



COMMUNITY RESOURCE GUIDE

Updated March 2025



WEST FRONT PRIMARY CARE
4290 Copper Ridge Drive
Suite 200, Building F
Traverse City, MI 49684

Community Resource Guide

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Community Resource Guide

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Community Resource Guide

Addiction Services

Alcoholics Anonymous / Narcotics Anonymous

AA: (231) 946-8823 / NA: 1 (800) 230-4085

<https://www.aa.org/> / <https://na.org/>

Addiction Treatment Services (ATS)

1010 S. Garfield Ave. / (231) 346-5216 / 1 (800) 622-4810 x115

<https://addictiontreatmentservices.org/>

Catholic Human Services / Alcohol & Drug Services

1000 Hastings St. / (231) 947-8110

<https://www.catholichumanservices.org/alcohol-and-drug-recovery>

Family Road to Recovery

1010 S. Garfield Ave. / (231) 346-5216 / 1 (800) 622-4810 x115

<https://addictiontreatmentservices.org/resources/support-recoveries-families>

Michigan Alcohol Abuse Awareness Hotline

1 (855) 955-0771

<https://alcoholawareness.org/michigan/>

Munson Behavioral Health

420 Brook St. / (231) 935-6382 / 1 (800) 662-6766

<https://providers.munsonhealthcare.org/location/behavioral-health-services-outpatient/loc0000110626>

NMSAS Recovery Center

2136 W. M-32, Gaylord / (989) 732-1791

<https://nmsasrecoverycenter.org/>

Traverse Health Clinic

1719 S. Garfield Ave. / (231) 935-0799

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

Child Abuse & Neglect

Child & Family Services/Third Level - Crisis Hotline

3785 Veterans Dr./ (231) 922-4800 / 1 (800) 442-7315

<https://www.cfsnwmi.org/suicide-prevention>

Children's Advocacy Center

2000 Chartwell Dr. Ste 3 / (231) 929-4250

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

Community Resource Guide

Child Abuse & Neglect (cont.)

Department of Human Services (DHS)

701 S. Elmwood / (231) 941-3900

<https://www.michigan.gov/mdhhs/>

Community Resource Guide

Community Assistance

Community Connections

Get Connected to Community Resources for Adults, Children and Families

What is COMMUNITY connections?

- It's a FREE program providing support to navigate community resources for adults, children, and families.
- Services are provided in person and over the phone.
- Services are delivered by a certified Community Health Worker, supported by a Registered Nurse and/or Social Worker.

Can I get a referral online?

Click on the link below or scan the QR code. Then, click on the HUB that serves your county and complete the referral form.



[northernmichiganchir.org/community-connections/
community-connections-referrals/](https://northernmichiganchir.org/community-connections/community-connections-referrals/)

How do I contact COMMUNITY connections?

You may be referred by a physician or you can call one of the numbers below:

HUB	COUNTIES	PHONE NUMBER
District Health Department #10	Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, Wexford	1-888-217-3904 (select option #3)
Grand Traverse Regional	Benzie, Grand Traverse, Leelanau	1-833-674-2159
Northwest Michigan	Antrim, Charlevoix, Emmet, Otsego	1-800-432-4121
District Health Department #4	Alpena, Cheboygan, Montmorency, Presque Isle	1-800-221-0294
Central MI District Health Department	Arenac, Clare, Gladwin, Isabella, Osceola, Roscommon	1-989-539-6731
District Health Department #2	Alcona, Iosco, Ogemaw, Oscoda	1-800-504-2650

<https://northernmichiganchir.org/community-connections/community-connections-referrals/>

Community Resource Guide

Community Assistance (cont.)

Red Cross

735 S. Garfield Ave., #B100 / (231) 947-7286

<https://www.redcross.org/local/michigan/about-us/locations/american-red-cross-of-northern-michigan.html>

Northern Michigan Chapter

The Northern Michigan Chapter is always there in times of need. We aspire to turn compassion into action so that all people affected by disaster across the chapter receive care, shelter and hope; our communities have access to safe, lifesaving blood and blood products; all members of our armed services and their families find support and comfort wherever needed; and in an emergency, there are always trained individuals nearby, ready to use their Red Cross skills to save lives.

St. Vincent DePaul

1207 Woodmere Ave. / (231) 947-8466

<https://ssvpusa.org/>

Love Thy Neighbor.

The Society of St. Vincent de Paul USA harnesses the power of community and partnerships to feed, clothe, house and heal individuals and families in our community who have nowhere else to turn for help. Our volunteer members – known as Vincentians – are women and men who are compelled by our Catholic Christian faith to serve those who are needy and suffering.

From rental assistance and homelessness prevention, to thrift stores and food pantries, to disaster recovery and charitable pharmacies, we share our time and treasure with those who need help and hope. We believe EVERYONE deserves a fair chance at a bright future, regardless of income or life circumstances.

Father Fred

826 Hastings Street / (231) 947-2055

<https://fatherfred.org/>

We provide fresh, healthy food, clothing and household goods, and financial assistance all free of charge to those in need. Just as Father Fred did, we listen, we care, and we share. We do our best to help everyone who comes to Father Fred, treating everyone with dignity and respect.

To access services, visit us at:

826 Hastings Street in Traverse City

Tuesday, Thursday, Friday from 10am-2pm, or Wednesday from 10am to 7pm

Or call (231) 947-2055

NW Michigan Community Action Agency (NMCAA)

2963 Three Mile Rd. / (231) 947-3780

<https://nmcaa.net/>

Community Action Programs

Northwest Michigan Community Action Agency (NMCAA) is dedicated to fostering positive change by promoting self-sufficiency, enhancing quality of life, and strengthening community connection. Our mission is to provide opportunities that empower individuals and families to build more resilient, connected communities throughout Northwest Michigan.

Community Resource Guide

Community Assistance (cont.)

NMCAA drives the change that strengthens communities where **ALL PEOPLE** have opportunities to achieve their full potential. We've created various programs to meet your needs.

- **Housing & Energy Efficiency Services**

- <https://nmcaa.net/housing-and-energy-efficient-services/>

Here to Support Our Community

Get support to make your home more safe and energy efficient by receiving emergency home repair and weatherization services through our Housing and Energy Efficiency Services programs.

- **Homeless Prevention Programs**

- <https://nmcaa.net/homeless-prevention-programs/>

The **Homeless Prevention** program actively offers the necessary assistance to prevent individuals or families from moving into an emergency shelter or becoming homeless. First and foremost, this program has been designed to help individuals and families regain stability. In fact, this may involve assisting with maintaining current permanent housing or supporting a move into other permanent housing to achieve stability.

Homeownership and Financial Center

- **Homeownership and Financial Center**

- <https://nmcaa.net/homeownership-and-financial-center/>

Without a doubt, NMCAA understands that people seek financial empowerment for various reasons. Therefore, we're here to help you right where you are. Above all, our Homeownership and Financial Center team commits themselves to helping you achieve your goals, offering a wide array of programs, from budget workshops to home-buying assistance. Furthermore, we're here to support you every step of the way. Receive homeownership assistance today!

- **Child & Family Development**

- <https://nmcaa.net/nmcaa-child-and-family-development/>

NMCAA's Child and Family Development actively supports families in all stages. Some of our programs consist of the Early Head Start program and our preschool program that entails Head Start program.

- **Food Programs**

- <https://nmcaa.net/food-program/>

At Northwest Michigan Community Action Agency, we deeply commit ourselves to helping the community. That's why we have created several programs specifically designed to address food-related challenges that community members face. As you explore the food programs below, you will likely find the right support for yourself or someone you know.

Meals On Wheels (MOW)

Learn More about our Home-Based Options

<https://nmcaa.net/northwest-michigan-meals-on-wheels/>

Meals on Wheels (MOW) delivers much more than just nutritious meals to frail, homebound seniors who can't prepare food and often live alone. In addition to this essential service, we also provide compassion, companionship, and peace of mind.

Community Resource Guide

Community Assistance (cont.)

Additionally, we focus on nourishing seniors in Grand Traverse, Leelanau, Manistee, Missaukee, and Wexford counties.

The Emergency Food Assistance Program (TEFAP)

Learn More about TEFAP

<https://nmcaa.net/tefap/>

The Emergency Food Assistance Program (TEFAP) not only supplements the diets of income-eligible individuals but also offers free emergency food and nutrition assistance. Under this program, the USDA supplies food to states, which then distribute it through local agencies. In

Michigan, Community Action Agencies and food banks work together to ensure this food effectively reaches local sites.

Commodity Supplemental Food Program (CSFP)

Learn More about CSFP

<https://nmcaa.net/commodity-supplemental-food-program/>

The Commodity Supplemental Food Program (CSFP) offers more than just nutrition education; it also provides monthly supplemental foods to promote health for individuals aged 60 or older who meet income guidelines. Through this program, we aim to significantly improve the overall well-being of our seniors by ensuring they receive the nutrition they need. Additionally, our program helps address any gaps in their dietary needs, supporting a healthier lifestyle.

Disability Services/Advocacy

Disability Network of Northern Michigan

415 E. Eighth St. / (231) 922-0903

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

A One-stop Shop for Our Community

We consider ourselves as the “first stop for people with disabilities and their families.” We provide information assistance, independent living plan support, advocacy, goal setting and connecting people with opportunities and resources.

We can help coordinate the many different supports people need to live as independently as possible. Tailored to the individual, these supports may include connecting people to living arrangements, life planning, transportation, education, employment, accessibility, health care, disability rights and benefits and community resources.

Community Resource Guide

Domestic Violence/Sexual Assault

Emergency Dispatch
911

Women's Resource Center (WRC)
720 S. Elmwood, Ste 2 / (231) 941-1210
<https://www.womensresourcecenter.org/>

The mission of the Women's Resource Center is to protect, shelter, and empower people impacted by domestic and sexual violence. We're here 24 hours a day, seven days a week to provide individual and group support and emergency shelter.

Early Childhood/Education

NW Michigan Community Action Agency (NMCAA)
2963 Three Mile Rd. / (231) 947-3780
<https://nmcaa.net/>

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- **Child & Family Development**
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Preschool Programs - Early Childhood Programs - TCAPS
412 Webster St. / (231) 933-1700
<https://www.tcaps.net/programs/earlychildhood/preschool-programs/>

About TCAPS Preschools

Licensed preschool programs for children ages 3 to 5 years of age are provided in a safe, nurturing environment. Our facilities include a school library, gymnasium, playground, and cafeteria.

Activities in the preschool programs address each child's individual developmental needs, with an emphasis on literacy and language development. Children will engage in music instruction, arts and crafts, creative games, science and nature projects, productive play, and rest. Children will also receive social, physical, emotional, and intellectual stimulation throughout their day.

All TCAPS Preschools Offer:

- Creative Curriculum, with a focus on social emotional growth, literacy and language development
- Personalized learning, unique to each child's developmental abilities
- Qualified, caring, and experienced staff

Community Resource Guide

Emergency Assistance

Emergency Dispatch 911

Child & Family Services/Third Level - Crisis Hotline

3785 Veterans Dr./ (231) 922-4800 / 1 (800) 442-7315

<https://www.cfsnwmi.org/suicide-prevention>

Child & Family Services of Northwestern Michigan serves more than 30 counties, with offices in Harbor Springs and Traverse City, by providing support services and educational programs to promote the well-being of children, adolescents, adults, and families in times of crisis, challenge, and life transition. The 501(c)(3) organization uses a trauma-focused lens to help children, adolescents, adults, and families thrive by providing tools and resources to undo the damage from society's toughest situations. We offer a variety of programs, such as Third Level Services, YouthWork, Safe Haven, and Wraparound to help children and families heal, grow, and realize their true potential, regardless of the setback.

Northern Lakes Community Mental Health

105 Hall St. / Crisis Hotline 1 (833) 295-0616

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

Northern Lakes Community Mental Health Authority serves adults with serious mental illness, persons with intellectual and developmental disabilities, children with serious emotional disturbance, and persons with co-occurring substance use disorders in six counties: Crawford, Grand Traverse, Leelanau, Missaukee, Roscommon, and Wexford.

