

# 2024 BAY REGION COMMUNITY RESOURCES GUIDE



Encompassing Arenac, Bay, Crawford, Iosco, Midland, Ogemaw,  
Roscommon and Saginaw Counties



# McLaren Resources

## **Karmanos Cancer Institute in McLaren Bay Region**

<https://www.karmanos.org/karmanos/karmanos-cancer-institute-mclaren-bay-region-home>

(989) 667-2370

## **McLaren Bay Region Behavioral Health Center**

<https://www.mclaren.org/main/locations/183>

(989) 894-3911

## **McLaren Bay Region Center for Rehabilitation**

<https://www.mclaren.org/main/locations/rehab-center-for-rehabilitation-mclaren-bay-region-213>

(989) 667-6600

## **McLaren Bay Region Diabetes Education**

<https://www.mclaren.org/main/locations/mclaren-bay-region-diabetes-education-nutrition-1185>

(989) 864-9528

## **McLaren Bay Region Hospital**

<https://www.mclaren.org/bay-region/mclaren-bay-region-home>

(989) 894-3000

## **McLaren Bay Region Occupational Health and Convenient Care**

<https://www.mclaren.org/main/locations/occupational-health-convenient-care-center-mclaren-219>

(989) 667-6600

## **McLaren Central Michigan ReadyCare Walk-In Clinic**

<https://www.mclaren.org/main/locations/readycare-walkin-clinic-mclaren-central-michigan-119>

(989) 794-4035

## **McLaren Home Care and Hospice**

<https://www.mclaren.org>

(866) 323-5974

## **McLaren Midland Physical Therapy**

<https://www.mclaren.org/bay-region/mclaren-bay-region-home>

(989) 794-4035

## **McLaren Now + Clinic at Walgreens-Midland**

<https://www.mclaren.org/main/locations/mclaren-nowclinic-midland-1433>

(989) 423-1768

## **McLaren Uptown Convenient Care**

<https://www.mclaren.org/main/locations/occupational-health-convenient-care-center-mclaren-219>

(989) 393-2850

## **McLaren West Branch**

<https://www.mclaren.org/main/locations/emergency-department-at-west-branch-mclaren-bay-re-1212>

(989) 516-5075

## NATIONAL AND STATE RESOURCES



### Emergency Services

<https://www.911.gov/>

**9-1-1**

#### 24-Hour Crisis Line

Abuse and Protective Services  
Parenting/Pregnancy Resources  
<https://www.wrcnm.org>  
(800) 275-1995

#### Action Agency

Housing Assistance  
<https://www.micommunityaction.org/>  
(517) 321-7500

#### Adaptive Environments – Home Lift Systems

Medical Equipment & Loan Closets  
<https://www.adaptive-environments.com>  
(800) 355-5438

#### Alcoholics Anonymous

Substance Abuse  
<https://aa.org>  
(800) 356-9996

#### ALS of Michigan

Medical Equipment and Loan  
Closets, Support Groups  
<https://www.alsofmichigan.org>  
(248) 354-6100

#### Alzheimer's Association and Helpline

Adult Aging Services, Support  
Groups  
<https://www.alz.org>  
(800) 272-3900

#### American Cancer Society Road to Recovery (Transportation)

Transportation  
<https://www.cancer.org>  
(800) 227-2345

#### American Red Cross

Emergency and Disaster Services  
Food Pantries, Clothing and  
Household Assistance, Housing  
Items  
<https://www.redcross.org>  
(800) 733-2767

#### Area on Aging

Adult Aging Services, Food  
Pantries, Clothing and Household  
Items, Housing Assistance,  
Support Groups, Transportation,  
Veteran Affairs  
<https://www.4ami.org>

#### Autism Society

Disability and Special Needs  
Resources, Support Groups  
<https://www.autism-mi.org>  
(800) 328-8476

#### Boys Town National Hotline

Mental Health and Counseling  
<https://www.boystown.org>  
(800) 448-3000

#### Center for Civil Justice

Legal Assistance  
<https://ccj-mi.org/>  
(800) 724-7441

#### Centers for Disease Control and Prevention

Healthcare Services, Substance  
Abuse  
<https://www.cdc.gov>  
(800) 232-4636

#### CHAMPVA

Veteran Affairs  
<https://www.va.gov>  
(800) 733-8387

#### Child Safety Seat Inspection

Parenting/Pregnancy Resources,  
Transportation  
<https://www.nhtsa.gov/TheRightSeat>  
(866) Seat-Check

#### Children and Adult Protective Services

Abuse and Protection Services  
<https://www.michigan.gov>  
(855) 444-3911

#### Children's Special Healthcare Services

Disability and Special Needs  
Resources, Healthcare Services,  
Parenting/Pregnancy Resources  
<https://www.michigan.gov/mdhhs/assistance-programs/cshcs>  
(800) 359-3722

