **NeedyMeds**

Pharmacies & Prescription Assistance

<https://www.needymeds.org>

(800) 503-6897

### **New Day Foundation**

Support Group

<https://www.foundationforfamilies.org>

(248) 648-1105

### **Paralyzed Veterans of America**

Disability and Special Needs Resources, Medical Equipment and Loan Closets, Veteran Affairs

<https://www.michiganpva.org>

(800) 424-8200

### **Parkinson's Support Group**

<https://parkinsonsmi.org/>

(800) 852-9781

### **Partnership for Prescription Assistance**

Pharmacies and Prescription Assistance

<https://www.pparx.org>

### **Poison Control**

Emergency and Disaster Services

<https://www.poison.org>

(800) 222-1222

### **Problem Gambling Help Line Support Groups**

<https://www.ncpgambling.org>

(800) 522-4700

### **RAINN (Rape and Incest National Network)**

Abuse and Protective Services, Mental Health & Counseling Services, Support Groups

<https://www.rainn.org>

(800) 656-4673

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## NATIONAL AND STATE RESOURCES

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**Relay Center for Deaf/HOH**

Disability and Special Needs  
Resources, Hearing Assistance

<https://www.ada.gov/resources/effective-communication/>

7-1-1

**RxAssist**

Pharmacies and Prescription  
Assistance

<https://www.rxassist.org>

**Safe Center Crisis Hotline 24/7**

Abuse and Protective Services

<https://www.thesafecenter.org>

(877) 952-7283

**Social Security Administration**

Adult Aging Services, Disability and  
Special Needs Resources

<https://www.ssa.gov>

(800) 772-1213

**Stop It Now! Hotline**

Abuse and Protective Services

<https://www.stopitnow.org>

(888) 773-8368

**Substance Abuse Hotline**

Substance Abuse, Support Groups

<https://www.samhsa.gov>

(800) 662-4357

**Suicide Hotline**

Abuse and Protective Services, Mental  
Health and Counseling Services,  
Support Groups

<https://www.988lifeline.org>

9-8-8

**The Trevor Project**

Abuse and Protective Services

<https://www.thetrevorproject.org>

(866) 488-7386

**Third Level Crisis Line**

Abuse and Protective Services,  
Legal Aid

<https://www.cfsnwm.org>

(231) 946-8975

**U.S. Office of Indian Education**

Tribal Services

<https://www.ed.gov/about/ed-offices/oese/oie>

(505) 563-5304

**Unemployment Office Hotline**

Employment Assistance

<https://www.michigan.gov>

(866) 500-0017

**University of Detroit Mercy School of Law**

Legal Assistance

<https://law.udmercy.edu>

(313) 596-0200

**University of Michigan Law School**

Legal Assistance

<https://michigan.law.umich.edu>

**USDA Rural Development**

Housing Assistance

<https://www.rd.usda.gov>

(517) 324-5100

**Veteran Affairs**

Veteran Affairs

<https://www.va.gov>

(800) 698-2411

**Veteran's Crisis Line**

Veteran Affairs

<https://www.veterancrisisline.net/>

(800) 273-8255

**Victim Connect (stalking hotline)**

Abuse and Protective Services

<https://www.victimconnect.org>

(855) 484-2846

**Visiting Angels Living Assistance**

Adult Aging Services

<https://visitingangelsfoundation.org>

(800) 365-4189

**Vocational Rehabilitation of Michigan**

Disability and Special Needs  
Resources

<https://www.michigan.gov/leo/bureau-agencies/mrs>

(800) 605-6722

**Wayne State University Law School**

Legal Services

<https://law.wayne.edu>

(313) 577-3933

**Western Michigan University Cooley Law School**

Legal Assistance

<https://www.cooley.edu>

(517) 371-4140

**WIC**

Food Pantries, Clothing and  
Household Items,

Parenting/Pregnancy Resources,  
Support Groups

<https://www.michigan.gov/mdhhs/assistance-programs/wic>

(800) 942-1636

**Women's Health Resources Line**

Parenting/Pregnancy Resources

<https://www.womenshealth.gov>

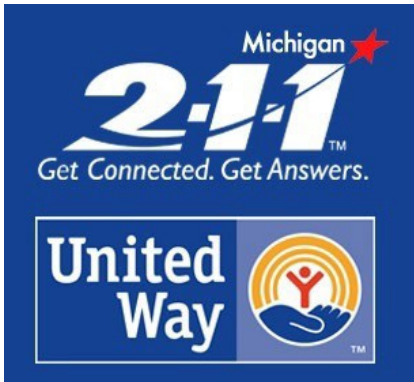
(800) 994-9662

<https://www.mclaren.org/mclaren-physician-partners/patient-resources-mclaren-physician-partners>