Women's Resource Center (WRC)

720 S. Elmwood Ste. 2 / (231) 941-1210

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

The Mission of the Women's Resource Center is: To protect, shelter, and empower people impacted by domestic and sexual violence.

Vision: Our vision is to foster a culture of inclusion and belonging through the enhancement of advocacy and empowerment of survivors that is supported by a diverse and sustainable funding model.

We're here 24 hours a day, seven days a week to provide individual and group support and emergency shelter.

Community Resource Guide

Financial Needs

Community Connections

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<https://northernmichiganchir.org/community-connections/community-connections-referrals/>

Department of Human Services (DHS)

701 S. Elmwood / (231) 941-3900

<https://www.michigan.gov/mdhhs/>

1-855-ASK-MICH

https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

Social Security Office

1329 S. Division St. 1 (800) 772-1213

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

Community Resource Guide

Financial Needs (cont.)

Father Fred

826 Hastings St. / (231) 947-2055

Servicing - Antrim, Benzie, Grand Traverse, Kalkaska, and Leelanau.

Tuesday, Thursday and Friday 10:00 am - 2:00 pm

Wednesday 10:00 am – 7:00 PM

<https://fatherfred.org/financial-assistance/>

We understand that circumstances can change at any time. We can help.

We're here to listen to each and every story and offer financial assistance for guests when needed. It doesn't matter if the need is keeping the heat on or needing safe tires or a car repair to get to work or for medical bills, we leverage collaborative funds to do our best to meet those needs with less stress.

Food: Groceries/Pantry's

Acme Christian Food Pantry (ACTS):

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

8925 M-72 E., Williamsburg / (231) 938-2990

Food Pantry - Tuesday 5:00 PM – 7:00 PM - Wed 1:00 pm - 4:00 pm, Sat 10:00 am - 1:00 pm

Usage: 2 times per month, servicing Antrim, Grand Traverse, and Kalkaska counties

Buckley Food Pantry

*** Formerly Buckley Tabernacle Pantry ***

205 E Wexford Ave./ 231-633-4720

Pantry Hours Thursdays 5-7pm and Saturdays 12noon-2pm

Usage: every other week

The pantry encourages shopping in person and assisting with food choices. We do offer curbside pickup if someone prefers. Please text or call with any questions.

Christ Church:

<https://christchurchtraversecity.com/feed-tc/>

430 Fair St. / (231) 946-9451

Food Pantry - Mon, Wed, Fri 11:00 am - 1:00 pm

Hot Meal – Saturday 5:30 PM each week.

Grace Food Pantry:

<https://gracetraversecity.org/>

341 Washington St. / (231) 947-2330

Food Pantry - Mon & Fri 11:30 am - 1:30 pm

Community Resource Guide

Food: Groceries/Pantry's (cont.)

Immaculate Conception Food Pantry

<https://www.freefood.org/1/immaculate-conception>

720 2nd St, Traverse City MI / 231-946-1205

Food Pantry - Tuesday and Thursday 6 PM to 8 PM, and by appointment.

County serves: Residents of the greater Grand Traverse area.

Alternate phone: (231) 946-4211. *Usage: 2 times per month*

Kingsley Baptist Church Food Pantry

No website available

7511 Blackman Rd, Kingsley MI / 231-632-0627

Hours 2nd & 4th Thursday monthly, 1 pm – 3 pm

Usage: 2 times per month

Project Feed the Kids

1081 South Airport Rd. Traverse City, MI 49686

<https://www.facebook.com/projectfeedthekids2021/>

Pre-Packed Meals in Coolers:

- **Main Location:** 1081 South Airport Rd, Traverse City, MI 49686
- **Cooler at Rock Youth Center:** 115 E Blair St, Kingsley, MI 49649
- **Cooler in Kalkaska Township:** 107 Elm St, Kalkaska, MI 49646
- **Cooler at Hanover Township Building:** 203 N Second Street, Buckley, MI 49620

Love Thy Neighbor

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

1109 E. Front St. / (231) 941-5683

Monday through Thursday 10 AM – 2 PM

Father Fred Foundation:

<https://fatherfred.org/food-services/>

826 Hastings St. / (231) 947-2055

Servicing - Antrim, Benzie, Grand Traverse, Kalkaska, and Leelanau.

Tuesday, Thursday and Friday 10:00 am - 2:00 pm

Wednesday 10:00 am – 7:00 PM

- **Pantry** - Our pantry resembles a small grocery store which includes fresh, healthy food including meat, eggs, produce, and milk as well as personal care items.
- **Blessings in a Backpack** - Many children don't have regular access to food or snacks outside of school hours. Our Blessings in a Backpack program ensures that children have something to eat through the weekend. We package and distribute over 11,000 bags to area schools each year.
- **Pantry to Preschool** - In partnership with early childhood programs and MSU Extension, we distribute fresh food with health-conscious recipes to preschools in five counties.
- **SHINE Program** - In partnership with TCAPS (Traverse City Area Public Schools) summer snack bags and light meals are distributed to students who lack a fixed, regular, or nighttime residence.

Community Resource Guide

Food: Groceries/Pantry's (cont.)

Transportation for this program is funded by a grant from the Grand Traverse Band of Ottawa and Chippewa Indians.

- **Boost Bags** - During the summer in our food pantry, an extra “boost” bag of food is provided to families with school aged children. The bag contains fresh fruit and veggies, eggs, dairy, and a variety of non-perishable pantry items. The number of bags provided is based on how many kids in the household. We are locally founded, locally funded, and locally focused. The Father Fred Foundation is 100% supported by our generous community and does not receive any state or federal funding.

Salvation Army Food Pantry and Community Food Shelves

<https://centralusa.salvationarmy.org/TraverseCity/cure-hunger/>

1239 Barlow St, Traverse City MI / 231-946-4644

Food Pantry: Monday & Thursday 9:30 am – 11:30 am and 1 pm – 3 pm

Pantry Usage: 1 time per month for Grand Traverse, Leelanau, and Benzie residents

Community Food Shelves Hours Monday & Wednesday 12 noon – 1 pm

No limit on usage.

Northwest Food Coalition's List of Many Pantry's

<https://northwestmifoodcoalition.org/grandtraverse/>

This website lists many pantry's by county for Northwest Michigan

The mission of the Northwest Food Coalition is to empower member food programs by coordinating and creating resources to achieve regional food security.

We are a roughly 70 member coalition of food pantries, emergency meal sites and baby pantries in a six country area of northwest Michigan.

In 2019 the Northwest Food Coalition celebrated its 25th Anniversary. It began in 1994, organized by the Hunger Action Coalition of Detroit that reached out to seven groups around the state to assess hunger and poverty in rural Michigan.

The food coalition leadership team is called the Operating Committee. Each year, members are appointed for one-year terms by the membership. The Operating Committee works to find new resources for the coalition through grants, community outreach and policy work.

Food: Hot Meals

Northwest Food Coalition has detailed list @ <https://northwestmifoodcoalition.org/tcmeals/>

Grace Episcopal Church: Fri 12:00 Noon, Sun 1:00 pm

341 Washington St. / (231) 947-2330

Trinity Lutheran Church: Sun 5:00 pm

1003 S. Maple St. / (231) 946-2720

Salvation Army: Mon, Wed, Fri 12:00 Noon

1239 Barlow St. / (231) 946-4644

Community Resource Guide

Food: Hot Meals (cont.)

Church of the Nazarene: Tues 5:30 pm
1023 S. Division St. / (231) 947-5445

Bayview Wesleyan Church: Wed 5:00 pm
720 Wayne St. / (231) 947-3792

Central United Methodist Church: Thurs 12:00 noon
222 Cass St. / (231) 946-5191

Faith Reformed Church: Thurs 5:30 pm
1139 E. Front St. / (231) 947-7082

Jubilee Ministries: Fri 12:00 noon
341 Washington St. / (231) 947-2330

St. Francis High School Cafeteria: Sat 12:00 noon
123 E. 11th St. / (231) 946-8038

Christ Church: Sat 5:30 pm
430 Fair St. / (231) 946-9451

Community Resource Guide

General Resources

Love Thy Neighbor

1109 E. Front St. (231) 941-5683

www.lovetheyneighbor.org/services

- **Automotive Repairs** - Reliable transportation can be the difference between being able to overcome a challenging season and being completely overwhelmed. If you're going through an especially difficult time and lack of finances for minor auto repairs are keeping you from being able to get to work or take your kids to medical appointments, we are here to help get you back on the road.
- **Hygiene & Cleaning Pantry** - When life hits hard, simple necessities to keep your home and family clean and healthy suddenly become hard to obtain. We keep a stocked pantry at [Jubilee House](#) on 325 Washington Street, Traverse City where you can take 10 free items every two weeks. Walk-ins only, Monday-Friday, 10 a.m. to 2 p.m.
- **Household Appliances** - When an appliance stops working during an already hard season, it can be the straw that breaks the camel's back. We'll provide assistance in replacing broken household appliances with used or refurbished items.
- **Crib for Expectant Parents** - We're here to make sure your baby has a safe place to sleep, with a brand new crib and layette. We provide free drop-off and set-up. We can also refer you to other local organizations with free necessities for expecting parents - car seats, baby and maternity cloths, etc.
- **Holiday Family Support** - We all go through hard times, but when those challenges hit us during the holidays, it can feel defeating to not be able to provide Christmas presents and a holiday meal for your kids. We provide a gift card (donated by a generous 'sponsor') so you can have the joy of shopping for your kids, and they can have a joyous Christmas morning. We also provide holiday food baskets.

Secretary of State: Drivers Resources, Photo ID

1759 Barlow St. 1 (888) 767-6424

www.michigan.gov/sos/license-id

Healthcare: Medical, Dental and Optical

Dental Clinics North

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

2600 LaFranier Rd. Ste B. / (231) 932-7316

These state funded programs are accepted at all of our Northern Michigan dental clinics.

Medicaid, Healthy Michigan Plan, Healthy Kids Dental, MI Child, Low Income, Uninsured, and most insurances.

Grand Traverse County Health Department

<https://www.gtcountymi.gov/500/Services>

2600 LaFranier Rd. / (231) 995-6111

- Maternal, Child, and family Health
<https://www.gtcountymi.gov/599/Maternal-Child-Family-Health>

Community Resource Guide

Healthcare: Medical, Dental and Optical (cont.)

The Grand Traverse County Health Department offers our community members several maternal, child, and family health programs. Our experienced healthcare team is available to help families access quality healthcare services.

- **Clinical Health**

<https://www.gtcountymi.gov/529/Clinical-Health>

The Grand Traverse County Health Department offers several clinical programs available for our community members. Our experienced healthcare team is here to help families access quality healthcare services. **Our Programs and Services:**

- Breast and Cervical Cancer Screening
- Immunizations
- Reproductive and Sexual Health

Love Thy Neighbor

<https://www.lovetheyneighborgt.org/services>

1109 E. Front St. / (231) 941-5683

- **Medical Equipment Loan Closet**

Crutches, walkers, bath chairs, wheel chairs, and more - We have a free medical equipment loan closet to help you get back on your feet without the burden of extra expenses on top of your medical bills.

- **Gas Cards**

If you have a family member in an out-of-town hospital, we know the burden of gas expenses can be crippling, especially for extended recovery when frequent visits are necessary. We're here to help relieve this burden.

Munson Medical Center

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

1105 6th St., / (231) 935-5000

Northwest Michigan Health Services

<https://nmhsi.org/>

10767 E. Traverse Hwy. / (231) 947-0351

At Northwest Michigan Health Services Inc., we believe everyone should have access to compassionate, quality health care. We bring a positive approach to health care, doing whatever it takes to help patients overcome barriers to health care — cost, time, transportation, gender identity, language. From low-cost services to extended hours, mobile clinics, sliding fee and discount drug programs and interpreter services, we find every opportunity to bring wellness to you. Whether you have health insurance or not, everyone is welcome here.

Community Resource Guide

Healthcare: Medical, Dental and Optical (cont.)

