



SAGINAW COUNTY COMMUNITY RESOURCE GUIDE

Linking families to community resources



Resource Guide

The Resource Guide is a comprehensive directory of community resources for families and service providers in the Saginaw County area.

The Resource Guide is a fast and easy way to search for programs, local organizations, and information for children and families.

This guide may be duplicated off of our website: www.saginawpublichealth.org
under “Resources” and “Publications” tab

To add your program or organization or make changes to the Resource Guide, please call:
989.758.3880

All information is subject to change.



Saginaw County HEALTH DEPARTMENT

Caring experts, advocates & champions.

For health. For everyone.



find us on

Facebook

We hope you'll take some time to visit our site.

We can be found by going to:

Saginaw County Health Department

“Like” us to stay updated on
new announcements and upcoming events.

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Children’s Special Health Care Services	800.359.3722
MDHHS Hotline	800.648.6942
National Center for Missing & Exploited Children	800.843.5678
Poison Control	800.222.1222

FIRE, POLICE OR MEDICAL EMERGENCY: 911

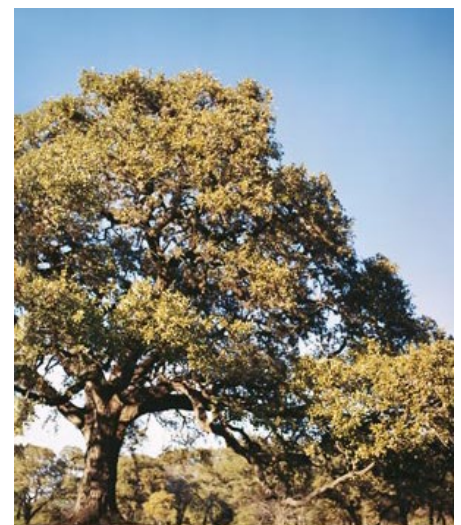
Non-Emergency:

Bay County Central Dispatch	989.892.9551
Saginaw County Central Dispatch	989.797.4580
Midland County Central Dispatch	989.839.6464
Tuscola County Central Dispatch	989.673.8738
Arson Tipline	800.442.7766
Bureau of Alcohol, Tobacco, Firearms & Explosives (ATF)	800.800.3855
Consumers Energy (Electric & Gas Emergency)	800.477.5050
Crisis Intervention Services	989.792.9732 800.233.0022
Drug Enforcement Administration (DEA)	989.754.2330
If no answer, call DEA Detroit	313.234.4000
FBI - Bay City office	989.892.6525
If no answer, call Detroit	313.965.2323
National Center for Missing & Exploited Children	800.843.5678 TTY: 800.826.7653
National Child Pornography Tipline	800.843.5678
National Domestic Violence Hotline	800.799.7233 TTY: 800.787.3224
National Human Trafficking Resource Center	888.373.7888
National Parent Helpline	855.427.2736
National Response Center (Oil & Toxic Chemical Spills)	800.424.8802
National Runaway Safe Line	800.786.2929
National Sexual Assault Hotline	800.656.4673
National Suicide Prevention Hotline	800.273.8255

2-1-1 NORTHWEST MICHIGAN

www.211nemichigan.org
2007 Austin St., Ste U, Midland, MI 48642
211
1-888-636-4211

2-1-1 is an information and referral non-pro-fit that helps connect those that want to give or get help to the community resources available in their area. Get connected to community resources (food, utility assistance, youth programs, crisis calls, disability assistance, rent payment , etc) 24 hours a day 7 days a week.



A

ADOPTION ASSOCIATES, INC.

www.adoptionassociates.net

Corporate Office—Western Michigan

1338 Baldwin, Jenison, MI 49428
616.667.0677
800.677.2367 (toll-free)

Eastern Michigan

26105 Orchard Lake Road, Ste. 301
Farmington Hills, MI 48334
248.474.0990
877.257.3591 (toll-free)

Central Michigan

612 S. Creyts Road Lansing, MI 48917
517.327.1388
877.869.4196 (toll-free)

Mid MI Northeastern

115 S. Main St., Suite 2B, Freeland, MI 48623
989.497.5437
877.869.4196 (toll-free)

Assists in planning adoption for birth mothers and adoptive parents. Provides legal assistance, and support groups. Exists to promote domestic and international adoption .

ALCOHOLICS ANONYMOUS

989.776.1241 (24 hour hotline)

A nonprofessional fellowship where members share their experience, strength and hope in order to solve their common problems.

ADULT ED/GED & YOUNG ADULT ED

Formerly ETC

Adult Education (20+) & Young Adult Education (16-20)

2415 N. Charles, Saginaw, MI 48602
989.791.5170

Provides GED preparation, GED testing and high school completion.

ALETA E. LUTZ VA MEDICAL CENTER (Veterans Administration Hospital)

www.saginaw.va.gov

1500 Weiss, Saginaw, MI 48602
989.497.2500

Veterans of the United States armed forces may be eligible for a broad range of programs and services provided by the VA. Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions, and certain benefits require service during wartime.

AMERICAN CANCER SOCIETY

www.cancer.org

800.227.2345

Provides support, education and prevention materials to those affected by cancer.

AMERICAN HEART ASSOCIATION

www.heart.org

Great Lakes Bay Region

2649 Woodland Circle, Okemos, MI 48897
517.319.1057
800.242.8721 (toll-free)

Provides support, education, and prevention materials related to cardiovascular disease.

AMERICAN RED CROSS

www.redcross-greatlakesbay.org

Saginaw/Bay/Midland

100 S. Jefferson, Room 401, Saginaw, MI 48604
989.754.8181

Provides relief to victims of disasters (flood, fire, etc.) and helps people prevent, prepare for, and respond to emergencies. Disaster services include shelter, food, clothing, short-term counseling, advocacy, information and referral. Health and safety services including babysitter training, first aid & CPR classes and water safety.