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## REGIONAL RESOURCES

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### Abuse & Protective Services

#### Bay Area Women's Center

<https://www.bawc-mi.org/>

(989) 686-4551

#### CAN Council

<https://cancouncil.org/>

(989) 671-1345

#### Safe & Sound Child Advocacy Center Midland

<https://www.safeandsoundcac.org>

(989) 835-9922

#### Underground Railroad Hotline

<https://undergroundrailroadinc.org/>

(989) 755-0411

### Adult Aging Services

#### Crawford County Commission on Aging

<https://www.crawfordcoa.org/>

(989) 348-7123

#### Hale Senior Citizen Center

<https://iosco.net/locations/hale-senior-center/>

(989) 728-4251

#### Iosco County Commission on Aging- Hale

<https://ioscocoa.org/>

(989) 728-6484

#### Ogemaw Commission on Aging West Branch

<http://www.ogemawcoa.org/>

(989) 345-3010

#### Region VII Area on Aging

<https://region7aaa.org/>

(800) 858-1637

#### Roscommon County Commission on Aging

<https://www.rccoa.net/>

(989) 366-0205

#### Saginaw Commission on Aging

<https://www.saginawcounty.com/departments/commission-on-aging/>

(989) 797-6880

#### Senior Services of Midland County

<https://seniorservicesmidland.org/>

(989) 633-3700

#### Tawas Senior Center

[https://seniorcenter.us/sc/east\\_tawas\\_senior\\_center\\_east\\_tawas\\_mi](https://seniorcenter.us/sc/east_tawas_senior_center_east_tawas_mi)

(989) 362-6892

### Assisted Living

#### Comfort Care

<https://comfortcaresl.com/>

Bay City (989) 545-6000

Bridgeport/Frankenmuth

(989) 777-7776

Saginaw (989) 607-0003

#### The Brook of West Branch

<https://brookretirement.com/the-brook-of-west-branch/>

(989) 343-1400

#### Candlestone Assisted Living

<https://www.storypoint.com/community/candlestone-mi/>

Midland (989) 200-4349

#### Edgewood Assisted Living

<https://www.heritageseniorcommunities.com/communities/edgewood-assisted-living-center-saginaw-michigan/>

Saginaw (989) 497-9970

#### Northern Pines Assisted Living

<https://northernpines.org/>

Grayling (989) 344-2010

#### Pine Haven Assisted Living

<https://pinehavenassistedliving.com/>

Hemlock (989) 642-5761



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## REGIONAL RESOURCES

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### Disability Resources

#### ARC

<https://thearc.org/>

**Bay County** (989) 893-1346

**Midland** (989) 631-4439

#### Arnold Center Midland

<https://www.arnoldcenter.org/>

(989) 631-9570

#### Disability Network of Mid Michigan

<https://www.dnmm.org/>

(989) 835-4041

#### Disability Services Resource Center

<https://dsrbc.com/>

(989) 895-5444

#### Do-All, Inc.

<https://www.doallinc.org/>

(989) 894-2851

#### ROOC, Inc

<https://www.rooc.org/>

(989) 275-9534

### Emergency Services

<https://www.911.gov/>

**9-1-1**

#### Consumers Energy Emergency Line

<https://www.consumersenergy.com>

(800) 477-5050

#### Saginaw County Emergency Management

<https://www.saginawcounty.com>

[/courts-public-safety/office-of-emergency-management/](https://www.saginawcounty.com/courts-public-safety/office-of-emergency-management/)

