



2017 SAGINAW COUNTY COMMUNITY RESOURCE GUIDE

Linking families to community resources





SAGINAW COUNTY DEPARTMENT OF PUBLIC HEALTH

protecting and promoting the public's health since 1928

Our **Mission** is *"to protect and promote the public's health and well-being"*

Our **Vision** is *"to be a valued leader, partner, and service provider building a healthy community"*

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**

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Toll-Free Resources

Alcohol Treatment Center	800.260.4014
Alcoholics & Narcotics Helpline	888.206.7272
Children’s Special Health Care Services	800.359.3722
Innerlink for Runaway Youth	989.752.3431
LEAD Hotline	800.648.6942
National Center for Missing & Exploited Children	800.843.5678
Parent Helpline	800.942.4357
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	855.427.2136
National Response Center (Oil & Toxic Chemical Spills)	800.424.8802
National Runaway Switchboard	800.786.2929
National Sexual Assault Hotline	800.656.4673
National Suicide Prevention Hotline	800.273.8255

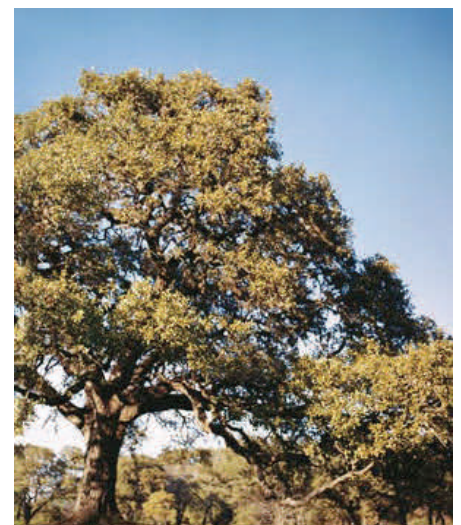
2-1-1 NORTHWEST MICHIGAN

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

ABORTION ALTERNATIVES INFORMATION

AAI Pregnancy Aid of Saginaw

723 Emerson , Saginaw, MI 48601

989.907.7232

Crisis pregnancy center offering free pregnancy testing, emergency formula, baby food, diapers, infant/toddler/ maternity clothing, confidential volunteer counseling and referrals, post-abortion support groups, and speaker bureau.

ACTION THRIFT STORE

2114 N. Michigan, Saginaw, MI 48602

989.755.3333

Provides quality clothing for all ages, furniture, appliances, household items, sporting goods, toys, tools and craft items at affordable prices to low income families.

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

800 Thomas L. Parkway Suite 1, Lansing, MI 48917

517.327.1388

877.869.4196 (toll-free)

Northeastern

PO Box 607, 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 .

AGES - DEPARTMENT OF GERIATRICS

www.cmuhealth.org

1575 Concentric Blvd, Suite 1, Saginaw, MI 48604

989.583.6800

The Department of Geriatrics at CMU Health provides a team approach in caring for the older adult medically. Assessment is the key focus of the AGES team who will point out medical alternatives, recommend changes in life-style and identify resources in the community that can help. Our team includes staff in the following areas, geriatrician, nurse, social worker, dietician and medical assistant. We also coordinate with other health care services and providers so we can offer you the most comprehensive medical care.

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.

ALZHEIMER'S ASSOCIATION

www.alz.org/gmc

800.272.3900 (24 hour toll-free Helpline)

Central Michigan Region

4604 N. Saginaw Road, Suite F, Midland, MI 48640

989.839.9910

Provides support and education to those affected by Alzheimer's Disease.

Parents were invented to make children happy by giving them something to ignore.

— Ogden Nash

A

AMERICAN CANCER SOCIETY

www.cancer.org

800.227.2345 (National helpline)

Bay Area Service Center

1480 W. Center Rd., Suite 1, Essexville, MI 48732
989.895.1730

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

AMERICAN HEART ASSOCIATION

www.heart.org

Great Lakes Bay Region

3940 Peninsular Dr. SE, Suite 180, Grand Rapids, MI 49546
616.285.1888
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

1232 N. Michigan, Saginaw, MI 48602
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.

ASTHMA INITIATIVE OF MICHIGAN (AIM)

www.tcacoalition@gmail.com

Tri-County Asthma Coalition

4465 Longmeadow Blvd. W., Suite 529, Saginaw, MI 48603
989.793-2578

Provides education to medical professionals, schools, and the public.

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.



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
989.777.1840

Bridgeport Area Food Pantry for Bridgeport/Spaulding residents. Non-perishable food available at pantry and shopper will be assigned for fresh food. Requires income and address verification. Must call first on Tuesday.