ASCENSION—ST. MARY'S OF MICHIGAN

www.ascension.org

Main

800 S. Washington, Saginaw, MI 48601
989.907.8000

Cardiac Rehab	989.907.8733
Case Management	989.907.8122
Emergency	989.907.8200
Field Neurosciences Institute (FNI)	989.497.3117
Laboratory	989.907.8230
Imaging Center	989.907.8164
Rehabilitation Services	989.907.8180
Sleep Center	989.497.3138
X-Ray	989.907.8210

Other Locations:

Towne Center

4599 Towne Centre, Saginaw, MI 48604
989.497.3000

Seton Cancer Institute

800 S. Washington Avenue, Saginaw, MI 48601
989.907.8115

Guardian Angel Respite Care

7540 Davis Road, Saginaw, MI 48604
989.753.0824

801 Howard Street, Saginaw, MI 48601
989.907.7348

A

AUTISM SOCIETY

www.autism-mi.org

2178 Commons Parkway, Okemos, MI 48864

517.882.2800

800.223.6722 (toll-free)

Provides advocacy, support and education for those affected by autism.



ALL-HAZARDS

EMERGENCY KIT



- Water — one gallon per person, per day
- Food — nonperishable, easy-to-prepare items (minimum 3 day supply)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit (whistle, antibiotic ointment, bandages, face masks, gloves and reference book)
- Medications (7 day supply and medicinal dispensers if necessary)
- Multipurpose supplies (wrench, pliers, plastic sheet, duct tape, scissors, matches)
- Sanitation/personal hygiene items and bleach
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with charger
- Family Disaster Plan (family and emergency contact information)
- Extra cash
- Emergency blankets, extra clothes, sleeping bag (1 for each person)
- Maps of the area

Consider the needs of all family members and supplies to your kit. Suggested items to help meet additional needs are:

- Specific medical supplies (hearing aids/extra batteries, glasses, contact lenses, syringes, cane)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys

For more information visit: www.cdc.gov/phpr



B

BETHESDA THRIFT SHOP

5119 Gratiot, Saginaw, MI 48638
989.792.0391

Clothing for men, women and children, and household items.

BIG BROTHERS BIG SISTERS OF SAGINAW BAY AREA

www.saginawbaybbbs.org

1910 Fordney, Saginaw, MI 48601
989.755.6558

Recruits men and women volunteers for one-to-one friendship and guidance relationships with boys and girls ages 5-18 years.

BIRTH TO 5

School District of the City of Saginaw
989.399.6850

Supports families with children, birth through 5 years, who live within the Saginaw city limits. Educates on tracking childhood development using the Ages & Stages questionnaire, encourages learning activities, home visits, newsletter, parent support groups, and playgroups. May also help with community resources and parenting classes.

BRIDGEPORT AREA FOOD PANTRY

3821 State Street, Bridgeport, MI 48722
989.244.6151

Must call first on Tuesday from 9am-12 pm for a appointment

C

CATHOLIC FAMILY SERVICES

www.cfssite.org

Administration

5800 Weiss St., Saginaw, MI 48603
989.797.6638

Office Locations

710 N. Michigan, Saginaw, MI 48602
989.753.8446

915 Columbus Avenue, Bay City, MI 48708
989.892.2504

Counseling services provided for addictive behaviors, blended families, divorce, job loss, workplace problems, etc.

CENTER OF HOPE

723 Emerson, Saginaw, MI 48601
989.907.8775

We provide services to help individuals and families to improve health status via educational classes. Pharmacy assistance to those without insurance. Call for more services.

CHESANING AREA EMERGENCY RELIEF (CAER)

218 Church St., Chesaning, MI 48616
989.845.6212

Emergency food assistance. Serves residents of Chesaning and St. Charles. Must bring picture ID. Assistance is available one time every 6 months.

CHILD ABUSE AND NEGLECT COUNCIL OF SAGINAW COUNTY (CAN COUNCIL)

www.cancouncil.org

1311 N. Michigan, Saginaw, MI 48602
989.752.7226

Prevention of child abuse and neglect through education, awareness, advocacy and intervention, including CASA (Court Appointed Special Advocates) and Children's Advocacy Center. "Baby Think It Over Program", "Baby Basics" and "Safe Baby" programs offered.



C

CHILD AND FAMILY SERVICES OF SAGINAW COUNTY

www.childandfamilysaginaw.com

2806 Davenport, Saginaw, MI 48602

989.790.7500

989.790.9118 (Sexual Assault Crisis Line)

Outpatient individual, family, couple and group counseling. Substance abuse screening, assessment and referral. Services for victims of sexual assault and their families and a comprehensive employee assistance program.

CHRIST DELIVERANCE CHURCH

5584 Dixie Highway, Bridgeport, MI 48722

989.777.0041

Emergency food assistance. Call for more information.

CITY RESCUE MISSION OF SAGINAW

rescuesaginaw.org

PO Box 548, Saginaw, MI 48606-0548

1021 Burt St., Saginaw, MI 48601

989.752.6051

Non-profit faith-based organization that provides emergency assistance to people of Mid-Michigan in their time of need. Food assistance available 4th Wednesday of each month starting at 10:45 am.

CMU HEALTH

www.cmuhealth.org

www.cmich.edu

Saginaw Locations

1000 Houghton Avenue, Saginaw, MI 48602
(Behind Covenant Cooper Hospital)

1575 Concentric Blvd., Suite 1, Saginaw, MI 48604
(Corner of Tittabawassee & N. Michigan)

912 S. Washington, Suite 1, Saginaw, MI 48601
989.746.7500

Endocrinology

Family Medicine

Internal Medicine

Rheumatology

Women's Health OB/GYN

General Surgery

Pediatrics

COMMISSION ON AGING

www.saginawcounty.com/coa

2355 Schust, Saginaw, MI 48603

989.797.6880

866.763.6336 (toll-free)

The COA provides many programs and services to meet the needs of older adults. Their goal is to help older adults to continue living independently in their own homes. They offer unlimited volunteer opportunities for older adults who desire to stay active and involved in the community.

Services include:

- ♦ Meals on Wheels
- ♦ Dining Senior Style Program
- ♦ Case Management
- ♦ Caregiver Support Program
- ♦ Care Management for Frail Elderly
- ♦ Transportation
- ♦ Foster Grandparent Program

CONSUMERS ENERGY

www.consumerenergy.com

Saginaw

2400 Weiss, Saginaw, MI 48603

800-477-5050 (toll-free)

To report emergency power outages, downed power lines, carbon monoxide poisoning/testing, and to find out about low income assistance.