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## NATIONAL AND STATE RESOURCES

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### **Common Ground Crisis Line**

Abuse and Protective Services,  
Mental Health and Counseling  
Services, Support Groups  
<https://www.commongroundhelps.org>  
(800) 231-1127

### **Compassionate Friends (Parent's Grief Group)**

Support Groups  
<https://www.compassionatefriends.org>  
(877) 969-0010

### **Dental Lifeline Network (low income; severe problems only)**

Dental Resources  
<https://www.dentallifeline.org>  
(303) 534-5360

### **Disability Network of Michigan**

Disability and Special Needs  
Resources, Support Groups  
<https://www.dnmichigan.org>  
(800) 782-4160

### **Early on-Helping Babies and Toddlers Stay on Track**

Parenting Resources  
<http://1800earlyon.org/>  
(800) 327-5966

### **Epilepsy Foundation of Michigan**

Support Groups  
<https://www.epilepsymichigan.org>  
(800) 377-6226

### **Equality Michigan**

Abuse/Protective Services,  
Support Groups  
<https://www.equalitymi.org>  
(313) 537-7000

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

Food Pantries  
<https://www.fbcmich.org/>  
(517) 485-1202

### **Gigi's Playhouse**

Disability/Special Needs  
Resources, Medical Equipment/  
Loan Closets  
<https://www.gigisplayhouse.org>  
(847) 885-6149

### **HAP Senior Plus**

Adult Aging Services  
<https://www.hap.org>  
(800) 868-3153

### **HAVEN Crisis Line**

Abuse and Protective Services,  
Support Groups  
<https://www.haven-oakland.org>  
(877) 922-1274

### **Heat and Warmth Fund**

Housing Assistance  
<https://www.thawfund.org>  
(800) 866-8429

### **HUD Rental Assistance**

Housing Assistance  
<https://www.hud.gov>  
(800) 569-4287

### **LARA – Department of Licensing and Regulatory Affairs**

Adult Aging Services  
<https://adultfostercare.apps.lara.state.mi.us/>

### **LA LECHE**

Parenting/Pregnancy Resources  
<https://www.lli.org>  
(800) 525-3243

### **Legal Services of Eastern MI**

Legal Assistance  
<https://lsem-mi.org>  
(800) 322-4512

### **LGBT Hotline**

Abuse and Protective Services,  
Support Groups  
<https://www.lgbthotline.org>  
(888) 843-4564

### **LifeSource Direct Rx Discount Card-uninsured/underinsured**

Pharmacies and Prescription  
Assistance  
<https://lifesourcedirect.com>  
(866) 340-4748

### **Love is Respect Hotline**

Abuse and Protective Services,  
Support Groups  
<https://www.loveisrespect.org>  
(866) 331-9474

### **MDHHS Native American Affairs Office**

Tribal Services  
<https://www.michigan.gov/mdhhs/faq/native-american-affairs>  
(517) 335-7782

### **Meals on Wheels**

Adult Aging Svc, Food Pantries,  
Clothing/Household Assistance  
<https://www.mealsonwheelsamerica.org>  
(800) 632-7334

### **Medicare**

Adult Aging Services  
<https://www.medicare.gov>  
(800) 633-4227

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## NATIONAL AND STATE RESOURCES

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### **Medicare/Medicaid Assistance Program**

Adult Aging Services, Disability and Special Needs Resources, Pharmacies and Prescription Assistance  
<https://www.mmapinc.org>  
(800) 803-7174

### **Michigan Alliance for Families**

Disability and Special Needs Resources, Parenting/Pregnancy Resources  
<https://www.michiganallianceforfamilies.org>  
(800) 552-4821

### **Michigan Assistive Technology Loan Fund**

Medical Equipment & Loan Closets  
<https://www.mi-ucp.org>  
(800) 827-4843

### **Michigan Coalition to End Domestic & Sexual Violence**

Abuse and Protective Services  
<https://www.mcedsv.org>  
(517) 347-7000

### **Michigan Commission for the Blind**

Disability and Special Needs Resources, Vision Assistance  
<https://www.michigan.gov>  
(800) 292-4200

### **Michigan Commission for the Deaf**

Disability and Special Needs Resources  
<https://www.michigan.gov>  
(313) 437-7035

### **Michigan CPAP Bank CPAP, BiPAP, ASV, AVAPS and Supplies**

Medical Equipment & Loan Closets  
<https://pranavmayuram.github.io/UMich-CPAP-Bank/public/#/mission>  
(734) 232-3964