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.



C

CENTER OF HOPE

723 Emerson, Saginaw, MI 48601
989.907.8775

Adult Dental Clinic

1st & 3rd Tuesdays of each month
Must have no insurance coverage or be a documented Healthy Futures client.

Nassau Clinic - East Side Soup Kitchen

940 E. Genesee, Saginaw, MI 48602
989.907.7603
Every Wednesday
10 am to 12 noon

Anderson Eye Clinic - East Side Soup Kitchen

989.907.8072

Family Life Community Clinic

217 S. 7th Street, Saginaw, MI 48601
2nd Saturday of each month
10 am to 1 pm

A network of free clinics assisting the uninsured or underinsured and homeless population of Saginaw County to obtain health care.

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.

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

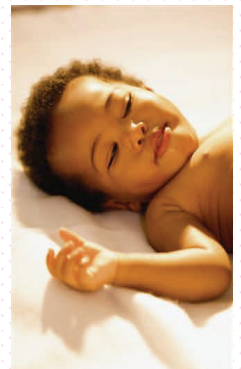
rescuesaginaw.org

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 the 2nd and 4th Wednesday of each month starting at 11 am.

Back to Bed

**Reduce the risk of
Death
Put Babies on their
Back**



C

CMU HEALTH

www.cmuhealthorg
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
989.583.6800

AGES Program	Endocrinology
Family Medicine	General Surgery
Internal Medicine	Pediatrics
Rheumatology	
Women's Health OB/GYN	

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.



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



C

COVENANT HEALTHCARE

www.covenanthealthcare.com

989.583.7000
866.268.3626 (toll-free)

Billing	989.583.6024
Breast Health Center - Mackinaw	989.583.5260
Breastfeeding Support	888.848.2229
Breastfeeding supplies/Lactation Information	989.583.4419
Cancer Care Center	989.583.5020
Cardiovascular Health	989.583.5030
Case Management/Discharge Planning	989.583.6019
Child Care Center	989.754.8428
Customer Service	989.583.4462
Diabetes Self-Management	989.583.5190
Emergency Care Center	989.583.6120
General Information	989.583.0000
Laboratory Services	989.583.6742
Patient Service Centers	
2997 W. Wilder, Bay City	989.671.5760
600 N. Main, Frankenmuth	989.652.1340
800 Cooper, Saginaw	989.583.6708
8767 Gratiot, Saginaw	989.781.5148
5400 Mackinaw, Saginaw	989.583.5100
5570 State, Saginaw	989.583.0119
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
Nurturing Notions	989.583.4419
Nutrition Services	989.583.5190
Physician Referral Line	989.583.6666
Saginaw Radiation Oncology Center	989.583.5250 866.722.6237
Sleep Disorder Center	989.583.2931

Visiting Nurse Association - Saginaw

500 S. Hamilton, Saginaw, MI 48602

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

Visiting Nurse Association - Bay County

2919 E. Wilder, Bay City, MI 48706

Home Care	989.684.2228 800.783.8443
Home Medical Equipment	989.671.5800

Locations:

Harrison Campus

1447 N. Harrison, Saginaw, MI 48602
989.583.7000

Irving Campus

600 Irving Avenue, Saginaw, MI 48602
989.583.6130

Cooper Campus

700 Cooper, Saginaw, MI 48602
989.583.7080

800 Cooper, Saginaw, MI 48602
989.583.7076

900 Cooper, Saginaw, MI 48602
989.583.6121

Houghton Campus

1000 Houghton, Saginaw, MI 48602
989.583.6742

Mackinaw Campus

5400 Mackinaw, Saginaw, MI 48604
989.583.5260

Michigan Campus

515 N. Michigan, Saginaw, MI 48604
989.583.6386



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

1.855.275.6424

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.

dotcaringcentersinc.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

3860 Fashion Square Blvd, 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.

Medical clinic open Wednesday mornings from 9 to 12am for individuals without insurance.

Eye clinic held once a month. Call **989.907.8775** for an appointment.

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

EMERSON HOUSE

hhofsaginaw.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. Two guests per patient, but individual circumstances will be assessed. Guests are asked for a donation. Kitchen and laundry facilities are available.

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.

First Saturday is sponsored by Homes From Heaven
Second Saturday is sponsored by First Congregational Church

Children's Christmas Store
first full week in December

Call **989.293.5448** and leave message

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



G

GOOD NEIGHBORS MISSION

1318 Cherry, Saginaw, MI 48606
989.399.9918

Assistance with emergency food and personal needs. Call for assistance.

