

# OPNS Community Resource Guide



The complete **Community Resources Guide** is available to you on the OPNS website at [www.opns.org](http://www.opns.org) under the PCMH tab.

Information contained in the **Community Resources Database** is updated on an annual basis or as the latest information/resources become available. Please refer to the OPNS website for the most current information.

You may also contact **Oakland Physician Network Services** at **248-682-0088**, with any questions you may have or if you would like to provide information regarding additional community resources.

**Updated November 2024**



**The following three websites will assist both clients and professionals in navigating the many resources available in their area:**

**NEW!! Free or Reduced Cost Community Resources at Your Fingertips**

[www.findhelp.org](http://www.findhelp.org)

Finding community resources for your patients just got easier. ADCES has partnered with Find Help (formerly known as Aunt Bertha) to offer an easy way to find and make referrals to appropriate programs and services for food, shelter, health care, work, financial assistance and more. Only services that are offered for free or at a reduced cost are included. Simply provide your (or their) zip code and you're off and running!

**Finding Your Way Resource Navigation Manuals**

<https://nkfm.org/conditions/finding-your-way-guide/>

The National Kidney of Michigan Foundation has developed five in-depth guides to navigating resources and systems within Oakland, Macomb, Washtenaw, and Wayne counties, and the State of Michigan. The manuals will assist both clients and professionals in navigating the many resources available.

**Food Finder**

<https://foodfinder.us/about-us/>

A Different Approach to Fighting Hunger. Anywhere in America. Any time of year! Food Finder's website and app act as food pantry locators that show you when and where to get free food assistance in your area. The interactive map on our home page is a map of food pantries nearby – every red pin you see is a food assistance program nearby. Tap on one to see when they give away food!

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## ADD/ADHD

### **ADDA Ambassadors Program**

[add.org/adhd-ambassadors/](http://add.org/adhd-ambassadors/)

The ADDA Ambassadors Program connects adults with ADHD to volunteer ADDA members over the phone to provide hope, empowerment and a human connection

### **Health and Wellness Coaching**

212-706-8387

[www.standbesidethem.org/register-for-coaching](http://www.standbesidethem.org/register-for-coaching)

Stand Beside Them's health and wellness coaches use a solution-driven and nonjudgmental approach to focus on external and internal issues that many veterans face

### **Psychiatric Treatment Services**

**248-213-0501**

Advanced Counseling Services provides a wide range of psychiatric treatment services for individuals and families experiencing feelings of anxiety, stress or depression

### **Virtual Peer Support Group**

[www.paywhatyoucanpeersupport.com/](http://www.paywhatyoucanpeersupport.com/)

Pay What You Can offers virtual peer support groups moderated by licensed professionals.

This program provides:

- Mental health care
- Peer support groups

## Adult Day Care

### **Alzheimer's Association Greater Michigan Chapter- Southfield**

800-272-3900

[www.alz.org/gmc](http://www.alz.org/gmc)

### **Bloomfield Township Senior Center The Friendship Club**

248-723-3500

[www.bloomfieldtp.org/government/services/senior-services](http://www.bloomfieldtp.org/government/services/senior-services)

### **Catholic Charities of Southeast Michigan- Auburn Hills**

248-537-3300 ext. 3803

<https://www.ccsem.org/adc-oakland>

### **City of Farmington Hills/ Costic Activities Center-Adult 50 & Better**

248-473-1821

<https://www.fhgov.com/play-explore-learn/adults-50-better/>

### **Engaging Adults in Interaction Senior Services (Taylor)**

(800) 729-8024

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

### **Jewish Senior Life/ Brown Adult Day Services- West Bloomfield**

248-592-1111

[www.jslmi.org](http://www.jslmi.org)

### **Jewish Community Adult Day Program**

**(The Dorothy & Peter Brown)**

**Southfield:** 248-233-4000

**West Bloomfield:** 248-661-6390

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

### **Older Persons Commission- Rochester**

248-608-0261

[www.opcseniorcenter.org](http://www.opcseniorcenter.org)

### **Waterford Senior Center/ Encore Adult Day Service**

248-682-9450

[www.waterford.k12.mi.us/seniorcenter](http://www.waterford.k12.mi.us/seniorcenter)

### **Woodhaven Retirement Community**

734-261-9000

<https://www.woodhaven-retirement.com/>

## Arthritis

### **Arthritis Exercise Program Garden City Senior Adult Services**

734-793-1856

### **Redford Township Senior Services**

313-387-2788

### **Van Buren Township Senior Center**

734-699-8918

### **Arthritis Foundation**

(800) 283-7800

<https://www.arthritis.org/local-offices/mi>

-Provides public health education

-Conducts evidence-based programs to improve the quality of life for those living with arthritis

## Auto

### **Mother Waddles**

313-923-3537

1700 W. Hamlin Rd, Ste 203,

Rochester Hills, 48309

<https://motherwaddles.org>

### **OLHSA**

248-209-2600 or 248-542-5860

196 Cesar E. Chavez, Pontiac 48343

345 E. Nine Mile Rd, Ferndale 48220

[www.olhas.org](http://www.olhas.org)

### **Volunteers of America**

800-552-1515

#### **Southfield**

21415 Civic Center Drive, #210

Southfield, 48076

[www.carshelpingpeople.org](http://www.carshelpingpeople.org)

#### **Pontiac**

618 Walton Blvd, Pontiac, MI, 48340

# Autism

## **Autism Alliance of Michigan**

info@aaomi.org

877-463-2266.

[AAoMI.org](http://AAoMI.org)

-Provides MINavigator Program.

-Education Program

-Employment Program

## **Autism ATRIUM program by National Autism Association (NAA)**

877-622-2884

The Autism ATRIUM program provides an educational initiative for the autism community. A regular schedule of learning opportunities through free online webiNAArs, a digital library of downloadable toolkits, and a series of blog entries by experts are all offered by this program.

## **Autism Response Team (ART) by Autism Speaks**

888-288-4762

[help@autismspeaks.org](mailto:help@autismspeaks.org)

Open 9-5 pm Cost Free

Spanish Speaking 1-888-772-9050

-Serving, anyone in need, all ages, autism, families, caregivers, parents

-Provides information on where to get a diagnosis, schools and special education, advocacy and support, adult services - including post-secondary programs and employment, inclusion and community activities and much more

-Main Services understand disability , navigating the system , help hotlines

## **Autism (ASD) Services by Easterseals**

2399 East Walton Boulevard, Auburn

Hills, MI 48326

248-475-6300

-Offer innovative therapies as well as training,...

-Serving, young adults, teens, children, all disabilities, autism, individuals, benefit recipients, low-income.

-Main Services: parenting education , specialized therapy , in-home support , group therapy , navigating the system , support groups, parent education and coaching, collaborative consultation with schools, childcare agencies, and other providers, Applied Behavior Analysis (ABA), The PLAY Project™, speech and language therapy, occupational therapy, sensory integration.

## **Autism Source - Information and Referral by Autism Society of America**

800-328-8476

<https://autismsociety.org/>

-Helps you negotiate this maze and connects you to resources where you live.

-Delivers its nationwide one-on-one Information and Referral Monday to Friday, connect to our comprehensive service via our toll-free number, email or through the largest online referral database of autism services.

## **Employment Services by Judson**

248-837-2079

Center Open 8 am – 5 pm

-Serving, adults, young adults, seniors, developmental disability, autism

-Program promotes growth, opportunity, and independence for individuals by developing inclusive, community-based employment options.

-Main Services, skills & training , supported employment, help find work, provides pre-employment skill building, on boarding support, on site job support.

## **Family Support Subsidy (FSS) Michigan Department of Health and Human Services (DHHS)**

248-858-1221 or 517-241-5774

-FSS is a community-based, family-centered support service that makes it possible for children with developmental disabilities to remain with and to return to their birth or adoptive families. The subsidy provides a monthly payment (\$222.11) that the family must spend on special needs that occur as a result of caring for a child with a severe disability at home

-Serves children under age 18 who has been identified by Michigan's public school system as having an educational eligibility category of cognitive impairment (CI) or severe multiple impairment (SXI) or autism spectrum disorder (ASD).

-Family income may not exceed \$60,000.

-Family cannot receive reimbursement from the Medical Subsidy Program for Adoptive Children if they choose to apply for the Family Support Subsidy.

## **Speech therapy by Expressable**

512-768-0319

[www.expressable.com/](http://www.expressable.com/)

-This program helps people with income at or below 400% of federal poverty guidelines

-Virtual counseling

## **Therapy Program: Teen Services by Center for Autism and Related Disorders (CARD)**

616-888-6161

Provides ABA Therapy for families with children with Autism

- Daily life skills training (communication, adaptive skills, behavioral issues, etc.)

-Program is tailored to the specific needs of adolescents and addresses a wide range of skills and deficits and is adapted to meet each individual's unique needs and aspirations. Specifically, the program targets communication skills, adaptive skills (i.e., dressing, making meals, toileting, etc.), and problem behaviors.

# Behavioral Health and Substance Abuse

## National Resources:

### **Alcoholics Anonymous**

P.O. Box 459  
New York, NY 10163  
(212) 870-3400  
[www.aa.org](http://www.aa.org)

Find AA meetings in your area for recovering alcoholics

- Treatment facilities
- Public information

### **Common Ground**

30200 Telegraph, Ste. 300, Bingham Farms, MI 48025  
(248) 456-8150

24-Hour Crisis Line: (800) 231-1127

E-mail: [chat@commongroundhelps.org](mailto:chat@commongroundhelps.org)  
[www.commongroundhelps.org](http://www.commongroundhelps.org)

- Helping people move from crisis to hope supported by 24/7 crisis services
- Services accessed by phone, text, computer chat and walk into Resource & Crisis Center in Pontiac
- provides a lifeline for individuals and families in crisis, victims of crime, persons with mental illness, people trying to cope with critical situations and homeless youths.

### **Disaster Distress Helpline:**

(800) 985-5990

Drug & alcohol treatment

- Mental health services
- Programs and resources
- Family guide to keeping youth mentally healthy & drug-free
- Find local mental health treatment facilities and

### **National Institute of Mental Health (NIMH)**

Science Writing, Press, and Dissemination Branch  
6001 Executive Boulevard, Room 8184, MSC 9663

Bethesda, MD 20892 - 9663

(866) 615-6464

E-mail: [nimhinfo@nih.gov](mailto:nimhinfo@nih.gov)

[www.nimh.nih.gov](http://www.nimh.nih.gov)

Largest scientific organization in the world dedicated to research focused on the understanding, treatment, and prevention of mental disorders and the promotion of mental health

### **National Institute on Drug Abuse**

(800) 662-4357

E-mail: [information@nida.nih.gov](mailto:information@nida.nih.gov)

[www.nida.nih.gov](http://www.nida.nih.gov)

- Information on drugs and drug abuse
- Meetings & events

### **Sage Tree Psychology Group**

925 N. Lapeer Rd. STE 151

Oxford, MI 48371

248-800-4250

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

Advocacy, information, and resources for lesbian, gay, bisexual, or transgender older adults. Friendly caller program matches volunteers with LGBT older adults for weekly phone calls

### **Substance Abuse and Mental Health Services Administration**

SAMHSA's Health Information Network

1 Choke Cherry Rd.

Rockville, MD 2085

(877) 726-4727

### **Suicide Prevention Hotlines**

1-800-273-8255

1-800-799-4889 (deaf hotline)

Call or text 988

[www.Michigan.gov](http://www.Michigan.gov)

24 hours days a week toll free

## Local Resources:

### **ADF Counseling**

5600 W. Maple  
West Bloomfield, MI 48322  
(586) 994-9757

[www.adfcounseling.com](http://www.adfcounseling.com)

- Providing services that span from therapy for depression and grief counseling to parenting support, couples counseling, academic guidance, sports counseling
- Takes Medicare and Medicaid and provide Financial Aid.

### **Al-Anon family Group**

<https://oaklandafg.org>

Office (248) 706-1020

- Help families of alcoholics .

### **Alcoholics Anonymous of Southeast Michigan**

(313) 831-5550 (24-hour hotline)

(248) 332-3521 (24-hour hotline)

Toll Free (877) 337-0611

[www.aa-semi.org](http://www.aa-semi.org)

- Meetings, events
- Information for young people in AA
- international fellowship of adults who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere.

### **Arab American and Chaldean Council (ACC)**

363 W. Big Beaver Rd. Ste. 300

Troy, MI 48084

(248) 559-1990

[www.myacc.org](http://www.myacc.org)

Provides a comprehensive, community based, outpatient program committed to prevention & treatment of psychological & social problems in the Arab American & Chaldean community

**Association for Children’s Mental Health (ACMH)**

Oakland County 517-372-4016

[www.acmh-mi.org](http://www.acmh-mi.org)

Statewide, non-profit family organization dedicated to meeting the needs of families of children and youth with serious emotional, behavioral, or mental health challenges.

**Blue Care Network of Michigan**

*Depression Management Program*

(800) 392-4247 – Chronic Condition Nurse Line

[www.BCBSM.com](http://www.BCBSM.com)

-For BCN Members ages 18 or older

**Catholic Social Services**

(248) 548-4044

[www.ccsem.org](http://www.ccsem.org)

-Family, martial & substance abuse counseling

Centro Multicultural La Familia

35 West Huron Ste. 500

Pontiac, MI 48342

(248) 858-7800

[www.centromulticultural.org](http://www.centromulticultural.org)

Provide Spanish/English:

-Outpatient Mental Health services/workshops

-Substance Abuse Services

-Domestic Violence Program

-Youth Mental Health First Aid

-Cultural Competence Training

-Bilingual Health Education

-Assistance with Health Insurance Applications

**Christian Family Services**

17105 W 12 Mile RD,

Southfield, MI 48076

(248) 621-3666

[www.cfs-michigan.org/](http://www.cfs-michigan.org/)

**Common Ground Sanctuary**

800-231-1127 or 248-456-0909

[www.commongroundhelps.org](http://www.commongroundhelps.org)

-Suicide prevention, youth & family Services Victims of Crime and Mental Health resources.

**Community Network Services**

279 Summit Drive

Waterford, MI 48328

(248) 745-4900 (800) 615-0411

provides integrated treatment for people with co-occurring mental illness and substance abuse diagnoses.

-offers a wide spectrum of community-based support services.

**Community Programs, Inc**

1255 N Oakland Blvd, Waterford MI, 48327

(248) 406-0090

Addiction and Substance Abuse Counseling, Clinical Psychology .

**Completion House Inc**

(866)-994-0113

(269)-248-5248

Pontiac, MI

-Provides residential substance abuse and addiction treatment.

**Counseling Associates**

6960 Orchard Lake Road

West Bloomfield, MI 48322

(248) 626-1500

[www.counselingassociates.com](http://www.counselingassociates.com)

-offers a broad range of mental health, therapeutic, and evaluation service

-Takes Medicare

**Covenant Community Care**

Detroit (313) 554-1095

Royal Oak (248) 556-4900

Dearborn (313) 554-0485

**Detroit Department of Health/ Bureau of Substance Abuse (SEMCA)**

800-686-6543

[www.semca.org](http://www.semca.org)

**Detroit Dept. of Health & Wellness Promotion**

Bureau of S. A. Prevention, Treatment & Recovery Herman Kiefer Health

Complex, Main Bldg., B Wing, Rm. 317

1151 Taylor St., Detroit, MI 48202

Phone: (313) 876-4566

[www.detroitmi.gov](http://www.detroitmi.gov) or:

[www.drugfreedetroit.org](http://www.drugfreedetroit.org)

Serving City of Detroit.