(989) 790-5434

#### US Coast Guard – Saginaw River

<https://www.uscg.mil/>

(989) 892-0556

### Financial Assistance

#### Guardianship Services - Saginaw

<https://www.saginawguardian.com/>

(989) 755-1532

#### NEMCSA

<https://www.nemcsa.org/>

(989) 358-4700

#### Saginaw Community Foundation

<https://www.saginawfoundation.org/>

(989) 755-0545

#### United Way

<https://www.unitedway.org/>

**Bay County** (989) 893-7508

**Roscommon Co.** (989) 275-2067

### Employment Assistance

#### Bay Arenac ISD

<https://www.baisd.net/>

(989) 686-4410

#### Express Employment

[www.expresspros.com/us-michigan-saginaw](http://www.expresspros.com/us-michigan-saginaw)

(989) 832-6994

#### Manpower of Saginaw

<https://www.manpowerwohio.com/>

(989) 799-7701

#### Michigan Works

<https://www.michiganworks.org/>

**Arenac** (989) 846-2111

**Bay** (989) 667-0500

**East Tawas** (989) 362-6407

**Grayling** (989) 348-8709

**Midland** (989) 631-3073

**Saginaw** (989) 752-3145

### Legal Assistance

#### Arenac County Circuit Court

<https://www.arenacountymi.gov/Courts-Law/23rd-Circuit-Court/>

<https://www.arenacountymi.gov/Courts-Law/23rd-Circuit-Court/>

(989) 846-6200

#### Bay County Courts

<https://www.baycountycourts.com>

(989) 895-4265

#### Crawford County Courts

<https://www.crawfordco.org/offices-departments/courts/>

<https://www.crawfordco.org/offices-departments/courts/>

(989) 348-2841

#### Midland County Courts

<https://midlandcountymi.gov/midland-courts>

<https://midlandcountymi.gov/midland-courts>

(989) 832-6700

#### Ogemaw County Courts

<https://www.ocmi.us/courts/>

(989) 345-3560

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## REGIONAL RESOURCES

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### Roscommon County Courts

<https://www.roscommoncounty.net/153/34th-Circuit-Court>

(989) 275-8021

### Saginaw County Courts

<https://www.saginawcounty.com/courts-public-safety/courts/circuit-court/>

(989) 790-5200

## Libraries

### Bay County Library System

<https://www.baycountylibrary.org/>

Auburn Branch (989) 662-2381

Pinconning Branch (989) 879-3283

Sage Branch (989) 892-8555

Wirt Public Library (989) 893-9566

### Bridgeport Public Library

<https://www.bridgeportlibrary.org>

(989) 777-6030

### Crawford County Library System

<https://www.crawfordcolibrary.org>

Devereaux (989) 348-9214

Frederic (989) 348-4067

### Coleman Area Library

<https://www.colemanlibrary.org/>

(989) 465-6398

### Grace A. Dow Memorial Library

<https://www.gadml.org/>

(989) 837-3430

### Houghton Lake Public Library

<https://hlpl.org/>

(989) 366-9230

### Iosco Arenac District Library

<https://www.ioscoarenaclibrary.org>

AuGres (989) 876-8818

East Tawas (989) 362-6162

Hale (989) 728-4086

Omer (989) 653-2230

Oscoda (989) 739-9581

Standish Library (989) 846-6611

Tawas City Library (989) 362-6557

Whitemore (989) 756-3186

### James E. Wickson Library

<https://www.wicksonlibrary.org/>

(989) 652-8323

### Raucholz Memorial Library

<https://www.rauchholzlibrary.org/>

(989) 642-8621

### Richfield Township Public Library

<https://www.richfieldtpl.michlibrary.org/>

(989) 389-7630

### River Rapids District Library

<https://www.riverrapidslibrary.org>

(989) 845-3211

### Roscommon Area District Library

<https://roscommonlibrary.org/>

(989) 281-1305