Thomas Judd Care Center

<https://www.munsonhealthcare.org/services/hiv-aids>

5041 North Royal Drive, Suite# 1 / (231) 935-7548

The Thomas Judd Care Center in Traverse City provides care to people in northern Michigan living with HIV/AIDS and to those at risk of contracting this infectious disease. The center offers medical care, support services, and prevention services. Founded in 1994, it is the only Ryan White federally funded program in northern Michigan.

Traverse Health Clinic

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

1719 S. Garfield Ave. / (231) 935-0799

To provide high quality, team-driven primary care, behavioral health, and support services that are accessible to EVERYONE in our community, ensuring that no one's health gets left behind. Primary Care, pediatrics, women's health, translation and interpretation services, behavioral health, recovery program and mobile medical unit.

Youth Health & Wellness Center

<https://www.gtcountymi.gov/742/Youth-Health-Wellness-Center>

880 Parsons Rd. - On the property of Career Tech Center / (231) 922-6416

Hours: Monday – Friday 8:30 a.m. to 4:30 p.m. (open all year around, including school breaks)

General Medical Services:

- Primary care
- Acute illnesses and minor injuries
- Physicals for sports, work, or camp (MHSAA Sports Physical Form)
- Immunizations
- Testing for rapid strep, COVID-19, and lab orders
- HIV testing and counseling
- Sexually Transmitted Infections (STIs) testing and treatment
- Pregnancy testing
- Pap test and pelvic exam

Mental Health Services May Include:

- Anxiety
- Depression
- Suicidal ideations
- Stress management
- Family issues, relationships, and friendships
- Peer pressure and bullying

All services are charged on a sliding scale based on income. We accept all insurance, including Medicaid. No one will be turned away for inability to pay. Please note that appointments are preferred, but walk-ins are welcome.

Community Resource Guide

Healthcare: Medical, Dental and Optical (cont.)

Medicaid / State Medical / MI Child (DHS)

<https://www.michigan.gov/mdhhs/>
701 S. Elmwood / (231) 941-3900

New Division of Immunization website was recently launched in 2025

MDHHS Division of Immunization

https://www.michigan.gov/mdhhs/adult-child-serv/childrenfamilies/immunizations?utm_campaign=&utm_medium=email&utm_source=govdelivery

- **Immunization Information for the Public**
<https://www.michigan.gov/mdhhs/adult-child-serv/childrenfamilies/immunizations/public>
Information for the General Public on Vaccines and Vaccine Preventable Diseases
- **Healthcare Providers & Local Health Departments**
<https://www.michigan.gov/mdhhs/adultchildserv/childrenfamilies/immunizations/healthcare>
Information for Immunizing Healthcare Providers and Local Health Departments
- **Data and Statistics**
<https://www.michigan.gov/mdhhs/adult-child-serv/childrenfamilies/immunizations/data-statistics>
Data and Statistics on Immunizations and Vaccine Preventable Diseases in Michigan
- **Schools and Childcare Facilities**
<https://www.michigan.gov/mdhhs/adult-child-serv/childrenfamilies/immunizations/schooladmin>
Information for schools and childcares on Immunizations and Waivers
- **Michigan Immunization Portal**
<https://mdhhsmiimmsportal.state.mi.us/>
Access the Michigan Immunization Portal to Obtain your Immunization Record
- **Michigan Care Improvement Registry MCIR**
<https://mcir.org/>
Access MCIR
- **Influenza Updates and Information**
<https://www.michigan.gov/flu>
Information on the Current Influenza Season and Immunization Recommendations
- **Measles Updates**
<https://www.michigan.gov/mdhhs/adult-child-serv/childrenfamilies/immunizations/measlesupdates>
Updates on Measles Cases in Michigan
- **Pertussis (Whooping Cough) Updates**
<https://www.michigan.gov/mdhhs/adult-child-serv/childrenfamilies/immunizations/pertussisupdates>
Updates on Pertussis Cases in Michigan
- **Polio Updates**
<https://www.michigan.gov/mdhhs/adult-child-serv/childrenfamilies/immunizations/polioupdates>
Updates on Polio Cases in the U.S.

Community Resource Guide

Healthcare: Medical, Dental and Optical (cont.)

- **Avian Influenza (H5N1) Updates**

<https://www.michigan.gov/emergingdiseases/home/influenza-a>

Updates and Information on Avian Influenza ("bird flu") in Michigan

Housing: Assistance and/or Ownership

Habitat for Humanity

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

1129 Woodmere Ave., Ste F. / (231) 941-4663

Who qualifies for a Habitat Home?

- Habitat homeowners are employed or have other income like veteran's benefits or social security.
- Habitat homeowners are fiscally responsible — they have low debt and good credit.
- Habitat homeowners can pay an affordable mortgage.

Priority Home Repair for Existing Homeowners - Your home should be Safe, Warm and Dry

Habitat Priority Home Repair addresses substandard housing conditions in Grand Traverse, Kalkaska and Leelanau counties. We partner with low-income homeowners to make exterior and interior home repairs that alleviate critical health, access and safety issues.

Homestretch

<https://homestretchhousing.org/>

400 Boardman Ave. Ste 10 / (231) 947-6001

Home Purchase

Depending on location availability, Homestretch builds attractive, high quality, energy efficient single family homes in the Grand Traverse region. The homes are then sold to income eligible families and individuals meeting at least the following criteria:

1. At or below 80% AMI per household
2. Working or living in our 5 county service area (Grand Traverse, Benzie, Leelanau, Kalkaska, and Antrim)
3. Have income of 3x mortgage payment
4. Have no violent criminal background
5. Qualify for financing

Rental

Homestretch has a variety of multi-family rental properties in the Grand Traverse region at below market lease rates. Individuals and families must be income eligible and meet other requirements including:

1. At or below 80% AMI per household
2. Working or living in our 5 county service area (Grand Traverse, Benzie, Leelanau, Kalkaska, and Antrim)
3. Have income of 3x the rental rate or be a housing voucher holder
4. Have no violent criminal background

NW Michigan Community Action Agency (NMCAA)

2963 Three Mile Rd. / (231) 947-3780

<https://nmcaa.net/>

Community Resource Guide

Housing: Assistance and/or Ownership (cont.)

Community Action Programs

Northwest Michigan Community Action Agency (NMCAA) is dedicated to fostering positive change by promoting self-sufficiency, enhancing quality of life, and strengthening community connection. Our mission is to provide opportunities that empower individuals and families to build more resilient, connected communities throughout Northwest Michigan.

NMCAA drives the change that strengthens communities where **ALL PEOPLE** have opportunities to achieve their full potential. We've created various programs to meet your needs.

- **Housing & Energy Efficiency Services**

- <https://nmcaa.net/housing-and-energy-efficient-services/>

Here to Support Our Community

Get support to make your home more safe and energy efficient by receiving emergency home repair and weatherization services through our Housing and Energy Efficiency Services programs.

- **Homeless Prevention Programs**

- <https://nmcaa.net/homeless-prevention-programs/>

The **Homeless Prevention** program actively offers the necessary assistance to prevent individuals or families from moving into an emergency shelter or becoming homeless. First and foremost, this program has been designed to help individuals and families regain stability. In fact, this may involve assisting with maintaining current permanent housing or supporting a move into other permanent housing to achieve stability.

Homeownership and Financial Center

- **Homeownership and Financial Center**

- <https://nmcaa.net/homeownership-and-financial-center/>

Without a doubt, NMCAA understands that people seek financial empowerment for various reasons. Therefore, we're here to help you right where you are. Above all, our Homeownership and Financial Center team commits themselves to helping you achieve your goals, offering a wide array of programs,

from budget workshops to home-buying assistance. Furthermore, we're here to support you every step of the way. Receive homeownership assistance today!

Traverse City Housing Commission

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

150 Pine St. / (231) 922-4915

The Traverse City Housing Commission was established by Ordinance 105 of the City of Traverse City on October 3, 1966 pursuant to Public Act No. 18 as adopted during the Extra Session of 1933. TC Housing operates one public housing property, Orchardview Townhomes and the regional Housing Choice Voucher Program.

In addition to housing programs the Housing Commission offers the Family Self-Sufficiency program which assists our families in obtaining education, developing necessary life skills, and abilities necessary to achieve a self-sufficient status.

The Traverse City Housing Commission is currently in the process of developing multiple new housing projects in our area.

Community Resource Guide

Housing: Assistance and/or Ownership (cont.)

Women's Resource Center (WRC)

720 S. Elmwood Ste. 2 / (231) 941-1210

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

The Mission of the Women's Resource Center is: To protect, shelter, and empower people impacted by domestic and sexual violence.

Vision: Our vision is to foster a culture of inclusion and belonging through the enhancement of advocacy and empowerment of survivors that is supported by a diverse and sustainable funding model.

We're here 24 hours a day, seven days a week to provide individual and group support and emergency shelter.

Alliance for Senior Housing LLC

Mailing Address: PO Box 753 Kingsley, MI 49649

888-816-4040 or 231-263-4040

<https://allianceforseniorhousing.com/>

This NO COST service will help Seniors in a crisis situation or planning for the future. With a difficult decision, it's beneficial to talk with a senior housing expert. With one place to call, your first appointment will give you the guidance and assurance you need to make a wise and educated decision for yourself or a loved one.

Senior living in Traverse City and the surrounding counties has much to offer!

Whether your desire is independent living with a continuum of care or your loved one needs assisted living, we will guide you through the maze of senior living. You are not alone!

Options for Senior Living

3199 Logan Valley Rd., Traverse City, MI 49684 – 231-935-4735

<https://options4seniorliving.com/>

Options for Senior Living, LLC is a placement service in Traverse City, Michigan. We help seniors who need living assistance and support to find their ideal living environment. We use our extensive resources to guide our clients to the right home, offering compassionate support and guidance through an often emotional and confusing time.

We also understand the needs of families who want to make the best decisions about housing for parents, friends or family members. Finding the right senior living service is often confusing for families. Kim Bauml, Owner of Options for Senior Living, LLC brings together her years of placement service experience, her intimate knowledge of the Traverse City, MI area and her understanding of the unique needs of each family, wanting the best experience finding housing for parents, relatives, or even friends.

Community Resource Guide

Housing: Shelter & Outreach

Goodwill Inn

2943 Keystone Rd. N / (231) 922-4890

<https://www.goodwillnmi.org/goodwillinn>

Emergency homeless shelter year-round, helping people find home since 1986

If you are facing homelessness, please call the housing assistance line at 844-900-0500 or fill out the contact form at <https://www.endhomelessnessnmi.org/help> . The Goodwill Inn is a year-round, 120-bed emergency shelter that includes 11 suites for families. We provide safe, supportive shelter with food and other basic needs for adults and families experiencing homelessness, while we support their efforts to find safe, permanent housing solutions.

Goodwill Street Outreach

2279 South Airport Rd W, Traverse City MI 49684 / 231-995-7721

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

We reach out to people experiencing homelessness and offer resources to help them find a safe and secure home. We work with our partners in the Basic Needs Coalition to ensure people's needs are met while we help people overcome obstacles to ending homelessness. From referral to our local partners in the Coalition to End Homelessness to emergency assistance or emotional support, our outreach and housing navigation teams help connect people to long-term solutions for ending homelessness.

NW Michigan Community Action Agency (NMCAA)

2963 Three Mile Rd. / (231) 947-3780

<https://nmcaa.net/>

Community Action Programs

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NMCAA drives the change that strengthens communities where **ALL PEOPLE** have opportunities to achieve their full potential. We've created various programs to meet your needs.

Homeless Prevention Programs

- <https://nmcaa.net/homeless-prevention-programs/>

The **Homeless Prevention** program actively offers the necessary assistance to prevent individuals or families from moving into an emergency shelter or becoming homeless. First and foremost, this program has been designed to help individuals and families regain stability. In fact, this may involve assisting with maintaining current permanent housing or supporting a move into other permanent housing to achieve stability.

Community Resource Guide

Housing: Shelter & Outreach (cont.)

Safe Harbor

517 Wellington St. / Homeless Hotline 1 (844) 900-0500

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

Safe Harbor supports the physical and spiritual welfare of people experiencing homelessness by providing emergency shelter, food, and hope. We operate a non-profit, volunteer-run Seasonal Emergency Shelter and a year-round Housing & Human Services Resource Center. As part of the Continuum of Care, we also focus on community partnerships to better collaborate on long-term solutions to ending homelessness in our region.