**Easter Seals of Michigan**

2399 E. Walton Blvd.

Auburn Hills, MI 48326

(248)475-2150

[www.easterseals.com](http://www.easterseals.com)

-Provides comprehensive behavioral health services for families with children from birth to 18 years of age

-Services for adults to support recovery from substance abuse and/or mental health disorders

**Grace Centers of Hope**

248-334-2176

35 E. Huron Street, Pontiac

[www.gracecentersofhope.org](http://www.gracecentersofhope.org)

**Harbor Oaks Hospital**

35031 23 Mile Road

New Baltimore, MI 48047

(877) 798-0305

[www.harboroaks.com](http://www.harboroaks.com)

-Inpatient rehab, hospital inpatient drug program

- Outpatient drug rehab, partial hospitalization drug treatment/substance abuse day treatment



**HAVEN**

248-334-1274

[www.haven-oakland.org](http://www.haven-oakland.org)

24-hour crisis/ support line, counseling, and support groups

**Havenwyck Hospital**1525 University Drive, Auburn Hills, MI  
(248) 373-9200[www.havenwyckhospital.com](http://www.havenwyckhospital.com)

provides a continuum of individualized treatment to children, adolescents and adults needing psychiatric and/or substance abuse treatment.

**Henry Ford Behavioral Health**

Maple grove Center

6773 West Maple Road

West Bloomfield, MI 48322

(248) 661-6100

[www.henryfordhealth.org](http://www.henryfordhealth.org)**Heron Ridge Associates**

Ann Arbor (734) 913-1093

Bingham Farm (248) 594-4991

Plymouth (734) 454-3560

Brighton (810) 227-6218

[www.heronridgeassocs.com](http://www.heronridgeassocs.com)

Family Mental Counseling and Addiction Treatment

**Horizon Treatment Center**

24901 Northwestern Hwy. Ste. 412

Southfield, MI 48075

(248) 423-1728

-specializes in the treatment of alcoholism, drug addiction, dual diagnosis, opioid addiction, and substance abuse

**Jewish Family Services**

248-592-2313

**Royal Oak:** 25900 Greenfield Rd, Suite 405 Oak Park**West Bloomfield:** 6555 W. Maple Rd, West Bloomfield Twp.<http://www.jfsdetroit.org>

-Help families regardless of religion, ethnicity, gender, culture, ability.

**Kingswood Hospital**

10300 West Eight Mile Rd.

Ferndale, MI 48220

(248) 398-3200

[www.henryford.com](http://www.henryford.com)

-A leading comprehensive psychiatric treatment center with specialized programs for children, adolescents, adults, and seniors.

**Love, Inc.**

248-693-4357

PO Box 104, Lake Orion

<https://loveincfnoc.org/>**Michigan Narcotics Anonymous**

877-338-1188 or 800-230-4085

<https://michigan-na.org/>

-Helping people to overcome the problems of addiction by providing a statewide website to help recovering addicts find our meetings and local NA functions in their communities.

**Narcotics Anonymous**

(248) 543-7200

**National Suicide Hotline (988)**

(800) 784-2433

**New Oakland Family Center**

Clarkston: (800) 395-3223

Farmington Hills: (248) 855-1540

Livonia: (734) 422-9340

24 hr. Crisis Intervention:

(877) 800-1650

-Provides counselling services for family.

**Northville Counseling Center**

(734) 458-4601

-Comprehensive integrated behavioral health services for infants through older adults

**North Oakland Community Coalition**<https://www.noccmi.org/>**Oakland County 24-Hour Crisis Helpline:**

800-231-1127

**Oakland Community Health Network**

5505 Corporate Dr. Ste. 2614

Troy, MI 48098

248-858-1210

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

-Provides information &amp; resources on serious emotional disturbances, developmental disabilities, and mental illness

-Provides a listing of providers for mental illness

**Oakland County Probate Court**

1200 North Telegraph Rd.

Department 457

Pontiac, MI 48341-0457

(248) 858-0260

[www.Oakgov.com/courts/probate](http://www.Oakgov.com/courts/probate)

-Information on guardianship

**Oakland County Substance Use Prevention Programs**

248-424-6363

[www.oakgov.com/community/health/partnerships/prescription-drug-abuse-prevention/substance-use-prevention-programs](http://www.oakgov.com/community/health/partnerships/prescription-drug-abuse-prevention/substance-use-prevention-programs)**Oakland County Suicide Prevention**

855-565-2729

[www.oakgov.com/suicideprevention](http://www.oakgov.com/suicideprevention)**Oakland University**

(248) 370-2633

Email: [dunham@oakland.edu](mailto:dunham@oakland.edu)[www.oakland.edu/sehs/cc](http://www.oakland.edu/sehs/cc)

-No-cost service offering personal and career counseling. A teaching and research facility for the counselor education program.

### **Oakland Psychological Clinic**

[Bloomfield Hills](#) (248) 322 – 0001

[Lake Orion](#) (248) 393 – 5555

[Livonia](#) (734) 522 – 0280

[Milford](#) (248) 684 – 6400

[Southfield](#) (248) 559 – 5558

<http://www.oakpsych.com/>

-Counseling services that treat number of mental health issues, including Stress, Depression, Anxiety, Attention Deficit Disorder, Alcohol and Drug Abuse and Marital problems  
-Takes Medicare

### **Offices of Substances Abuse Services (OSAS)**

(248) 858-5200

[www.oaklandcountyresources.org/listings/pace-program-oakland-county/](http://www.oaklandcountyresources.org/listings/pace-program-oakland-county/)

-Provides prevention & treatment programs, education & information about substance abuse issues, & investigates complaints about substance abuse treatment providers.

### **Oakland Family Services**

(248-858-7766)

**Toll-Free:** (877) 742-8264

#### **Pontiac**

114 Orchard Lake Road

Pontiac, MI 48341

#### **Walled Lake**

1885 N Pontiac trail, walled Lake, MI 48390

#### **Berkley**

2351 W. 12 Mile Rd.

Berkley, MI 48072

[www.oaklandfamilyservices.org](http://www.oaklandfamilyservices.org)

Mental health treatment services for individuals, families, and groups of all ages.

-Alcohol and drug treatment, adolescent substance abuse, women's specialty substance treatment, family trauma, adult anger management, older adult's specialty programs.

### **PACE Southeast Michigan**

823 Golf Drive, Pontiac, MI, 48341

Pontiac, MI 48341

(855) 445-4554

[www.pacemi.org](http://www.pacemi.org)

### **Problem Gambling Helpline :**

(800) 270-7117

### **Quality Behavioral Health**

751 East Grand Boulevard

Detroit, MI 48207

855.838.4222

[www.qbhrecovery.org](http://www.qbhrecovery.org)

-Inpatient rehab, hospital inpatient drug program

-Residential short term ( $\leq 30$  days)/ long term ( $\geq 30$  days) sober living

- Outpatient drug rehab, partial hospitalization drug treatment/substance abuse day treatment

### **Rochester Area Neighborhood House**

(248) 651-5836

1720 South Livernois Road

Rochester Hills, MI, 48307

[www.ranh.org](http://www.ranh.org)

-Serves Addison Twp., Auburn Hills, Oakland Twp, Rochester, and Rochester Hills residents.

### **Sacred Heart Rehabilitation Center Richmond**

400 Stoddard Rd.

Richmond, MI 48062

810-392-2167

Madison Heights

28303 Dequindre Road

Madison Hts, MI 48071

248.658.1116

[www.sacredheartcenter.com](http://www.sacredheartcenter.com)

-Detoxification services

-Inpatient as well as outpatient rehab for substance use disorders .

### **SAMHSA SOAR Program**

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

800-487-4889

-Find mental health or substance use treatment services

### **Smart Recovery**

866-851-5357

[www.smartrecovery.org](http://www.smartrecovery.org)

-Addictive behavioral support including drugs, alcohol, gambling, food, etc.

### **Substance Abuse Hotline**

(800) 662-4357

### **Substance Use Treatment- (Northern Michigan Only)**

(800) 834-3393

24 hours, 7 days- referral to treatment

### **Training & Treatment Innovations, Inc. Mental Health and Development Disabilities**

#### **Oxford**

1450 S. Lapeer Rd, Oxford 48371

248-969-9932 or

#### **Troy**

1225 E. Big Beaver, Troy 48083

248-524-8801

248-524-8880

#### **Sterling Heights**

13213 E. 14 Mile Road

Sterling Heights, MI 48312

(586) 939-4374

-Counseling Services

<https://ttiinc.org/>

### **YWCA Interim House**

Detroit (313) 861-5300

[www.ywcadetroit.org/programs/ywca-interim-house/](http://www.ywcadetroit.org/programs/ywca-interim-house/)

-Domestic abuse counseling.

## Cancer

### American Cancer Society

Metro Detroit Area Service Center  
20450 Civic Center Drive  
Southfield, MI 48076  
(248) 663-3400 or Toll free (800) 227-2345

[www.cancer.org](http://www.cancer.org)

- Cancer facts & figures
- Treatment decision tools
- Access to health care

### Breast and Cervical Cancer Control Program (BCCCP)

ACS Metro Detroit Service Center  
(888) 242-2702

[www.bcccp.org/contact/](http://www.bcccp.org/contact/)

- Free for all who qualify
- Must meet government guidelines for income levels
- Must be uninsured or under insured
- Ages 40-64 or ages 21-39 who have been identified with a cervical abnormality.

### Karmanos Cancer Institute

4100 John R.  
Detroit, MI 48201  
(800) 527-6266

[www.karmanos.org](http://www.karmanos.org)

- Information on cancer by type
- Support groups for men, women, children, and families
- Nutrition counseling
- Smoking cessation classes & resources
- Classes on cancer-related topics

### Kids Kicking Cancer

27600 Northwestern Hwy. #220  
Southfield, MI 48034 (248) 864-8238

[www.heroescircle.org](http://www.heroescircle.org)

- pediatric healing program
- school program
- adult healing program

### Leukemia & Lymphoma Society

(800) 955-4572

[www.Lls.org](http://www.Lls.org)

- Provides supplemental financial assistance to patients in significant need
- Covers specific drugs related to the treatment/control of leukemia, Hodgkin & non-Hodgkin lymphoma & myeloma

### National Cancer Institute (National)

(800) 422-6237

[www.cancer.gov](http://www.cancer.gov)

- Comprehensive cancer information
- Cancer topics; cancer statistics
- Clinical trials

### New Day Foundation

245 Barclay Circle Suite 300  
Rochester Hills, MI 48307  
(248) 648-1105

[www.foundationforfamilies.org](http://www.foundationforfamilies.org)

- Provides financial support for everyday living expenses and emotional support for those who have an immediate family member in treatment for a cancer diagnosis.

### Trinity Health Oakland

*Supportive care and services*  
(734) 655-4800

- emotional and spiritual support
- Cancer support groups
- Financial assistance for patients with cancer and survivors

### Young Survival Coalition

(877) 972-1011

[www.youngsurvival.org](http://www.youngsurvival.org)

- Provides informational resources and support from diagnosis through long term survivorship

## Cardiovascular Diseases

### American Heart Association

7272 Greenville Avenue  
Dallas, TX 75231  
(888) 242-8721

[www.heart.org](http://www.heart.org)

- Diseases & conditions
- Healthy lifestyle
- Warning signs of heart attacks and strokes

### American Stroke Association

7272 Greenville Avenue  
Dallas, TX 75231  
(888) 478-7653

[www.stroke.org](http://www.stroke.org)

- Recognizing a stroke
- Recovery & support groups in your area
- Healthy living after a stroke

### Blue Care Network of Michigan

*Cardiovascular Program*  
(800) 392-4247 – Chronic Condition Nurse Hotline

[www.BCBSM.com](http://www.BCBSM.com)

- Program that helps BCN members ages 18 and older reduce their risk of disease
- Specific information on risk factors (tobacco smoke, high blood pressure, obesity, etc.)

### Local American Heart Association

26555 Evergreen Road, Ste 570  
Southfield, MI 48076  
(248) 936-5800

- Nutrition Center
- Stress Management
- Healthier kids' program
- CPR classes
- Quit smoking programs

### National Heart, Lung, and Blood Institute

(301) 592-8573

E-mail: [nhlbiinfo@nhlbi.nih.gov](mailto:nhlbiinfo@nhlbi.nih.gov)

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

## **Pulmonary Hypertension Association**

1121 14th St NW, Suite 150  
Washington D.C., 20005  
Toll Free Helpline: (800) 748-7274  
[www.phassociation.org](http://www.phassociation.org)

## **Care Giver Resources**

### **Catholic Charities of Southeast Michigan**

248-559-1147  
[www.ccsem.org](http://www.ccsem.org)

### **Interfaith Volunteer Caregivers**

586-757-5551  
[www.ivcinfo.org](http://www.ivcinfo.org)

Volunteers provide one-time or ongoing assistance. No toileting, bathing, or other personal care available.

### **The Caregiver Action Network**

202-454-3970  
[www.caregiveraction.org](http://www.caregiveraction.org)

Provides education, information, support and validation, public awareness, and advocacy for caregivers.

### **Well Spouse Association**

732-577-8899  
[www.wellspouse.org](http://www.wellspouse.org)

Emotional support and comfort to spousal caregivers. Offers in-person support groups, telephone support groups, mentor programs, online chat forum, respite weekends and national conference

## **Chore/Home Maintenance**

**Assistance with lawn mowing, yard work and snow shoveling. Residency requirements may apply.**

### **Birmingham Next**

248-203-5270  
[www.BirminghamNext.org](http://www.BirminghamNext.org)

### **Oak Park Senior Center**

248-691-7577  
[www.ci.oak-park.mi.us](http://www.ci.oak-park.mi.us)

### **Older Persons commission-Rochester**

248-656-1403  
[www.opcseniorcenter.org](http://www.opcseniorcenter.org)

### **OLHSA- Oakland, Livingston,**

**Human Service Agency**  
248-209-2600  
[www.olhsa.org](http://www.olhsa.org)

### **The Corner Shower and Laundry**

Provide those in need in Metro Detroit community with these basic services.  
[www.cornershowerandlaundry.com](http://www.cornershowerandlaundry.com)

## **Chronic Kidney Disease**

### **American Association of Kidney Patients**

14440 Bruce B. Downs Blvd.  
Tampa, FL 33613 (800) 749-2257  
813-636-8100  
[www.aakp.org](http://www.aakp.org)

-Chronic Kidney Disease information  
-Dialysis information  
-Transplant information  
-Pediatric information  
-Educational programs & events

### **DaVita Dialysis Centers**

(800) 244 - 0680  
[www.davita.com](http://www.davita.com)

-Center locations include Clarkston, Commerce Twp., Novi, Rochester Hills, Southfield, Warren & Waterford  
-Home dialysis also available

### **National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC)**

3 Information Way  
Bethesda, MD 20892  
(800) 891-5390  
[www.kidney.niddk.nih.gov](http://www.kidney.niddk.nih.gov)

### **NKF of Michigan, Inc.**

Ann Arbor  
1169 Oak Valley Dr  
Ann Arbor, MI 48108  
(800) 482-1455  
Detroit  
7800 West Outer Drive, Suite LL02  
Detroit, MI 48235  
Phone: (313) 259-1574  
Toll Free: (800) 482-1455  
E-mail: [info@nkfm.org](mailto:info@nkfm.org)  
[www.nkfm.org](http://www.nkfm.org)  
Local events & news  
-Information on transplantation, bed-wetting, dialysis, CKD, nutrition & diet

### **National Kidney Foundation**

30 East 33rd Street  
New York, NY 10016  
(855.653.2273)

[www.kidney.org](http://www.kidney.org)

Facts, symptoms, & causes of CKD  
-Emergency resources  
-Information on Kidney Early Evaluation Program (KEEP)

### **Toll Free Kidney Helpline**

(888) 335-4363

## Clothes Closet

### Baldwin Center

212 Baldwin Avenue  
Pontiac, 48342  
248-332-6101  
M, W, F (10a-2p) Tu, Th (9a-12)  
[www.baldwincenter.org](http://www.baldwincenter.org)

### Community Sharing

For residents in the Huron Valley School District  
400 Beach Farm Circle  
Highland, MI 48356  
248-889-0347  
<https://www.community-sharing.org/>  
Gently used clothing for adults and children plus back to school

### God's Helping Hands

PO Box 71070, Rochester Hills, MI 48307  
248-852-7400  
[www.ghhmichigan.org](http://www.ghhmichigan.org)

### Hope Closet

Royal Oak First United Methodist Church  
320 W. Seventh Street (corner of Lafayette & 7<sup>th</sup> Street), Royal Oak, 48067  
248-347-1309  
Provides prom dresses for local youth.