### Saginaw Library System

<https://www.saginawlibrary.org>

Butman Fish (989) 799-9160

Hoyt (989) 755-0904

Zauel Library (989) 799-2771

### St. Charles District Library

<https://www.stcharlesdistrictlibrary.org/>

(989) 865-9451

### Taymouth Township Library

<http://taymouthtwplibrary.org/>

(989) 770-4651

### Thomas Township Library

<http://thomastownshiplibrary.org/>

(989) 781-3770

## Food Pantries, Clothing and Household Items

### Caregiving Network

<https://caregiving.network/>

(989) 837-9757

### East Side Soup Kitchen Saginaw

<https://www.eastsidesoupkitchen.org/>

(989) 755-3663

### Great Lakes Dream Center

<https://greatlakesdreamcenter.org>

(989) 270-7575

### Midland Co. Food Assistance Network

<https://midlandcountyfan.org/>

(989) 486-9393

### Safe Harbor Kitchen

<https://safeharborkitchen.com/>

(989) 894-1189

### Salvation Army

<https://www.salvationarmyusa.org>

Bay (989) 893-3041

## Housing Assistance

### Arenac Co Housing Department

<https://www.arenacountymi.gov/Departments/Housing/>

(989) 846-6651

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## REGIONAL RESOURCES

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**Bay City Housing Commission**

<https://www.baycityhousing.com/>

(989) 892-9581

**Good Samaritan Rescue Mission**

<https://gsrmbaycity.org/>

(989) 893-5973

**Grayling Housing Commission**

<https://www.graylinghousing.com>

(989) 348-9314

**Habitat for Humanity**

<https://www.habitat.org/>

NE MI – Alpena (989) 354-5555

Roscommon Co. (989) 366-6993

**Home to Stay Housing Assistance**

<http://www.myhometostay.org/>

(989) 496-9550

**Lydia's Gate Mio**

<https://www.lydiasgate.org/>

(989) 826-5588

**Midland's Open Door Shelter**

<https://www.midlandopendoor.org/>

(989) 835-2291

**Mid-Michigan Community Action**

<https://www.mmcaa.org/>

(989) 894-9060

**Mustard Seed Shelter - Saginaw**

<https://themustardseedshelter.org>

(989) 755-4741

**Ogemaw Housing & Home Improvement**

<https://www.ocmi.us/housing/>

(989) 345-5390

**Richfield Township Hall Warming**

<http://richfieldtwp.org/>

(989) 389-4994

**Roscommon Housing Commission**

<https://www.roscommoncounty.net/189/Housing>

(989) 275-8306

**Saginaw Community Action**

<https://www.saginawcac.org/>

(989) 753-7741

**Saginaw Housing Commission**

<https://www.saginawhousing.org/>

(989) 755-8183

**Saginaw Rescue Mission**

<https://rescuesaginaw.org/>

(989) 752-6051

**Shelterhouse**

<https://shelterhousemidland.org/>

Gladwin (989) 426-9413

Midland (989) 835-6771

### Healthcare Services

**Bay County Health Department**

<https://www.baycountymi.gov/Health/>

(989) 895-4009

**Central Michigan District Health Department**

<https://www.cmdhd.org/>

(989) 846-6541

**Health Department District 10**

<https://www.dhd10.org/>

(989) 348-7800

**Midland Co. Health Department**

<https://midlandcountymi.gov/health>

(989) 832-6380

**Roscommon Co. Health Department**

<https://www.cmdhd.org/>

(989) 366-9166

**Saginaw Co. Health Department**

<https://www.saginawpublichealth.org/>

(989) 758-3800

### Clinics and Hospitals

**Alcona Health Center**

<https://www.alconahealthcenters.org>

(989) 739-2550

**Aleda E. Lutz VA Medical Center**

<https://www.va.gov/saginaw-health-care/locations/aleda-e-lutz-department-of-veterans-affairs-medical-center/>