C

COVENANT HEALTHCARE

www.covenanthealthcare.com

989.583.7000

989.583.0000

Billing	989.583.6024
Breast Health Center - Mackinaw	989.583.5260
Breastfeeding Support	888.848.2229
Breastfeeding supplies/Lactation Information	989.583.4429
Cancer Care Center	989.583.5020
Cardiovascular Health	989.583.5030
Case Management/Discharge Planning	989.583.6354
Child Care Center	989.583.4130
Customer Service	989.583.7491
Diabetes Self-Management	989.583.5190
Emergency Care Center	989.583.6121
General Information	989.583.0000
Laboratory Services	989.583.6742
Patient Service Centers	989.583.6742
8767 Gratiot, Saginaw	
5400 Mackinaw, Saginaw	
5570 State, Saginaw	
MedExpress Urgent Care Centers	
600 N. Main, Frankenmuth	989.652.1320
2912 E. Wilder, Bay City	989.671.5700
5570 State, Saginaw	989.583.0100
2970 Pierce, Saginaw	989.583.0285
16440 Gratiot, Hemlock	989.583.0670
Nutrition Services/Catering	989.583.6052
Physician Referral Line	866.268.3626
Saginaw Radiation Oncology Center	989.583.5250
Sleep Disorder Center	989.583.2907

Covenant Visiting Nurse Association - Saginaw/Bay County

500 S. Hamilton, Saginaw, MI 48602

Home Care	989.799.6020
Home Medical Equipment	989.799.6020
Hospice - Partners in Caring	989.799.6020

Locations:

989.583.0000

Harrison Campus	1447 N. Harrison, Saginaw, MI 48602
Irving Campus	600 Irving Avenue, Saginaw, MI 48602
Cooper Campus	700 Cooper, Saginaw, MI 48602
	800 Cooper, Saginaw, MI 48602
	900 Cooper, Saginaw, MI 48602
Houghton Campus	1000 Houghton, Saginaw, MI 48602
Mackinaw Campus	5400 Mackinaw, Saginaw, MI 48604
Michigan Campus—Mary Free Bed	515 N. Michigan, Saginaw, MI 48604
	989.583.2752



D

DELTA COLLEGE - DENTAL CLINIC

1961 Delta Rd, University Center, MI 48710
989.686.9469

Delta College Main

989.686.9000

During the academic school year, provides dental exams, cleaning of teeth, and fluoride treatments by dental hygiene students at a low cost.

DEPARTMENT OF HUMAN SERVICES (DHS)

www.michigan.gov/dhs

411 E. Genesee, Saginaw, MI 48607
989.758.1100
989.758.2710 (fax)

Report Abuse & Neglect 24/7 Hotline
Children's & Adult Protective Services
855.444.3911

We Can Help:

Food Assistance
Cash Assistance
Child Care
Medical Assistance
Emergency Relief

1.888.642.7434

Foster Care & Adoption:

Foster Care
Foster Youth in Transition
Foster Care Age 18-21

1.888.335.3882

Adoption
Adoption Subsidy

1.800.589.6273

Child Support:

Eligibility
Make a Payment
Account Access
Application
Court Orders
Parent Resources
Employer Resources
Locate a Parent

1.866.540.0008

DISABILITY NETWORK OF MID-MICHIGAN

1705 S. Saginaw road, Midland, MI 48640
989.835.4041
1.800.782.4160 (toll-free)
989-835-8121 (fax)

DNMM is a community-based, consumer-driven rights and advocacy organization that exists to support the determination of individuals with disabilities to lead dignified independent lives and to heighten community awareness of the physical and social barriers which restrict independence. Information and Referral Specialist are available to link people with community resources, answer questions about disabilities and assist with Social Security, DHHS, Housing and Utilities, Basic Needs, and other types of assistance.

DOT CARING CENTER, INC.

dotcaring.com

Saginaw

3190 Hallmark Court, Saginaw, MI 48603
989.790.3366

Outpatient substance abuse services including dual diagnosis treatment, first offender education and evaluations, intervention services and family counseling.

Freeland

6840 Midland Rd., Freeland, MI 48623
989.692.2160

Residential substance abuse services including dual diagnosis treatment and traditional treatment.

Poison Prevention Tips

STORE POISONS SAFELY

- Store medicines and household products locked up, where children cannot see or reach them.
- Store poisons in their original containers.
- Use child-resistant packaging. But remember — nothing is child-proof!

USE POISONS SAFELY

- Read the label. Follow the directions on medicines and products.
- Are children around? Take the product or medicine with you to answer the door or the phone.
- Lock products and medicines up after using them.
- Is it medicine? Call it medicine, not candy.
- Children learn by imitation. Take your medicines where children can't watch.

TEACH CHILDREN TO ASK FIRST

- Poisons can look like food or drink. Teach children to ask an adult before eating or drinking anything.



If you think someone has been poisoned,
call your poison center right away —

1-800-222-1222

E

EARLY ON

3933 Barnard Saginaw, MI 48603
989.249.8753
1-800-327-5966

Provides early intervention services for children birth to 3 years of age.

EAST SIDE SOUP KITCHEN (HUNGER SOLUTION CENTER)

www.eastsidesoupkitchen.org

940 E. Genesee, Saginaw, MI 48601
PO Box 330, Saginaw, MI 48606
989.755.3663

Hot lunch served Monday through Friday. One shift per day per person. No requirements. First shift: 11 to 11:20 am. Second shift: 11:50 am to 12:20 pm.

HIV/AIDS testing and counseling is held every other Monday.

EMERSON HOUSE

hhhofsaginaw.org

604 Emerson, Saginaw, MI 48601
989.907.8986

Guests are accepted on a first come, first serve basis. If you live more than 20 miles from the hospital and are an adult relative or support person for the patient. Kitchen and laundry facilities are available. Call for fee

EMMAUS HOUSE

www.emmaushouse-saginaw.com

733 S. 14th, Saginaw, MI 48601
989.755.7538

Is a home for women, especially women coming from jail, prison, or rehab. Will provide the women with a family-like, Christian atmosphere while they are creating new lives for themselves.

F

FIRST CONGREGATIONAL CHURCH

fccsaginaw.org

403 S. Jefferson, Saginaw, MI 48607
989.754.6565

First and second Saturday breakfasts are served every month from 9 to 11 am. Entrance is on Hayden Street.

Children's Christmas Store
first full week in December

Call **989.293.5448** and leave message for more information.