### **Michigan Department of Civil Rights**

Legal Assistance, Tribal Services  
<https://www.michigan.gov/mdcr>  
(517) 335-3165

### **Michigan Department of Education – Office of Special Education**

Disability and Special Needs Resources  
<https://www.michigan.gov/mde/services/special-education>  
(833) 633-5788

### **Michigan Donated Dental Services Program**

Dental Resources  
<https://www.michigandental.org>  
(517) 346-9454

### **Michigan HIV/STD Hotline**

Clinics and Hospitals  
<https://www.miunified.org/resources/hotline>  
(800) 872-2437

### **Michigan Indian Employment and Training Services**

Tribal Services  
<https://www.michigan.gov/mdhhs/inside-mdhhs/tribal-government-services-and-policy>  
(800) 591-8820

### **Michigan Indian Legal Services Hotline**

Legal Assistance, Tribal Services  
<https://www.mils3.org>  
(231) 947-0122

### **Michigan Indian Tuition Waiver**

Tribal Services  
<https://www.michigan.gov/mdcr/divisions/dei/indian-tuition-waiver>  
(517) 241-7748

### **Michigan Senior Legal Hotline**

Legal Assistance  
<https://www.elderlawofmi.org>  
(866) 400-9164

### **Michigan United Way**

Michigan Resources  
<https://www.unitedway.org/local/united-states/michigan>  
2-1-1

### **Michigan Veteran Affairs**

Veteran Affairs  
<https://www.michigan.gov/mvaa>  
(800) 642-4838

### **Military One Source**

Mental Health and Counseling Services, Legal Assistance, Parenting/Pregnancy Resources, Veteran Affairs  
<https://www.militaryonesource.mil>  
(800) 342-9647

### **MiRx Discount Card**

Pharmacies & Prescription Assistance  
<https://www.mihealth.org/mirx>  
(877) 681-7540



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## NATIONAL AND STATE RESOURCES

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### **MSHDA: Step Forward**

Financial and Housing Assistance  
<https://www.stepforwardmichigan.org>  
(855) 646-7432

### **Muscular Dystrophy Association**

Disability and Special Needs  
Resources, Medical Equipment  
and Loan Closets  
<https://www.mda.org>  
(800) 572-1717

### **Narcotics Anonymous 24/7**

Abuse and Protective Services,  
Mental Health and Counseling  
Services, Substance Abuse,  
Support Groups  
<https://www.na.org>  
(800) 230-4085

### **National Alliance on Mental Illness**

Mental Health and Counseling  
Services  
<https://www.nami.org>  
(800) 950-6264

### **National Child Abuse Hotline**

Abuse and Protective Services  
<https://www.childhelp.org>  
(800) 422-4453

### **National Council on Alcoholism and Drug Dependence (NCADD)**

Mental Health and Counseling  
Services, Substance Abuse,  
Support Groups  
<https://www.ncadd.us>  
(313) 865-8951

### **National Domestic and Sexual Violence Helpline**

Abuse and Protective Services,  
Mental Health and Counseling  
Services, Support Groups  
<https://www.thehotline.org>  
(800) 799-7233

### **National Eye Institute**

Vision Assistance  
<https://www.nei.nih.gov>  
(301) 496-5248

### **National Federation of the Blind**

Medical Equipment & Loan Closets  
<https://www.nfb.org>  
(410) 659-9314

### **National Human Trafficking**

Abuse and Protective Services,  
Mental Health and Counseling  
Services, Support Groups  
<https://www.eeoc.gov/national-human-trafficking-resource-center>  
(888) 373-7888

### **NeedyMeds**

Pharmacies & Prescription  
Assistance  
<https://www.needymeds.org>  
(800) 503-6897

### **Paralyzed Veterans of America**

Disability and Special Needs  
Resources, Medical Equipment  
and Loan Closets, Veteran Affairs  
<https://www.michiganpva.org>  
(800) 424-8200

### **Parkinson's**

Support Group  
<https://parkinsonsmi.org/>  
(800) 852-9781

### **Partnership for Prescription Assistance**

Pharmacies and Prescription  
Assistance  
<https://www.pparx.org>

### **Poison Control**

Emergency and Disaster Services  
<https://www.poison.org>  
(800) 222-1222

### **Problem Gambling Help Line**

Support Groups  
<https://www.ncpgambling.org>  
(800) 522-4700

### **RAINN (Rape and Incest National Network)**

Abuse and Protective Services,  
Mental Health & Counseling  
Services, Support Groups  
<https://www.rainn.org>  
(800) 656-4673

### **Relay Center for Deaf/HOH**

Disability and Special Needs  
Resources, Hearing Assistance  
<https://www.ada.gov/resources/efective-communication>  
7-1-1