Women's Resource Center (WRC)

720 S. Elmwood Ste. 2 / (231) 941-1210

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

The Mission of the Women's Resource Center is: To protect, shelter, and empower people impacted by domestic and sexual violence.

Vision: Our vision is to foster a culture of inclusion and belonging through the enhancement of advocacy and empowerment of survivors that is supported by a diverse and sustainable funding model.

We're here 24 hours a day, seven days a week to provide individual and group support and emergency shelter.

LGBTQ+ Services & Advocacy

The Trevor Project

PO Box 69232, West Hollywood, CA 90069, (212) 695-8650, 1 (866) 488-7386 / text 678-678

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

- **Crisis Services**

We provide counseling support for LGBTQ+ young people 24/7, all year round

- **Advocacy**

We work to change hearts, minds, and laws in support of young LGBTQ+ lives

- **Research**

We conduct research studies to equip policymakers and other LGBTQ+ youth-facing professionals

- **Peer Support**

We provide an affirming international community for LGBTQ+ young people

- **Public Education**

We help allies and educators understand the needs of LGBTQ+ young people

UpNorth Pride

PO Box 13, Traverse City, Michigan 49685

<https://upnorthpride.com/>

Our mission is to foster inclusive spaces by providing education and resources, inspiring activism and advocacy, and producing community-focused 2SLGBTQIA+ programs and events.

Community Resource Guide

LGBTQ+ Services & Advocacy (cont.)

It Gets Better

<https://itgetsbetter.org/>

Empowering LGBTQ+ Youth Through School-Based Projects in All 50 States: 50 States. 50 Grants. 5000 Voices

Since 2021, It Gets Better has distributed more than \$1.3 million to fund student-led school based grants to middle and high schools throughout the United States and Canada. to date, we've funded more than 140 projects in 47 states and 9 Canadian provinces and territories, supporting projects that uplift and empower LGBTQ+ students.

Our Origin Story: In early 2020, when office routines felt like tradition, I vividly remember our team gathered around the conference table for a group brainstorm when one idea shone brightly and boldly: What if we could transform the lives of LGBTQ+ youth across the country by funding projects led by young people to create more inclusive environments for LGBTQ+ students.

Three years later, that big idea — now known as 50 States. 50 Grants. 5000 Voices — has distributed more than \$1.3 million to fund transformative projects in schools across 47 states. These projects, driven by students, aim to create lasting change in their communities.

So read on to find out more about the projects we have funded over the last three years and check back in February to apply for the fourth cycle of [*50 States. 50 Grants. 5000 Voices.*](#)

Legal Aid

Legal Aid Clinic: Child and Family Services

3785 Veterans Dr. (231) 922-4800

<https://www.cfsnwmi.org/flac>

Private, free, & confidential legal advice: The clinic is OPEN! Services are offered at Child and Family Services, 3785 Veterans Drive, Traverse City.

Sign up by telephone begins at 5:00 pm on Tuesdays by calling (231) 922-4800 or (800) 442-7315.

YOU MUST CALL AHEAD TO REGISTER.

Please note: Services are provided on a first-come, first-served basis to the first 10 people registered.

After registering, please drive to the lower level parking lot at CFS, you will have a virtual consultation with an attorney. Technology will be provided when you arrive.

The Free Legal Aid Clinic (FLAC) is an opportunity for individuals to receive private, free, and confidential legal advice and problem clarification from the attorneys from the [Grand Traverse-Leelanau-Antrim Bar Association.](#)

Over 60 attorneys from the bar volunteer their time to the program and answer legal questions of all types. This services is made available by funding from [Legal Services of Northern Michigan.](#)

FLAC has been here to help since 1976. In 2019, 471 individuals were served and 70 attorneys volunteered their times-that is over 300 hours of pro-bono work

Community Resource Guide

Mental Health Services

Catholic Human Services

1000 Hastings St. / (231) 947-8110

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

Individual and Family Counseling

Against the backdrop of accelerating pressures in everyday life, CHS offers counseling to help individuals and families get through an array of complex problems. CHS staff use best-practice counseling strategies to empower clients to meet goals. CHS offers sliding fee schedules and provides free pregnancy counseling to those in need.

We strictly adhere to state and federal confidentiality guidelines. We provide services to families and individuals of all ages, backgrounds, and incomes. We can help with:

- Loss and grief
- Difficulty managing stress
- Mild to moderate mental health issues
- Marital, family, or relationship conflicts
- Adjustment-related problems
- Trauma
- Anxiety and depression
- Addiction

Client Financial Assistance: At CHS, your well-being is our priority. We don't want the cost of treatment to be a barrier. We will bill your health insurance whenever possible. CHS fees are charged on a sliding scale depending on family income. And there are times when we can access Client Assistance Funds, which are made possible by generous donors.

Pregnancy Counseling: Discovering you're pregnant can create a range of emotions. And in the case of an unplanned, unexpected pregnancy, the feelings can sometimes be scary and overwhelming. There are important decisions to make, and it's common to feel unsure.

That's when CHS can help. We offer free, confidential, fully supportive pregnancy counseling to help you sort through your options and develop the best plan for you and your baby.

Our experienced counselors will:

- Respond to your concerns thoroughly and honestly.
- Help connect you to needed resources.
- Honor your choices and feelings.
- If you plan to parent, help you develop the support you need.
- If you're leaning towards adoption, provide you with knowledge and support to ensure your wishes are fully met.

Call [231-590-8337](tel:231-590-8337) to talk with someone today, or [fill out the contact form](#), and we will call you.

Community Resource Guide

Mental Health Services (cont.)

Child and Family Services

3785 Veterans Dr. / (231) 946-8975

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

COUNSELING SERVICES

Offering mental health care, where you need it.

We provide trauma informed counseling to children, youth, adults, families, and couples. We have locations in Harbor Springs, Traverse City, or telehealth from the comfort of your home. We are here to provide the tools with which people can make a difference in their own lives.

Our office is able to accept Meridian, McClaren, Molina, Priority Health, Blue Cross/Blue Shield and Blue Care Network insurances. If you don't carry these insurances, give us a call and we will try to work with you! Services are offered on a sliding scale. Please talk with us if you're concerned about paying for services.

Providing counseling and other support services

CFS' licensed therapists provide individual and family counseling in person or virtually, on a variety of issues to people of all ages. In addition, the Behavioral Health program provides:

Safe Haven, a supervised visitation and safe exchange program for families affected by high conflict and/or domestic violence.

Wraparound, an intensive program supporting the mental health needs of a child and their family members, that is offered with a referral from Community Mental Health.

Northern Lakes Community Mental Health Services

105 Hall St. / (231) 922-4850

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

Northern Lakes Community Mental Health Authority (NLCMHA) serves people with serious mental illness, serious emotional disturbance, intellectual/developmental disabilities and co-occurring substance use disorders living in six Michigan counties: Crawford, Grand Traverse, Leelanau, Missaukee, Roscommon, and Wexford. Priority is given to individuals with the most severe forms of serious mental illness, serious emotional disturbance, and intellectual/developmental disability.

Pine Rest Christian Mental Health Services

1050 Silver Dr. / (231) 947-2255

24 Hour Hotline 1 (800) 678-5500

<https://www.pinerest.org/locations/traverse-city/>

The Traverse City Clinic provides Northern Michigan residents with quality in-person and virtual behavioral health services by licensed clinicians, including therapy and psychiatric services for children, adolescents, adults, and families. We have access to all of Pine Rest's resources, including experts in behavioral health and addiction at every level of care.

We accept most insurance.

To schedule a new outpatient appointment call [866.852.4001](tel:866.852.4001).

Community Resource Guide

Mental Health Services (cont.)

Traverse Health Clinic

1719 S. Garfield Ave. / (231) 935-0799

<https://www.traversehealthclinic.org/care-and-services/behavioral-health/>

Behavioral Health: Traverse Health Clinic offers counseling and behavioral health services to anyone in the community. You do not have to be our primary care patient to see one of our therapists.

We welcome behavioral health clients ages 6 and up.

Integrated care. If you select Traverse Health Clinic as your health care home and establish primary care with one of our medical providers, counseling and behavioral health services are integrated with your primary care to address your health care needs as a whole person. Patients benefit from this collaborative approach to care through increased treatment effectiveness and improved health outcomes.

Trained therapists assist individuals in learning constructive ways to handle problems that interfere with everyday life. Behavioral health services are usually time limited and focus on specific goals the client may want to accomplish. Case management services and referrals to other community resources are available, as needed.

Pregnancy & Parenting

Bethany Christian Services

1055 Carriage Hill Dr. Ste. 2 / (231) 995-0870

<https://bethany.org/locations/us/michigan/traverse-city>

Bethany believes every child deserves to be safe, loved, and connected. For more than 75 years, our faith has inspired us to stand for children close to home and around the world. Together, we can change the world through family.

Supporting kids and families in our community

- **Infant Adoption in the U.S.:** When an expectant parent decides to pursue adoption, we offer support as they seek adoptive parents for their child.
- **Pregnancy Counseling:** We help thousands of expectant parents every year—of all ages and backgrounds—and empower them to make a plan. Only they can make the decision, but they don't have to make it alone.
- **Post Adoption Services:** Whether you're an adoptee, birth parent, or adoptive parent, we're here for you—providing expert support built on decades of experience in the field of adoption.
- **Foster Care Adoption in the U.S:** Imagine growing up without the stability of a permanent family. Unfortunately, that's the reality for many children. That's why we do everything possible to ensure they have a stable, nurturing family.
- **Foster Care:** For foster families around the world opening their hearts and homes to children, we seek to provide ongoing support—every heartwarming and heartbreaking step of the way.
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Community Resource Guide

Pregnancy & Parenting (cont.)

- Refugee and Immigrant Employment Services: Refugees are talented, dedicated, and loyal workers. That's why we partner with local businesses to hire adult refugees as they begin their new lives in the U.S.
- Refugee Reception & Placement: Refugees are talented, dedicated, and loyal workers. That's why we partner with local businesses to hire adult refugees as they begin their new lives in the U.S.
- Employment Services – Ukraine: Every year, refugees from Ukraine are resettled in the U.S., seeking safety and a chance at a new life. With your help, we surround refugees with welcome and support during one of the hardest times in their lives.

Catholic Human Services

1000 Hastings St. / (231) 947-8110

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

Family and Individual Counseling Services

All are welcome regardless of faith, income, or circumstance.

- 14 Locations throughout northern Michigan
- Interpretive Services Available
- Licensed by the State of Michigan
- Over 50 Years of Experience

Support for a Wide Range of Social, Emotional, and Spiritual Issues: Since its founding in 1972 by the Roman Catholic Diocese of Gaylord, Catholic Human Services has been committed to making a difference in the lives of the people in Northern Lower Michigan. We serve individuals and families regardless of faith, income, race, or ethnicity. We have grown over the years to multiple, highly recognized main and satellite offices in Northern Michigan's 21 counties for providing hope-filled social, emotional, and spiritual support to all people.

We provide mental health, substance abuse, prevention, pregnancy counseling, open adoption, social services, and senior services to over 26,000 people per year. We partner with local, county, and state agencies to offer a wide range of services considered to be the "best practices" in the field. CHS is based administratively in Traverse City, MI, with regional offices in Alpena, Gaylord, and Cadillac. Each office is a hub for services in many other community locations throughout the service area.

Car Seats-Child Passenger Safety Technician - Safe Kids North

MSU Extension Services / (231) 922-4620

<https://www.safekids.org/coalition/safe-kids-north-shore>

Safe Kids North Shore is led by Grand Traverse Metro Fire Department, which provides dedicated and caring staff, operation support and other resources to assist in achieving our common goal: keeping your kids safe. Based on the needs of the community, this coalition implements evidence-based programs, such as car-seat checkups, safety workshops and sports clinics, that help parents and caregivers prevent childhood injuries.

Community Resource Guide

Pregnancy & Parenting (cont.)

