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.

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.

Revised 2020
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## Toll-Free Resources
- 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:

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<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Bay County Central Dispatch</td>
<td>989.892.9551</td>
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<tr>
<td>Saginaw County Central Dispatch</td>
<td>989.797.4580</td>
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<tr>
<td>Midland County Central Dispatch</td>
<td>989.839.6464</td>
</tr>
<tr>
<td>Tuscola County Central Dispatch</td>
<td>989.673.8738</td>
</tr>
<tr>
<td>Arson Tipline</td>
<td>800.442.7766</td>
</tr>
<tr>
<td>Bureau of Alcohol, Tobacco, Firearms &amp; Explosives (ATF)</td>
<td>800.800.3855</td>
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<tr>
<td>Consumers Energy (Electric &amp; Gas Emergency)</td>
<td>800.477.5050</td>
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<tr>
<td>Crisis Intervention Services</td>
<td>989.792.9732, 800.233.0022</td>
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<tr>
<td>Drug Enforcement Administration (DEA)</td>
<td>989.754.2330, 313.234.4000</td>
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<tr>
<td>If no answer, call DEA Detroit</td>
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</tr>
<tr>
<td>FBI - Bay City office</td>
<td>989.892.6525, 313.965.2323</td>
</tr>
<tr>
<td>If no answer, call Detroit</td>
<td></td>
</tr>
<tr>
<td>National Center for Missing &amp; Exploited Children</td>
<td>800.843.5678, 800.826.7653</td>
</tr>
<tr>
<td>TTY:</td>
<td></td>
</tr>
<tr>
<td>National Child Pornography Tipline</td>
<td>800.843.5678</td>
</tr>
<tr>
<td>National Domestic Violence Hotline</td>
<td>800.799.7233, 800.787.3224</td>
</tr>
<tr>
<td>TTY:</td>
<td></td>
</tr>
<tr>
<td>National Human Trafficking Resource Center</td>
<td>888.373.7888</td>
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<tr>
<td>National Parent Helpline</td>
<td>855.427.2736</td>
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<tr>
<td>National Response Center (Oil &amp; Toxic Chemical Spills)</td>
<td>800.424.8802</td>
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<td>National Runaway Safe Line</td>
<td>800.786.2929</td>
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<td>National Sexual Assault Hotline</td>
<td>800.656.4673</td>
</tr>
<tr>
<td>National Suicide Prevention Hotline</td>
<td>800.273.8255</td>
</tr>
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**2-1-1 NORTHWEST MICHIGAN**

[www.211nemichigan.org](http://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.
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
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
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 an appointment

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.
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

CHILD AND FAMILY SERVICES OF SAGINAW COUNTY  
www.childandfamiliesaginaw.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

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.
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

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 989.583.4301
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

Healthcare Philosophies
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.
EMERSON HOUSE
hhhofsaginaw.org
604 Emerson, Saginaw, MI 48601
989.907.8986

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

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

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 11 am Food Pantry.
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
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

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**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
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

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.

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

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
Chickens can see daylight 45 minutes before humans can.
**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.

**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**  
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.

**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.
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.

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.
**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.

**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.

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**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
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.

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.

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
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. Genessee, 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
sacc@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.
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
989.907.4000

Scheduling Information

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
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<tr>
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<th>ST. JOHN’S LUTHERAN CHURCH</th>
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<tr>
<td></td>
<td>915 Federal Ave, Saginaw, MI 48607</td>
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<td>989.754.0489</td>
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Food pantry call for information.

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<th>ST. MARY’S CATHEDRAL</th>
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<tr>
<td></td>
<td>705 Hoyt, Saginaw, MI 48601</td>
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<td>989.752.8119</td>
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3rd Saturday 9am-11am hot breakfast. Also undergarments, hats and mittens.

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<th>ST. PETER &amp; PAUL CHURCH</th>
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<tr>
<td></td>
<td>4735 W. Michigan Ave., Saginaw, MI 48603</td>
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<td>989.799.5448</td>
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Tuesdays & Thursday from 1 to 2:45 pm

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<th>ST. PAUL’S EPISCOPAL CHURCH</th>
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<td><a href="http://www.stpaulsepisag.com">www.stpaulsepisag.com</a></td>
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<td>720 Tuscola, Saginaw, MI 48607</td>
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<td>989.755.3449</td>
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Call for pantry and clinic hours.

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<th>SALVATION ARMY</th>
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<td><a href="http://www.salvationarmy.org">www.salvationarmy.org</a></td>
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<tr>
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<td>2030 N. Carolina, Saginaw, MI 48602</td>
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<td>989.401.7881</td>
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Emergency Assistance 989.401.7881
Gym-Community Center 989.401.7887

Thrift Store
5700 State St.
Saginaw, MI 989.249.0403

Help with food, utilities and rent, must call ahead.

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<th>TEEN CHALLENGE - MID-MICHIGAN TEEN CHALLENGE, INC.</th>
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<td>midmichiganteenchallenge.com</td>
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<td>818 S. Michigan, Saginaw, MI 48602</td>
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<td>989.249.8818</td>
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A Christian centered residential program for men and women, age 18 to 55 years, with problems of substance abuse.

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<tr>
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<th>TEEN PARENT SERVICES OF SAGINAW COUNTY</th>
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<td></td>
<td>1630 Gratiot, Saginaw, MI 48602</td>
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<td>989.792.6789</td>
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Provides a comprehensive continuum of care services for teenage parents. Services include: outreach, assessment, home visitation, transportation, 24-hour crisis intervention, parent education, ages & stages developmental testing, play groups, life skills group, food pantry, emergency needs assistance, homeless outreach, transitional housing program and other support services.

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<th>TIMELESS TREASURES THRIFT SHOP</th>
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<td>427 Atwater, Saginaw, MI 48601</td>
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<td>989.401.7313</td>
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Thrift store is run by the Ascension Auxiliary and all proceeds go back to the hospital. Call for hours
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

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.

VERSITI BLOOD CENTER OF MICHIGAN

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)

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.
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.

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.