### **RX Outreach**

Pharmacies and Prescription  
Assistance  
<https://www.rxoutreach.org>  
(800) 769-3880

### **RxAssist**

Pharmacies and Prescription  
Assistance  
<https://www.rxassist.org>

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## NATIONAL AND STATE RESOURCES

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### **Safe Center Crisis Hotline 24/7**

Abuse and Protective Services  
<https://www.thesafecenter.org>  
(877) 952-7283

### **Social Security Administration**

Adult Aging Services, Disability and  
Special Needs  
<https://www.ssa.gov>  
(800) 772-1213

### **Stop It Now! Hotline**

Abuse and Protective Services  
<https://www.stopitnow.org>  
(888) 773-8368

### **Substance Abuse Hotline**

Substance Abuse, Support Groups  
<https://www.samhsa.gov>  
(800) 662-4357

### **Suicide Hotline**

Abuse and Protective Services,  
Mental Health and Counseling  
Services, Support Groups  
<https://www.988lifeline.org>  
9-8-8

### **The Trevor Project**

Abuse and Protective Services  
<https://www.thetrevorproject.org>  
(866) 488-7386

### **Third Level Crisis Line**

Abuse and Protective Services,  
Legal Aid  
<https://www.cfsnwmj.org>  
(231) 946-8975

### **U.S. Office of Indian Education**

Tribal Services  
<https://oese.ed.gov/offices/office-of-indian-education/>  
(505) 563-5304

### **Unemployment Office Hotline**

Employment Assistance  
<https://www.michigan.gov>  
(866) 500-0017

### **USDA Rural Development**

Housing Assistance  
<https://www.rd.usda.gov>  
(517) 324-5190

### **Veteran Affairs**

Veteran Affairs  
<https://www.va.gov>  
(800) 698-2411

### **Veteran's Crisis Line**

Veteran Affairs  
<https://www.veteranscrisisline.net/>  
(800) 273-8255

### **Victim Connect (stalking hotline)**

Abuse and Protective Services  
<https://www.victimconnect.org>  
(855) 484-2846

### **Visiting Angels Living Assistance Services**

Adult Aging Services  
<https://visitingangelsfoundation.org>  
(800) 365-4189

### **Vocational Rehabilitation of Michigan**

Disability and Special Needs  
Resources  
<https://www.michigan.gov/leo/bureau-agencies/mrs>  
(800) 605-6722

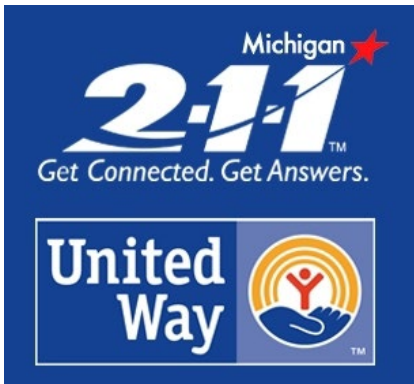
### **WIC**

Food Pantries, Clothing and  
Household Items,  
Parenting/Pregnancy Resources,  
Support Groups  
<https://www.michigan.gov/mdhhs/assistance-programs/wic>  
(800) 942-1636

### **Women's Health Resources Line**

Parenting/Pregnancy Resources  
<https://www.womenshealth.gov>  
(800) 994-9662

## REGIONAL RESOURCES



### Abuse & Protective Services

#### Bay Area Women's Center

<https://www.bawc-mi.org/>

(989) 686-4551

#### CAN Council

<https://cancouncil.org/>

(989) 671-1345

#### Northern Michigan Children's Assessment Center

<https://nmcac4kids.org/>

(989) 275-7145

#### River House

<https://www.riverhouseinc.org>

(989) 348-3169

#### Safe & Sound Child Advocacy Center Midland

<https://www.safeandsoundcac.org>

(989) 835-9922

#### Underground Railroad Hotline

<https://undergroundrailroadinc.org/>

(989) 755-0411

### Adult Aging Services

#### Crawford County Commission on Aging

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

(989) 348-7123

#### Hale Senior Citizen Center

[https://www.facebook.com/hcseni  
orcitizens/](https://www.facebook.com/hcseni orcitizens/)

(989) 728-4251

#### Iosco County Commission on Aging- Hale

<https://ioscocoa.org/>

(989) 728-6484

#### Ogemaw Commission on Aging West Branch

<http://www.ogemawcoa.org/>

(989) 345-3010

#### Region VII Area on Aging

<https://region7aaa.org/>

(989) 895-4100

#### Roscommon County Commission on Aging

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

(989) 366-0205

#### Saginaw Commission on Aging

[https://www.saginawcounty.com/  
departments/commission-on-  
aging/](https://www.saginawcounty.com/departments/commission-on-aging/)