Child & Family Services

3785 Veterans Dr. / (231) 946-8975

<https://www.catholichumanservices.org/copy-of-senior-volunteer-program>

Supporting Families

Many families with multiple problems come to the attention of the Department of Health and Human Services (DHHS) or Community Mental Health (CMH) and need ongoing services and support. Engaging home-based CHS Family Support Specialists, assists in improving family functioning and reduces the risk for child placement in foster care or hospitalized settings.

CHS utilizes the solution focused therapy model in its Family Together Building Solutions Program, which is overarched by the question, “If you woke up tomorrow, and your family is perfect, what would be different?” This question guides individualized strategies that help families work toward improving areas contributing to risk of child placement. Examples of miracle answers could include less fighting, child making it through a school day, safer discipline strategies, home hygiene, housing, employment, to name a few.... This is a DHHS referral based programming targeting families at risk of losing their children to foster care.

CHS also facilitates the Wraparound process for families with children who have a serious emotional disturbance. The process creates a multi-system child and family team, driven by the family with the assistance of a CHS Family Support Specialist. Its purpose is to make sure families have a voice, improve efficiencies of addressing multiple complex issues and engage service providers in cooperative planning process . Child and family teams could include traditional supports like CMH, DHHS, school administrators, non-traditional supports like neighbors or friends or natural supports like siblings, parents or grandparents. Referrals are made by CMH for families who struggle to make improvements and with increased risk of residential placement for their child.

Several families of CHS fall in common with our substance use disorder treatment programs. Our Family Recovery Care Team identifies with families in the throes of the consequences of addiction and are paired with individuals of lived experience. These Peer Recovery Coaches guide families through similar processes outlined above; creating a family voice, improve family safety, connecting families to resources, work towards recovery readiness and assist to reduce barriers associated with their chosen pathway to recovery – establish goals to preserve the unity of family.

Call Catholic Human Services to learn more.

Community Resource Guide

Pregnancy & Parenting (cont.)

Generations Ahead

3962 Three Mile Rd. / (231) 360-0053

<https://generationsahead.org/>

We help young parents overcome the obstacles of teen pregnancy; by helping them complete their high school education, fostering independence, and building trusting relationships so they may lead fulfilling lives with a stable family environment.

We serve both young mothers and fathers, encouraging a healthy family unit.

We have a strong community network, working with us to address the comprehensive needs of the young family.

GRAND TRAVERSE BABY PANTRY

c/o Bethlehem Lutheran Church

1050 Peninsula Dr, Traverse City MI

231-941-0655

Offering diapers, baby food, clothing, wipes, bedding, books and other baby items. Also have fresh produce, when available, through the Northwest Food Coalition. See our Facebook page for more info. No appointments are needed for inside shopping. Walk-ins welcome. Child care available. In accordance with church policy, if vaccinated for Covid 19, masks are optional. If not vaccinated, masks are to be worn in the building. Curbside pickup of pre-ordered items will continue to be available. Donations of gently-used children clothing and shoes, sizes 0-4T, will be accepted during pantry hours.

Please [visit our Facebook Page](#) for more information.

Usage: Grand Traverse County families w/ child under 4 years old.

Hours

2nd Thursday of the month – 10am-2pm

Email address is gtbabypantry@gmail.com

Grand Traverse County Health Department

2600 LaFranier Rd. / (231) 995-6111

<https://www.gtcountymi.gov/2740/Health-Department>

Our Mission: To protect and advance the health of our community and environment through partnerships, innovations, and excellent public health practice.

Our Vision: A healthy community and safe environment for all.

Community Resource Guide

Pregnancy & Parenting (cont.)

Maternal, Child, & Family Health:

Children's Special Health Care Services

The Children's Special Health Care Services (CSHCS) is a program that provides free or low-cost services to children up to age 26 and some adults with specific qualifying health conditions. To become a part of this program, clients need to submit a medical report and a treatment plan from a specialist for evaluation. The medical condition determines if you qualify, not your income.

CSHCS Provides:

- Coverage and referral for specialty services based on the person's health conditions.
- Family-centered services to support you in your role as primary caretaker of your child.
- Community-based services to help you care for your child at home and maintain normal routines.
- Culturally competent services which demonstrate awareness of cultural differences.
- Coordinated services to pull together the services of many different providers within different agencies.

Program Goals:

- Assist individuals with special health care needs in accessing the broadest possible range of appropriate medical care, health education, and support.
- Ensure delivery of these services and supports in an accessible, family-centered, culturally competent, community and coordinated manner.
- Promote and incorporate parent/professional collaboration in all aspects of the program.
- Remove barriers that prevent individuals with special health care needs from achieving these goals.

Maternal Infant Health Program

The Maternal Infant Health Program (MIHP) is a home visiting program that is based on evidence and designed for pregnant individuals and infants who are enrolled in Medicaid. The program aims to provide education, resources, and support to promote healthy pregnancies, positive birth outcomes, and healthy infants. The MIHP team strives to meet individuals where they are and offer assistance to help them maintain health and wellness throughout pregnancy and infancy.

MIHP Provides:

- A team consisting of Registered Nurses, Licensed Social Workers, Registered Dietitians, and International Board Certified Lactation Consultants who work together to coordinate and connect families to available resources in the community.
- Coordination of MIHP services with the beneficiary's healthcare provider and Medicaid Health Plan as needed to coordinate pregnancy, postpartum, and infant care needs.
- Although MIHP is a home visiting program, services can also be provided via the phone, in the community, or telehealth depending on the family's preference.
- Referrals to local childbirth education or parenting classes and community services (e.g. mental health, substance misuse, domestic violence, basic needs assistance) as needed.

Community Resource Guide

Pregnancy & Parenting (cont.)

Women, Infants & Children

The Women, Infants, and Children (WIC) program is a supplemental food and nutrition education program to help families lead healthy lives. The Grand Traverse County Health Department (GTCHD) has a team of Registered Nurses, Registered Dietitians, and Board Certified Lactation Consultants who work together to ensure that children up to age five get a strong start in life.

WIC Provides:

- Personalized nutrition plans
- Breastfeeding support
- Referrals to healthcare providers
- Education, support, and resources
- Healthy foods

Eligibility:

- Pregnant
- Breastfeeding
- Had a baby in the last six months
- Have a child under the age of five

If you're pregnant or postpartum, a parent, foster parent, or guardian you may be eligible for the WIC program if you meet the income requirements.

Healthy Futures

Healthy Futures is a nurse-led family support program that is free and aims to provide families with access to various services, resources, and information within the community. The program enhances the health of expecting parents and their families after childbirth. Our Grand Traverse County Health Department team collaborates with Munson

Healthcare and other healthcare providers to assist you throughout the pregnancy's journey, postpartum care, and support for the newborn baby, including feeding and nurturing.

Healthy Futures Provides:

- Free breastfeeding support and education provided by Registered Nurses and International Board Certified Lactation Consultants.
- Newsletters and optional text updates tailored to the child's age or expected due date, providing helpful tips, reminders, and relevant information until the child reaches five years old.
- Home visits to weigh your baby and conduct a standard blood pressure screening after childbirth.
- Support staff who are available to discuss any questions you may have about infant feeding, sleep patterns, or other concerns.

And More...

The Grand Traverse County Health Department offers our community members several maternal, child, and family health programs. Our experienced healthcare team is available to help families access quality healthcare services.

Community Resource Guide

Pregnancy & Parenting (cont.)

Healthy Families America (HFA) is a program that families can voluntarily participate in to receive guidance and support through home visits to help them prepare for their baby's birth and raise a healthy family. The program can start during pregnancy and continue until the child turns three years old, or up to four years old if necessary. The Grand Traverse County Health Department collaborates with District Health Department #10 (DHD#10) to offer this program.

Healthy Families America Provides:

- Care for yourself during pregnancy and after baby's birth
- Support parents and families in their new roles
- Strengthen family-child relationships
- Help with temper tantrums, toilet training, and other challenging steps
- Plan activities to do with your baby, toddler, and preschooler
- Help you prepare your child for school success
- Set goals for yourself and your family based on your values

For more information, visit the [Healthy Families America website](https://www.healthyfamiliesamerica.org/).

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

Hearing and Vision Screenings: The Grand Traverse County Health Department (GTCHD) offers free hearing and vision screening services to children throughout the county through our Hearing and Vision Screening Program. The ability to both hear and see well is important for children to fully engage in educational activities, communicate effectively, and reach their potential. Early detection can greatly enhance a child's journey.

Blood Lead Testing: The Grand Traverse County Health Department provides health services to children who have elevated blood lead levels or are at risk of lead poisoning. Our Public Health Nurses are available to offer lead poisoning prevention information to families and the medical community through various outreach activities and training programs. We also offer free blood lead screenings for children enrolled in our [Women, Infants, and Children](#). Nurse case management services are available for children with confirmed elevated blood lead levels. These services include home visits to discuss ways to lower the child's blood lead level and assistance with the lead abatement application process.

Lead:

Lead is a metal that can be found in many places including in chips of old paint chips, household dust, imported toys, and water contaminated by lead pipes. Lead is an invisible threat and exposure to lead early in life has been shown to cause problems with learning, behavior, hearing, and growth.

Preventing lead poisoning before it happens is the best way to keep your family safe. The [U.S. Environmental Protect Agency \(EPA\)](#) suggests several actions you can take to reduce exposure to lead, such as:

- Keeping homes clean and dust-free.
- Cleaning around painted areas where friction can generate dust such as doors, windows, and drawers. Wipe these areas with a wet sponge or rag to remove paint chips or dust.
- Washing toys, pacifiers, and bottles.
- Eating a diet high in Iron, Calcium, and Vitamin C.
- Washing hands often with soap and warm water.
- For homes built before 1978, hire a certified lead professional for renovation and repair work.

Community Resource Guide

Pregnancy & Parenting (cont.)

- Before drinking or cooking, flush your home's pipes with running water. Use only cold water for drinking, cooking, and making baby formula. Remember, boiling water does not remove lead.
- Get your child tested, as it's the only way to know if a child has lead in their blood.
 - Michigan law requires Universal **Blood Testing** on all children at 12 and 24 months of age, or between two and six years of age, if not previously tested. Contact your primary care provider to discuss getting a blood test.

Planned Parenthood

1135 E. 8th St. / (231) 929-1844

<https://www.plannedparenthood.org>

Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your health care. If you're concerned about cost, you may qualify for low- or no-cost services.

Thrive Medical Center

121 S. Garfield Ave. Ste. C / (231) 929-3488

<https://thrivemedicalclinic.org/>

Unplanned Pregnancy?

Thrive Medical Clinic specializes in pregnancy-confirmation ultrasounds. At Thrive, you can **confirm if you're really pregnant, determine how far along you are**, verify the location of the pregnancy, and get information about your pregnancy options so you can plan your next steps with confidence.

It's our desire to **equip you with the solutions, resources, and support that you need to thrive!**

If you suspect you may be pregnant, Thrive is your *first step*.

- Pregnancy Confirmation Ultrasound
- Pregnancy Testing
- Options Consultation + Abortion Information
- Thrive Forward – counseling and mentorship

WIC

2600 LaFranier Rd. / (231) 995-6112

<https://www.gtcountymi.gov/642/Women-Infants-Children>

The Women, Infants, and Children (WIC) program is a supplemental food and nutrition education program to help families lead healthy lives. The Grand Traverse County Health Department (GTCHD) has a team of Registered Nurses, Registered Dietitians, and Board Certified Lactation Consultants who work together to ensure that children up to age five get a strong start in life.

Community Resource Guide

Pregnancy & Parenting (cont.)

WIC Provides:

- Personalized nutrition plans
- Breastfeeding support
- Referrals to healthcare providers
- Education, support, and resources
- Healthy foods

Eligibility:

- Pregnant
- Breastfeeding
- Had a baby in the last six months
- Have a child under the age of five

If you're pregnant or postpartum, a parent, foster parent, or guardian you may be eligible for the WIC program if you meet the income requirements.

The Michigan Department of Health and Human Services WIC website has more detailed information about the program.