FIRST WARD COMMUNITY CENTER

www.firstward.us

1410 N. 12th St., Saginaw, MI 48601
989.753.0411

These centers serve as a support/advocacy network for resident of Saginaw County. They provide a range of services to low and moderate income families who reside throughout Saginaw County. Provides food assistance on Wednesday from 7 to 11 am.

FIRST PRESBYTERIAN CHURCH

121 S. Harrison, Saginaw, MI 48602
989.793.9890

Monday & Wednesday from 9 to 11am Food Pantry.



G

GOODWILL INDUSTRIES

www.goodwill.org

Retail Store & Donation Center

4675 Bay Road, Saginaw, MI 48604
989.791.3408

A nonprofit provider of education, training, and career services for individuals with barriers. Clothing and household goods donated and sold.

GREAT LAKES BAY MICHIGAN WORKS

www.michiganworks.com

Service Centers

312 E. Genessee, Saginaw, MI 48607
989.752-3145

4061 N. Euclid, Bay City, MI 48706
989.667.0500

1409 Washington, Midland, MI 48640
989.631.3073

Great Lakes Bay Michigan Works! is a consortium of Saginaw, Midland, and Bay Counties, established to operate workforce development programs for this region.

GREAT LAKES BAY HEALTH CENTERS

(formally HEALTH DELIVERY, INC. - HDI)
www.greatlakesbayhealthcenters.org

Administrative Offices

989.759.6470

Arthur Hill High School

3115 Mackinaw, Saginaw, MI 48602
989.399.5940

David R. Gamez Community Health Center

501 Lapeer, Saginaw, MI 48607
989.753.6000

Bayside Health Center

3884 Monitor Rd., Bay City, MI 48706
989.671.2000

Dental: 989.922.5650

Bridgeport Community Health Center

6297 Dixie Highway, Bridgeport, MI 48722
989.759.6460

Dental: 989.921.5390

Janes Street Academic Community Health Center

1522 Janes, Saginaw, MI 48601
989.755.0316

Women's Care & Midwifery Services

3175 W. Professional Dr., Bay City, MI 48706
989.667.3377

Hearth Home (HIV/AIDS testing, support & counseling)

732 Hoyt Street, Saginaw, MI 48601
989.753.9011

Mobile Dental Program - Smiles Are Everywhere

501 Lapeer, Saginaw, MI 48601
989.921.4393

Mobile Medical

501 Lapeer, Saginaw, MI 48601
989.922.5658

Old Town Health Center—Old Town Women's Care

804 S. Hamilton, Saginaw, MI 48602
989.921.5372

Roosevelt Ruffin Community Health Center

229 Gallagher, Saginaw, MI 48601
989.755.3619

Saginaw High School

3100 Webber, Saginaw, MI 48601
989.399.6120

Warren Avenue Dental Center

321 N. Warren Saginaw, MI 48607
989.754.7771

Transportation to HDI Clinic **989.755.2053**



H

HABITAT FOR HUMANITY

www.saginawhfh.org

Saginaw

315 W. Holland, Saginaw, MI 48602
989.753.5200

Saginaw ReStore

989.754.9435

Bay City

1106 S. Madison Ave, Bay City, MI 48708
989.895.0980

Bay City ReStore

519 Washington Ave, Bay City, MI
989.894.0415

HEAD START

www.saginawheadstart.org

3200 Perkins, Saginaw, MI 48601
989.752.2193

Early Head Start Administration

989.752.2193

They promote your child's school readiness by enhancing their social and cognitive development through the provision of education, health, nutrition, social and other services.

Locations:

Arrowwood

5410 Seidel, Saginaw, MI 48638
989.399.8543

Adams Avenue

3427 Adams, Saginaw, MI 48602
989.790.5865

Birch Run

12440 Church, Birch Run, MI 48615
989.624.9011

Brucker

6005 Fort Road, Bridgeport MI 48601
989.777.5521

Brunkow

3000 S. 24th, Saginaw, MI 48601
989.752.2193

Chesaning

431 N. 4th, Chesaning, MI 48616
989.845.7040

Claytor

3200 Perkins, Saginaw, MI 48601
989.752.2193

Head Start Locations Continued -

Hemlock

200 Wilson, Hemlock, MI 48626
989.642.5221

Jerome Elementary

1515 Sweet, Saginaw, MI 48602
989.272.0900

Kinder Care Center

511 S. Center, Saginaw, MI 48638
989.793.9200

Kinder Care Federal

915 Federal, Saginaw, MI 48601
989.753.0192

Kinder Care Freeland

8800 Carter, Freeland, MI 48623
989.695.5388

Merrill

345 W. Alice, Merrill, MI 48637
989.643.7283

SCC (Saginaw Career Complex)

2102 Weiss, Saginaw, MI 48602
989.399.6241

SSPP

4735 W. Michigan, Saginaw, MI 48602
989.799.9006

St. Charles

13240 W. Townline Rd., St. Charles, MI 48655
989.399.7496

Valley Head Start

1815 Tittabawassee, Saginaw, MI 48604
989.758.0221



H

HEALTHSOURCE SAGINAW

www.healthsourcesaginaw.org

3340 Hospital Road, Saginaw, MI 48603

989.790.7700

800.662.6848 (toll-free)

Individual recovery following stroke, brain injury, mental illness or substance abuse. Assists in the healing process after a hospital stay. Provides a home for the elderly.

Behavioral Professional Services

Pathways Chemical Dependency 989.790.7745

White Pine Psychiatric services 989.790.7745

Behavioral professional services 989.790.7742

Extended Care Center (Basic and skilled nursing care)

989.790.7865

Medical Rehabilitation Center (physical therapy, occupational therapy, speech/language pathology, inpatient rehabilitation unit) 989.790.7815

HOLY CROSS SERVICES

holycrossservices.org

St. Vincent Home

925 N. River Road, Saginaw, MI 48609

989.781.2780

Services include residential campuses and group homes, charter schools, foster care homes, supervised independent living programs, day treatment and a variety of community-based services.

Saginaw

1321 S. Fayette, Saginaw, MI 48602

989.792.8000

Residential and outpatient substance abuse programs for men

Queen of Angels

3400 S. Washington, Saginaw, MI 48601

989.755.1971

Residential and outpatient substance abuse programs for women and adolescents.