Assistance with emergency food and personal needs Tuesdays & Thursday 1pm—2:45 pm

GOODWILL INDUSTRIES

www.goodwill.org

Retail Store & Donation Center

4675 Bay Road, Saginaw, MI 48604
989.791.3408

Workforce Development

4675 Bay Road, Saginaw, MI 48604
989.497.1008

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

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

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: 989.992.5650

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

Wadsworth Dental Center

2308 Wadsworth, Saginaw, MI 48601
989.754.7771

Transportation to HDI Clinic **989.755.2053**

G

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.

GREENPATH DEBT SOLUTIONS

www.GreenPath.com

4600 Fashion Square Blvd. Suite 202, Saginaw 48604
989.793.5623
800-550-1961 (toll-free)

Offers free debt counseling services, either over the phone or in-person. During your session, the credit counselors.

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

Adams Avenue

3427 Adams, Saginaw, MI 48602
989.790.5865

Birch Run

12440 Church, Birch Run, MI 48615
989.624.5727

Brucker

6005 Fort Road, Birch Run, MI 48415
989.777.5521

Brunkow

3000 S. 24th, Saginaw, MI 48601
989.399.3435

Chesaning

431 N. 4th, Chesaning, MI 48616
989.845.2040 ext. 223

Claytor

3200 Perkins, Saginaw, MI 48601
989.752.2193

- continued -



H

Head Start Locations Continued -

Hemlock

200 Wilson, Hemlock, MI 48626
989.642.5521

Jerome Elementary

1515 Sweet, Saginaw, MI 48602
989.399.4478

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

Sherwood

3870 Shattuck, Saginaw, MI 48603
989.799.2382

SSPP

4735 W. Michigan, Saginaw, MI 48602
989.790.9006

St. Charles

625 W. Clinton, St. Charles, MI 48655
989.865.6921

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

HEMLOCK UNITED METHODIST CHURCH

www.glogm-umc.org

Corner of M-46 and Maple
406 W. Saginaw, Hemlock, MI 48626
989.642.5932

Emergency food assistance for residents of Hemlock/Merrill area. Call for more information.

HOLY CROSS CHILDREN'S SERVICES

boysville.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.

HEARTH HOME (part of Great Lakes Bay Health)

732 Hoyt Street, Saginaw, MI 48601
989.753.9011

HIV/AIDS testing, support and counseling



Chickens can see daylight 45 minutes before humans can.

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.

K

KAIROS HEALTHCARE

kairoshealthcare.com

Saginaw

1321 S. Fayette, Saginaw, MI 48602
989.792.8000

Residential and outpatient substance abuse programs for male and female young adults age 18- 25 years and adults 25+.

Family Care Center

3400 S. Washington, Saginaw, MI 48601
989.755.1072

Adolescent males/females and female young adults.

Residential and outpatient substance abuse programs.



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

L

LAKESHORE LEGAL AID

lakeshorelegalaid.org

21885 Dunham Road, Suite 4, Clinton Township, MI 48036
586.469.5185
888.783.8190

Thumb Area Office

429 N. State Street, Suite 103, 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

320 S. Washington 3rd 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.

L

LIBRARIES OF SAGINAW

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

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
104 W. Spruce, 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

It's Flu Season



L

LIST PSYCHOLOGICAL SERVICES

www.listpsych.com

Bay City

3741 E. Wilder Road, Suite B, Bay City, MI 48706
989.460.1000

126 Washington Avenue, Bay City, MI 48708
989.684.7977

Caro

467 N. State Street, Caro, MI 48723
989.672.2016

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.

MERIDIAN HEALTH PLAN

www.hpmich.com

777 Woodward Ave., Suite 600, Detroit, MI 48226
248.557.3700
888.437.0606 (Customer Service)
800.821.9369 (Transportation)

HMO insurance provider.

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

MICHIGAN COMMUNITY BLOOD CENTER

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.

M

MCLAREN HEALTH PLAN

mclarenhealthplan.org

G-3245 Beecher Rd, Suite 200, 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. Two guests per patient, but individual circumstances will be assessed. Guests are asked for a donation. Kitchen and laundry facilities are available.

MICHIGAN CHILD CARE CENTER, INC.

www.mychildcareguide.com

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 area. If you are looking for quality daycare, you can use www.mychildcareguide.com.

M

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.