Senior Services/Elder Care

Area Agency on Aging

1609 Park Dr., Traverse City, MI / (231) 947-8920

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

AAANM serves and advocates for older persons, adults with disabilities and caregivers by providing resources and access to services. Our mission is to support this population's independence, dignity and quality of life.

Together with our community partners, we help build and maintain a local network of support, resources and services for older adults and caregivers in our region.

- **Information and Referral**

AAANM is the place to turn with questions about aging services. We serve as the gateway to local aging resources, planning efforts and services to help older adults remain independent. Reliable information and timely assistance in accessing services. We will listen to your unique life situation, present options, and help guide you to information and resources. There are programs and services available in the community, each with specific eligibility and fluctuating availability. Our Access and Eligibility Specialists (nurses & social workers) are ready to discuss your needs or the needs of someone you know. We can provide you with contact information to access service on your own or we can make the connections to the needed services on your behalf.

- **Care Management**

Care Management is a program that empowers individuals to live at home rather than a nursing facility. Must be 60 years of age or older, have difficulties performing activities of daily living, and need assistance coordinating with community resources. An initial telephone interview is completed to determine your eligibility for the Care Management Program. If eligible, a more in-depth interview with a Supports Coordination team (nurse and social worker) will be scheduled. The purpose of the interview is to discuss your personal needs and wishes. Based on determination of eligibility and need for Care Management, a nurse and social worker team will complete an assessment of your health, environment

Community Resource Guide

Senior Services/Elder Care (cont.)

(home safety), emotional, and social conditions. Supports Coordinators then offer non-biased information and choices for you to accept or decline.

- **MI Choice Medicaid**

A home and community-based care option for persons who are Medicaid Waiver eligible for their long-term care. It is less costly and a preferred alternative to nursing home care, ensuring people get the support they need in their own homes or setting of their choice.

MI Choice services can be provided in:

- Your own home
- The home of a caregiver or family member
- A residential setting such as an assisted living facility, adult foster care home or home for the aged

Medicare and Medicaid Assistance Program

Medicare and Medicaid can be confusing and often people have questions regarding coverage, prescription plans, eligibility or more. Our MMAP program is here to help you.

- **Elder Abuse Prevention**

Adult Protective Services investigators protect vulnerable adults from abuse, neglect, and exploitation by coordinating with mental health, public health, law enforcement, the probate courts, the aging network, community groups and the general public. To the prevention and identification of elder abuse in our communities. We work with other organizations to:

- Share knowledge and experience with current elder abuse issues.
- Identify and sponsor training opportunities for professionals and the public about elder abuse, neglect, and exploitation.
- Participate in coalitions and task forces that focus on preventing elder abuse in our communities.
- Advocate on Elder Abuse legislation.

- **Long Term Care Ombudsman**

The Long Term Care Ombudsman Program was created to help address the quality of care and quality of life experienced by people living in facilities Licensed as a Nursing Home, Adult Foster Care or Home for the Aged. Local Ombudsmen work with individual residents to resolve problems and promote high-quality care. They provide community presence by routinely visiting residents of long term care facilities.

Most importantly, with resident consent, or based on the consent of their legal representative, in that order, the Ombudsman is able to take direct action on their behalf in licensed settings. Consent may be withdrawn at any time.

Community Resource Guide

Senior Services/Elder Care (cont.)

Commission on Aging

520 W. Front St. / (231) 922-4688

<https://www.gtcountymi.gov/2746/Commission-on-Aging>

The mission of the Grand Traverse County Commission on Aging is to offer home and community based services to maintain and improve the quality of life for resident senior citizens. We proudly serve Grand Traverse County residents, aged 60 and older.

1. Foot Care: In-Home Foot Care for homebound clients
2. Personal Emergency Response: In home emergency contact units
3. Home Health Care: Personal Care by State Certified Nurse Aides
4. Respite: Short-term caregiver relief
5. Housecleaning: Bi-weekly light housecleaning
6. Senior Support: Help with a past due heating bill or other emergency expenditure.
7. Nurse Visits: A licensed nurse provides in-home visits to support overall health and wellness.
8. Transportation: Transportation Coupons & BATA passes.
9. Outdoor Services: Mowing, Snow Removal and Outside Window Washing
10. Sliding Fee Scale: 2025 Sliding Fee Scale - based on Federal Poverty Levels.

Fees

Fees are based on a client's income and vary by program. Review the Sliding Fee Scale page to find out what (if any) fees are charged for individual services.

Important: Please Note: Presently we have waiting lists for most of our services. Some services have lengthy waiting lists.

Eligibility Requirements: To enroll in Commission on Aging Programs you must:

- Be 60 years of age or older
- Be a resident of Grand Traverse County
- For Services that benefit the entire household, (House Cleaning, Lawn Maintenance/Leaf Removal, Snow Removal, and certain Senior Assistance Requests), no one under the age of 60 can be living in the household, unless they are disabled or a dependent under the age of 18. Proof of disability is required.

Enrollment Steps

Please complete the [New Client Application \(PDF File\)](#), either by;

- Printing and filling it out by hand.
- OR, download the pdf, fill it out, save it to your computer. Upload the file and return it to us via our Contact Us page, email it, or mail as shown below.

Return the New Client Application, along with;

- Proof of residency and
- Proof of income
- Clients may opt out of providing proof of income, however in choosing this option clients will pay the highest rate on our sliding fee scales.
- Please see the last page of the application for the types of allowable proofs.

Community Resource Guide

Senior Services/Elder Care (cont.)

Send the application and proofs to us, either by;

- MAIL to us at: Grand Traverse County Commission on Aging, 1615 Park Drive, Traverse City, MI 49686
- OR, EMAIL us at: gtcoa@gtcountymi.gov and attach your completed application.
- OR, fill out the [attached Contact Us form](#) and upload your completed application.

Assessment

Assessments are conducted for employee provided in-home services. When we have program openings, clients will be scheduled for an in-home assessment.

Assessments are not conducted for those clients receiving only transportation coupons, BATA passes, Medication or Personal Emergency Response System Units, and Outdoor Services. These clients will be asked to provide annual proof of income.

Senior Center Network

801 E. Front St. / (231) 922-4911

<https://www.gtcountymi.gov/2742/Senior-Center>

Welcome:

1. **Social** - Join us for an array of activities, cards, social groups, multigenerational programs, and more.
2. **Education** - It is never too late to learn a new skill! Sign up for one of the many classes offered at the Traverse City Senior Center.
3. **Fitness/Exercise** - Join our exercise classes to help with strength, balance and overall well-being.
4. **Lunch-Nutrition/Wellness** - There is no need to eat alone! Meals are provided by Northwest Michigan Community Action Agency as part of their Senior Nutrition Program. Membership to the Senior Center Network is not required for participation in our lunch program.
5. **Recreation** - Find out how to sign up for sports teams.
6. **Services** - Find all of the great wellness options available.

Suicide Prevention/Intervention

National Suicide Prevention Lifeline

1 (800) 273-8255 or 988 – Call, Text, Chat

<https://988lifeline.org/>

If you need to talk, the 988 Lifeline is here.

At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.

Crisis Hotline: Northern Lakes Community Mental Health

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

Dial 1-833-295-0616 for assistance.

Community Resource Guide

Suicide Prevention/Intervention (cont.)

24 hours a day, 7 days a week (711 TTY)

Crisis services are available to any person of any age experiencing a crisis, regardless of insurance or ability to pay.

Northern Lakes CMH and Munson Healthcare.

Located on the Munson Medical Center campus at 410 Brook Street (Traverse City), The Center is open to patients of any age, regardless of their ability to pay. As part of a four-phase plan, Northern Lakes Community Mental Health Authority (NLCMHA) will operate the Welcome Center in this initial phase, providing services that include:

- Behavioral health assessments
- Face-to-face crisis intervention
- Psychiatric pre-admission screening
- Crisis phone screening (1-833-295-0616)
- Mobile crisis services
- Peer support services
- Referral to community services and outpatient therapy

We are excited this new Center is open; it is an important step toward greater mental well-being for our community!

What to do in a crisis

If you have a mental health crisis, you should seek help right away.

- **If the situation is potentially life-threatening, get immediate help by calling 911.**
- If the situation is NOT life-threatening, it is not always necessary to go to the Emergency Department. **You can receive crisis services by calling 1-833-295-0616** at any time, 24 hours a day, and seven days a week, without prior authorization for payment. (If you have insurance, this may be billed. However, there will be no out-of-pocket costs to you.)

Call us if...

- An individual is experiencing out-of-control behaviors that place him/herself at risk of harming self or others.
- An individual is expressing thoughts of suicide.
- An individual is experiencing severe stress that is resulting in a significant decline in daily and/or family functioning.
- You just don't know what else to do.

Help for you on the phone or in-person

- Reduce unnecessary trauma to the person involved
- Eliminate long stays in an emergency department and prevent unnecessary hospitalizations
- Help a person resolve crisis in the home

What are mobile mental health crisis services?

“Mobile” means the team comes to you where the crisis is occurring. Mobile mental health services are short-term, on the phone or face-to-face services intended to restore an individual's or family's functioning level to where it was before the crisis. Mobile mental health crisis response offers adults as well as children and families an opportunity to de-escalate a situation or problem in the least restrictive setting, while also developing strategies to address any future safety concerns.

Community Resource Guide

Suicide Prevention/Intervention (cont.)

A word about safety

NLCMHA provides crisis services in a variety of settings including office buildings, hospitals, schools, jails, and community settings. NLCMHA will meet the person where they are when providing crisis services, including the home and community environment(s).

Sometimes mental health crises place the safety of the person, the crisis responders, or others in jeopardy. An appropriate response will not only address the physical safety of those involved but also their psychological safety. NLCMHA staff will consider the risks and benefits of every interaction during the crisis service intervention contact.

A meaningful response will be conducted in the least restrictive environment, using the least restrictive interventions for the individual and situation, and will include access to timely supports and services

Family Assessment & Safety Team, or FAST...is mobile mental health crisis response for children and families

FAST adds an extra level of support for families with children age 0 through 20 years in behavioral health crisis in NLCMHA's six counties.

The FAST team is available to support you and your child through a mental health crisis while working to stabilize your situation. The team can be deployed to a home or school setting, and is available all hours Monday through Friday, evenings and weekends.

Follow up care can last up to 90 days or until services are in place.

NLCMHA and community partners [Munson Medical Center](#), [Child and Family Services of Northwest Michigan](#) / [Third Level Crisis Intervention Service](#), local Departments of Health and Human Services, and local law enforcement all work together to:

- Provide a team of care providers working for children and families
- Connect people to resources to help them get back to their regular level of functioning
- Help individuals stay connected to their ongoing services

To access, call **1-833-295-0616** and ask for FAST.

Transportation

BATA / Cherriot / City Ride / County Ride

(231) 941-2324

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

City Loop

The City loop offers Traverse City transportation along the urban routes. Use it to access the Grand Traverse Mall, Goodwill Inn, YMCA, and other popular businesses and apartment complexes. The City Loop starts at the Traverse City bus station on Hall Street.

Bayline Traverse City

The FREE Bayline travels from East Bay Beach District to downtown Traverse City and connects to Grand Traverse Commons and Meijer!

Community Resource Guide

Transportation (cont.)

Village Loop

The Village Loop connects towns in Grand Traverse and Leelanau Counties to further your connection to Traverse City public transportation!

Link Services

Link services help connect you to destinations throughout Grand Traverse and Leelanau Counties using the BATA Link app if our fixed routes are not suitable for your needs.

You may also call BATA Dispatch to schedule rides by calling 231-941-2324.