HEARTH HOME (part of Great Lakes Bay Health)

732 Hoyt Street, Saginaw, MI 48601

989.753.9011

HIV/AIDS testing, support and counseling

I

INNERLINK RUNAWAY PROGRAM & TRANSITIONAL LIVING PROGRAM

www.scypc.org

1110 Howard, Saginaw 48602

989.753.3431

This program provides crisis counseling, temporary shelter, medical care, food, transportation, educational programming and referral services for runaway youth between the ages of ten and seventeen. Innerlink provides short-term emergency shelter care for teen mothers and their children. Innerlink provides services to youth and families who are in crisis and may be in need of a "time-out" period.

The Transitional Living Program is a voluntary program established to provide shelter care and supportive service for homeless individuals between the ages of 16-21 years old.

DOMESTIC VIOLENCE

**IT CAN BE PHYSICAL
IT CAN BE EMOTIONAL
IT CAN BE SEXUAL**

Domestic violence is a pattern of assaultive and coercive behaviors including physical, sexual, psychological attacks as well as economic threats that adults or adolescents use to control their intimate partners.

If you or someone you know is frightened about something in your relationship, or to find out more information about domestic violence programs or counseling, please call the **National Domestic Violence Hotline** at

1-800-799-7233

UNDERGROUND RAILROAD

989-755-0411

L

LAKESHORE LEGAL AID

lakeshorelegalaid.org
888.783.8190

Thumb Area Office

429 N. State Street, Suite 108, Caro, MI 48723
989.673.5651
888.783.8190 (toll-free)

Is a not-for-profit law firm providing a wide range of free civil legal services to low income people and seniors in our communities. Lakeshore's attorneys are trained to provide legal advice and counseling, document review and preparation, negotiation, mediation, representation in court, legal education presentations to community groups, and referrals to other available community resources.

LEGAL SERVICES OF EASTERN MICHIGAN

www.lsem-mi.org

301 E. Genesee, 5th Floor, Saginaw, MI 48607
800.322.4512 (toll-free)

Is a non-profit law firm that provides free civil legal assistance to low-income people.

LIBRARIES OF SAGINAW CITY

www.saginawlibrary.org

Hoyt Main Library

505 Janes, Saginaw, MI 48607
989.755.0904
989.755.9831 (TDD)

Administrative Offices

989.755.9833

Butman Fish

1716 Hancock, Saginaw, MI 48602
989.799.9160

Wickes

1713 Hess, Saginaw, MI 48601
989.752.3821

Zael Memorial

3100 N. Center, Saginaw, MI 48603
989.799.2771

LIBRARIES OF SAGINAW COUNTY

Bridgeport

Bridgeport Public Library
3399 Williamson, Saginaw, MI 4863
989.777.6030

Chesaning

Chesaning Public Library
227 E. Broad, Chesaning, MI 48616
989.845.3211

Frankenmuth

Wickson Memorial Library
359 S. Franklin, Frankenmuth, MI 48734
989.652.8323

Hemlock

Raucholz Memorial Library
1140 N. Hemlock Road, Hemlock, MI 48626
989.642.8621

Merrill

Merrill District Library
321 W. Saginaw Street, Merrill, MI 48637
989.643.7300

St. Charles

St. Charles Public Library
132 S. Saginaw, St. Charles, MI 48655
989.865.9451

Taymouth

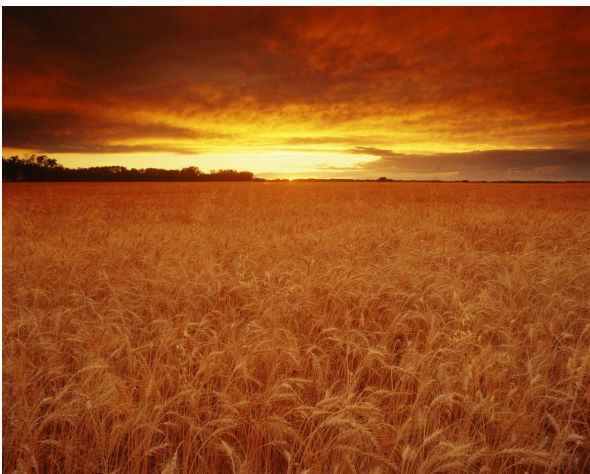
Taymouth Township Library
2361 E. Burt Road, Burt, MI 48417
989.770.4651

Thomas Township

Thomas Township Library
8207 Shields Drive, Saginaw, MI 48609
989.781.3770

White Pine Library Co-Op

Birch Run
Fleshner Memorial Library
11935 Silvercreek Drive, Birch Run, MI 48415
989.624.5171



Chickens can see daylight 45 minutes before humans can.

L

LIFECHOICE CLINIC

4364 State St., Saginaw, MI 48603
989.754.0091

LifeChoice offers hope through free and confidential resources like medical, educational, parenting and trauma services. Pregnancy testing, STI testing and treatment. Call for appointment

LIST PSYCHOLOGICAL SERVICES

www.listpsych.com

Saginaw

5024 N. Center Road, Saginaw, MI 48604
989.790.3130

Offers mental health and substance abuse services in an outpatient setting. Treatment is provided for all ages with our wide range of specialists on hand.

M

MCLAREN HEALTH PLAN

mclarenhealthplan.org

G-3245 Beecher Rd, Flint, MI 48532
888.327.0671

HMO insurance provider.
If you are a member of this HMO, please contact them for transportation assistance.

MCNALLY HOUSE

hhhofsaginaw.org

1701 N. Michigan, Saginaw, MI 48602
989.583.0155

Guests are accepted on a first come, first serve basis. If you live more than 20 miles from the hospital and are an adult relative or support person for the patient. Kitchen and laundry facilities are available. Call for fee

MERIDIAN HEALTH PLAN

www.hpmich.com

1 Campus Martins, Suite 700, Detroit, MI 48226
888.437.0606 (Customer Service)

HMO insurance provider.
If you are a member of this HMO, please contact them for transportation assistance.

M

MICHIGAN CHILD CARE CENTER, INC.

www.kindercare.com
989.695.2151 (Main)

280 S. Main, Freeland, MI 48623
989.695.2151

8800 Carter Road, Freeland, MI 48623
989.695.5388

511 S. Center Road, Saginaw, MI 48638
989.793.9200

928 Ardussi, Frankenmuth, MI 48734
989.652.3345

915 Federal, Saginaw, MI 48607
989.753.0192

1504 W. Thomas, Bay City, MI 48706
989.686.9666

Is a licensed daycare provider serving the Saginaw/Bay City area.