### Kid's Kloseit

(Children up to age 6)  
5479 Clarkston Rd, Clarkston 48348  
248-394-0200  
<https://www.fcclarkston.com/>

### Ladies of Charity

P.O. Box 602  
Bloomfield Hills, MI 48303-0602  
Email: [ccfp@ladiesofcharity.site](mailto:ccfp@ladiesofcharity.site)  
<https://theladiesofcharity.org/about-us/>

### Love, Inc.

PO Box 104 Lake Orion, MI 48361  
248-693-4357 (call for locations)  
<https://loveincnofnoc.org/>

### Neighbor for Neighbor, Inc

Meet with potential customers to determine eligibility every Wednesday from 10am-1:30p and the last Saturday of each month (by appt only) from 9a-12  
Hart Community Center  
495 Broadway, Davisburg 48350  
248-634-0900  
[www.neighborforneighbor.net](http://www.neighborforneighbor.net)

### Open Door Outreach Center Retail Store

7124 Colley Lake Rd, Waterford , 48327  
248-360-2930  
<https://opendooroutreachcenter.org/>

### Rochester Area Neighborhood House

(Serves Rochester, Rochester Hills, Oakland Twp., Addison Twp., Auburn Hills)  
44 Mill Street  
(under the Main Street bridge)  
Rochester, MI 48307  
248-656-0230  
[www.ranh.org](http://www.ranh.org)

### Southfield Human Service

(For Southfield Residents only)  
2600 Evergreen Rd, Southfield 48076  
248-796-4700

### Troy People Concerned

For Troy residents only, connects clients with appropriate resources  
2045 Austin Drive, Troy 48083  
248-528-9199  
<https://troypeopleconcerned.org/>

## CPR (BLS) Training

### American Red Cross

[www.redcross.org](http://www.redcross.org)

### American BLS

[www.americanbls.com](http://www.americanbls.com)

### First Aid For Free

[www.firstaidforfree.com/](http://www.firstaidforfree.com/)

## Crisis Management

### National Resources for Human Trafficking:

1-888-373-7888  
-Available 24/7  
-Confidential

### Local Resources for Human Trafficking:

#### Oakland County

1200 N. Telegraph Bldg. 34 East  
Pontiac, MI 48341  
(248) 858-1280  
<https://www.oakgov.com/community/health/partnerships/human-trafficking>  
Oakland County Human Trafficking Task Force is developing a plan that addresses the issue of human trafficking countywide that will guide and implement activities to educate, create public awareness, conduct outreach to the community, and work with victims of human trafficking.

#### Oakland County Medical Society

30700 Telegraph Rd. #3445  
Bingham Farms, MI 48025  
(248) 792-7062  
-Provides a Human Trafficking Physician Education Video

# Dental Resources

## A One Day Dentures

### Southfield

28437 Greenfield Rd.  
Southfield, MI 48076  
248-577-1300

### Redford

25225 W 7 Mile Rd  
Suite 100, Redford, MI 48240  
313-541-6500

## Baker College

34401 S. Gratiot, Clinton Twp,  
586-790-5238

Low-cost dental hygiene clinic  
Make appointment

## Covenant Community Care Family Dental

Center Detroit  
5716 Michigan Ave, Detroit, MI 48210  
313-554-3880  
17625 Joy Rd, Detroit, MI 48228  
313-446-8800  
-General dentistry, oral surgery, and  
orthodontics

## Dental Hygiene Health Services

Linda McLaren, RDH 989-928-5205  
Karen Pavlawk, RDH 989-385-5174  
Traveling dental services including dental  
cleanings, fluoride varnish treatments,  
sealants, assessments, nutritional  
counseling, etc.

## Dental Lifeline Network

303-534-5360  
<https://dentallifeline.org/michigan/>

## Detroit Donated Dental Services

800-850-5913  
Private dental offices throughout the state.  
Must be unable to afford dental treatment  
& permanently disabled, chronically ill or  
elderly. Must need extensive dental work-  
no routine or emergency care

## Detroit Receiving Hospital Dental Clinic

313-745-4698  
Low-income residents. Discounted basic  
& emergency dental services & dental  
outreach clinics

## Gary Burnstein Health Clinic

45580 Woodward, Pontiac  
248-309-3752  
[www.garyburnsteinclinic.org](http://www.garyburnsteinclinic.org)  
Adults only; client must be uninsured for  
dental care and at or below 250% of the  
poverty level

## Honor Community Health

248-724-7600  
[www.honorcommunityhealth.org](http://www.honorcommunityhealth.org)

## Henderson Dental Clinic by Trinity

Health IHA Medical Group  
248-858-6100

## Joslyn Smile Center- Pontiac

248-758-1231

## Mott Community College Dental Hygiene Clinic

810-762-0317  
Exam, x-rays, cleaning & fluoride

## Oakland County Dental Discount Program

1200 N. Telegraph, Building 34E, Pontiac  
248-858-1306 or 866-498-7914  
[www.oakgov.com/community/health/publ  
ic-health-services/healthy-lifestyles/dental](http://www.oakgov.com/community/health/public-health-services/healthy-lifestyles/dental)  
For eligible, low-income, Oakland  
County residents without dental  
insurance. Financial application,  
enrollment fee & co-pays may be  
required. Program includes one course of  
Exam & x-rays, cleaning, fillings &  
extractions & full & partial dentures

## OCC Dental Hygiene Clinic

248-942-3260  
Exam, x-rays, cleaning & fluoride

## Portable/ In Home Dental Services

586-873-5567  
<https://portabledentalservices.com/>

## Same Day dentures & repairs

Madison Heights Baker College Dental  
Hygiene Clinic  
586-790-5238  
Exam, x-rays, cleaning & fluoride &  
periodontal cleanings

## Smile Programs- Mobile Dentists

888-833-8441  
[www.mobiledentists.com](http://www.mobiledentists.com)  
Smiles Change Lives  
816-421-4949  
Braces for children ages 10-18: low-  
income families

## St. John Dental Services

313-499-4775

## Super Teeth

23105 Van Dyke Avenue, Warren  
586-759-5353  
<https://superteeth.com/>

## Tri-County Dental Health Council

248-559-7767  
<https://garyburnsteinclinic.org/tcdhc/>  
Adult/Child programs, referral for  
services for Medicaid, low income,  
uninsured & emergency care

## University of Detroit Mercy Pediatric Dental Clinic

313-494-6701  
<http://dental.udmercy.edu>

## University of Detroit Mercy School of Dentistry

313-494-6700 or 248-233-4410  
<http://dental.udmercy.edu>

# Developmental Disabilities & Autism

## National Resources:

### **The ARC of the United States**

(800) 433-5255

[www.thearc.org](http://www.thearc.org)

-Online community, resources, special education & specific conditions, Medicaid information

### **American Association of People with Disabilities**

800-840-8844

[www.aapd.com](http://www.aapd.com)

-Programs, advocacy, resources.

### **Autism Society of America**

(800) 328-8476

[www.autism-society.org](http://www.autism-society.org)

-Autism 101, resources, family issues, research and programs .

### **National Autism Association**

National Autism Association

(877) 622-2884

[www.nationalautismassociation.org](http://www.nationalautismassociation.org)

-All about autism, resources, services to help families, treatments, Autism and safety.

### **The Center for Autism and Related Disorders (CARD)**

877-448-4747

[www.centerforautism.com](http://www.centerforautism.com)

-CARD Services, special education laws  
-Research and development  
-Treatments & interventions  
-Recommended reading  
-Information on Applied Behavior Analysis (ABA)

## Local Resources:

### **Angel's Place**

29299 Franklin Rd.

Southfield, MI 48034

(248) 350-2203

[www.angelsplace.com](http://www.angelsplace.com)

-Provides people-centered services, including homes and professional support for adults with developmental disabilities in a Christian family environment of love and compassion, an atmosphere of acceptance, dignity, well-being and the potential for personal growth and acceptance.

### **Autism Society Greater Detroit**

PO Box 3113

Center Line, MI 48015 517-220-0306

[www.autismsocietygreaterdetroit.org/](http://www.autismsocietygreaterdetroit.org/)

-connect you with resources and provide guidance.

### **Easterseals of Michigan**

2399 E. Walton Blvd.

Auburn Hills, MI 48326

(248)475-6300

[www.easterseals.com/MORC/programs-and-services/autism-asd-services/](http://www.easterseals.com/MORC/programs-and-services/autism-asd-services/)

-Provides a continuum of person-centered behavioral health services that are researched based to address mental health & substance abuse concerns  
-Easter Seals provides a variety of services for children as well as adults

### **Easterseals Macomb-Oakland Regional Center (MORC)**

15600 19 Mile Road

Clinton Township, MI 48038

586-263-8700

[www.morcinc.org](http://www.morcinc.org)

### **JARC**

6735 Telegraph Rd. STE 100

Bloomfield Hills, MI 48301

(248) 940-2617

[www.jarc.org](http://www.jarc.org)

-Residential services for adults, children, teens, and adults living with their family  
-Services include transportation, recreation, group homes, respite care, and financial assistance.

### **Judson Center**

30301 Northwestern Highway, Suite 100

Farmington Hills, MI 48334

(248) 549-4339

[www.judsoncenter.org](http://www.judsoncenter.org)

-Services include Applied Behavior Analysis (ABA), Counseling, Social Skills Groups, Facilitated Playdates, Sib shops, Parent support groups, summer programs, and family events. All services are designed to enhance the lives of children, teens and young adults with ASD and their families

### **The ARC of Oakland County**

1641 West Big Beaver Road

Troy, Michigan 48084-3501

(248) 816-1900

[thearcoakland.org](http://thearcoakland.org)

-Latest local news, financial info, forms and resources, advocacy.

### **The Friendship Circle**

6892 West Maple Road

West Bloomfield, MI 48322

(248) 788-7878

[www.friendshipcircle.org](http://www.friendshipcircle.org)

-Therapy and activities for children with special needs  
-Parent resources  
-On-going programs  
-School programs

# Diabetes

## National Resources:

### **American Diabetes Association (ADA)**

2451 Crystal Drive, Suite 900  
Arlington, VA 22202  
(800) 342-2383

[www.diabetes.org](http://www.diabetes.org)

-Nutrition, fitness, community programs & local events, Diabetes Research

### **Affordable Diabetic Supplies**

51099 Bittersweet Road Suite B  
Granger In 46530-4990  
Call us at 877 588 8500

<https://affordablediabetic.org/>

### **Diabetes Prevention Toolkit created by Center for Disease Control and American Medical Association**

[www.amapreventdiabetes.org/tools-resources](http://www.amapreventdiabetes.org/tools-resources)

- Toolkit that patients and health care teams can use as a guide to screen, test and act by referring to in-person or online diabetes prevention programs

### **Financial Assistance Fund for People Diagnosed with Type 2 Diabetes by Health Well Foundation**

(800) 675-8416

[www.healthwellfoundation.org/fund/type-2-diabetes/](http://www.healthwellfoundation.org/fund/type-2-diabetes/)

### **National Institute of Diabetes and Digestive and Kidney Diseases**

One Diabetes Way

[www.niddk.nih.gov/health-information/diabetes](http://www.niddk.nih.gov/health-information/diabetes)

800-860-8747

Overview of Diabetes, diabetes control, Resources for all ages.

### **National Diabetes Information Clearinghouse**

1 information way

Bethesda, MD 20892-3560

(800) 860-8747

(301) 907-8906

<https://migrc.org/resource/national-diabetes-information-clearinghouse-ndic/>

A-Z list of diabetes topics, treatments, Diabetes complications, statistics, awareness & prevention, tools & resources

### **The Diabetic Gourmet Magazine**

Dedicated to diabetic dining and healthy living, recipes for diabetics, healthy living tips.

[diabeticgourmet.com](http://diabeticgourmet.com)

## Local Resources:

### **Blue Care Network of Michigan**

*Diabetes Management Program*

(800) 392-4247 – Chronic Condition

Nurse Hotline

[www.BCBSM.com](http://www.BCBSM.com)

-Program for BCN and Blue Choice members of all ages diagnosed with Type 1 or Type 2 diabetes mellitus

### **Diabetes Self-Management Education - by Beaumont Health**

800-633-7377

<https://www.beaumont.org/services/diabetes>

### **Diabetic Food Pantry by Spirit of grace Church**

2399 Figa Avenue

West Bloomfield Township, MI 48324

248-338-3505

The food pantry operates on a first come, first served basis as long as supplies last. No advance registration is required. Just drive to the front entrance of Spirit of Grace

### **Gary Burnstein Clinic**

45580 Woodward Ave.

Pontiac, MI 48341

*Diabetes Prevention Program*

248-309-3752

[garyburnsteinclinic.org/](http://garyburnsteinclinic.org/)

-Prevention program for those diagnosed with prediabetes or may be at risk of developing type 2 diabetes

-Cost is covered by various funders and insurers

-Coordinates Diabetes programs

[www.trinityhealthmichigan.org/find-a-service-or-specialty/diabetes-and-endocrine/diabetes/](http://www.trinityhealthmichigan.org/find-a-service-or-specialty/diabetes-and-endocrine/diabetes/)

### **Michigan Diabetes Prevention Network**

[midiabetesprevention.org/index.html](http://midiabetesprevention.org/index.html)

-support and engage partners in diabetes prevention

-share information and resources to help you as you deliver your diabetes prevention programs

### **Trinity Health Oakland**

### **Diabetes self-management Training Program**

(248) 858-3020

### **World Medical Relief Inc.,**

21725 Melrose Ave, Southfield, MI 48075

313-866-5333

[www.worldmedicalrelief.org/diabetes-program](http://www.worldmedicalrelief.org/diabetes-program)

For Michigan residents only

Diabetic medication and insulin assistance

-Diabetic medical supplies

-Resource assistance

-Diabetic Management Information and Education



## Domestic Violence

### Child Help National Child Abuse Hotline

(800) 4-A-CHILD (800-422-4453)

[www.childhelp.org](http://www.childhelp.org)

-Provides child sexual abuse, physical abuse information and support

### First Step Domestic Violence

888-453-5900 or 734-722-6800

44567 Pinetree Drive, Plymouth

[www.firststep-mi.org](http://www.firststep-mi.org)

24-hour crisis line

### Haven (Help Against Violent Encounters Now)

30400 Telegraph Rd. Ste. 101

Bingham Farms, MI 48025

(248) 334-1274

Toll free: (877) 922-1274

[www.haven-oakland.org](http://www.haven-oakland.org)

Provides counseling, shelter, advocacy, and support for victims of domestic violence and sexual assault

-Crisis line operates 24 hours a day, 7 days a week, 365 days a year

### National Domestic Violence Hotline

(800) 799-7233 or online at

[www.thehotline.org](http://www.thehotline.org)

-Provides counseling/support in domestic violence situations

-Trained counselors provide confidential crisis intervention, support, information, and referrals to local programs to victims of domestic violence, their families, and friends. The hotline links people to help in their area including shelters, legal and social assistance programs.

## Employment Assistance

### Amedisys

<https://www.talentify.io/amedisys>

-Find jobs available near your location

### First Choice Staffing Company

7 W Square Lake Rd, Bloomfield

Hills, MI 48302. Phone:248-454-8000

### Grace Centers of Hope

35 East Huron, Pontiac 48342

248-334-2187

<http://gracecentersofhope.org>

### Gesher Human Services

248-559-5000

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

Provides career development and employment services. Offers specialized programs for refugees and individuals with developmental, emotional, and other disabilities. Also offers programs for young adults preparing to enter the workforce or college

### Job Search Websites:

Career Builder: [www.careerbuilder.com](http://www.careerbuilder.com)

Indeed: [www.indeed.com](http://www.indeed.com)

Monster: [www.monster.com](http://www.monster.com)

Zip Recruiter: [www.ziprecruiter.com](http://www.ziprecruiter.com)

### Michigan Works

Waterford: 501 N Cass Lake Rd

Waterford, MI 48328

248-682-3417

Pontiac: 1850 North Perry Rd.