For BATA connections to public transit in adjacent northern Michigan counties, please contact the appropriate transit authority:

- Antrim County Transportation (ACT): 231-533-8644 or 231-590-0024
- Benzie (BenzieBus): (231) 325-3000 - Regular connections to BATA in Interlochen and scheduled airport transport.
- Kalkaska (KPTA): 231-258-6808 - By appointment M-F trips to Turtle Creek, Acme Meijer, and Woodland Creek/BATA Bayline.
- Cadillac-Wexford (CWTA): 231-779-0123 or 866-647-5465
- Manistee County Transportation: (231)-723-6525 Ext. 1 - Provides occasional shuttles into Traverse City upon request.
- Traverse City Area Public Schools student transportation: 231-933-1933
- Suttons Bay Public Schools student transportation: 231-631-6007
- Kingsley Schools: (231) 263-5261
- Glen Lake Community Schools: (231)334-3061
- Connect to AMTRAK trains: (Indian Trails will connect riders from Hall Street in Traverse City to Amtrak trains in Kalamazoo. Amtrak's website or phone operators can schedule your complete trip connecting to the Wolverine or Blue Water trains to Chicago, Detroit, East Lansing, Ann Arbor, Flint, Port Huron, and more)1-800-USA-RAIL (1-800-872-7245)

Questions for the BATA Team?

Click on the links to the right for more information on each of our services. Our personable **Dispatch Services Team** is available to help you plan your trip.

Recycle-A-Bike (TART)

1220 Woodmere Ave. / (231) 313-5070

<https://traversetrails.org/initiatives/recycle-a-bicycle/>

Recycle-A-Bicycle provides recycled and refurbished bicycles to economically disadvantaged individuals in the Grand Traverse region. We work with local agencies to get vouchers for our bikes to the people who need them.

Workshop

Location: 1220 Woodmere, Traverse City, MI 49686

Phone: 231-313-5070

Email: info@recycleabicycleetc.org

Transportation (cont.)

Community Resource Guide

Transportation (cont.)

Workshop Hours

Mondays, Tuesdays, and Wednesdays

1:00 – 5:00 p.m.

The workshop will close for the winter December 14th and will reopen on April 1st.

During winter we are available by appointment to provide bikes or perform repairs on the voucher bikes previously distributed. Please call 231-313- 5070 to make an appointment over the winter break.

What bicycles do you have in your garage that you don't ride but may transform someone's life?

Bicycle or bike part donations can be brought to the workshop during our normal hours. Please call us if an alternate time is needed for bike donations.

Interested in becoming an R-A-B recipient?

We provide voucher bikes and free repairs for those bikes at our workshop. To receive a bike individuals must have a bike voucher. Bike vouchers for R-A-B can be obtained through the local agencies and social workers. Please, contact us if there are questions.

Interested in volunteering at R-A-B?

Volunteers keep the workshop going and we are always looking for new volunteers to help out in a variety of functions. If you have an interest in volunteering at Recycle a Bicycle, please call us or drop us an email.

Looking to purchase a good used bike?

To sustain the workshop and make bikes available to economically disadvantaged individuals, we also make some of the refurbished donated bikes available for purchase to the general public. Bikes can be purchased during our normal workshop hours.

Annual Recycle-A-Bicycle Bike Swap

The R-A-B Bike Swap is for anyone who wants to sell and/or purchase an unused or out-grown bicycle or bike accessory. The funds raised during the Bike Swap allow the Recycle-a-Bicycle program to continue to provide necessary active transportation to economically disadvantaged individuals and families.

Friday, May 16 | 6pm-8pm | Bike drop-off at the Old Town Parking Deck

Saturday, May 17 | 9am-1pm | Shop the Bike Swap

Saturday, May 17 | 2pm-4pm | Pick up unsold bikes from the Swap

Workers on Wheels Program (WOW)

(231) 995-7718

<https://goodwillswmi.org/501c3-nonprofit/west-michigan-human-services-programs/car-donations/>

Workers on Wheels - Vehicle Donations in Southwestern Michigan

Transportation is still a major barrier to getting a job for those in poverty. Our goal is to remove this barrier so those that want to work are able to. This is a step away from dependency and a step closer to self-sufficiency.

The donation process is easier than you'd think!

Why Donate Your Vehicle?

Car donations give a helping hand to those that want to work in Southwestern Michigan. Many people that want to work are unable to because they can't get there! Workers on Wheels is taking great strides to change that. We offer our community cars and trucks so they can get (and keep) work. Vehicles are inspected, affordable, and more importantly, reliable. Our goal is to make sure transportation is no longer holding people back from obtaining meaningful employment. After a vehicle is sold we put that money into programs like Adult Education, Job Development, and Computer Education classes.

Community Resource Guide

Utilities

Department of Human Services

701 S. Elmwood / (231) 941-3900

https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

Immediate help may be available if you are facing conditions of extreme hardship or emergencies threatening your health and safety. State Emergency Relief and the Weatherization Assistance Program combine financial assistance and contracts with a network of nonprofit organizations to help low-income households.

Emergency support is designed to maintain low-income households that are normally able to make ends meet but occasionally need help when unexpected emergency situations arise. Emergency support is not an appropriate solution to ongoing or chronic financial difficulties. For ongoing reductions to your energy expenses, be sure to check out the Weatherization Assistance Program.

Energy and Weatherization Assistance Program:

If you need help paying for energy and weatherization costs, and you meet eligibility requirements, you may be able to get help from state programs that uses federal money to assist low-income families with energy costs.

- Home Heating Credit
- State Emergency Relief
- Weatherization Assistance Program

Weatherization Can **Save You Money** - Weatherization services could reduce your heating costs by 20-25 percent, saving you about \$450 each year!

Heat and Utility Assistance:

Temporary heat and utility assistance may be available for eligible low-income families and individuals when heating or electric service has been or will be shut off.

Payments may include the amount needed to restore or continue the service for at least 30 days. Assistance may also be available to provide payment for necessary charges to deliver a 30-day supply of a deliverable fuel.

You are required to pay a portion of your bill. The table below provides the amount you are expected to pay. MDHHS may be able to assist with the amount of your bill above your required payment when heating or electric service has been or will be shut off.

Community Resource Guide

Utilities (cont.)

Father Fred Foundation

826 Hastings St. / (231) 947-2055

<https://fatherfred.org/>

Servicing - Antrim, Benzie, Grand Traverse, Kalkaska, and Leelanau.

Tuesday, Thursday and Friday 10:00 am - 2:00 pm Wednesday 10:00 am – 7:00 PM

FINANCIAL ASSISTANCE

We understand that circumstances can change at any time.

We can help.

We're here to listen to each and every story and offer financial assistance for guests when needed. It doesn't matter if the need is keeping the heat on, helping with a security deposit, or needing safe tires or a car repair to get to work, we leverage collaborative funds to do our best to meet those needs with less stress.

NW Michigan Community Action Agency (NMCAA)

2963 Three Mi. Rd. / (231) 947-3780

<https://nmcaa.net/>

Housing and Energy Efficiency Services is dedicated to addressing housing needs. By focusing on reducing energy costs we aim to alleviate financial burdens for homeowners. Furthermore, our efforts in decreasing health concerns ensure that residents live in a healthier environment. Additionally, through our Emergency Repairs and Low-Income Weatherization programs, we provide safe homes for those in need. Overall, we strive to continue to make a significant impact on the well-being of our community.

Emergency Home Repair

You're not alone if you're facing unexpected or urgent issues within your home. Northwest Michigan Community Action Agency's **Emergency Home Repair Program** is here to help with many home repair services. This program has been designed to swiftly and efficiently address critical home repairs, ensuring home safety and habitability. Our team covers everything from roof repair, electrical issues, plumbing leaks, to repairing structural damage. Emergency home repair serves homeowners residing in: Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Missaukee, Roscommon, and Wexford. Local municipalities have home repair funds which NMCAA can allocate to residents.

Kick Start your Application

Don't let unexpected issues in your home disrupt your life, discover how our emergency home repair program can provide prompt and professional assistance you need. Start your home renovation journey today. Start your home renovation journey by sending an email to HEESIntake@nmcaa.net

Homeowners must be current on their mortgage and property taxes. Proof of insurance must also be provided and remain active throughout the life of the loan.

Community Resource Guide

Utilities (cont.)

***Funding for cost of the repair is provided by a 0% interest loan with no monthly payments if the assistance is \$2,501 or greater. Loans are payable at transfer of ownership. Repairs under \$2,500 offered as a grant with no payment required.*

This Emergency Home Repair Program can Assist with Repairs Such as:

Installing or repairing wells or septic systems

Repairing or replacing heating units or water heaters

Repairing or replacing a roof that is leaking or is damaging the interior

Providing handicap accessibility to the home or bathroom

Repairing or replacing dangerous electrical connections

Repairing plumbing leaks

Other repairs that affect the well-being of the occupants

The Weatherization Assistance Program fundamentally reduces energy costs for low-income households by using Federal in addition to State funding. Additionally, this program prioritizes the elderly, people with disabilities, as well as children, ensuring their health along with safety by improving home energy efficiency. Moreover, it is a free program that helps low-income families reduce energy costs by improving energy efficiency. Let us help you with home energy audits, furnace repairs, water heater repairs, as well as more.

Above all, health as well as safety measures are our top priority. Furthermore, a free energy audit will be performed on qualifying homes to further assist in reducing energy costs. Our primary goal is to serve the elderly, those with disabilities, as well as households with children.

Are you Eligible for Weatherization?

Homeowners as well as renters should meet the following guidelines based off of household size last 3 months of gross income:

1 Person \$7,290

2 People \$9,860

3 People \$12,430

4 People \$15,000

Additional Information

Firstly, for households larger than four people, add \$2,570.00 per person to determine eligibility.

Secondly, applicants must live in the home. Additionally, the home cannot be for sale, in foreclosure, or under remodeling during the inspection. Lastly, homes are not eligible if re-weatherized within the last 15 years.

As a result, the Weatherization Assistance Program serves 11 counties: Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee, Roscommon, and Wexford.

For program information, please call or email NMCAA's Housing & Energy Efficiency Services.

Salvation Army

1239 Barlow St. / (231) 946-4644

<https://centralusa.salvationarmy.org/TraverseCity/overcome-poverty/>

UTILITY ASSISTANCE

Community Resource Guide

Utilities (cont.)

The Salvation Army's Energy Assistance Services (EAS) seeks to walk alongside low-income households to address energy crises. In this process, an applicant may be offered bill payment assistance, energy company subsidy program enrollment, and case management services.

The goal of these services is to support household financial stability and support the customer in achieving goals they have set for themselves. In most situations, an EAS Case Specialist will meet with an applicant one on one to determine eligibility and to assess the need or opportunity for additional support.

Funding for EAS is provided by a grant from the State of Michigan, partnerships with Consumers Energy, DTE Energy, and Michigan Gas Utilities as well as donations from individuals and other corporations. [Click here](#) to download the Energy Assistance flyer.

If you need help with your energy bill:

STEP 1: Apply with DHHS for State Emergency Relief (SER) online through

MI Bridges: newmibridges.michigan.gov.

Or apply in person at your local DHHS office - [click here](#) to find your local DHHS office.

Or call us to schedule an appointment to help you apply for SER - Grand Traverse, Leelanau, and Benzie county residents call (231) 946-4644.

STEP 2: Select The Salvation Army as your referral partner on your MI Bridges application and we will contact you with assistance options.

TrueNorth Rural Heat & Energy Solutions

1 (855) 300-8013

<https://tnempower.org/>

Help When You Need It Most. - TrueNorth Community Services' emPower™ heat and energy program assists people struggling to afford their utility and deliverable fuels bills in Michigan, helping them to become self-sufficient.

Michigan Energy Security Program - Help When You Need It Most.

True self-sufficiency is about you providing for yourself or your family without public assistance. Meeting needs. Well-being. Education and training. A living wage. Employment. A career.

Get help on all these matters with the Energy Security Services program offered through emPower™.

The focus is to move people off public assistance. Each person works with their own Self-Sufficiency coach to achieve their individual goals.

The services in the program include:

- Heat and energy assistance
- Budgeting and financial planning
- Connecting with local resources
- Energy efficiency and waste reduction
- Financial literacy education
- Long- and short-term budgeting and financial advice

Improve your life and learn how to become self-sufficient by working with emPower.

Apply online for emPower's Michigan Energy Security Plan.

If you need assistance filling out this application please contact us at: 1-231-355-5880

Community Resource Guide

Utilities (cont.)