MICHIGAN STATE UNIVERSITY EXTENSION

www.msue.msu.edu

One Tuscola, Suite 100, Saginaw, MI 48607

989.758.2500

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 Gardener/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 handicaps 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

100 W. Big Beaver Road, Suite 600, Troy, MI 48084

888.898.7969

888.665.4626 (TTY)

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

www.lssm.org

3145 Russell, Saginaw, MI 48601

989.752.5805

Dinner served Monday through Friday:

Children: 3:30 to 4:30 pm

Adults: 4:30 to 5:30 pm

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

3100 Professional Drive, PO Box 3673
Ann Arbor, MI 48104

734.926.4800
1.800.230.7526

Saginaw Health Center

2650 N. McLeod Drive, PO BOX 5877, Saginaw, MI 48604
989.249.7736

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.

POISON CONTROL CENTER

www.aapcc.org

800.222.1222

24 hour telephone service for first aid advice in the event of poisoning.

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.

PROFESSIONAL PSYCHOLOGICAL & PSYCHIATRIC SERVICES

1600 N. Michigan, Suite 503, Saginaw, MI 48602
989.755.8225

Substance abuse and mental health outpatient counseling.

PROJECT FIND

224 N. Elm, Saginaw, MI 48602
989.399.6851

Receive request for screening and evaluation of persons from birth to 26 years for special education services. Performs evaluations on children birth to five years old with suspected developmental delays.



The 5 second rule is a myth—Bacteria and salmonella can live up to a month on surfaces, and it takes less than five seconds for them to adhere to that juicy piece of peach that fell on the floor. So, sorry to say, it's time to put the peach, and the 5 second rule, in the trash.

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.

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.

SAFE HAVEN HOUSE

621 S. Fayette, Saginaw, MI 48602
989.921.7233

Emergency shelter for women with children.

SAGINAW COMMUNITY ACTION COMMITTEE (CAC)

saginawcac.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.



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

989.754.2288

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 DEPARTMENT OF PUBLIC HEALTH

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 1 and 3	
Family Planning	989.758.3870
STD & HIV Clinic	989.758.3880
Treatment and Prevention Services (TAPS)	
	989.758.3781
WIC	989.758.3733

Satellite Clinic Locations

Birch Run

Edward McNamara Health Center
8425 Main Street, Birch Run, MI 48615

989.624.9664

Chesaning

Rehmann Health Center
147 S. Saginaw, Chesaning, MI 48616

989.845.3911

Frankenmuth

Covenant HealthCare Building
600 N. Main, Frankenmuth, MI 48734

989.758.3840

Hemlock

Covenant Healthcare Building
16440 Gratiot Road, Hemlock, MI 48626

989.758.3840

St. Charles

St. Charles Health Center
120 N. Vine Street, St. Charles, MI 48655

989.865.9400

S

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.

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 HEALTH PLAN

www.saginawhealthplan.org

1600 N. Michigan Avenue, Suite 202 Saginaw, MI 48602
989.341.3900

Saginaw Health Plan is a community-sponsored healthcare program for eligible residents in Saginaw County. You may qualify for Saginaw Health Plan if you live in Saginaw County, have no health insurance, and meet income requirements.

This is not insurance. Saginaw Health Plan provides limited coverage for doctor visits, lab tests, x-rays and prescriptions. Saginaw Health Plan does not pay for hospital or other inpatient services.

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.

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

S

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
Lift Service Information	989.753.9527
TDD Access	989.753.5859

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

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.

ST. JOHN'S LUTHERAN CHURCH

915 Federal Ave, Saginaw, MI 48607
989.754.0489

Meals provided the 4th Saturday of each month from 9 to 11 am. Add free dinner 2nd Thursday of month. Food pantry call for information.

ST. MARY'S CATHEDRAL

615 Hoyt, Saginaw, MI 48601
989.752.8119

For meals and clinic times please call.

ST. MARY'S OF MICHIGAN

www.stmarysofmichigan.org

Main

800 S. Washington, Saginaw, MI 48601
989.907.8000

Cardiac Rehab	989.907.8733
Case Management	989.907.8122
Educational Resources	989.907.8400
Emergency	989.907.8200
Field Neurosciences Institute (FNI)	989.497.3117
Find a "Physician"	800.786.2779
Hand Rehabilitation	989.497.3123
Health Connection	989.907.8290
Laboratory	989.907.8230
Imaging Center	989.907.8164
Pain Management Center	989.497.3025
Patient Information	989.907.8130
Rehabilitation Services	989.907.8180
Seton Cancer Institute	989.907.8115
Seton Cove	989.907.8213
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
888.800.6364