(989) 497-2500

**Covenant Medical Center**

<https://www.covenanthealthcare.com>

(989) 583-7000

**CMU Health Saginaw**

<https://www.cmuhealth.org/>

(989) 746-7500

**Great Lakes Bay Health Center**

<https://greatlakesbayhealthcenters.org/>

(989) 671-2000

**Helen M. Nickless Volunteer Clinic**

<https://www.mclaren.org/main/helen-m-nickless-free-clinic>

(989) 895-4832

## REGIONAL RESOURCES

### **MyMichigan Cancer Center**

<https://www.mymichigan.org/location s/profile/cancer-center-midland/>

(989) 839-6188

### **MyMichigan ER West Branch**

<https://www.mymichigan.org/locations/profile/emergency-department-west-branch/>

(989) 343-3193

### **MyMichigan Lab West Branch**

<https://www.mymichigan.org/locations/profile/lab-westbranch/>

(989) 343-3179

### **MyMichigan Medical Center**

<https://www.mymichigan.org/>

**Midland** (989) 839-3000

**Saginaw** (989) 907-8200

**Standish** (989) 846-4521

**Tawas** (989) 362-3411

**West Branch** (989) 345-3660

### **MyMichigan Wound Care**

<https://www.mymichigan.org/conditions-treatments/wound/>

(989) 343-3790

### **Munson Healthcare Grayling Hospital**

<https://www.munsonhealthcare.org/grayling-hospital/grayling-home>

(989) 348-5461

### **Ogemaw Hills Free Clinic**

<https://ogemawhillsfreeclinic.org/>

(989) 345-7880

### **Prudenville Community Health Center**

<https://www.munsonhealthcare.org/pchc>

(989) 366-2900

### **Select Specialty Hospital**

<https://www.selectspecialtyhospitals.com/locations-and-tours/mi/saginaw/saginaw/>

(989) 583-4850

### **Sterling Area Health Center**

<https://sterlinghealth.net/>

**Hale** (989) 728-2800

**Sterling** (989) 654-2491

### **Urgent Care**

#### **AuSable Urgent Care**

<https://www.urgentcare.com/practice/U2328-ausable-medical-associates-grayling-mi-49738>

(989) 348-7400

#### **Covenant MedExpress**

<https://www.covenanthealthcare.com/ch/covenantmedexpress>

**Bay City** (989) 671-5700

**Frankenmuth** (989) 652-1320

**Hemlock** (989) 583-0670

**Saginaw** (989) 583-0100

#### **MyMichigan Urgent Care**

<https://www.mymichigan.org/>

**Bay** (989) 509-3333

**Freeland** (989) 695-4999

**Gladwin** (989) 246-9430

**Houghton Lake** (989) 422-2181

**Midland** (989) 633-1350

**West Branch** (989) 345-8130

#### **New Hope Urgent Care Midland**

<https://www.newhopeurgentcaremidland.com/>

(989) 631-9900

#### **Pro-Health Urgent Care Midland**

<https://www.prohealthucm.com/>

(989) 495-2050

### **Dental Resources**

#### **AuSable Family Dental**

<https://www.ausablefamilydental.com>

(989) 344-2525

#### **Birch Run Family Dental**

<https://www.birchrunfamilydental.com/>

(989) 624-5570

#### **Chesaning Family Dental**

<https://chesaningfamilydental.com>

(989) 845-7242

#### **Delta College Dental Clinic**

<https://www.delta.edu/community/services-for-our-community/dental-clinic.html>

(989) 686-9469

#### **Great Lakes Bay Health Center Dental and Children's Mobile**

<https://greatlakesbayhealthcenters.org/dental-care/>

(989) 759-6400

#### **Huron Coast Dental**

<https://www.huroncoastdental.com/>

(989) 362-6159

#### **My Community Dental Center**

<https://www.mydental.org/>

(989) 402-0510

#### **Rose City Dental**

<https://www.rcddental.com/>

(989) 685-8668

#### **Sterling Area Dental Clinic - Alger**

<https://sterlinghealth.net/sterling-area-dental-clinic/>

(989) 873-5152

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## REGIONAL RESOURCES

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### Hearing Assistance

**Advantage Audiology and Hearing Center**  
<https://advantagehearingonline.com/>  
(989) 745-6667

**Bay Area Hearing**  
<http://bayarea-hearing.net/>  
(989) 892-6232

**Beltone Skoric Hearing**  
<https://beltoneskorichearing.com/>  
**Tawas** (989) 310-2055  
**West Branch** (989) 793-7620

**Bieri Hearing**  
<https://www.bierihearing.com/>  
(989) 793-2701

**Central Michigan University  
Audiology Clinic**  
<https://www.cmich.edu/academic/s/colleges/herbert-h-grace-a-dow-college-of-health-professions/centers-institutes/carls-center>  
(989) 774-3904

**HearUSA West Branch**  
<https://www.hearusa.com/hearing-centers/details/us/48661/west-branch/hearusa-west-branch/32681/>  
(989) 345-7550

**HearUSA Tawas**  
<https://www.hearusa.com/hearing-centers/details/us/48764/tawas-city/hearusa-tawas-city/32680/>  
(989) 362-8196