(989) 797-6880

#### Senior Services of Midland County

<https://seniorservicesmidland.org/>

(989) 633-3700

#### Tawas Senior Center

[https://seniorcenter.us/sc/east\\_tawas  
\\_senior\\_center\\_east\\_tawas\\_mi](https://seniorcenter.us/sc/east_tawas_senior_center_east_tawas_mi)

(989) 362-6892

### Assisted Living

#### Applewood Assisted Living

[https://www.applewoodassistedliv  
ing.com/](https://www.applewoodassistedliving.com/)

(989) 772-1866

#### Bay City Comfort Care

<https://comfortcaresl.com/>

(989) 545-6000

#### The Brook of West Branch

[https://brookretirement.com/the-  
brook-of-west-branch/](https://brookretirement.com/the-brook-of-west-branch/)

(989) 343-1400

#### Candlestone Assisted Living

[https://www.storypoint.com/com  
munity/candlestone-mi/](https://www.storypoint.com/community/candlestone-mi/)

(989) 200-4349

#### Edgewood Assisted Living

[https://www.heritageseniorcomm  
unities.com/communities/edgewo  
od-assisted-living-center-saginaw-  
michigan/](https://www.heritageseniorcommunities.com/communities/edgewood-assisted-living-center-saginaw-michigan/)

(989) 497-9970

#### Northern Pines Assisted Living

<https://northernpines.org/>

(989) 344-2010

#### Pine Haven Assisted Living

[https://pinehavenassistedliving.co  
m/](https://pinehavenassistedliving.com/)

(989) 642-5761



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## REGIONAL RESOURCES

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### West Branch Manor

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

(989) 726-5003

### Disability Resources

#### ARC

<https://thearc.org/>

Arenac County (989) 280-6794

Bay County (989) 893-1346

Midland (989) 631-4439

#### Arnold Center Midland

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

(989) 631-9570

#### Disability Network of Mid Michigan

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

(989) 835-4041

#### DSRC

<https://dsrbc.com/>

(989) 895-5444

#### Do-All, Inc.

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

(989) 894-2851

#### ROOC, Inc

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

(989) 275-9534

### Emergency Services

<https://www.911.gov/>

**9-1-1**

#### Consumers Energy Emergency Line

<https://www.consumersenergy.com>

(800) 477-5050

#### Saginaw County Emergency Management

<https://www.saginawcounty.com/courts-public-safety/office-of-emergency-management/>

(989) 790-5434

#### US Coast Guard – Saginaw River

<https://www.uscg.mil/>

(989) 892-0556

### Financial Assistance

#### Guardianship Services - Saginaw

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

(989) 755-1532

#### NEMCSA

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

(989) 358-4700

#### Saginaw Community Foundation

<https://www.saginawfoundation.org/site/>

(989) 755-0545

#### United Way

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

Bay County (989) 893-7508

Roscommon Co. (989) 275-2067

### Employment Assistance

#### Bay Arenac ISD

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

(989) 686-4410

#### Express Employment

<https://www.expresspros.com/midlandmi/>

(989) 832-6994

#### Manpower of Saginaw

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

(989) 799-7701

#### Michigan Works

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

Arenac (989) 846-2111

Bay (989) 667-0500

East Tawas (989) 362-6407

Grayling (989) 348-8709

Midland (989) 631-3073

Saginaw (989) 752-3145

### Legal Assistance

#### Arenac County Circuit Court

<https://www.arenacountymi.gov/Courts-Law/23rd-Circuit-Court/>

(989) 846-6200

#### Bay County Courts

<https://www.baycountycourts.com>

(989) 895-4265

#### Crawford County Courts

<https://www.crawfordco.org/offices-departments/courts/>

(989) 348-2841

#### Iosco County Courts

<https://iosco.net/courts/>

(989) 362-3497

#### Midland County Courts

<https://midlandcountymi.gov/midland-courts>

(989) 832-6700

#### Ogemaw County Courts

<https://www.ocmi.us/courts/>

(989) 345-3560

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## REGIONAL RESOURCES

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### Roscommon County Courts

<https://www.roscommoncounty.net/153/34th-Circuit-Court>  
(989) 275-8021

### Saginaw County Courts

<https://www.saginawcounty.com/courts-public-safety/courts/circuit-court/>  
(989) 790-5200

### Libraries

#### Bay County Library System

<https://www.baycountylibrary.org/>  
Auburn Branch (989) 662-2381  
Pinconning Branch (989) 879-3283  
Sage Branch (989) 892-8555  
Wirt Public Library (989) 893-9566