Michigan Energy Assistance Program MI Bridges Benefits Program

Many people in Michigan struggle to pay their heat and energy bills. Cold comes fast when warmth can't be found. emPower™ wants to keep you warm. We work with you to find ways to afford paying those bills. Get help with electric, natural gas, propane, wood, pellets, fuel oil, coal and other fuels through emPower.

We are currently accepting a limited number of applications daily, starting at the following times:

Monday: 1 pm

Tuesday: 10 am

Wednesday: 4 pm

Thursday: 11 am

Friday: 10 am

Saturday: 9 am

If the applications are full, please try again the next day.

Veteran Services

Grand Traverse County Veterans Affairs

2650 LaFranier Rd. / (231) 995-6070

<https://www.gtcountymi.gov/995/Veterans-Affairs>

The Grand Traverse County Veterans Affairs Office strives to provide professional assistance to veterans and their families with understanding and accessing available benefits through Federal, State of Michigan and local government agencies.

Our office provides services to residents of Grand Traverse, and Leelanau Counties.

Veterans Affairs Administrative Committee

The Veterans Affairs Administrative Committee consists of 7 members, meets monthly, and oversees the operation of the County Department of Veterans Affairs Office. Must have served honorably on active duty in the armed forces, volunteers or regulars. Member must have had active service in the United States Military.

Meetings

- 8:00 a.m.
- Meets the 4th Thursday of every month unless noted.
- Public Service Building large conference room
- 2650 LaFranier Road, Traverse City, MI 49686

Community Resource Guide

Veteran Services (cont.)

Members

- Chairman, Robert "Art" Eisner
- Vice Chairman, Ron Hofmeister
- Chris Brutzman
- Loyd Morris
- Ben Williams
- Natividad Kolb

Grand Traverse County Board of Commissioners Representative

Lauren Flynn

Leelanau County Board of Commissioners Representative

Steve Stanton

Programs & Services

Grand Traverse County Veterans Affairs staff process emergency applications for the Michigan Veterans Trust Fund and applications for the funding available through our office. A major focus of this work is to provide one-time financial assistance to help veterans overcome emergent situations that have caused personal hardship. In addition to assisting with the application process, staff work very closely with community social service organizations and frequently refer veterans for other community services for which they may qualify. Eligibility for emergency financial assistance and the County Burial Allowance requires wartime era active duty service. Veterans holding Expeditionary Medals for non- wartime era dates may also qualify.

Wartime Era Dates

World War II: December 7, 1941 to December 31, 1946

Korean Conflict: June 27, 1950 to January 31, 1955

Vietnam Era: February 28, 1961 to May 7, 1975

Persian Gulf Era: August 2, 1990 to Present

Grand Traverse County Veterans Affairs Committee Funding

The Veterans Affairs Committee Funding is a County funded emergency grant program that provides financial aid to wartime era veterans who encounter temporary or unexpected financial hardship. The Grand Traverse County Department of Veterans Affairs (GTCVA) Committee consists of 7 veterans appointed by the County Board of Commissioners.

A veteran or his/her spouse may be eligible for one-time financial assistance from our office if the veteran has at least 90 days of active military service and an honorable discharge. The service must be active duty service during a wartime era. Veterans holding Expeditionary Medals for non- wartime era dates may also qualify. Financial assistance provided by GTCVA cannot generally be given more than once in a twelve month period.

Michigan Veterans Trust Fund

The Michigan Veterans Trust Fund is a State of Michigan emergency grant program that provides financial aid to wartime era veterans who encounter temporary or unexpected financial hardship. Each county in Michigan has an MVTF Committee that provides for the local administration of Michigan Veterans Trust Fund expenditures. Local MVTF Committee members are appointed from the various veterans service organizations by the State of Michigan Veterans Trust Fund Board of Directors.

Community Resource Guide

Veteran Services (cont.)

A veteran or his/her spouse may be eligible for one-time financial assistance from the MVTF if the veteran has at least 180 days of active military service and an honorable discharge. The service must be active duty service during a wartime era. Veterans holding Expeditionary Medals for non- wartime era dates may also qualify. Financial assistance provided by the MVTF cannot generally be given more than once in a two year period.

Grand Traverse County Burial Allowance

Grand Traverse County provides a Veteran Burial Allowance of \$300 for wartime era veterans and their spouses with limited resources to pay for funeral expenses. To be eligible for the County Burial Allowance the veteran must meet the following criteria:

A resident of Grand Traverse County

Honorable Discharge from military service

90 Days of Active Duty for purposes other than training

Wartime Era Veteran

The estate must be under certain Asset Limits (excluding homestead and one auto)

\$40,000, if there is a surviving spouse or if veteran has a dependent child under 18

For a veteran with no surviving spouse or dependent child under 18, there is no eligibility for this benefit if the veteran's assets equal or exceed the cost of the funeral and burial.

After completion, the form should be submitted to the Grand Traverse County Department of Veterans Affairs along with a copy of the Death Certificate, an itemized Statement of Funeral and Burial Expenses, and a copy of Certificate of Release or Discharge from Active Duty (DD Form 214).

Benefits

Please contact our office directly at 231-995-6070 for more information about the following benefits and how each

may apply to your specific situation.

Veterans

1. [Service Connected Compensation](#)
2. [Non-service Connected Pension](#)
3. [Healthcare](#)
4. [Education](#)
5. [Vocational Readiness & Employment](#)
6. [Home Loan Guaranty](#)
1. [Life Insurance](#)
2. [Michigan Veterans' Homes](#)
3. [Michigan Veterans Trust Fund](#)
4. [Federal Burial Benefits](#)
5. [VA Dental Insurance Program](#)
6. [Help for Homeless Veterans](#)

Dependents & Survivors

1. [Dependency & Indemnity Compensation \(DIC\)](#)
2. [Survivor's Pension](#)
1. [Survivor's & Dependent's Educational Assistance](#)
2. [CHAMPVA](#)

Community Resource Guide

Youth or Teens

TCAPS - STEP Program

3962 Three Mile Rd. / (231) 933-5901

<https://www.tcaps.net/programs/step/>

Student Support Network

TCAPS Student Support Network

The Student Support Network (SSN) is a program administered by Traverse City Area Public Schools that provides free supportive, education-related services and non-academic support to help overcome obstacles that may create barriers to learning for all students, ages 3-20.

What Services Are Available?

- Clothing and shoes for school purposes
- School supplies and/or backpacks
- Personal hygiene products
- General funds for extracurricular activities or interests
- Referrals to community agencies for housing/transitional living, food, medical, dental, optical care, and mental health

SSN Contacts:

Katie Kubesh

Student Support Network (SSN) Coordinator

McKinney-Vento District Liaison

Regional Grant Coordinator

Foster Care Liaison

KubeshCa@tcaps.net

Office: 231.933.1789

Megan Shapiro

Administrative Assistant

Student Support Network (SSN) &

Northwest Michigan Student Support Services Consortium

ShapiroMe@tcaps.net

Office: 231.933.1793

Community Resource Guide

Youth or Teens (cont.)

Child & Family Services/Third Level

3785 Veterans Dr. / (231) 922-4800 / 1 (800) 442-7315

<https://www.cfsnwmi.org/youth-services>

Third Level - Youth Services

Third Level's Youth Services support youth and their families as they overcome various challenges.

We believe in flexibility! That's why we meet you where you are – in schools, at community resource centers, or right here at Child and Family Services. Our programs are designed to improve youth development, strengthen family functioning, and reunite families. Our youth counselors work with any youth who have runaway, have threatened to run away, may be at risk of homelessness, or that are experiencing family conflict that makes it difficult to be at home.

We are here to talk 24/7 - Call us now at 231-922-4800 if you need help.

OUR PROGRAMS:

BASIC CARE CENTER

Provides temporary housing assistance via host homes, and supportive services for youth experiencing unsafe or unstable housing. The youth will work with staff to remain in school, build life skills, connect to individual and family counseling and other supportive services with the goal of family reunification. This program is 2-3 weeks for youth ages 12-17.

TRANSITIONAL LIVING PROGRAM

Provides counseling, case management and independent living skills to youth at risk of homelessness, between the ages of 16-24. Youth learn to access resources, apply for college, get a GED, find employment or housing, how to budget, and more. Youth work to build permanent connections, self-sufficiency and overall well-being.

PREVENTION

Provides counseling and other support services for youth ages 12-17 who are risk of homelessness. Youth work to reach specific goals and find support and resources to achieve those goals and more.

Community Resource Guide

Youth or Teens (cont.)

Generations Ahead

3962 Three Mile Rd. / (231) 360-0053

<https://generationsahead.org/>

We help young parents overcome the obstacles of teen pregnancy by helping them complete their high school education, fostering independence, and building trusting relationships so they may lead fulfilling lives with a stable family environment.

Learn More About Who We Serve

We serve both young mothers and fathers, encouraging a healthy family unit:

We focus on helping pregnant and parenting teens complete their education, build resiliency, and raise healthy children.

We are a service organization here to support pregnant and parenting teens and young adults, both men and women. Families can stay with us until the youngest parent is age 22. Families reside in the Grand Traverse region. Our services are completely free to all families.

Learn More About What We Do

We have a strong community network, working with us to address the comprehensive needs of the young family.

SOCIAL WORK SERVICES: Robin, our Case Manager, offers social work services, based on your interests and needs. Whether by yourself, or with your family, or in a group with other parents, Robin can help navigate different issues that arise both at home and in the community.

Where are social work services provided? Robin is able to meet virtually, in your home, or at our Generations Ahead Office. Our office is located out of TC High and we are in office year round. We want what is best for you, so we are happy to coordinate services however we can.

FAMILY ACTIVITIES: Family activities are held every two week. Please contact us for more information and follow us on Facebook for up to date topics.

Playgroups take place at our office at TC High School, and sometimes we meet in the community at different locations including local parks, swimming pools, the library, the Children's Museum, etc. All activities are free for participants. This is a great time to have fun with your child.

Other family members are invited to participate too.

MENTORING PROGRAM: If you want, you'll be matched with an adult who can offer friendship, guidance and time together as you prepare for your future. Your mentor can help you focus on your educational and employment goals, your child's development and your parenting skills, and they can help you connect with different community services.

Who are our mentors ?

They're caring adults that believe in you and want to help you however you might need it. They are all trained and carefully screened, so we know they're safe for you and your child.

PARENT EDUCATION: Parent education is offered to anyone enrolled in the Generations Ahead program. Topics address issues such as:

- Nutrition and health
- Substance use prevention
- Childbirth education
- Breastfeeding

Community Resource Guide

Youth or Teens (cont.)

- Child development
- Healthy relationships
- Financial literacy
- Birth control information

There is no cost. Some classes will meet just once, while others may take place over several weeks.

BABY PANTRY: A Baby Pantry is available at our office. The new and gently used items vary with what has been donated, but always include baby and toddler clothing, maternity clothes, diapers, linens (blankets, crib sheets, towels etc.) On occasion, there are also larger donated items including bassinets, highchairs, and strollers.

Car seats are not available. **All items are free to clients**

CAREER INTERNSHIPS: Summer interns are placed with local businesses to help young parents kick-start their careers.

This program offers coaching, mentorship support, and soft skills training to clients throughout their internship, in addition to stipends and other financial assistance. We ensure that clients will thrive and be as successful as possible within their placements.

WIC

2600 LaFranier Rd. / (231) 995-6112

<https://www.gtcountymi.gov/642/Women-Infants-Children>

The Women, Infants, and Children (WIC) program is a supplemental food and nutrition education program to help families lead healthy lives. The Grand Traverse County Health Department (GTCHD) has a team of Registered Nurses, Registered Dietitians, and Board Certified Lactation Consultants who work together to ensure that children up to age five get a strong start in life.

WIC Provides:

- Personalized nutrition plans
- Breastfeeding support
- Referrals to healthcare providers
- Education, support, and resources
- Healthy foods

Eligibility:

- Pregnant
- Breastfeeding
- Had a baby in the last six months
- Have a child under the age of five

If you're pregnant or postpartum, a parent, foster parent, or guardian you may be eligible for the WIC program if you meet the income requirements.

The Michigan Department of Health and Human Services WIC website has more detailed information about the program.