### Vision Assistance

**Anderson Eye Associates**  
<https://www.anderseneye.com/>  
(800) 519-3933

**AuSable Eye Care**  
<https://visionsource-ausableeyecare.com/>  
(989) 348-3211

**Eye Care Specialists of Michigan**  
<https://www.eyecarespecialtiesmi.com/>  
(989) 204-8121

**Family Eye Care Houghton Lake**  
<https://www.familyeyecaremi.com/>  
(989) 422-5731

**Fraser Optical Oscoda**  
<https://www.fraseroptical.com/>  
(989) 739-2020

**Great Lakes Eye Institute**  
<https://www.greatlakeseyeinst.com/>  
**Saginaw** (989) 793-2820  
**Frankenmuth** (989) 652-2020

**New Vision Family Eyecare**  
<https://visionsourcenewvision.com/>  
(989) 362-3478

**Ogemaw Eye Institute**  
<https://www.ogemaweye.com/>  
(989) 345-8113

**Special Needs Vision Clinic**  
[https://www.ferris.edu/optometry/external/Special\\_Needs\\_files/index.htm](https://www.ferris.edu/optometry/external/Special_Needs_files/index.htm)  
(989) 777-1040

**West Branch Eye Care**  
<https://www.westbrancheyecare.com>  
(989) 345-2020

### Medical Equipment and Loan Closets

**ABC Medical Supply West Branch**  
<https://www.rotech.com/>  
(989) 345-1118

**American Homepatient**  
<https://www.ahom.com/>  
(989) 345-7813

**Carelinc Medical Equipment**  
<https://www.carelincmed.com/>  
(989) 345-7090

**Hart Medical Equipment**  
<https://hartmedical.org/>  
(989) 316-7280

**Lincare**  
<https://www.lincare.com/en/>  
(989) 366-0100

**Saginaw Medical Services**  
<https://www.makelifeaccessible.com/>  
(989) 793-4444

**Sheldon Medical Supply**  
<https://www.sheldonmedicalsupply.com/>  
(989) 422-6544

**Wright & Filippis**  
<https://www.firsttoserve.com/>  
(989) 799-7360



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## REGIONAL RESOURCES

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### Pharmacies and Prescription Assistance

**Gilberts Drug Store Oscoda**  
<https://www.gilbertdrug.com/>  
(989) 739-7585

**Kroger Pharmacy**  
<https://www.kroger.com/health/pharmacy>  
**Bay City** (989) 686-3592  
**Essexville** (989) 892-0313  
**Frankenmuth** (989) 652-0621  
**Midland** (989) 835-3959

**Meijer Pharmacy**  
<https://www.meijer.com/shopping/services/pharmacy.html>  
**Bay City** (989) 667-9510  
**Birch Run** (989) 624-1610  
**Essexville** (989) 891-1510  
**Midland** (989) 837-5310  
**West Branch** (989) 787-3020

**Walgreens**  
<https://www.walgreens.com/>  
**Bay City** (989) 671-0468  
**Essexville** (989) 894-4832  
**Grayling** (989) 344-0374  
**N Saginaw Midland** (989) 832-2491  
**S Saginaw Midland** (989) 631-0910  
**Prudenville** (989) 366-5324  
**Saginaw** (989) 497-9316

### Rehabilitation

**Adapt Physical Therapy Hale**  
<https://adaptpt.com/>  
(989) 728-5555

**Grayling Nursing & Rehab**  
<https://atriumlivingcenters.com/>  
(989) 348-2801

**Great Lakes Rehab Center**  
<https://seniorrehab.com/>  
(989) 607-1500

**Horizon Physical Therapy**  
<https://horizonptandrehab.com/>  
**Bay City** (989) 460-0020  
**Saginaw** (989) 607-5557

**Hoyt Nursing and Rehab Center**  
<https://nexcarehealth.com/search-locations/hoyt/>  
(989) 754-1419

**Mary Free Bed**  
<https://www.maryfreebed.com>  
(989) 348-0314

**Mission Point Nursing & Physical Rehabilitation**  
<https://missionpointhealthcare.com>  
(989) 275-8936

**MyMichigan Rehabilitation Services**  
<https://www.mymichigan.org/conditions-treatments/rehabilitation-services/>  
**Campus Ridge** (989) 837-9100  
**Wackerly St.** (989) 832-4220  
**Houghton Lake** (989) 422-2115  
**Oscoda** (989) 739-6040