MICHIGAN OMBUDSMAN PROGRAM

www.michigan.gov/miseniors

866.485.9393

Long Term Care Ombudsman program helps address the quality of care and quality of life experienced by residents who reside in licensed long term care facilities such as nursing homes, homes for the aged, and adult foster care facilities.

Long Term Care Ombudsman program is available for concerned relatives to investigate complaints, suggest remedies, and assist with resident rights, payments, issues, guardianship, and nursing home placement.



M

MICHIGAN STATE UNIVERSITY EXTENSION

www.msue.msu.edu

723 Emerson St., Saginaw, MI 48607
989.907.6500

MSUE provides knowledge-based educational programs to the state's citizens to improve their lives and communities.

Information available:

- 4H Youth Programs
- Agriculture
- Child Care
- Community & Economic Development
- Housing
- Land Use
- Master Gardner/Home Horticulture
- Nutrition & Health
- Parenting Education
- Sugar Beet Advancement

MILLET LEARNING CENTER

www.sisd.cc/education

3660 Southfield, Saginaw, MI 48601
989.777.2520

Provides individualized educational programs and services to address the unique needs of Saginaw County students with low incidence disabilities in a welcoming school atmosphere. The diverse student population includes students ages 3 through 25 with moderate to severe performance challenges. These are expressed either individually or in combination by cognitive impairment, physical impairment, health impairment, or autism.

MOLINA HEALTHCARE OF MICHIGAN

www.molinahealthcare.com

880 W. Long Lake Blvd., Troy, MI 48084
866.449.6828

HMO insurance provider.

If you are a member of this HMO, please contact them for transportation assistance.

MUSTARD SEED HOUSE

1325 Cherry, Saginaw, MI 48601
989.755.4741

Emergency housing for women and their minor children who need shelter. Guests pay no fee but share in the work of the house.

N

NEIGHBORHOOD HOUSE (SAMARITIAS)

www.lssm.org

3145 Russell, Saginaw, MI 48601
989.752.5805

Dinner served Monday through Friday:
Children: 4:00 to 4:30 pm
Adults: 4:30 to 5:00 pm

After school program 6-14 years.

O

OLD TOWN CHRISTIAN OUTREACH CENTER

www.old-towncoc.com

600 Gratiot, Saginaw, MI 48602
989.249.8696

Baby Pantry

Provides assistance with baby items, clothing, food and pregnancy education.

Old Town Soup Kitchen

Food and clothing distribution. Sack lunch available on Saturdays. Food is distributed at 10:30 am. Walk-in, no restrictions or requirements to qualify. Meals are served by number and numbers are distributed beginning at 9 am.

Every Monday, Wednesday and Friday a hot lunch is served from 11:30 am and at 12:15 pm. Walk-in, no restrictions or requirements to qualify. Meals are served by number and numbers are distributed beginning at 8 am.



P

PLANNED PARENTHOOD

www.plannedparenthood.org

Administrative Office

950 Victors Way, Suite 100
Ann Arbor, MI 48104
734.926.4800
1.800.230.7526

Birth control, family planning, medical services including: OB/GYN referrals, pregnancy testing/counseling, all accepted methods of birth control, library on family planning and reproduction, sexually transmitted infection screening, sterilization, HIV testing, sex education and infertility support group. Complete confidentiality.

PREGNANCY CARE CENTER

Saginawpcc.org

916 Gratiot Avenue, Saginaw, MI 48602
989.752.7664

The caring volunteers at the Pregnancy Counseling Centers have assisted hundreds of women facing unplanned pregnancies. Our trained counselors will listen to your questions and concerns, give you a free, confidential pregnancy test, and then provide you with the information you need to make informed decisions. Assistance with diapers, formula and used clothing.

PREVENTION AND YOUTH SERVICES

1226 N. Michigan, Saginaw, MI 48602
989.755.0937

Substance abuse prevention services for schools and community groups, families, children and adolescents. Education and support groups.

PROBATE COURT

-JUVENILE DETENTION FACILITY

www.saginawcounty.com/juvenile

3360 Hospital Rd., Saginaw, MI 48603
989.799.2821

The Juvenile Detention Facility provides secure detention on a 24 hour basis. Children housed in the facility are considered to be a risk to the community, or to themselves or are awaiting placement. Also, on an available space basis, children from other counties are housed there. During school months, the facility provides a full time school program and a recreational program in the summer. The Detention Center is capable of housing up to 42 boys and 14 girls.

R

RESTORATION COMMUNITY OUTREACH

1205 Norman, Saginaw, MI 48602
989.753.1886

Programs include substance abuse prevention and treatment services, crisis intervention and counseling. Emergency, transitional, and long-term housing for homeless males.

RIGHT TO LIFE

3195 Christy Way S. Suite 8, Saginaw, MI 48603
989.799.4464

Bay City

314 S. Jackson, Bay City, MI 48708
989.895.8481

Midland

2811 Canterbury, Midland, MI 48642
989.835.2222

Alternatives for women who are considering abortion.

Poison Prevention Tips

STORE POISONS SAFELY

- Store medicines and household products locked up, where children cannot see or reach them.
- Store poisons in their original containers.
- Use child-resistant packaging. But remember — nothing is child-proof!

USE POISONS SAFELY

- Read the label. Follow the directions on medicines and products.
- Are children around? Take the product or medicine with you to answer the door or the phone.
- Lock products and medicines up after using them.
- Is it medicine? Call it medicine, not candy.
- Children learn by imitation. Take your medicines where children can't watch.

TEACH CHILDREN TO ASK FIRST

- Poisons can look like food or drink. Teach children to ask an adult before eating or drinking anything.



If you think someone has been poisoned,
call your poison center right away —

1-800-222-1222

S

SACRED HEART REHABILITATION CENTER

www.sacredheartcenter.com

301 E. Genesee, Saginaw, MI 48607
989.776.6000

Provides an extensive array of behavioral health services including substance use disorder prevention and treatment, mental illness treatment, HIV/AIDS prevention and care management. They also offer a full continuum of specialized services for women, including women who must bring children into treatment with them, including residential, outpatient, case management and transitional housing.