Pontiac, 48340

248-276-1777

[www.michiganworks.org](http://www.michiganworks.org)

### Oakland County Workforce Development

248-858-5520

One-stop access to job training and services for job seekers and employers through electronically linked career centers.

<https://www.oakgov.com/business/business-development/workforce-development>

### Oakland University Adult Career & Life Design Center

318 Meadow Brook Rd, Auburn Hills, MI 48326

248-370-3250

<https://www.oakland.edu/cldc/>

## Financial Assistance

### Access One Med Card

-Payment Plan Options

-Internal Payment Plan

-Patients who are able to pay the account balance due within 90 days can call to make arrangements

-External Payment Plan

[www.AccessOneMedCard.com](http://www.AccessOneMedCard.com)

888-394-3133

-offer extended payment plans through our partner AccessOne. They offer no-interest and flexible low-interest payment plans that are tailored to your health and financial situation. Their program covers all patients regardless of credit history- and they never report to credit bureaus.

### Medical Debt and Hospital Bill Financial Assistance

-This program serves those that are unable to pay their hospital bills.

-Must meet income and household requirements.

-Dollar For helps you apply for financial assistance from your hospital. Dollar For doesn't pay your bills — they get the hospital to forgive them.

<https://dollarfor.org/help/?aid=findhelp&sid1=national>

### Trinity Health Apply for Financial Assistance application:

<https://www.trinityhealthmichigan.org/tools-and-resources/billing-and-insurance/financial-assistance/>

## Food Resources

### **Active Faith Community Services**

248-437-9790

401 Washington St, South Lyon, MI 48178

### **AGAPE Center**

347 S. Main Street

Romeo, MI 48065.

586-336-6842

### **Baldwin Center**

212 Baldwin Center, Pontiac

248-332-6101

Takeout Service: walk-up or drive thru meals on Monday, Wednesday, Friday  
10:30 a.m. – 12:30 p.m

### **Believers Outreach (Pontiac)**

248-230-0262

### **Bethel Lutheran**

26400 Little Mack Ave

St. Clair Shores

586-778-0021

### **Bethlehem Temple**

22645 Quinn Rd

Charter Twp Of Clinton

586-791-4530

### **CARES of Farmington Hills**

27835 Shiawassee Rd. Farmington

248-474-8231

### **Christian Trinity Church**

21770 Kelly Rd

Eastpointe

586-778-2760

### **Church of the Holy Spirit- Christian Service**

3700 Harvey Lake Rd, Highland

248-887-1441

M, W 1p-4p

### **Closet of Hope -Food Distribution Center**

26275 Northwestern Hwy Southfield

248-356-4408

### **Columbia Avenue Baptist Church**

64 W. Columbia, Pontiac

248-335-9960

### **Community Christian**

42400 Ryan Rd, Sterling Heights

586-323-1730

### **Community Sharing**

248-889-0347

400 Beach Farm Cir, Highland Charter Twp, MI 48356

### **Covenant Christian**

91 Welts St

Mt Clemens

586-944-8829

### **Department of Human Services (DHS)**

855-275-6424

### **Door of Faith Christian Church**

511 S. Sanford Street, Pontiac

248-335-4656

### **EASTSIDE CHURCH OF CHRIST**

149 Martin Luther King Blvd, North

Pontiac 48342

248-335-9333

### **Edna Burton Senior Center**

248-627-6447

345 Ball St, Ortonville, MI 48462

### **Faith Lutheran**

50600 Shelby Rd

Shelby Charter Township

586-731-8112

### **Fellowship Lutheran**

35537 Ryan Rd, Sterling Heights

586-977-7377

### **First Baptist Church**

248-634-8772

15030 N. Holly Rd, Holly

### **First Congregational Church**

248-394-0200

5449 Clarkston Rd, Clarkston

2<sup>nd</sup> Saturday of each month

### **Five Points Community Church**

3411 E. Walton, Auburn Hills

248-373-1381

### **Fill-A-Bag Feed a Family Food Pantry**

### **Trinity Missionary Baptist Church**

113-123 Wessen St Pontiac, MI 48341

248-334-5043

Every Thursday at 3 PM

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

800-552-4483

[www.fbcmich.org](http://www.fbcmich.org)

### **Food Pantry**

### **St Mary Mystical Rose**

24040 Armada Ridge Rd

Armada 586-784-5966

### **Free Diabetic Food Pantry**

### **Spirit of Grace Church**

2399 Figa Ave, West Bloomfield

[www.spiritofgrace.church/diabetic-food-pantry/](http://www.spiritofgrace.church/diabetic-food-pantry/)

Check the website for dates and available food.

### **Food Finder Website in America**

<https://foodfinder.us/about-us/>

-Food pantry locators that show you when and where to get free food assistance in your area around your zipcode.

**Good Samaritan Lutheran Church**

517 West Walton Boulevard, Pontiac  
248-335-9881

**God's Helping Hands**

PO Box 71070, Rochester Hills  
248-852-7400

**Guardian Angels**

581 E 14 Mile Rd, Clawson, MI 48017  
248-588-1222

**Holy Cross Lutheran/ New Hope Outreach**

30003 Ryan Rd, Warren  
586-751-2550

**Hopewell Baptist Church**

97 Mariva St Pontiac 48342  
248-338-1928

**Hospitality House**

248-960-9975  
2075 E West Maple Rd # B204,  
Commerce Charter Twp, MI 48390

**Jewish Family Services**

25900 Greenfield, Oak Park,  
248-592-2300 or 2313  
6555 W. Maple Rd, West Bloomfield  
248-592-2313

**Johnson Memorial**

252 Wesson, Pontiac  
248-335-4858

**Lake Crest Baptist Church**

35 Airport Rd, Waterford,  
248-681-3214

**Lakeshore Presbyterian**

27801 Jefferson Ave, St. Clair Shores  
586-777-8533

**Lakeside Bible Chapel**

39939 Hayes Rd, Sterling Heights  
586-247-5226

**Liberties South**

26345 Gratiot Ave, Roseville  
(586)-776-9565

**Lighthouse Emergency Services & Food Pantry**

46156 Woodward Ave Pontiac  
248-920-6000

**Lighthouse Outreach**

28571 Gratiot Ave, Roseville  
(586) 776-1230

**Macomb Community Action Central Center**

18 Market St, Mt Clemens  
(586)-469-6964

**Mount Calvary Lutheran**

8129 Packard Ave, Warren  
(586)-757-0319

**Neighbor for Neighbor, Inc Hart Community Center**

495 Broadway, Davisburg  
(248)-634-0900

**Neighbor House**

248-656-4904  
1315 N Pine St, Rochester, MI 48307

**New Hope Christian Fellowship**

6020 Pontiac Lake Rd, Waterford  
248-886-1500

**New Springfield Missionary Baptist Church**

124 Prospect St Pontiac, MI 48341  
(248) 332-8242

**Newman Church**

233 Bagley St Pontiac 48341  
Phone: 248-332-2800

**New Life Assembly of God**

16975 E. Twelve Mile Rd  
Roseville (586)-771-0308

**Oakland County Farmers Market**

2350 Pontiac Lake Road, Waterford  
248-858-5495 or 248-858-0906  
[www.ocmarket@oakgov.com](mailto:www.ocmarket@oakgov.com)

**OPC Social and Activity Center**

248-656-1403  
650 Letica Dr, Rochester, MI 48307

**Open Arms Food Pantry**

248-334-3280  
451 W. Kennett, Pontiac

**Open Door Outreach Center**

248-360-2930  
7170 Cooley Lake Rd, Waterford

**Open hands~ ST. John's Episcopal Church**

26998 Woodward Ave Royal Oak 48067  
248-546-1255

**Providence Missionary Baptist Church**

299 Bagley Pontiac 48341  
Phone: 248-334-3262

**Riverwood Community Church**

12000 Clinton River Rd  
Sterling Heights (586)-739-9157

**Rochester Area Neighborhood House**

1720 S. Livernois, Rochester  
248-651-5836  
[www.ranh.org](http://www.ranh.org)

**Salvation Army– Royal Oak**

3015 N. Main Royal Oak 48073  
248-585-5600

**Salvation Army– Farmington Hills**

27500 Shiawassee Farmington 48336  
248-477-1153

**Senior Project Market Fresh MSU  
Extension-Oakland Co.**

248-858-0904  
[www.msue.msu.edu](http://www.msue.msu.edu)

**Southeast Michigan Indians**

26641 Lawrence  
586-756-1350

**Southfield City Human Resource**

248-796-4540  
26000 Evergreen Rd, Southfield,

**St. Ephrem**

38900 Dodge Park Rd, Sterling Heights  
(586)-264-1230

**St Francis/ St Maximilian Rarish  
Center**

23947 23 Mile Rd, Macomb, MI 48042  
586-598-3314

**St Hubert Catholic**

38775 Prentiss St, Harrison Charter Twp  
(586)-463-5877

**St Louis Catholic**

24415 Crocker Blvd, Clinton Township  
(586)-468-4332

**St. Anne**

5920 Arden Ave  
Warren 586-264-2911

**St. Lucy**

23401 Jefferson Ave  
St Clair Shores (586)-771-8300

**St. Margaret Scotland**

21201 E. 13 Mile Rd  
St. Clair Shores 586-293-2240

**St. Mary Queen of Creation**

50931 Maria St.  
New Baltimore 586-725-2441

**St. Matthias**

12311 19 Mile Rd  
Sterling Heights 586-731-1300

**St. Michael Franciscan Poverty**

248-356-6350  
25175 Code Rd  
Southfield, MI 48034

**St Paul of Tarsus**

41300 Romeo Plank Rd  
Charter Twp of Clinton 586-228-1210

**St. Peter Catholic**

95 Market St.  
Mt. Clemons 586-468-4578

**St Peter Lutheran**

23000 Gratiot Ave  
Eastpointe 586-777-6300

**St. Pio of Pietrelcina**

18720 13 E Thirteen Mile Rd, Roseville  
586-777-9116

**St. Rita Catholic Church**

309 East Maple, Holly 248-634-4841

**St. Stephens Baptist Church**

69 S. Astor Street, Pontiac 248-335-5873

**St. Thomas Lutheran**

8771 15 Mile Rd  
Sterling Heights 586-268-2170

**Tabernacle Christian Church**

14205 E. Twelve Mile Rd  
Warren 586-778-5130

**The Emergency Food Assistance  
Program (TEFAP)**

734-721-4470 (All Wayne county except  
for Detroit) (313)923-3535  
[www.samaritas.org](http://www.samaritas.org)

**The Shore Church**

24905 Manhattan, St. Clair Shores  
(586)-772-9050

**Tired Stone Missionary Baptist  
Church**

23512 Henry B Joy Blvd  
Charter Twp of Clinton (586)-463-9430

**Troy People Concerned**

248-528-9199

**Utica United Methodist**

8650 Canal Rd, Sterling Heights  
586-731-7667

**Vietnam Veterans Food Bank**

18025 15 Mile Rd, Clinton Twp  
(586) 776-9810

**Waltham Avenue Baptist**

21038 Waltham Rd, Warren  
586-772-6710

**Waterford Baptist Cathedral**

2640 Airport Rd, Waterford  
248-673-5022

**Woodside Bible Church**

26950 23 Mile Rd, Chesterfield  
(586) 598-5830

**Zion Lutheran Church**

248-398-5510  
143 Albany St. Ferndale, MI 48220

## Home Care

### Affordable Home Care

Email: [info@affordablehomecare.org](mailto:info@affordablehomecare.org)

(248)-419-5010

Specializes in non-medical live in care and customized hourly care

### CareLinx

Affiliated with Trinity Health at Home

(855)444-9329

[www.Carelinx.com/care4u](http://www.Carelinx.com/care4u)

-Nationwide professional caregiver marketplace, empowering families to easily find, hire, manage and pay licensed caregivers online.

### Harmony Cares

(877) 468-7322

[harmoni-cares-medical-group.com/](http://harmoni-cares-medical-group.com/)

-Provides high-quality, personalized, and confidential medical care at home  
-Provides mobile physicians, nurses, and medical assistants

-Offers full-service laboratory testing

-Physical therapy and rehabilitation services

-Transitional Care Program from hospital to home

### Jeffrey Danto, DPM

4396 Dixie Hwy.

Waterford, MI

(248) 674-4141

-Provides in-home podiatry (foot care) services for Wayne and Oakland counties

### National Home Care LLC

25210 5 Mile Rd, Redford 313-387-1571

-Offer wide range of health care services in home for illness or injury

### North Oakland Home Care

7736 Ortonville Rd. Ste. B

Clarkston, MI 48348 (248) 625-5865

-Offers nursing care, physical therapy, occupational therapy, speech pathology, medical, social, and home health aide services.

## Residential Home Health & Hospice

5440 Corporate Dr. Ste. 400, Troy

(866) 902-4000

<https://residentialhealthcaregroup.com/>

-Focus is post-acute in-home care.

-Provides in-home skilled nursing and therapy, individualized to meet patients' needs, as coordinated by their physician

### Samaritans At Home

(313) 513-1667

[www.samaritas.org](http://www.samaritas.org)

-leading provider of non-medical in-home care services that offers a positive balanced approach to aging centered on the specific needs of older adults  
-Care Team comprised of employees and client care managers, available 24/7 to address client and family needs or concerns  
-innovative care programs designed to help seniors live healthier more independent lives

### T.O.N.E.

Home Health Services Inc.

30701 Woodward Ave. Ste. 452

Royal Oak, MI 48073

(248) 545-8306

Email: [info@tonehhs.com](mailto:info@tonehhs.com)

[www.tonehhs.com](http://www.tonehhs.com)

-Provides comprehensive patient and family centered care in the patient's place of residence

-Focus is on each patient's individual health care needs to assist the patient in maximizing his/her well-being

### Visiting Nurse Association of Southeast Michigan

30800 Telegraph Rd. Ste. 1728 Bingham Farms, MI 48025

(800) 852-1232

E-mail: [vna@vna.org](mailto:vna@vna.org) [www.vna.org](http://www.vna.org)

-Home healthcare, hospice, immunizations, mental health, child/senior health tips.

## Home Repair

### Bloomfield Township Senior Services

734-723-3500

[www.bloomfieldtpw.org/seniors](http://www.bloomfieldtpw.org/seniors)

Must be resident of Bloomfield Township age 60 and older with low income.

### Faith in Action Oakland County

248-820-3767

[www.faithinactionoakland.org](http://www.faithinactionoakland.org)

Volunteers provide minor home maintenance.

### Independence Township Senior Center

248-625-8231

Resident of Independence Township or city of the Village of Clarkston. Age 62 or older, disabled adult 18 or older or low income and the owner of the home in need of repair. Max dollar value \$5000

### LOVE Inc of North Oakland County

248-693-4357

<https://loveincfnoc.org/>

Network of churches that provides assistance with a variety of needs, including home, appliance, and auto repairs. Must be a resident of northern Oakland County.

### Oakland County Neighborhood and Housing development

248-858-0493 or 888-350-0900 x 85401

[www.OCHousingPrograms.com](http://www.OCHousingPrograms.com)

-Zero percent interest for eligible home improvements. Home improvement examples: barrier free access, heating, plumbing, bathrooms, porches, doors, and kitchens

### Older Persons Commission-Rochester

248-656-1403

[www.opcseniorcenter.org](http://www.opcseniorcenter.org)

### **Pontiac Home Repair Program**

248-758-3040

-Appointments can be scheduled.

-Application and requirements to be met.

### **Rebuilding Together Southeast Michigan**

Oakland County: 248-482-8061

Wayne County: 313-766-4010

[www.rebuildingtogethersem.org](http://www.rebuildingtogethersem.org)

Assisting low-income homeowners in Oakland County on the last Saturday in April every year. Assistance at other times of the year based on volunteer availability.

## Home Safety/Home Injury

### **Birmingham Next**

248-203-5270

[www.birminghamnext.org](http://www.birminghamnext.org)

Must be the owner/occupant of a home in Birmingham. Income eligibility requirements.