**Northsport Physical Therapy**  
<https://www.northsportpt.com/>  
(989) 275-9955

**Paramount Rehabilitation Services**  
<https://prsmichigan.com/>  
**Bay** (989) 891-9800  
**Saginaw** (989) 790-3781  
**Standish** (989) 718-3171

**Riversbend Rehabilitation Center for the Brain Injured**  
<https://riversbendrehabilitation.com/>  
(989) 671-0866

**Saginaw Senior Care and Rehab**  
<https://nexcarehealth.com/search-locations/saginaw/>  
(989) 792-8729

### Mental Health & Counseling Services

**Wellvance**  
<https://www.wellvance.org/>  
**Tawas** (989) 362-8636  
**West Branch** (989) 345-5571

**Bay Arenac Behavioral Health**  
<https://babha.org/>  
(989) 895-2300

**Central Michigan – Crisis Hotline**  
<https://www.cmhcm.org/>  
(989) 772-5938

## REGIONAL RESOURCES

### Holy Cross

<https://holycrossservices.org/>

(989) 596-3558

### Northern Lakes Community

#### Mental Health

<https://www.northernlakescmh.org/>

(833) 295-0616

### Saginaw County Community

#### Mental Health Authority

<https://www.sccmha.org/>

(989) 797-3400

### Training & Treatment

#### Innovations

<https://ttiinc.org/>

(989) 799-6542

### Wellspring Lutheran Services

<https://wellspringlutheran.com/>

(989) 686-7650

## Substance Abuse

### Bay County AA Hotline

<https://www.baycountyaa.org/>

(989) 894-1949

### Recovery Pathways

<https://recoverypathwaysllc.com/>

(989) 928-3566

### Sacred Heart Rehabilitation

#### Services

<http://sacredheartcenter.com/>

(989) 894-2991

### The Lion's Den Mission Bible

#### Training Center

<https://www.thelionsdenmbtc.com/>

(989) 275-0929

## Parenting/Pregnancy Resources

### CMU Center for Children, Families and Communities

<https://www.cmich.edu/academic/s/colleges/liberal-arts-social-sciences/departments/psychology/psychology-centers-clinics-research-labs/center-for-children-families-and-communities>

(989) 774-6639

### Family & Children's Services of

#### Mid-Michigan

<https://www.fcs-midland.org/>

(989) 631-5390

### Harbor Lights Caring

#### Pregnancy Center

<https://www.pregnancyhelpandsupport.org/>

(989) 305-6308

### Life Choices Resource Center

<https://chooselifecconnection.org/>

(989) 345-3909

### Life Clinic Community Resources

<https://lifeclinic.org/>

Bay City (989) 922-5433

Midland (989) 835-1500

Saginaw (989) 754-0091

### New Life Pregnancy Resources

<https://gaylordnewlife.com/>

(989) 732-1626

### Pregnancy Care Center

<http://www.saginawpcc.org/>

(989) 752-7664

### Saginaw County Innerlink

<https://www.ypccares.org/sheltering-runaways-homeless-youth/>

(989) 753-3431

### Saginaw ISD Birth to 5

<https://www.sisd.cc/o/saginaw-isd/page/birth-5>

(989) 399-7473

## Support Groups

### Cancer Services of Midland

<https://cancerservicesmidland.org>

(989) 835-4841

### Dementia Support

<https://babha.org/?s=dementia+support>

(989) 684-1101

### Peer 360 Recovery Alliance

<https://www.peer360recovery.org>

(989) 778-3144

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## REGIONAL RESOURCES

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### Transportation

**Arenac Public Transit Authority**

<https://arenactransit.com/>

(989) 846-7500

**Bay Metro DART**

<https://baymetro.com/>

(989) 894-0631

**Crawford County Dial A Ride**

<https://crawfordbus.org/>

(989) 348-5409

**Holt Transportation**

<https://holtransport.com/>

(989) 860-1004

**Iosco Transit East Tawas**

<https://www.michigan.gov/agingdriver/drivers/alternative-transportation/iosco-county>