#### Bridgeport Public Library

<https://www.bridgeportlibrary.org>  
(989) 777-6030

#### Crawford County Library System

<https://www.crawfordcolibrary.org>  
Devereaux (989) 348-9214  
Frederic (989) 348-4067

#### Coleman Area Library

<https://www.colemanlibrary.org/>  
(989) 465-6398

#### Grace A Dow Memorial Library

<https://www.gadml.org/>  
(989) 837-3430

#### Houghton Lake Public Library

<https://hlpl.org/>  
(989) 366-9230

### Iosco Arenac District Library

<https://www.ioscoarenaclibrary.org>  
AuGres (989) 876-8818  
East Tawas (989) 632-6162  
Hale (989) 728-4086  
Omer (989) 653-2230  
Oscoda (989) 739-9581  
Standish Library (989) 846-6611  
Tawas City Library (989) 362-6557  
Whittemore (989) 756-3186

#### James E. Wickson Library

<https://www.wicksonlibrary.org/>  
(989) 652-8323

#### Raucholz Memorial Library

<https://www.rauchholzlibrary.org/>  
(989) 642-8621

#### Richfield Township Public Library

<https://www.richfieldtpl.michlibrary.org/>  
(989) 389-7630

#### River Rapids District Library

<https://www.riverrapidslibrary.org>  
(989) 845-3211

#### Roscommon Area District Library

<https://roscommonlibrary.org/>  
(989) 281-1305

#### Saginaw Library System

<https://www.saginawlibrary.org>  
Butman Fish (989) 799-9160  
Hoyt (989) 755-0904  
Zauel Library (989) 799-2771

#### St. Charles District Library

<https://www.stcharlesdistrictlibrary.org/>  
(989) 865-9451

### Taymouth Township Library

<http://taymouthtwplibrary.org/>  
(989) 770-4651

### Thomas Township Library

<http://thomastownshiplibrary.org/>  
(989) 781-3770

### Food Pantries, Clothing and Household Items

#### Caregiving Network

<https://caregiving.network/>  
(989) 837-9757

#### East Side Soup Kitchen Saginaw

<https://www.eastsidesoupkitchen.org>  
(989) 755-3663

#### Great Lakes Dream Center

<https://greatlakesdreamcenter.org>  
(989) 270-7575

#### Midland Co. Assistance Network

<https://midlandcountyfan.org/>  
(989) 486-9393

#### Safe Harbor Kitchen

<https://safeharborkitchen.com/>  
(989) 894-1189

#### Salvation Army

<https://www.salvationarmyusa.org>  
Bay (989) 893-3041

### Housing Assistance

#### Arenac Co Housing Commission

<https://www.arenacountymi.gov/Departments/Housing/>  
(989) 846-6651

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## REGIONAL RESOURCES

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**Bay City Housing Commission**