SAGINAW COMMUNITY ACTION COMMITTEE (CAC)

saginaw cac.org

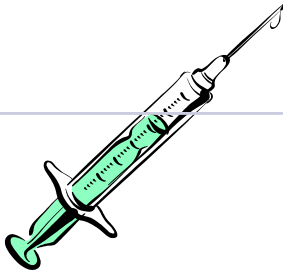
2824 Perkins, Saginaw, MI 48601
989.753.7741

The Saginaw County Community Action Committee, Inc., (CAC), is a community action agency that provides programming to the low income and the elderly population of Saginaw County.

Services include:

- Commodity Food and Nutrition
- Community Housing Development
- Deliverable Fuel
- Dream Catchers for Life (Family Self Sufficiency)
- Elderly and Disabled Home Repairs Program
- Emergency Services
- Hall Rental
- Housing Counseling
- Income Tax Assistance
- Michigan Enrolls
- Minority Senior Outreach and Advocacy
- Partners Against Poverty
- Rebuilding Together
- Walk for Warmth
- Weatherization Assistance Program

Food assistance sign-up is held Monday through Friday. No food on first visit.



Protect your child from scary diseases

A child needs vaccines at these ages:

- | | |
|------------|---------------|
| * Birth | *12-15 months |
| * 2 months | *18 months |
| * 4 months | * 4-6 years |
| * 6 months | *11-12 years |

All children from 6 months through 18 years of age should get vaccinated against the flu every year.

Protect your baby

1. Be sure your baby gets all of her/his vaccines on time.
2. Get your vaccines on time, too, including Tdap and Flu vaccine.
3. Make sure that family members and other people who spend time with your child have gotten their vaccines.

You can keep your child healthy!

For more information call your doctor, your local health department, 1-888-76-SHOTS or visit www.vaccinateyourbaby.org

Michigan Department of Health and Human Services

S

SAGINAW COMMUNITY MENTAL HEALTH AUTHORITY

www.sccmha.org

500 Hancock, Saginaw, MI 48602

989.797.3400

800.258.8678 (toll-free)

Crisis Intervention Services

989.792.9732

800-233-0022 (toll-free)

Access Services

989.797.3559

Other Locations:

Lamson Community Ties North

3830 Lamson Street, Saginaw, MI 48601

989.272.7208

Towerline/Family Services Unit-3

1040 Towerline Road, Saginaw, MI 48601

989.797.3400

Community Ties South

17940 Lincoln Road, New Lothrop, MI 48460

Housing Resource Center (HRC)

Salter Place

2723 State Street, Suite #3, Saginaw, MI 48602

Bayside Lodge

2700 W. Genesee, Saginaw, MI 48602

989.799.1266

Provides for the publicly funded mental health needs of all eligible persons in Saginaw County, serving persons with serious mental illness or emotional disorders, developmental disabilities, and substance abuse disorders.

SAGINAW COUNTY ANIMAL CARE CENTER

scacc@saginawcounty.com

www.petfinder.com

1312 Gratiot Ave, Saginaw, MI 48602

989.797.4500

Saginaw County Animal Care Center has a primary responsibility for enforcement of state and county animal control laws. Pet adoption, lost pets, stray animals, animal complaints, bite reporting. An after hours service is provided to ensure 24 hour coverage of animal related emergencies and

SAGINAW COUNTY HEALTH DEPARTMENT

www.saginawpublichealth.org

1600 N. Michigan, Saginaw, MI 48602

989.758.3800

Administrative Services	989.758.3820
Children's Special Health Care Services	989.758.3845
Communicable Disease and Tuberculosis	989.758.3880
Community Resource Nurse	989.758.3887
Environmental Health Services	989.758.3830
Health Promotion and Communications	989.758.3805
Lead Hazard Control	989.758.3845
Hearing and Vision	989.758.3890
Immunizations	989.758.3840
Laboratory	989.758.3825
Nurse Family Partnership	989.758.3845
Personal Health Care Centers	989.758.3870
WIC	989.758.3733

SAGINAW COUNTY PARKS AND RECREATION COMMISSION

www.saginawcounty.com/parks

111 S. Michigan, Saginaw, MI 48602

989.790.5280

Currently manages 5 regional parks, including the Saginaw Valley Rail Trail. Parks include Immerman Park, Veterans Memorial Park, Price Nature Center, Ringwood Forest and Haithco Recreation Center. Programs for adults and children, many free or low cost to participants.



Healthy Women, Infants and Children

S

SAGINAW COUNTY VICTIM ASSISTANCE COORDINATOR

Saginaw County Prosecutor's Office

111 S. Michigan, Saginaw, MI 48602
989.790.5561

Crime victims can turn to prosecuting attorney office for help. Many offices have created Victim Assistance Program to help crime victims during their involvement with the criminal justice system ... to answer questions ... to keep them informed ... to provide referrals to counseling and support groups ... and to provide personal assistance when possible.

Services can include:

- Status information on your case
- Referrals for counseling, support groups and emergency services (food shelter and clothing)
- Crime victim compensation information
- Victim impact statements
- Restitution information and assistance
- Help with the return of personal property
- Accompanying a victim to court
- Employer intervention
- Courtroom orientation & information on how the court works
- Privacy prior to appearing in court
- Informing the community about victim's rights

SAGINAW HOUSING COMMISSION

www.saginawhousing.org

PO Box 3225, Saginaw, MI 48605
1803 Norman, Saginaw, MI 48601
989.755.8183

Provides low-income housing services to the residents of the City of Saginaw.

SAGINAW LANDLORDS ASSOCIATION

120 N. Michigan, Suite 310, Saginaw, MI 48602
989.249.0977

Offer support and guidance to landlord membership.

SAGINAW ODYSSEY HOUSE

128 N. Warren, Saginaw, MI 48607
989.754.8598 ext. 303

Is a drug or alcohol rehabilitation center with a primary focus on mental health. The facility provides substance abuse treatment and halfway house services to the public. The treatment center provides outpatient and residential long-term treatment care. There are special groups and programs for persons with co-occurring mental and substance abuse disorders, pregnant and postpartum women, and women.

SAGINAW PSYCHOLOGICAL SERVICES, INC.

www.sagpsych.com

2100 Hemmeter Road, Saginaw, MI 48603
989.799.2100
24-hour answering service available

Is a multidisciplinary, outpatient clinic that has served the mental health and substance abuse needs of adults and children in the greater Tri-County. They strive to meet their goal by utilizing three stages of service delivery: prevention, treatment, and follow-up.