(989) 362-8108

**Midland Dial A Ride**

<https://www.cityofmidlandmi.gov/165/Dial-A-Ride>

(989) 837-6940

**Ogemaw County Public Transit**

<https://www.ocmi.us/transit/>

(989) 345-5790

**Roscommon County DART**

<https://www.roskota.net/>

(989) 366-5309

**Saginaw Transit Authority**

<https://saginaw-stars.com/>

(989) 907-4000

### Tribal Services

**Little Traverse Bay Band of Odawa Indians**

<https://ltbbodawa-nsn.gov/>

(231) 242-1400

**Saginaw Chippewa Indian Tribe**

<http://www.sagchip.org/>

(989) 775-4000

### Veteran Affairs

**American Legion**

<https://www.legion.org/>

**Post 212 Chesaning**

(989) 845-3300

**Post 150 Frankenmuth**

(989) 652-3717

**Post 165 Midland**

(989) 832-7202

**Post 22 Saginaw**

(989) 792-9747

**Bay County Veteran Affairs**

<https://www.baycountymi.gov/VeteransAffairs/>

(989) 895-4108

**Crawford County Veteran Trust Fund**

<https://www.crawfordco.org/officesdepartments/veterans-service/>

(989) 348-2841

**Gladwin Veteran Affairs**

<https://gladwincounty-mi.gov/departments/veterans-affairs/>

(989) 426-4891

**Iosco County Veterans Affairs**

<https://iosco.net/veterans-affairs/>

(989) 362-6571

**Midland County Veteran Services**

<https://midlandcountymi.gov/veterans-services>

(989) 832-6843

**Ogemaw County Veteran Affairs**

<https://www.ocmi.us/veterans/>

(989) 345-5170

**Roscommon Co. Vet Trust Fund**

<https://www.roscommoncounty.net/242/Michigan-Veterans-Trust-Fund>

(989) 275-6047

**Vet2Vet Peer Support Group West Branch**

<https://www.wbacc.com/events/details/vet2vet-peer-support-group-03-20-2025-11637>

(989) 873-6088

**VFW**

<https://www.vfw.org/>

**Post 1859 Carrollton – Zilwaukee**

(989) 752-8826

## YOUR WHERE TO GO GUIDE

# When you need medical care

Call 911 for emergencies.

### Doctor's Office



#### WHEN TO GO:

Routine checkups, screenings, immunizations, and preventive care  
Prescription refills/medications  
Referral to see a specialist  
Fever, cold/flu symptoms  
Chronic pain  
Mild backaches, sprains, toothaches  
Sore Throat/Cough/Earache  
Rashes

#### YOUR COST + TIME:

**(\$)** Coinsurance, copay and/or deductible  
Usually, lowest copay  
May need appointment  
Shorter wait times  
Doctor on call 24/7

### Telehealth



#### WHEN TO GO:

Allergies/Sinus Symptoms  
Fever, cold/flu symptoms  
COVID symptoms  
Headache/Earache  
Pink Eye  
Rashes/Hives/Insect Bites

#### YOUR COST + TIME:

**(\$)** Coinsurance, copay and/or deductible  
Cost similar to physician office visit  
Same-day appointments often available  
After-hours access available

### Urgent Care



#### WHEN TO GO:

Accidents/Falls  
Moderate backaches, sprains  
Mild breathing difficulty/Asthma  
Minor burns/cuts  
Minor injuries/fractures (fingers/toes)  
Eye irritation/redness  
Cold/flu symptoms with fever/sore throat  
Vomiting/Diarrhea  
Skin rashes/infections  
Feeling down/anxious

#### YOUR COST + TIME:

**(\$\$)** Cost lower than ER  
Same-day appointments and walk-in appointments available  
Wait times vary  
Call to confirm the urgent care facility accepts your insurance

### Emergency Room



#### WHEN TO GO:

Critical injuries or illness  
Sudden numbness/weakness  
Uncontrolled bleeding  
Seizure/loss of consciousness  
Shortness of breath  
Chest pain

#### YOUR COST + TIME:

**(\$\$\$)** Highest cost  
Open 24/7, no appointment needed  
Longer wait times  
Higher risk of exposure to infection  
Notify your physician if using ER services as soon as possible