Guardian Angel Respite Care

7540 Davis Road, Saginaw, MI 48604
989.753.0824

801 Howard Street, Saginaw, MI 48601
989.907.7348

Office Locations:

Bay City	989.684.4300
Standish	989.846.4521
Chesaning	989.845.1800
Frankenmuth	989.652.5210
Gratiot Rehabilitation Services	989.791.3771
Gratiot Family Practice	989.790.1074
Heritage Family Physician	989.792.5353
Orthopedics	989.790.6719
Plastic, Reconstructive Hand & Surgery	989.497.3157
Pulmonary & Critical Care	989.907.7636
Riverfront Rehabilitation	989.907.8180
Saginaw Valley Pediatrics	989.797.1041
Specialty Rehabilitation	989.497.3123
Spine & Rehabilitation Center	989.498.5100
Vassar	989.823.5020
Women's Health Center (Bay City)	989.671.9153
Seton Cancer (Marlette)	989.635.1050
Seton Cancer (Tawas)	989.362.9433
Seton Cancer (West Branch)	989.343.3600

S

ST. PETER & PAUL CHURCH

4735 W. Michigan Ave., Saginaw, MI 48603
989.799.5448

Tuesdays & Thursday from 1 to 2:45 pm

ST. PAUL'S EPISCOPAL CHURCH

www.stpaulsepisag.com

720 Tuscola, Saginaw, MI 48607
989.755.3449

Call for pantry and clinic hours.

SALVATION ARMY

www.salvationarmy.org

2030 N. Carolina, Saginaw, MI 48602
989.401.7881

Emergency Assistance	989.401.7881
Gym-Community Center	989.401.7887
Kids Korner	989.401.7886

Church Office 401 10th Bay City, MI	989.893.3043
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Welfare Office 401 10th Bay City, MI	989.893.3041
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Thrift Store 601 N. Euclid Avenue Bay City, MI	989.686.4162
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T

TEEN CHALLENGE - MID-MICHIGAN TEEN CHALLENGE, INC.

midmichiganteenchallenge.com

818 S. Michigan, Saginaw, MI 48602
989.249.8818

A Christian centered residential program for men and women, age 18 to 55 years, with problems of substance abuse.

TEEN PARENT SERVICES OF SAGINAW COUNTY

1630 Gratiot, Saginaw, MI 48602
989.792.6789

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.

TIMELESS TREASURES THRIFT SHOP

427 Atwater, Saginaw, MI 48601
989.401.7313

Thrift store is run by the St. Mary's of Michigan Auxiliary and all proceeds go back to the hospital. Call for hours

TRIHOPPE

www.trihopemichigan.com
 6115 Shattuck Rd., Saginaw, MI 48603
989.341-4673

National Human Trafficking Hotline: 888-3737-888

National Sexual Assault Hotline: 1-800-656-4673

Trihope exists to bring hope, freedom and healing to survivors of sexual assault, sexual abuse and sex trafficking through bridging community connections, such as providing education and awareness opportunities, and providing Christ-centered one-on-one and group support.

SAFE SLEEP FOR YOUR BABY

Safe Sleep Steps:

1. Baby should sleep alone in a crib, portable crib, or bassinet.
2. Always put baby on back to sleep even when he/she can roll over.
3. Nothing should be in the sleep area. No pillows, blankets, comforters, stuffed animals, or other soft things.
4. Keep baby's face uncovered during sleep for easy breathing. Use a sleeper instead of a blanket.
5. Don't allow anyone to smoke around the baby.
6. Don't overheat baby. Dress the baby in as much or as little clothing as you are wearing.
7. Use a firm mattress with a tightly fitted sheet.



989.758.3845 | www.saginawpublichealth.org

Be wise. Be well.

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.

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

Saginaw Office

5293 Colony Dr., Suite B Saginaw, MI 48638
989.249.8658

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.

WEST MICHIGAN METHODIST CHURCH

1802 W. Michigan, Saginaw, MI 48602
989.792.4689

Provides food assistance on Wednesdays from 10 am to 12 noon.

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'S HEALTH CENTER

www.whcofmi.com

3141 Cabaret Trail S., Suite 100, Saginaw, MI 48603
989.790.1040

Alternatives for women who are considering abortion.

WOMEN OF COLORS, INC

www.womenofcolors.org

Warren Avenue Presbyterian Church—Lower Level
612 Millard St., Saginaw, MI 48607
Mailing Address: P.O. Box 5525, Saginaw, MI 48603
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.



Community Matters

Be Wise. Be Well.