### **Michigan Home Fire Campaign**

[www.redcross.org/local/michigan/about-us/our-work/home-fire-campaign](http://www.redcross.org/local/michigan/about-us/our-work/home-fire-campaign)

The American Red Cross Home Fire Campaign helps save lives by installing free smoke alarms in homes that don't have them, and by educating people about home fire safety.

### **OLHSA- Oakland Livingston Human Service Agency**

248-209-2600

[www.olhsa.org](http://www.olhsa.org)

## Hope Recuperative Care

### **Hope Recuperative Care Center**

1416 Joslyn Ave.

Pontiac, MI 48340

P: 248-499-6437

F:248-499-6828

[www.hopeshelters.org/recuperative-shelter.html](http://www.hopeshelters.org/recuperative-shelter.html)

HOPE Recuperative Care Center (HOPE RCC) is a specialty homeless shelter for those who are hospitalized but need a "discharge to home" option from an inpatient medical or psychiatric hospital setting. Hope RCC provides emergency shelter, meals, service navigation/coordination of services to resolve homelessness and medical oversight to individuals experiencing homelessness who are recovering from an acute illness or injury.

## Household Goods (Furniture)

### **Furniture Bank**

333 N. Perry, Pontiac 48342

P: 248-332-1300, F: 248-332-2525

[www.furniture-bank.org/services/need-furniture/](http://www.furniture-bank.org/services/need-furniture/)

To receive furniture, we request a modest appointment fee, which amounts to approximately 10% to 15% of the furniture's actual value, which can be paid by the referring agency or client.

### **Humble Design**

180 N. Saginaw, Pontiac 48342

844-486-2533

[www.humbledesign.org/](http://www.humbledesign.org/)

Helps families transition from homeless shelters to housing. Provides furnishings and designs services

### **Troy People Concerned**

For Troy residents only, connects clients with appropriate resources.

2045 Austin Drive, Troy 48083

248-528-9199

[troypeopleconcerned.org/](http://troypeopleconcerned.org/)

## Housing /Shelters

### **Coalition on Temporary Shelter (COTS)**

26 Peterboro, Detroit 48201

313-831-3777

[www.cotsdetroit.org](http://www.cotsdetroit.org)

### **Community Housing Network**

(248) 928-0111

5505 Corporate Dr#300, Troy MI, 48098.

[communityhousingnetwork.org/](http://communityhousingnetwork.org/)

### **Grace Centers of Hope**

248-334-2187

35 E. Huron St, Pontiac

[www.gracecentersofhope.org](http://www.gracecentersofhope.org)

-Men, women, children

-Short term shelter and 1 year program

### **Haven**

801 Vanguard Drive, Pontiac 48341

General Inquiries: 248-334-1274

Crisis & Support: 248-334-1274 or

877-922-1274

[www.haven-oakland.org/programs/shelter](http://www.haven-oakland.org/programs/shelter)

-For victims of domestic violence .

### **Hope Hospitality & Warming Center**

249 Baldwin Avenue, Pontiac 48342

248-499-7345

[www.hopeshelters.org/](http://www.hopeshelters.org/)

-Adult shelter:7PM-8Am, 7 days a week.

248-376-5338

PO Box 115, Bloomfield Hills, MI 48303

-Provides non-emergency shelter for childless, pregnant, adult women.

### **Lighthouse Youth Sanctuary**

751 Hendrie Blvd, Royal Oak 48067

248-547-2260

3-week runaway shelter for homeless children

Ages 10-17 years of age

Step Forward Program

Youth transition living shelter for homeless ages 16-20 years of age

[lighthousemi.org/](http://lighthousemi.org/)

### **MCrest**

20415 Erin St, Roseville 48066

586-415-5101

-Provides referrals to area churches for men, women, and children

[www.mcrest.org](http://www.mcrest.org)

### **Phillip Mission House**

248-532-0023

30800 Northwestern Highway,  
Farmington Hills

-Male and female adults.

### **Salvation Army (MATTS)**

24140 Mound Rd, Warren 48091

586-754-7400

[centralusa.salvationarmy.org/warren/provide-housing/](http://centralusa.salvationarmy.org/warren/provide-housing/)

### **The Corner Shower and Laundry**

Provide those in need in Metro Detroit community with these basic services.

[www.cornershowerandlaundry.com](http://www.cornershowerandlaundry.com)

### **South Oakland Citizens for the Homeless: (Welcome Inn Day Center for the Homeless)**

1717 W 13 Mile Rd, Royal Oak, MI

248-850-3219

[www.sochwi.org](http://www.sochwi.org)

Monday - Thursday, 9AM - 2PM

Showers: Monday & Thursday 9AM

Honor Health: Wednesday 9AM - 12PM

Laundry Run: Tuesday 10AM

## **Insurance Assistance**

### **AARP Insurance**

(888) 687-2277

[www.aarp.org/health/insurance](http://www.aarp.org/health/insurance)

-Information on insurance for retired people

### **Accounting Aid Society**

313-556-1920

-Full-service tax help for families and incomes up to \$64,000 for federal, state, and local tax returns. Low Income Tax Clinic (LITC) for a low-income individual who has trouble with the IRS. Financial Capability for individuals who want to learn how to get out of debt, make their money work harder and build savings for the future.

-Sessions were held at various locations in Wayne, Oakland, and Macomb County.

[www.accountingaidsociety.org](http://www.accountingaidsociety.org)

### **Medicare Choices Helpline**

(800) 633-4227

[www.medicare.gov](http://www.medicare.gov)

-Answer questions specific to Medicare

### **Medicare Medicaid Assistance Program**

800-803-7174

[www.aaalb.org/medicare-medicaid-helpstatewide](http://www.aaalb.org/medicare-medicaid-helpstatewide)

Free and unbiased help with Medicare and Medicaid

Free of charge

### **Michigan's Insurance Information Hotline**

Insurance Institute of Michigan

334 Townsend St.

Lansing, MI 48933

(517) 371-2880

<https://joywallet.com/article/best-car-insurance-companies/>

-Ready source of information on all types of insurance

-Personnel respond to complaints and provide for prompt, objective resolution of disputes between policyholders and insurance companies

-Website Resources

### **Oakland County Department of Human Services**

Pontiac District

(248) 975-5400

[www.michigan.gov/mdhhs/inside-mdhhs/county-](http://www.michigan.gov/mdhhs/inside-mdhhs/county-offices/oakland/quicklinks/oakland-co--pontiac-saginaw-st-)

[offices/oakland/quicklinks/oakland-co--pontiac-saginaw-st-](http://www.michigan.gov/mdhhs/inside-mdhhs/county-offices/oakland/quicklinks/oakland-co--pontiac-saginaw-st-)

-Medicaid

-Bridge Card

-Medical assistance

-Children, pregnant women, families, adults

## Legal Assistance

### Counsel and Advocacy Law Line

(CALL) 888-783-8190 or 248-569-9658  
[michiganlegalhelp.org/find-lawyer/counsel-advocacy-law-line](http://michiganlegalhelp.org/find-lawyer/counsel-advocacy-law-line)

Division of Lakeshore Legal Aid offering an attorney-staffed telephone advice, brief service, per SE and referral system serving low income and/ or seniors.

### Disability Attorneys of Michigan

800-701-5524

28755 Schoenherr Rd Suite 100, Warren, MI 48088

The Law Offices of Stu Johnson & Associates works on a contingent basis (you do not pay a fee unless your claim is successful).

### Eldercare Locator

800-677-1116

[eldercare.acl.gov/Public/Index.aspx](http://eldercare.acl.gov/Public/Index.aspx)

### Elder Law of Michigan

866-400-9164

[www.elderlawofmi.org](http://www.elderlawofmi.org)

Information, advocacy, legal advice and professional services for older adults and people with disabilities

### Family Law Assistance Program (FLAP)

888-783-8190

[michiganlegalhelp.org/events/family-law-assistance-project-flap-clinic](http://michiganlegalhelp.org/events/family-law-assistance-project-flap-clinic)

### Justice for Our Neighbors (JFON)

734-709-1151

[www.iljmi.org/](http://www.iljmi.org/)

-Faith-driven ministry for immigrants who cannot afford a private attorney.

### Lake Shore Legal Aid

248-335-0125 or 888-783-8190

[www.lakeshorelegalaid.org](http://www.lakeshorelegalaid.org)

Free legal help for low-income people and seniors (60+)

### National Academy of Elder Law Attorneys

703-942-5711

[www.elderlawofmi.org](http://www.elderlawofmi.org)

### National Elder Law Foundation

520-881-1076

[www.nelf.org](http://www.nelf.org)

### Neighborhood Legal Services of Michigan

313-937-8291 [www.nlsmichigan.org](http://www.nlsmichigan.org)

### Oakland Mediation Center

248-338-4280

Mediation & education services to resolve conflict & bullying

### Pontiac Friend of the Court

248-858-0424

### Pontiac Legal Aid & Defender

877-964-4700

[michiganlegalhelp.org/find-lawyer/legal-aid-and-defender-association](http://michiganlegalhelp.org/find-lawyer/legal-aid-and-defender-association)

### Prosecutor's Office

248-858-0656

-Oakland County

-Provides an alternative to going to court

### Salvation Army William Booth Legal Aid Clinic

313-361-3640

Contact for prescreening to determine eligibility and to schedule an appointment at the Pontiac location. For clients who are at or below federal poverty guidelines. Provides general counsel and advise in Consumer Debt, Landlord/Tenant, Juvenile Guardianship, Immigration, Wills, Public Benefits and General Advocacy

## Lifeline Alarms

### Assurance

888-898-4888

[www.assurancewireless.com/help-center/about-us](http://www.assurancewireless.com/help-center/about-us)

Free cell phones +250 free voice minutes. One phone per address. If a previous tenant received one at your address, you will not be eligible.

### Guardian Medical Monitoring

800-698-0351

[www.guardianalarm.com](http://www.guardianalarm.com)

Local based in Southfield- great customer service, med dispensers, GPS pers, fall sensor pers

### Medical Guardian

800-668-9200

Home guardian or mobile guardian portable GPS.

1 month free for, free shipping, free lock box

### Phillips Lifeline

855-681-5351

Motion / fall detection

### Safelink

[safelinkwireless.com](http://safelinkwireless.com)

To qualify you must participate in one of the following assistance programs or your total household income is at or below 150% of the Federal Poverty Guidelines.

- Federal Public Housing/ Section 8
- Food Stamps
- Low-income Home Energy Assistance Program
- Supplemental Security Income (SSI)
- Free school lunch program
- Medicaid
- Temporary Assistance for Needy families



## Medical Equipment Loan Closet

### Armada Township Senior Center

586-784-8050

[www.armadatwp.org/senior-center](http://www.armadatwp.org/senior-center)

ALS of Michigan

800-882-5764

-Provide support to patients with ALS.  
-Information, Referrals and Resource Guides, Workshops & Seminars, Equipment Loans

### City of Roseville

586-445-5423

[www.rosevillemi.gov](http://www.rosevillemi.gov)

### CPAP Assistance Program Auburn Hills Senior Services

248-370-9353

### Church of the Holy Family

248-349-8553

[www.holyfamilynovi.org](http://www.holyfamilynovi.org)

### Disability Network Eastern Michigan

586-268-4160

[www.dnemichigan.org/](http://www.dnemichigan.org/)

### Equipment loan program for ALS and PLS patients American Sleep Apnea Association

[www.sleepapnea.org](http://www.sleepapnea.org)

888-293-3650

### Fraser Department of Public Safety-Fire Division

586-293-2000

[www.micityoffraser.com](http://www.micityoffraser.com)

### Great Lakes Loan Closets

[loanclosets.org/michigan/oakland](http://loanclosets.org/michigan/oakland)

313-866-5333

21725 Melrose Ave.

Southfield, MI 48075

-Durable Medical Equipment Program - Through the DME program, low-income clients can purchase canes, walkers, hospital beds, over-the-bed tables, commodes, tub benches, and similar items. All items must be picked up from WMR's warehouse. A small handling fee is assessed. Call first to check for availability

### Macomb Community

#### Action/Macomb County Office of Senior Services

586-469-6999

[www.macombgov.org/departments/macomb-community-action](http://www.macombgov.org/departments/macomb-community-action)

### OLSHA

Oakland County:(248) 209-2600

Livingston County: (517) 546-8500

[www.olhsa.org/en-us/](http://www.olhsa.org/en-us/)

### Romeo, Washington, Bruce Parks & Recreation

586-752-9601

[www.rwbparksrec.org](http://www.rwbparksrec.org)

### Roseville Parks and Recreation Center

586-445-5480

[www.recreationalauthority.com](http://www.recreationalauthority.com)

### Shelby Fire Department

586-731-3476

[www.shelbytp.org](http://www.shelbytp.org)

### Shelby Senior Center

586-739-7540

[www.shelbytp.org](http://www.shelbytp.org)

### World Medical Relief

313-866-5333

[www.worldmedicalrelief.org](http://www.worldmedicalrelief.org)

## Palliative Care, Hospice and Grief Counseling

### Angela Hospice

14100 Newburgh Rd. Livonia, MI 48154

(734) 464-7810

Toll free: (866) 464-7810

-Specialized care for the terminally ill  
-Care provided in the home

### Get Palliative Care

[www.GetPalliativeCare.org](http://www.GetPalliativeCare.org)

an on-line resource for patients and families that focuses solely on providing information on palliative care. Services provided include a Provider Directory, Definitions of Palliative Care, an Interactive Quiz to decide if Palliative Care is right for you or a loved one and Handouts for Patients and Families.

### Hospice of Michigan

400 Mack Avenue Detroit, MI 48201

(888) 247-5701

[www.hom.org](http://www.hom.org)

-Patient & family services in the home and other settings such as hospitals and nursing homes  
-Grief counseling services and support groups  
-Spiritual care services

### New Hope Center for Grief Support

133 W. Main St. STE. 113

Northville, MI 48167

(248) 348-0115

E-mail: [griehelp@newhopecenter.net](mailto:griehelp@newhopecenter.net)

[www.newhopecenter.net](http://www.newhopecenter.net)

-Provides grief support services for adults and children grieving after the death of a loved one  
-Support groups for kids & teens, widows, and loss of a child  
-Helpful resources for coping with loss  
-Various workshops available

## NorthStar Care Community

888-247-5701

-Hospice and Palliative Care  
-Both hospice and palliative care specialize in managing symptoms and facilitating goals of care with life limiting illnesses

## Pediatrics

### National Resources:

#### **American Academy of Pediatrics**

(800) 433-9016

[www.aap.org](http://www.aap.org)

-Parenting tips

-Resources

-Provides Information on a variety of pediatric health topics such as Autism, ADHD, DD, Allergies, Depression, and Asthma

#### **Nemours Foundation Kids Health**

[kidshealth.org](http://kidshealth.org)

Information on:

- General health, infections, emotions and behaviors, growth and development, nutrition and fitness, positive parenting, doctor and hospital visits.