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

(989) 892-9581

**Good Samaritan Rescue Mission**

<https://gsrmbaycity.org/>

(989) 893-5973

**Grayling Housing Commission**

<https://www.graylinghousing.com>

(989) 348-9314

**Habitat for Humanity**

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

Gladwin (989) 426-3078

NE MI – Alpena (989) 354-5555

Roscommon Co. (989) 366-6993

**Home to Stay Housing Assistance**

<http://www.myhometostay.org/>

(989) 496-9550

**Lydia's Gate Mio**

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

(989) 826-5588

**Midland's Open Door Shelter**

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

(989) 835-2291

**Mid-Michigan Community Action**

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

(989) 894-9060

**Mustard Seed Shelter - Saginaw**

<https://themustardseedshelter.org>

(989) 755-4741

**Ogemaw Housing & Home Improvement**

<https://www.ocmi.us/housing/>

(989) 345-5390

**Richfield Township Hall Warming**

<http://richfieldtpw.org/>

(989) 389-4994

**Roscommon Housing Commission**

<https://www.roscommoncounty.net/189/Housing>

(989) 275-8306

**Saginaw Community Action**

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

(989) 753-7741

**Saginaw Housing Commission**

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

(989) 755-8183

**Saginaw Rescue Mission**

<https://rescuesaginaw.org/>

(989) 752-6051

**Shelterhouse**

<https://shelterhousemidland.org/>

Gladwin (989) 426-9413

Midland (989) 835-6771

### Healthcare Services

**Bay County Health Department**

<https://www.baycounty-mi.gov/health/>

(989) 895-4009

**Central Michigan District Health Department**

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

(989) 846-6541

**Health Department District 10**

<https://www.dhd10.org/>

(989) 348-7800

**Midland Co. Health Department**

<https://midlandcountymi.gov/health>

(989) 832-6380

**Roscommon Co. Health Department**

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

(989) 366-9166

**Saginaw Co. Health Department**

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

(989) 758-3800

### Clinics and Hospitals

**Alcona Health Center**

<https://www.alconahealthcenters.org>

(989) 739-2550

**Aleda E. Lutz VA Medical Center**

<https://www.va.gov/saginaw-health-care/>

(989) 497-2500

**Ascension Hospitals**

<https://healthcare.ascension.org/>

Saginaw (989) 907-8000

Standish (989) 846-4521

Tawas (989) 362-3411

**AuSable Free Clinic**

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

(989) 348-0740

**Covenant Medical Center**

<https://www.covenanthealthcare.com>

(989) 583-7000

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## REGIONAL RESOURCES

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### CMU Health Saginaw

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

(989) 746-7500

### Great Lakes Bay Health Center

<https://greatlakesbayhealthcenters.org/>

(989) 671-2000

### Helen M. Nickless Volunteer Clinic

<https://www.mclaren.org/main/helen-m-nickless-free-clinic>

(989) 895-4832

### MyMichigan Cancer Center

<https://www.mymichigan.org/location/s/profile/cancer-center-midland/>

(989) 839-6200

### MyMichigan ER West Branch

<https://www.mymichigan.org/locations/profile/?id=3169>

(989) 343-3193

### MyMichigan Lab West Branch

<https://www.mymichigan.org/locations/profile/lab-westbranch/>

(989) 343-3179

### MyMichigan Medical Center

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

Midland (989) 839-3000

West Branch (989) 345-3660

### MyMichigan Wound Care

<https://www.mymichigan.org/locations/profile/?id=3155>

(989) 343-3790

### Munson Grayling Hospital

<https://www.munsonhealthcare.org/grayling-hospital/grayling-home>

(989) 348-5461

### Ogemaw Hills Free Clinic

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

(989) 345-7880

### Prudenville Community Health Center

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

(989) 366-2900

### Select Specialty Hospital

<https://www.selectspecialtyhospitals.com/locations-and-tours/mi/saginaw/saginaw/>

(989) 583-4850

### Sterling Area Health Center

<https://sterlinghealth.net/>

Hale (989) 728-2800

Sterling (989) 654-2491

## Urgent Care

### AuSable Urgent Care

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

(989) 348-7400

### Covenant MedExpress

<https://www.covenanthealthcare.com>

Bay City (989) 671-5700

Frankenmuth (989) 652-1320

Hemlock (989) 583-0670

Saginaw (989) 583-0100

### Hope Urgent Care, Birch Run

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

(989) 244-6441

### Midland Express Urgent Care

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

(989) 486-1707

### MyMichigan Urgent Care

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

Bay (989) 509-3333

Freeland (989) 695-4999

Gladwin (989) 246-9430

Houghton Lake (989) 422-2181

Midland (989) 633-1350

West Branch (989) 345-8130

### New Hope Urgent Care Midland

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

(989) 631-9900

### Pro-Health Urgent Care Midland

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

(989) 495-2050

## Dental Resources

### AuSable Family Dental

<https://www.ausablefamilydental.com>

(989) 344-2525

### Birch Run Family Dental

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

(989) 624-5570

### Chesaning Family Dental

<https://chesaningfamilydental.com>

(989) 845-7242

### Delta College Dental Clinic

<https://www.delta.edu/community/services-for-our-community/dental-clinic.html>

(989) 686-9469

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## REGIONAL RESOURCES

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**Great Lakes Bay Health Center  
Dental and Children's Mobile**  
<https://greatlakesbayhealthcenter.org/dental-care/>  
(989) 759-6400

**Huron Coast Dental**  
<https://www.huroncoastdental.com/>  
(989) 362-6159

**My Community Dental Center**  
<https://www.mydental.org/>  
(989) 402-0510

**Rose City Dental**  
<https://www.rcddental.com/>  
(989) 685-8668

**Sterling Area Dental Clinic - Alger**  
<https://sterlinghealth.net/sterling-area-dental-clinic/>  
(989) 873-5152

### Hearing Assistance

**Advantage Audiology and Hearing Center**  
<https://advantagehearingonline.com/>  
(989) 745-6667

**Bay Area Hearing**  
<http://bayarea-hearing.net/>  
(989) 892-6232

**Beltone Skoric Hearing**  
<https://beltoneskorichearing.com/>  
Tawas (989) 310-2055  
West Branch (989) 793-7620

**Bieri Hearing**  
<https://www.bierihearing.com/>  
(989) 793-2701

**Central Michigan University  
Audiology Clinic**  
<https://www.cmich.edu/academic/s/colleges/herbert-h-grace-a-dow-college-of-health-professions/centers-institutes/carls-center>  
(989) 774-3904