SAGINAW TRANSIT AUTHORITY REGIONAL SERVICES (STARS)

www.saginaw-stars.com

615 Johnson, Saginaw, MI 48607

Scheduling Information 989.907.4000

Is a public transportation system for the urbanized Saginaw Area. Also serves as an effective solution to mobility challenged citizens.

Operates daily - including Saturdays.

SAGINAW VALLEY REHABILITATION CENTER INDUSTRIES, INC. (SVRC)

www.svrcindustries.com

919 Veterans Memorial Parkway, Saginaw, MI 48601
989.752.6176

Provides quality vocational rehabilitation services in Saginaw County and the surrounding community. They provide quality outcomes for persons with disabilities and other barriers to employment.

When you REACH the end of your rope, tie a knot in it and hang on. — Thomas Jefferson

U

UNDER THE RAINBOW THRIFT STORE

5647 State Street, Saginaw, MI 48603
989.249.1924

UNDERGROUND RAILROAD

www.undergroundrailroadinc.org

PO Box 2451, Saginaw, MI 48605
989.755.0413

24 HOUR CRISIS INTERVENTION

888.399.8385
989.755.0411 (and TDD line)

Shelter for individuals and their children who are in a situation where they have experienced or fear experiencing domestic violence from current spouse/partner former spouse/partner. Thirty day residency limit, 24 hour crisis hotline, walk-in counseling, support groups, legal and financial, housing and transportation.

UNITED WAY OF SAGINAW COUNTY

www.unitedwaysagianw.org

100 S. Jefferson Avenue, 3rd Floor, Saginaw, MI 48607
989.755.0505

VITA PROGRAM (Volunteer Income Tax Assistance) is free tax preparation for Saginaw County residents who cannot afford to have their taxes prepared for them.

PROJECT HOME - Homeless Prevention and Rapid Re-Housing
989.758.4357

Provides short term assistance to prevent homelessness and quickly re-house people who have become homeless. All recipients must meet specific criteria. An initial assessment will be done by an intake specialist over the phone.

NO WALK-IN'S WILL BE SERVED.

UNITED HEALTHCARE

www.uhc.com

26957 Northwestern Highway, Suite 400
Southfield, MI 48034
877.842.3210

Customer Service
866.633.2446 (toll-free)

HMO insurance provider.
If you are a member of this HMO, please contact them for transportation assistance.

V

VALLEY URGENT CARE

3020 Boardwalk, Saginaw, MI 48603
989.791.3888

Walk-in urgent care services. Accepts most insurance plans and straight Medicaid. Uninsured must be able to pay basic fee. Sport and school physicals available.

VERSITI BLOOD CENTER OF MICHIGAN

www.miblood.org

866.642.5663

Saginaw

1771 Tittabawassee Road, Saginaw, MI 48604
989.755.5387

Bay City

1017 N. Johnson, Bay City, MI 48708
989.892.2551

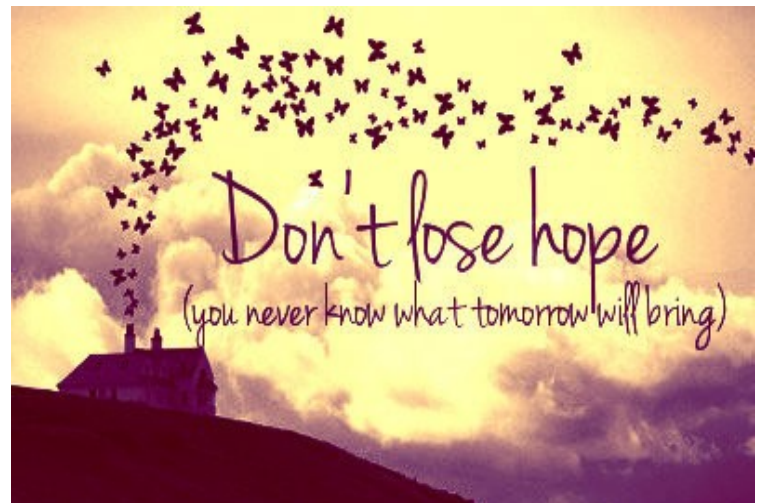
Is an independent, nonprofit blood bank that provides blood for hospitals across Michigan's lower peninsula.

V.O.I.C.E. (for the hearing impaired)

4274 State St., Saginaw, MI 48603
989.497.7111

Text/Voice 989.284.5182

V.O.I.C.E. has interpreters available 24/7. Provides supportive services for speech and hearing impaired, including interpreting services, information, networking, civil rights, advocacy, and employment support.



W

WELLSPRING LUTHERAN SERVICES

www.wellspringlutheran.com

Central Administrative Offices

6019 West Side Saginaw Road
PO Box 48, Bay City, MI 48707
989.686.7650

Adoption Services

989.686.3170

A not-for-profit organization who is committed to providing outcome based, individually tailored, accredited human services to children and families regardless of race, age, gender or religious affiliation. Families First Providers.

WEST MICHIGAN METHODIST CHURCH

1802 W. Michigan, Saginaw, MI 48602
989.792.4689

Provides food assistance on Wednesdays from 10 am to 12:30. Clothing and food.

WESTLUND CHILD GUIDANCE CLINIC

www.westlundclinic.com

3253 Congress, Saginaw, MI 48602
989.793.4790

Provides psychiatric, psychological, and social work services for the diagnosis and treatment of behavioral disorders of persons under the age of 18 years. Family counseling available. Sliding fee scale, insurance accepted.

WOMEN OF COLORS, INC

www.womenofcolors.org

1000 Tuscola, Saginaw, MI 48601
989.737-9286

Striving to promote multi-cultural diversity and enhancing community relations in Saginaw County. For youth want to meeting new friends, explore ideas and learn different aspects of life.

WORD OF FAITH MINISTRIES

500 N. Washington, Saginaw, MI 48601
989.752.1675

Provides food assistance. Call for an appointment.

Y

YMCA

www.saginawymca.org

1915 Fordney, Saginaw, MI 48601
989.753.7721

Provides recreational and educational programs for all ages. Programs include camping, swimming, fitness classes, athletic rehab classes, walking programs and martial arts. Call for fees.



EveryOne Matters.

That's why we're working with communities
to create better health for all.