- Infections

### Local Resources:

#### **American Academy of Pediatrics - Michigan Chapter**

106 W. Allegan Ste. 510 Lansing, MI

(517) 484-3013

[www.miaap.org](http://www.miaap.org)

Creates programs and services to meet the needs of its members

#### **Another Way Pregnancy Center**

28552 Orchard Lake RD STE 300,

Farmington Hills, MI 48334

248-471-5858

[www.answers4pregnancy.com/](http://www.answers4pregnancy.com/)

## Ascension St. John's Providence Children's Center

### Detroit

22201 Moross rd. ste 270

Detroit, MI 48236

313-343-3481

### Rochester

1135 W University Dr#355,

Rochester, MI 48307

Inpatient Pediatric Unit

- Pediatric Intensive Care Unit (PICU)

- Special Care Nursery (SCN)

-The Neonatal Intensive Care Unit (NICU)

- Birthing Center

- Pediatric Ambulatory Surgery Unit (PASU)

- The Pediatric Children's Center

- Pediatric Emergency Center

## Boys and Girls Clubs of SE Michigan

26777 Halsted Rd. Ste. 100

Farmington Hills, MI 48331

(248) 473-1400

[www.bgcsm.org](http://www.bgcsm.org)

Provides youth development programs, sporting activities, events, and a safe haven for children ages 6 to 18 to help them grow into responsible, self-reliant individuals

## Care Net Pregnancy Info Center

2826 Coolidge Hwy

Berkley 48072

248-545-6411

Detroit: 313-243-1267

24-hour Hot Line: 800-395-HELP

## Catholic Charities of Southeast Michigan

3300 South Adams Rd

Auburn Hills 48326

248-537-3300

[www.ccsem.org/](http://www.ccsem.org/)

-Focus on adoption

## Compassion Pregnancy Center

586-783-9620

24-hour Hot Line 800-712-HELP

[www.compassionpregnancy.org](http://www.compassionpregnancy.org)

## Crossroads Pregnancy Center

3205 South Blvd., Auburn Hills 48326

248-293-0070

24-hour Hot Line:

## DMC – Children's Hospital of Michigan

3901 Beaubien

Detroit, Michigan 48201

1-888-362-2500

[www.childrensdmc.org](http://www.childrensdmc.org)

-Wide range of services including autism, cancer, neurology, child protection, communication disorders

-Health tools

-Family resource library

## First Beat

### **Maternal Infant Health Program (MIHP)**

(833) 644-6447

E-mail: [MIHP@michigan.gov](mailto:MIHP@michigan.gov)

[www.michigan.gov/mihp](http://www.michigan.gov/mihp)

Pregnant women and infants-Medicaid eligible or w/Medicaid insurance

-Referrals to local community services

-Childbirth education

-Assist w/ housing, insurance, WIC, and baby items

-Breastfeeding Counseling -Car seat program

### **Kids in Motion Pediatric Therapy**

Highland: 248-684-9610  
2636 S. Milford Rd.  
Highland, MI 48357  
Commerce: 248-387-5200  
3285 Martin rd. ste 104  
Commerce, MI 48390  
Clarkston: 248-707-3100  
7822 Andersonville Rd.  
Clarkston, MI 48346  
[www.kimpediatrics.com](http://www.kimpediatrics.com)

Specializes in physical, occupational and speech and language therapy for children and families from birth to young adult  
-Music, massage, and aquatic therapy also available.  
-Services are available both on an outpatient and home health care basis.

### **Oakland County Michigan Health**

Division – Immunizations  
(248)858-1305 Pontiac  
(248)424-7046 Southfield  
[www.oakgov.com/health](http://www.oakgov.com/health)

Immunizations for babies and preschoolers

-Immunizations for school age children  
-Immunizations for teens/adults

### **Skillman Center for Children**

71 E. Ferry  
Detroit, Michigan 48202  
(313) 664-2533  
[www.mpsi.wayne.edu](http://www.mpsi.wayne.edu)

The mission of the Skillman Center for Children is to enhance the economic and social well being of urban children and their families

-Upcoming events  
-Resource center

### **WIC (Women, Infants and Children)**

Oakland County Health Division  
34 East, 1200 Telegraph Rd.  
Pontiac, MI 48341  
248-858-1272

[www.oakgov.com](http://www.oakgov.com)

Wayne Co 313-876-4555

-WIC provides supplemental foods, healthcare referrals, nutrition education, and breastfeeding promotion and support to low-income pregnant, breastfeeding, and postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

## **Pet Resources**

### **All About Animals Wellness Center**

Lost cost clinic  
2660 Auburn, #400 Auburn Hills, 48326  
248-212-0781

Walk in Wellness Hours: Th (3-7pm), Fr (10a-6p), Sat (10-3p)

<http://www.allaboutanimalsrescue.org/veterinary-services/wellness-hours/>

### **Michigan Humane Society Pet Pantry Program**

866-648-6263  
1116 S. Rochester Road, Rochester Hills  
<https://www.michiganhumane.org/rochester-hills-location/>

-Must be 21 years of age or older. Proof of government assistance is required (Food Stamps, Medicare/ Medicaid, Social Security Disability). Animals over eight years of age Must be sterilized with proof from a veterinarian. See website for additional guidelines

### **New Beginnings Animal Rescue**

248-543-4070  
2502 Rochester Rd, Royal Oak, 48073  
Our pantry supplies should supplement your monthly supply of pet food and not be the sole source of food for pets; you should expect to purchase food for your pets in addition to receiving food to meet their nutritional needs. If you need help from our pantry, please visit our pantry during our hours of operation: 12-2p every Sunday, except on holiday/ holiday weekends. Volunteers will be there to assist members. All new and returning members are eligible to receive food once a month, or as directed by pantry volunteers.

### **Oakland County Pet Adoption Center**

248-391-6283  
[www.oakgov.com/community/pet-adoption](http://www.oakgov.com/community/pet-adoption)

### **Pet Poison Help Line**

\$85 per incident  
855-764-7661  
[www.petpoisonhelpline.com](http://www.petpoisonhelpline.com)

## Prescription Resources

### Good Rx

888-799-2553

[www.Goodrx.com](http://www.Goodrx.com)

### LifeSource Direct

(866) 340-4748

[lifesourcedirect.com/health-benefits-guide/pharmacy-discount-card/](http://lifesourcedirect.com/health-benefits-guide/pharmacy-discount-card/)

### Mark Cuban CostPlus Drug Company

855-910-8606

[www.costplusdrugs.com](http://www.costplusdrugs.com)

### Meijer Pharmacy

Auburn Hills (248) 393-5110

Rochester Hills (248) 844-2810

Waterford Twp (248) 738-7810

Royal Oak (248) 280-5010

Southfield (248) 304-9510

Select free prescriptions

### Michigan's Prescription Drug

#### Discount Card-miRx

(866) 755-6479

### NeedyMeds

(800) 503-6897

[www.needy meds.org/](http://www.needy meds.org/)

-Individuals with no prescription drug coverage

-Needy Meds is *not* a patient assistance program, but rather a source of information on thousands of programs that may be able to offer prescription assistance to people in need.

### Nice Rx

866-407-0777

[www.nicerx.com/](http://www.nicerx.com/)

## Oakland County (Coast to Coast Rx Program)

800-931-8872

[www.coast2coastrx.com/](http://www.coast2coastrx.com/)

-Prescription drug discount card average savings of 20%

### Oakland Primary Health Services

Prescription assistance and WIC

(248) 322-6747

Pontiac High School (248) 451-7365

Waterford Teen Health Center

(248) 674-4876

-Medication Assistance Programs

-Offers complete medical care for all ages

### Optum Perks

866-407-8901

<https://perks.optum.com>

### Prescription Assistance

888-477-2669

[www.pparx.org](http://www.pparx.org)

-Connects patients with free or low-cost providers

### Rx Outreach

888-796-1234

<https://rxoutreach.org/>

-Serve income limits below 400% FPL and have about 1,000 medications that often have high copays including blood pressure meds, ADHD meds and cancer drugs.

-Signing up can be done by the patient online or over the phone and takes about 5 minutes, then they ask for e-scripts to be sent to them by the provider.

### RxAssist

[www.rxassist.org](http://www.rxassist.org)

-Connects individuals with low-cost or no-cost prescription medication

### World Medical Relief

313-866-5333

21725 Melrose Avenue, Southfield 48075

[www.worldmedicalrelief.org](http://www.worldmedicalrelief.org)

-Must not be enrolled in Medicaid and not have prescription drug coverage

## Ramp Construction

### Adaptech Inc.

248-923-4603

### CAPS Remodeling- Multi

248-220-052

### Disability Made Easy

855-363-2727

### ADA for ALL- BFA, LLC

734-414-9525

### Faith in Action Oakland County

248-820-3767

[www.faithinactionoakland.org](http://www.faithinactionoakland.org)

Volunteers may be able to help with ramp construction, depending on availability

### Habitat for Humanity- Oakland County

Restore Waterford 248-338-8392

Restore Farmington Hills 248-442-2267

Pontiac Office 248-338-1843

### Habitat for Humanity- Macomb County

Restore Shelby Township

586-263-1540 x 110

Restore Warren

586-263-1540 x 132

### Macomb Community Action

586-469-6999

[www.mca.macombgov.org](http://www.mca.macombgov.org)

Home injury control has a temporary modular ramp program for disabled individuals in need of a ramp on a short-term or temporary basis

## **Rebuilding Together Southeast Michigan**

248-482-8061

[www.rebuildingtogethersem.org](http://www.rebuildingtogethersem.org)

Assisting low-income homeowners in Oakland County on the last Saturday in April every year. Assistance at other times of the year based on volunteer availability

## **Rental/Housing Assistance**

### **Catholic Community Response Team**

Pontiac residents only

248-499-9621

132 Franklin, Ste 203 Pontiac 48341

[ccresponseteam.weebly.com/#/](http://ccresponseteam.weebly.com/#/)

### **Community Housing Network**

Troy: 248-928-0111

5055 Corporate Drive, Suite 300, Troy  
Macomb: 586-221-5900

15106 Deerfield Ave, Eastpointe, MI

[communityhousingnetwork.org/](http://communityhousingnetwork.org/)

### **Community Sharing Outreach**

Residents of Huron Valley School District only. Helps with evictions.

248-889-0347

400 Beach Farm Circle, Highland, MI

[www.community-sharing.org/](http://www.community-sharing.org/)

### **Department of Human Services (DHS)**

[www.michigan.gov/mdhhs/assistance-programs/housing-and-homeless-services](http://www.michigan.gov/mdhhs/assistance-programs/housing-and-homeless-services)

### **Ferndale Housing Commission**

Serves Ferndale residents.

248-547-9500

415 Withington Street, Ferndale, MI  
48220

### **FISH (Oxford/Orion)**

Services, Lake Orion, Oxford, parts of Addison, Lakeville, Leonard, and Oakland Townships. 248-628-3933

### **Habitat for Humanity**

248-338-1843

150 Osmun

Pontiac, MI 48342

[www.habitatoakland.org](http://www.habitatoakland.org)

### **Jewish Family Services**

248-593-2300 or 800-458-0404

Oak Park:

25900 Greenfield Road

Oak Park, I 48327 or

248-592-2300

West Bloomfield:

6555 W. Maple Road

West Bloomfield Twp., MI 48322

[www.jfsdetroit.org/](http://www.jfsdetroit.org/)

### **Love, Inc.**

248-693-4357

P.O. Box 104

Lake Orion, MI 48361

<https://loveincfnoc.org/>

### **Michigan Housing Locator**

Rental Housing Searches

[www.michigan.gov/mshda/look-ups](http://www.michigan.gov/mshda/look-ups)

### **Neighbor for Neighbor**

Serves Davisburg, Groveland, Holly,

Rose, Springfield, and parts of

Independence Twp. And White Lake Twp

248-634-0900

495 Broadway

Davisburg, MI 48350

[www.neighborforneighbor.net](http://www.neighborforneighbor.net)

### **Oakland County's Community & Home Improvement Division**

248-858-5401

[www.oakgov.com/community/older-adults/resources/housing-home-improvement](http://www.oakgov.com/community/older-adults/resources/housing-home-improvement)

### **OLSHA**

Oakland County: 248-209-2600

Livingston County: 517-546-8500

196 Cesar E. Chavez Avenue

Pontiac, MI 48343

[www.olhsa.org](http://www.olhsa.org)

### **Open Door Outreach Center**

248-360-2930

7170 Cooley Lake Road

Waterford, MI 48327

Tuesday- Friday, 10am-4pm

[www.opendooroutreachcenter.com/](http://www.opendooroutreachcenter.com/)

### **Pontiac Housing Commission**

132 Franklin Blvd. Pontiac, 48341

248-338-4551

### **Rochester Area Neighborhood House**

Serves Addison Twp., Auburn Hills, Oakland Twp., Rochester, and Rochester Hills residents.

1726 L. Livernois, Rochester Hills 48307

248-651-5836

[www.ranh.org](http://www.ranh.org)

### **Southfield Human Services**

Southfield residents only

2600 Evergreen Road, Southfield 48076

248-796-4700

### **Troy People Concerned**

Serves Troy residents.

2045 Austin Drive, Troy 48083

248-528-9199

# Resources For General Health

## Center for Disease Control and Prevention (CDC)

1600 Clifton Road, Atlanta, GA 30329  
(800) 232-4636 – 24 hours/Every day  
[www.cdc.gov](http://www.cdc.gov)

- Diseases & conditions
- Emergency preparedness & response
- Environmental health
- Life stages & populations
- Healthy living/preventative health
- Injury, violence & safety, workplace safety
- Travelers' health

## Mayo Clinic

855-852-8129  
[www.mayoclinic.org](http://www.mayoclinic.org)

Health topics include:

- Diseases and conditions
- Symptoms
- Drugs and supplements
- Tests and procedures
- Healthy lifestyle
- First aid

## MI Genetics Connection – Support Group Directory

[www.migr.org](http://www.migr.org)

-Contains info about support groups and organizations for people with genetic conditions

## Medline Plus

[www.nlm.nih.gov/medlineplus/](http://www.nlm.nih.gov/medlineplus/)

750 health topics on conditions, diseases & wellness

- Information on drugs & supplements
- Medical Encyclopedia – includes pictures & diagrams
- Information in over 40 languages
- A service for finding local resources

## Michigan Department of Community Health

3350 N Martin Luther King Blvd,  
Lansing, MI 48906  
517-335-8067

[www.michigan.gov/mdch](http://www.michigan.gov/mdch)

- Resources for pregnant women, children & families
- Programs for mental health & substance abuse
  - Physical health & prevention resources
  - Information on health care coverage
  - Birth, death, marriage, and divorce records
  - Community health news

## MSU Extension Health and Nutrition

[www.canr.msu.edu/nutrition/](http://www.canr.msu.edu/nutrition/)

-Call for information about the programs available in your community

The following programs are available:

- Choosing health Food
- Stretching food dollars
- Preparing and storing food safely
- Ways to be more physically active
- Breastfeeding information and support

## United Way 2-1-1 Hotline

Dial 2-1-1

Alternate number: (313) 226-9200

<https://www.unitedway.org/our-impact/featured-programs/2-1-1#>

- Resources on rent/utility assistance, food, legal assistance, support groups, health insurance, etc.
- Assists caller in over 170 languages
- Available 24 hours a day, 7 days a week
- Free & confidential

# Resources For Other Languages

## Arab-American and Chaldean Council (ACC)

248-559-1990  
[www.myacc.org](http://www.myacc.org)

## Association of Chinese Americans

248-585-9343

[www.acadetroit.org](http://www.acadetroit.org)

Helps non-English-speaking Chinese seniors in Oakland County access community resources

## Catholic Charities of Southeast Michigan

855-882-2736

[www.ccsem.org](http://www.ccsem.org)

## Centro Multicultural La Familia

91 N Saginaw St, Pontiac, MI 48342  
(248) 858-7800

[www.centromulticultural.org](http://www.centromulticultural.org)

- Provide Spanish/English: Outpatient Mental Health services
- Substance Abuse Services
- Domestic Violence Program
- Youth Mental Health First Aid Parenting Workshops
- Cultural Competence Training
- Bilingual Health Education
- Assistance with Health Insurance Applications
- Mental Health Workshops
- Citizenship Classes

## Cyacom

[Interpret.cyacom.com](http://Interpret.cyacom.com)

For Translation & Localization requests, please contact them at:

Email: [Translations@cyacom.com](mailto:Translations@cyacom.com)

Phone: (321) 320-3564

For Phone & Video Interpretation requests, please contact them at:

Email: [getstarted@cyacom.com](mailto:getstarted@cyacom.com)

800-481-3289

<https://cyacominternational.com/>

CyraCom is the leading provider of language interpreter services including services for the deaf community

- The company supports hundreds of languages and operates 24/7

## Deaf Community Advocacy Network

2111 Orchard Lake Road  
Suite 101, Sylvan Lake, MI 48320  
(248)332-3323 TTY  
(248)332-3331 Voice  
[www.deafcan.org](http://www.deafcan.org)  
Email: [deafcan@deafcan.org](mailto:deafcan@deafcan.org)  
Source for providing certified interpreters

## DeafMD.org

[www.deafhealth.org](http://www.deafhealth.org)  
-Information on diseases & illnesses  
-Understanding tests  
-Find deaf-friendly doctors in your area  
-Instant access to medical ASL interpreters

## Easter Seals Michigan

2399 E. Walton Blvd. Auburn Hills, MI  
(248) 475-6300  
Toll-free: 1-800-757-3257  
[mi.easterseals.com](http://mi.easterseals.com)  
Provide the many services in Spanish.

## Jewish Family Services of Metro Detroit

248-592-2313  
[www.jfsdetroit.org](http://www.jfsdetroit.org)

## Language Services Associates

[www.lsaweb.com](http://www.lsaweb.com)  
(800) 305-9673  
-Multi language translation services available per contract

## Mercy Place Clinic

55 Clinton Street, Pontiac, MI 48342  
(248) 333-0840  
-Bilingual services (Spanish and English)  
-Pregnancy testing  
-Prenatal and postpartum services  
-Normal and high-risk pregnancies  
-W.I.C. application site  
-Assistance with Medicaid application for MOM's program  
-Support and interpretation services for women during and after pregnancy  
-Connection to other resources in the community

## Michigan Department of Health and Human Services

Madison Heights 248-583-8700  
Southfield 248-262-6400  
Pontiac 248-975-5200

## Wayne State University – Urban Health Partners

(313) 577-1088  
[www.lib.wayne.edu/shiffman](http://www.lib.wayne.edu/shiffman)  
-Provides Arabic language health materials on a number of topics

## Resources For Self Management Programs

### Chronic Disease Self-Management Programs:

#### Michigan Partners on the Path

*Leader Training*  
(734) 727-2060  
Contact: Amanda Pier  
[www.mihealthyprograms.org](http://www.mihealthyprograms.org)  
Find a class/workshop in your area  
-Program descriptions  
-Upcoming events  
-Resources

#### Stanford Patient Education

**Research Center**  
1000 Welch Rd. Ste. 204  
Palo Alto, CA 94304  
(650) 723-7935  
E-mail: [self-management@stanford.edu](mailto:self-management@stanford.edu)  
[patienteducation.stanford.edu](http://patienteducation.stanford.edu)  
Internet self-management programs  
-Evaluation tool  
-Training information

## Resources For Senior Citizens

### Adult Protective Services

855-444-3911  
[www.michigan.gov/mdhhs/adult-child-serv/abuse-neglect](http://www.michigan.gov/mdhhs/adult-child-serv/abuse-neglect)  
-Report abuse or neglect

### Alzheimer's Association

24-Hour Helpline: (800) 272-3900  
[www.alz.org](http://www.alz.org)  
-Information on Alzheimer's disease  
-News & events, local support groups, respite care, special events, education programs

### American Association for Retired Persons (AARP)

Toll Free:(888) 687-2277  
Toll Free Spanish: (877) 627-3350  
[www.aarp.org](http://www.aarp.org)  
Non-profit, nonpartisan membership organization that provides information to people 50 and over on health issues, money concerns, insurance, long-term care, leisure living, travel, family, housing options, living after loss, and making a difference

### Alliance Senior Care

7 W Square Lake Rd, Bloomfield Hills  
(248) 963-5143  
[www.alliancesrcare.com](http://www.alliancesrcare.com)  
Private pay; 2 hr. minimum per day  
,medication assistance, transfer to bed/wheelchair, assistance with preparing meals

**Area Agency on Aging 1-B –  
Oakland County**

29100 Northwestern Hwy., Suite 400  
Southfield, MI 48034  
(800) 852-7795 or (248) 357-2255  
[www.aaal1b.org](http://www.aaal1b.org)

-Provides information on community services, Medicare and Medicaid, out-of-home care, senior driving, senior center locations and financial fraud and prevention guide

**Detroit Area Agency on Aging  
(DAAA)**

313-446-4444  
[www.detroit seniorsolution.org](http://www.detroit seniorsolution.org)

**Golden berry- Adult Day Caring  
Center (Macomb County)**

586-469-5228  
Provides continuous support, social activities, assistance with personal care, medication reminders

**Home Instead Senior Care**

(888) 343-0182  
[www.homeinstead.com](http://www.homeinstead.com)  
Services may include assistance with trips to the doctor, reminders to take the right medication at the right time, meal preparation, light housekeeping, errands, shopping and even Alzheimer's and dementia care.

**Macomb County- Office of Senior  
Services**

586-469-5228  
-Advocates assist with identifying which state of Michigan or MDHHS programs seniors may qualify for and can guide them through the application process.

**Michigan Department of Health  
and Human Services**

(877) 664-2233  
[www.elderlawofmi.org/about-micafe](http://www.elderlawofmi.org/about-micafe)  
Program to assist persons 60 and over to apply for the Bridge Card (MiCAFE)

**Next Steps 4 Seniors**

455 S. Livernois, Suite B-22,  
Rochester Hills, MI 48307  
(248) 651-5010  
[www.nextsteps4seniors.com](http://www.nextsteps4seniors.com)  
-Service is free of charge  
-Provide information and guidance to simplify and streamline the process of finding the right place for you or your loved one to reside with dignity and all necessary assistance.

**Oakland County Health Division  
Senior Citizen Resource Directory**

1200 N. Telegraph 34 E  
Pontiac, MI 48341  
(248) 858-1280  
Nurse on Call: (800) 848 - 5533  
[www.oakgov.com/health/seniors/](http://www.oakgov.com/health/seniors/)  
Resource directory provides contact information for various senior services including transportation, health services, housing information and meals

**Senior Counseling Services, LLC**

(248) 476-2229  
-provides coping strategies and therapy to deal with grief and loss, trauma, dementia, mental illness, and health issues  
-come directly to your house or apartment as well as in senior residences and communities, assisted living, and adult foster care homes  
-services covered by Medicare, automotive and many other primary and supplemental insurances. We also accept private pay.

**The Information Center**

734-282-7171  
[www.theinfocenter.info](http://www.theinfocenter.info)

**The Senior Alliance Area Agency  
on Aging 1-C**

734-722-2830  
[www.thesenioralliance.org](http://www.thesenioralliance.org)  
Wayne County Area

**Wayne Metropolitan Community  
Action Agency**

734-284-6999  
[www.waynemetro.org](http://www.waynemetro.org)

**Resources For Hearing  
and Visually Impaired**

**Eye Care America**

[www.aao.org/eyecare-america/](http://www.aao.org/eyecare-america/)  
-Provides medical eye care only for seniors aged 65 or older who are US citizens or legal residents. Does not belong to an HMO or have eye care benefits through the VA. Not seen an ophthalmologist in three or more years.

**Greater Detroit Agency for the  
blind and visually Impaired**

313-272-3900  
[www.lifebeyondsight.org/](http://www.lifebeyondsight.org/)

**Independence Township Senior  
Community Center**

-Center hosts hearing aid assistance days on a monthly basis 248-625-8231

**Infant See**

Email: [infantsee@aoa.org](mailto:infantsee@aoa.org)  
[www.infantsee.org](http://www.infantsee.org)  
-Participating optometrists provide a comprehensive infant eye assessment between 6-12 months of age as a no-cost public service



## Jade Hearing Instruments

248-922-5600

5629 Sashabaw Rd, Clarkston

[jadehearing.com/?utm\\_source=google&utm\\_medium=organic&utm\\_campaign=gm\\_bjade](http://jadehearing.com/?utm_source=google&utm_medium=organic&utm_campaign=gm_bjade)

## New Eyes for the Needy

[www.new-eyes.org](http://www.new-eyes.org)

-Provides a basic pair of single or lined bifocal lenses for households at 200% less of federal poverty guidelines. A voucher is for individuals who have no other resources to obtain a basic pair of eyeglasses. Applicants must have an eye exam before applying. See the website for application and further details

## Oakland County Hearing and Vision

27725 Greenfield Rd, Southfield

248-424-7070

[www.oakgov.com/community/health](http://www.oakgov.com/community/health)

Provides screenings for preschool & school age children & treatment referrals

## Oakland Talking Book Service – Rochester Hills Public Library

(800) 774-4542 or (248) 650-7150

[otbs.rhpl.org/](http://otbs.rhpl.org/)

Loans talking books and magazines, large print books, Braille and talking book players to eligible Oakland County residents of all ages

## One Sight

[onesight.essilorluxottica.com/our-work/](http://onesight.essilorluxottica.com/our-work/)

OneSight provides an Eyeglass Referral Program that provides vouchers to individuals and families who are unable to afford eyewear.

## Preferred Vision Services

Highland 248-529-6955

Troy 248-524-9581

## Relay Center for Deaf/ Hard of Hearing

844-578-6563

[www.michigan.gov/mpsc/consumer/telecommunications/michigan-relay](http://www.michigan.gov/mpsc/consumer/telecommunications/michigan-relay)

## Respectacle Prescription Eyeglasses

[respectacle.org/index](http://respectacle.org/index)

-Offers quality donated eyeglasses to underserved individuals and communities. Donated glasses are cleaned, categorized, and loaded into our online database based on their prescription.

## The Glaucoma Program

877-887-6327

<https://www.aaopt.org/eyecare-america>

The Glaucoma program provides a baseline glaucoma eye exam at no cost to those who are eligible and uninsured through volunteer ophthalmologists

## VSP Vision

800-877-7195

[www.vspglobal.com/cms/vspglobal-outreach/gift-certificates.html](http://www.vspglobal.com/cms/vspglobal-outreach/gift-certificates.html)

Provides free eye exam and glasses to low-income, uninsured children. National programs operate through a network of community partners.

## Vision Screening by Oakland County

248-424-7070

[www.oakgov.com/community/health/public-health-services/children-families/vision-screening](http://www.oakgov.com/community/health/public-health-services/children-families/vision-screening)

# Sexually Transmitted Diseases

## American Sexual Health Association

P.O. Box 13827

Research Triangle Park, NC 27709

Main: (919) 361-8400

[www.ashastd.org](http://www.ashastd.org)

Information about STDs/STIs

-Talking to your kids

-Prevention tips

-Support group information

## Centers for Disease Control and Prevention

1600 Clifton Rd.

Atlanta, GA 30333

(800) 232-4636

Fact sheets on various STDs

-General STD information

-Data & statistics

-Treatment guidelines

-Key resources

## Oakland County Health Department

1200 North Telegraph, Building 34 East  
Pontiac, MI 48341

(248) 858-1280

27725 Greenfield Road

Southfield, MI 48076

(248) 424-7000

Nurse on Call (NOC): (248) 858-1406 or

(800) 848-5533

[www.oakgov.com/health](http://www.oakgov.com/health)

HIV/AIDS Prevention & Control Program

-Counseling and testing

-Referral services

-Confidential

-Call 248-858-5416 for more information

Sexually Transmitted Disease Program provides for:

-Testing and diagnosis

-Treatment

-Counseling/teaching

## Planned Parenthood - Mid and South Michigan

Livonia Health Center  
15707 Farmington Rd, Livonia, MI 48154  
(734) 591-6544

Warren Health Center  
29350 Van Dyke Ave. Warren, MI 48093  
(586) 558-0101

Or call 800-230-7526 to find a location:

[www.plannedparenthood.org/](http://www.plannedparenthood.org/)

Birth control services

-HIV testing

-STD testing & treatment

-Men's & women's health services

-Pregnancy testing, options & services

-Sexual education for patient

LGBT services

## Sexuality Information and Education Council of the United States

90 John St. Suite 402, New York, NY  
(212) 819-9770

[www.siecus.org](http://www.siecus.org)

-Sexuality education

-Sexually transmitted diseases

-Sexual & reproductive health

-Sexual orientation

-Adolescent sexuality

-Teen pregnancy

## Skilled Nursing Facilities

### Canterbury On the Lake

5601 Hatchery Rd,  
Waterford Twp, MI 48329  
248-674-9292

Canterbury on the Lake is a continuing care senior living community that offers three levels of care under one roof.

## Regency

A CIENA Healthcare Community  
1901 N. Telegraph Road  
Waterford, MI 48328  
248-836-1000

<https://www.cienahealthcare.com/location/s/regency-at-waterford/>

-Brand new, state-of-the-art skilled nursing community that represents the future of short-term rehabilitation and long-term care facilities.

-AHCA Bronze award recipient, offers an innovative, one-story, easy to navigate floor plan, 40 private rooms and 40 semiprivate rooms, six bariatric rooms, a homelike atmosphere

## Sanctuary (Neighborhood of White Lake)

10770 Elizabeth Lake Road  
White Lake, MI 48386  
248-618-4100

[www.trinityhealthseniorcommunities.org/michigan/the-neighborhoods-of-white-lake/](http://www.trinityhealthseniorcommunities.org/michigan/the-neighborhoods-of-white-lake/)

-Offers short-stay Rehabilitation Services to help our short-term guests stabilize, rehabilitate, and return to their normal activities

-Works closely with a multidisciplinary team of therapists, state-of-the-art rehabilitation care.

## Smoking Cessation

### American Lung Association

#### Freedom From Smoking (for adult smokers)

Not on Tobacco (for teen smokers)  
[www.lung.org/stop-smoking](http://www.lung.org/stop-smoking)  
(800) 586-4872

-Freedom from Smoking teaches adult smokers' skills and techniques to quit; program is available as group clinic, on-line program, and self-help book.

- Not on Tobacco is the program for teen smokers; telephone counseling is also available

-Tips for Parents

## Blue Care Network

*Quit the Nic*

(800) 811-1764 (24-hour enrollment)

Blue's free smoking cessation program

-Telephone counseling

-Work one-on-one with a registered nurse

-Provides educational materials

## Michigan Tobacco Quitline

(800) 784-8669

Provides free telephone or on-line coaching for uninsured, pregnant women, residents enrolled in Medicare and Medicaid, veterans, cancer patients and American Indians and free nicotine replacement therapy to those who qualify

-Informational materials and text messaging is also available

## Smokefree.gov

(877) 448-7848 – Call from anywhere

(800) 784-8669 – Help within state

[www.smokefree.gov](http://www.smokefree.gov)

Online guide to quit smoking

-Talk to a counselor who can help (English & Spanish)

-Access print resources

-Find studies

## Tax Preparation

### AARP Foundation Tax Aide

[www.aarp.org/money/taxes/aarp\\_taxaide](http://www.aarp.org/money/taxes/aarp_taxaide)

Free tax preparation for 50 and older through trained volunteers. More than 5,000 locations nationwide are in neighborhood libraries, malls, banks, community centers and senior centers. AARP membership not required.

### **Accounting Aid Society**

866-673-0873 or 313-556-1920

[www.accountingaidsociety.org](http://www.accountingaidsociety.org)

### **GreenPath Debt Solutions**

800-550-1961

### **H & R Block**

800-472-5625

### **Jackson Hewitt Tax Service**

248-681-1177

### **Liberty Tax Service Pontiac**

248-454-1099

### **Macomb Community Action/ Macomb County Office of Senior Services**

586-469-6999

[www.macombgov.org/departments/macomb-community-action](http://www.macombgov.org/departments/macomb-community-action)

### **My Free Taxes**

[www.myfreetaxes.com](http://www.myfreetaxes.com)

### **OLHSA- Oakland Livingston**

Human Service Agency

248-209-2600

[www.olhsa.org](http://www.olhsa.org)

### **Rochester Hills IRS**

800-829-1040

### **Smart Tax Professional Services**

Southfield

248-436-8377

### **Turbo Tax**

[www.turbotax.com](http://www.turbotax.com)

### **VITA (Volunteer Income Tax Assistance)**

800-906-9887

-offers free tax help to people who generally make \$60,000 or less, persons with disabilities, the elderly and limited English speaking taxpayers who need assistance in preparing their own tax returns.

## Teen Resources

### **#Safe Delivery**

[www.michigan.gov/SafeDelivery](http://www.michigan.gov/SafeDelivery)

Anonymously surrender a newborn within 72 hours of birth to an emergency service provider – hospital, fire department, police station or by calling 911

### **AAA Pregnancy Center**

734-425-8060

32080 Schoolcraft, Livonia 48150

[www.aaapregnancyinfo.org](http://www.aaapregnancyinfo.org)

### **Another Way Pregnancy Center**

28552 Orchard Lake Rd STE 300

Farmington Hills, MI 48334

248-471-5858

[www.answers4pregnancy.com/](http://www.answers4pregnancy.com/)

### **Baldwin Center**

248-332-6101

212 Baldwin Avenue, Pontiac MI 48342

[www.baldwincenter.org](http://www.baldwincenter.org)

Baby formula and layettes when available

### **Care Net Pregnancy Info Center**

2826 Coolidge Hwy

Berkley 48072

248-545-6508 or 248-545-6411

24-hour Hot Line: 800-395-HELP

### **Catholic Charities of Southeast Michigan**

3300 South Adams Rd

Auburn Hills 48326

248-537-3300

[www.csem.org/](http://www.csem.org/)

-Focus on adoption.

### **Clinton Township Michigan**

24-hour Hot Line 800-712-HELP

[www.compassionpregnancy.org](http://www.compassionpregnancy.org)

email: [info@compassion.org](mailto:info@compassion.org)

### **Crossroads Pregnancy Center**

3205 South Blvd., Auburn Hills 48326

248-293-0070

24-hour Hot Line: 800-293-0070

[www.crossroadscarecenter.org/](http://www.crossroadscarecenter.org/)

email:

[crossroadspregnancycenter@gmail.com](mailto:crossroadspregnancycenter@gmail.com)

### **Kids Health**

[www.kidshealth.org](http://www.kidshealth.org)

provides information for teens and parents on many teen topics

### **Maternal Outreach of Michigan**

248-955-3053 or 888-240-2442

-Resource s

### **Oxford Pregnancy Center**

248-969-2177

35 North Washington St., Oxford 48371

[www.oxfordpregnancycenter.org](http://www.oxfordpregnancycenter.org)

### **Planned Parenthood**

(800) 230-7526

[www.plannedparenthood.org](http://www.plannedparenthood.org)

provides sexuality information for teens, parents, and educators

### **Second Chance Counseling Services**

16250 Northland Dr, Ste 375

Southfield 48075

248-864-8475 or 888-428-2910 (after

hours emergency contact)

# Transportation

## **Freedom Road Transportation**

2633 S. Lapeer Rd, Ste H, Orion, MI 48360  
248-232-1259

[info@freedomtransportation.org](mailto:info@freedomtransportation.org)

Serving Oakland County. Freedom Road Transportation (FRT) is a non-profit organization that seeks to empower low-income people with a convenient and cost-effective transportation option. Most riders use our program for doctor appointments, employment, worship services and grocery store

## **Give-A-Lift Rehab Transportation**

17800 Northland Park

Southfield, MI 48075

(248) 569-5010

Email: [info@givealifttransportation.com](mailto:info@givealifttransportation.com)

24 hours' notice

-Wheelchair lift vans

## **GoGoGrandparent**

(855) 464-6872

Curb to curb services. Offers text family updates & can have a ride within 15 minutes

## **Independence Township Senior Center**

248-625-8231

Participants must be 55 and older adults or adults with disabilities over 18 and residents of independence township, Springfield township or City of Clarkston. Cost share of \$2 each way. Available Monday-Friday from 6am-9pm Sat(8am-4pm) Sun (81m-2pm)

## **Jewish Family Services**

(248) 592-2266

(248) 592-2313

Advanced reservations required

-Wheelchair transportation available

## **Loving Touch Transportation**

(586) 992-1024

[www.lovingtouchtransportation.com](http://www.lovingtouchtransportation.com)

\$30 each way + \$3/mile; 24/7 service.

Offers medical transportation services

## **ModivCare**

866-588-5122 (TTY:1-866-288-3133)

Check your Summary of Benefits or call customer care to see if a plan is included.

Through Humana. M-F, 8a-5p. 72-hour advance notice, but no more than 2 weeks before appt. Will need Humana member number, name, and address of medical provider, appt day and time, pick time and location. A trip is considered one way.

## **Myride2**

[www.myride2.com](http://www.myride2.com)

1.855.697.4332

Helps seniors and adults with disabilities in Oakland and western Wayne counties in Michigan find transportation  
- Multilingual

## **Neighborhood House (Rochester Area)**

1234 Inglewood

P.O. Box 80112

Rochester, MI 48308

(248) 651-5836

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

-48 hours' notice

-Greater Rochester area

-Wheelchair accessible vehicle available

-No charge (\$2 donation encouraged)

-Monday-Friday: 8:30am-3:30pm

## **NOTA –North Oakland Transport Authority**

248-693-7100

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

Serving: Orion, Oxford, Addison Township

## **Novi Senior Transportation**

45175 Ten Mile Rd.

Novi, MI 48375

(248) 735-5617

48 hours' notice

-Residents of Novi age 55 or older or physically challenged non-seniors

## **Oakland County Transit**

248-975-9876

## **OPC Transportation Service**

248-652-4780

Available to qualifying residents of Rochester Hills, Oakland Township and Rochester.

-Eligible riders 60 years and older and adults with disabilities under 60 can ride with companions.

-Rides anywhere in those three communities for medical, work, school, shopping, OPC facilities, Oakland University, Troy Beaumont, and Corewell Health Complex

### **Papuga Transportation**

(248) 714-5547

[www.papugatransportation.com/](http://www.papugatransportation.com/)

Available 7 days a week

-Accepts most insurances

-Wheelchair accessible and can accommodate oxygen

### **People's Express (PEX) (Oakland County)**

877-214-6073

Service, South Lyon, Novi, Wixom, Commerce Township, Lyon Twp, Milford Twp, Milford Village, and Wolverine Lake village. Eligible riders can travel within the PEX boundary area, and additional fares apply for trips outside the boundary

### **Roundtrip**

<https://www.roundtriphealth.com/#healthcare>

Through our digital transportation marketplace, we connect patients with non-emergency medical transportation (NEMT) such as rideshare, medical sedans, wheelchair vans, and stretcher vehicles exactly when and where they need it.

### **SMART**

Buhl Building

535 Griswold Street Suite 600

Detroit, MI 48226

Auburn Hills (866) 962-5515

E-mail: [postmaster@smartbus.org](mailto:postmaster@smartbus.org)

[www.smartbus.org](http://www.smartbus.org)

-Wayne, Oakland, Macomb Counties

-Fixed routes, connector, and community transit

-Provide curb-to-curb transportation

### **Smart Flex**

734-212-8429

[www.Ridesmartflex.org](http://www.Ridesmartflex.org)

-Pontiac Zone. Fares range \$2-\$8. -

Smart/Dart passes valid. Smart Value passes are NOT accepted. Hours 7 days a week. 6am-11pm.

### **Travelers Aid Society**

65 Cadillac Square, 30<sup>th</sup> floor

Detroit, MI 48226

(313) 962-6740

Email: [info@tasmd.org](mailto:info@tasmd.org)

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

-Transportation for doctor appointments & job interviews

### **Troy Medi-Go Plus**

3179 Livernois Rd.

Troy, MI 48083

(248) 457-1100

- Two weeks' notice

-Troy residents and surrounding area age 60 and older

### **Troy People Concerned**

2045 Austin Dr.

Troy, MI 48083

(248) 528-9199

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

-Agency will refer you to available service(s)

### **Waterford Senior Center**

(248) 682-9450

<https://www.waterford.k12.mi.us/community/facilities/waterford-senior-center/>

-For Waterford residents

-Will provide transportation within Waterford and Clarkston; on Thursday will provide transportation to the Pontiac area

-\$3 each way; \$4 each way for the Pontiac area

### **West Bloomfield Township Senior Center**

(248)723-3500

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

-Requires a 3-day notice

-Transportation is limited to within 8 miles of Bloomfield Township

### **WOTA –Western Oakland Transport Authority**

205 w. Livingston Rd.

Highland, MI 48357

248-887-4979

[www.ridewota.org](http://www.ridewota.org)

-Serving Highland, Walled Lake, Waterford, White Lake.

-You must be a tax-paying resident of the Townships of Highland, White Lake, Waterford, or the City of Walled Lake, with proof of residency. 2. You must be either a senior (55+ years old) or disabled (18+ years old, with professional verification). 3. The following items are necessary to qualify a. WOTA Application Passenger Information Form, b. Proof of residency (driver's license, current utility bill, etc.) with your name and address, c. If disabled, a Professional Verification Form is to be completed by a health professional for instance a doctor, counselor, physical therapist, etc., proving your disability. We allow up to 60 days to have this completed, d. The process will generally take 2-4 days to be registered once all documents have been received via general mail. If registration is emailed, we can complete the process within 24 hours.

## Traveler's Health

### Henry Ford Travel Medicine

Novi: (248) 344-0723

[www.henryford.com](http://www.henryford.com)

- Immunizations for patients of all ages
- Nurse will assist you in ensuring you have the proper medications with the proper dosages
- Health counseling for travelers
- Provide updated information about your destination

### InterHealth Health Care for International Travelers

Beaumont Hospital

3535 W. Thirteen Mile Road, STE 605

Royal Oak, MI 48073

(248) 551-0495

[www.beaumont.org/locations/travel-medicine-royal-oak](http://www.beaumont.org/locations/travel-medicine-royal-oak)

- Pre-Travel Evaluation and Counseling
- On-Trip Prevention and Management
- Post-Travel Evaluation and Treatment
- Immunizations and Validations of Official Certificate of Vaccination
- Disease Prevention Guidelines
- Health Insurance Information

### Macomb County Health Department

One South Main 8<sup>th</sup> Floor

Mt. Clemens, MI 48043

(586) 783-8190

[www.macombgov.org/departments/health-department](http://www.macombgov.org/departments/health-department)

- Walk-in basis or appointments
- Vaccinations
- Information on children's immunizations
- TB testing

### Newland Medical Travelcare

Farmington Hills: (248) 419-3474

[www.newlandmedical.com](http://www.newlandmedical.com)

- Assess your individual needs, prescribe, and administer immunizations and medications and discuss precautionary measures for dietary and recreational activities
- Latest information on health risks and requirements for each destination

### Oakland County Health Division

Locations in Pontiac and Southfield

Nurse on Call: (248) 858-1406

Toll free: (800) 848-5533

[www.oakgov.com/health](http://www.oakgov.com/health)

- Immunizations against diphtheria, tetanus, pertussis, measles, mumps, rubella, haemophilus influenza B, hepatitis A & B, HPV4, meningococcal, polio, rotavirus, varicella, shingles, rabies, seasonal influenza, pneumonia

### Passport Health

- First class medical care for travel anywhere

Locations in Ann Arbor, Farmington

Hills, Troy, and St. Clair Shores

248-851-5633

[www.passporthealthusa.com](http://www.passporthealthusa.com)

Travel insurance information

- Vaccines & consultation
- Information on Yellow fever and Malaria
- Passport & visa expeditor
- Health alerts

### U.S. Centers for Disease Control – Travel

[www.cdc.gov/travel](http://www.cdc.gov/travel)

Hotline: (800) 232-4636

- Information on which vaccines and medications you need for the country you will be visiting

## Utility Assistance

### Action Center North Macomb County Community Services Agency- Community

586-469-6999

[www.macombgov.org/departments/macomb-community-action](http://www.macombgov.org/departments/macomb-community-action)

### Catholic Community Response Team

132 Franklin, Ste 203, Pontiac

248-499-9621

[ccresponseteam.weebly.com/#/](http://ccresponseteam.weebly.com/#/)

- Pontiac residents only

### Community Sharing Outreach Center

400 Beach Farm Cir, Highland Charter

Twp, MI 48356

248-889-0347

- For residents of Huron Valley School District only

### Home Injury Control

Livingston County

517-545-5944

- Providing adaptations to the home environment of an older adult to prevent or minimize the occurrence of injuries

### Love, Inc.

Lake Orion 248-693-4357

- Connects clients with potential local resources

### OLHSA- Oakland Livingston Human Service Agency

248-209-2600

[www.olhsa.org](http://www.olhsa.org)

- Administers the State Emergency Fund (SEF). Accepts applications for the Heat and Warmth Fund (THAW)

## **Rochester Area Neighborhood**

**House** 248-651-5836

1726 S. Livernois, Rochester 48307

[www.ranh.org](http://www.ranh.org)

-Serves Rochester, Rochester Hills, Oakland Twp., Addison Twp., Auburn Hills

## **Salvation Army**

248-334-2407

34 Oakland Avenue, Pontiac 48342

## **Senior Chore Program (Macomb)**

586-469-5228

-Must meet criteria.

-Snow removal, lawn care

Cost

## **Southfield Human Services**

248-796-4700

26000 Evergreen Rd, Southfield

-For Southfield residents only

## **St. Vincent DePaul**

313-393-2930

## **The Heat and Warmth (THAW)**

800-866-THAW (8429)

313-226-9475

535 Griswold, Ste, 200, Detroit 48226

[www.thawfund.org](http://www.thawfund.org)

-Offers multiple assistance programs such as MEAP, iHeal and MSP

## **Troy People Concerned**

248-528-9199

2045 Austin Drive, Troy

-Connects clients with appropriate resources

## **Wayne Metro Community Action**

**Agency**

734-284-6999

## **WRAP (Water Residential Assistance Program)**

313-386-WRAP (9727)

[www.waynemetro.org/wrap](http://www.waynemetro.org/wrap)

## **Veterans**

### **Michigan Department of Health and Human Services**

[www.michigan.gov/dmva](http://www.michigan.gov/dmva)

Directory of information to assist veterans

### **Michigan Veterans Affairs Agency**

800-642-4838

[www.michigan.gov/mvaa](http://www.michigan.gov/mvaa)

### **Oakland County Veterans Services 248-655-1250**

[www.oakgov.com/veterans](http://www.oakgov.com/veterans)

-Assists Oakland County veterans and their dependents in obtaining federal and state benefits

### **Supportive Services for Veteran Families (SSVF)**

517-599-6954

[www.olhsa.org/en-us/housing-homelessness-veterans-supports](http://www.olhsa.org/en-us/housing-homelessness-veterans-supports)

196 Cesar Chavez Pontiac, 48342

2300 E. Grand River Ave, Ste 107, Howell 48843

-Assisting homeless veterans in Genesee, Lapeer, Livingston, Macomb, Oakland, and Shiawassee Counties with housing.

### **Veteran's Services**

1200 N. Telegraph Rd.

Pontiac, MI 48341

Benefits: (800) 827-1000

Health Care: (877) 222-8387

[www.va.gov](http://www.va.gov)

[https://www.benefits.va.gov/pension/aid-attendance-housebound .asp](https://www.benefits.va.gov/pension/aid-attendance-housebound.asp)

-Provides information on programs & services offered to eligible veterans.

Veterans and survivors who are eligible for a VA pension and require the aid & attendance of another person, or are housebound, may be eligible for additional monetary payment.

### **Wayne County Veteran Services**

313-224-5045

[www.waynecounty.com/departments/hhvs/veteran-s-services.aspx](http://www.waynecounty.com/departments/hhvs/veteran-s-services.aspx)

## **Weight Management**

### **Blue Care Network and Michigan Institute for Health Enhancement**

*Weigh to Go*

(248) 475-4880

-Free weight-loss and fitness program for members 18 and older

-Initial assessment and registration through the Michigan Institute for Health Enhancement

-Provides educational materials, journals, on-going support, and incentives

### **Medical Weight Loss Clinic**

1-800-438-7546

[www.mwlc.com](http://www.mwlc.com)

-Multiple locations in the area

-Programs for adults, new moms, & teens

### **St. John's Providence Children's Hospital**

313-343-7047

-Free 12-week Pediatric Weight Management Program has an initial evaluation, 12 one-hour group treatment sessions, and follow-up assessments for children between the ages of 7 and 18 years old.

### **Trinity Health Oakland**

*Michigan Bariatric Institute*

(877) 949-9344

-Program offers a multidisciplinary team approach to weight loss surgery including surgeons, registered dietitians, registered nurses, psychologists, exercise physiologists

### **Trinity Health Oakland**

*Metabolic Nutrition and Weight Management*

(248) 858-2475

-Program is science-based approach to optimal health and wellness

-Provides a combination of individual clinical and group education and motivational meetings