**Hear Michigan Center West Branch**  
<https://hearmichigan.alpacaaudiology.com/>  
(989) 726-1540

**Hear USA Tawas**  
<https://www.hearusa.com/>  
(989) 362-8196

### Vision Assistance

**Anderson Eye Associates**  
<https://www.anderseneye.com/>  
(800) 519-3933

**AuSable Eye Care**  
<https://visionsource-ausableeyecare.com/>  
(989) 348-3211

**Eye Care Specialists of Michigan**  
<https://www.eyecaremi.com/>  
(989) 791-2020

**Family Eye Care Houghton Lake**  
<https://www.familyeyecaremi.com/>  
(989) 422-5731

**Fraser Optical Oscoda**  
<https://www.fraseroptical.com/>  
(989) 739-2020

**Great Lakes Eye Institute**  
<https://www.greatlakeseyeinst.com/>  
Saginaw (989) 793-2820  
Frankenmuth (989) 652-2020

**New Vision Family Eyecare**  
<https://visionsourcenewvision.com/>  
(989) 362-3478

**Ogemaw Eye Institute**  
<https://www.ogemaweye.com/>  
(989) 345-8113

**Special Needs Vision Clinic**  
[https://www.ferris.edu/optometry/extern/Special\\_Needs\\_files/](https://www.ferris.edu/optometry/extern/Special_Needs_files/)  
(989) 777-1040

**West Branch Eye Care**  
<https://www.westbrancheyecare.com>  
(989) 345-2020

### Medical Equipment and Loan Closets

**ABC Medical Supply West Branch**  
<https://www.rotech.com/>  
(989) 345-1118

**American Homepatient**  
<https://www.ahom.com/>  
(989) 345-7813

**CareInc Medical Equipment**  
<https://www.careincmed.com/>  
(989) 345-7090

**Great Lakes Loan Closet**  
<https://loanclosets.org/>



## REGIONAL RESOURCES

### Hart Medical Equipment

<https://hartmedical.org/>

(989) 316-7280

### Lincare

<https://www.lincare.com/en/>

(989) 366-0100

### Orthotech West Branch

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

(989) 343-0999

### Saginaw Medical Services

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

(989) 793-4444

### Sheldon Medical Supply

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

(989) 422-6544

### Wright & Filippis

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

(989) 799-7360

## Pharmacies and Prescription Assistance

### Gilberts Drug Store Oscoda

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

(989) 739-7585

### Kroger Pharmacy

<https://www.kroger.com/health/pharmacy>

Bay City (989) 686-3592

Essexville (989) 892-0313

Frankenmuth (989) 652-0621

Midland (989) 835-3959

### Meijer Pharmacy

<https://www.meijer.com/services/pharmacy.html>

Bay City (989) 667-9510

Birch Run (989) 624-1610

Essexville (989) 891-1510

Midland (989) 837-5310

West Branch (989) 787-3020

### Rite Aid

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

Frankenmuth (989) 652-2613

Houghton Lake (989) 366-9212

Midland (989) 631-0700

Oscoda (989) 739-4255

Roscommon (989) 275-5161

Saginaw (989) 792-3451

Standish (989) 846-4508

Tawas (989) 362-3439

### Walgreens

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

Bay City (989) 671-0468

Essexville (989) 894-4832

Grayling (989) 344-0374

N Saginaw Midland (989) 832-2491

S Saginaw Midland (989) 631-0910

Prudenville (989) 366-5324

Saginaw (989) 497-9316

## Rehabilitation

### Adapt Physical Therapy Hale

<https://adaptpt.com/maryfrm/>

(989) 728-5555

### Ascension St. Joseph Rehab

<https://healthcare.ascension.org>

(989) 739-6040

### Grayling Nursing & Rehab

<https://atriumlivingcenters.com/>

(989) 348-2801

### Great Lakes Rehab Center

<https://seniorrehab.com/>

(989) 607-1500

### Horizon Physical Therapy

<https://horizonptandrehab.com/>

Bay City (989) 460-0020

Saginaw (989) 607-5557

Standish (989) 846-0937

### Hoyt Nursing and Rehab Center

<https://nexcarehealth.com/search-locations/hoyt/>

(989) 754-1419

### Mary Free Bed

<https://www.maryfreebed.com>

(989) 348-0314

### Mission Point Nursing & Physical Rehabilitation

<https://missionpointhealthcare.com>

(989) 275-8936

### MyMichigan Rehabilitation Services

<https://www.mymichigan.org/conditions-treatments/rehabilitation-services/>

Campus Ridge (989) 837-9100

Wackerly St. (989) 832-4220

Houghton Lake (989) 422-2115

### Northsport Physical Therapy

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

(989) 275-9955

### Paramount Rehabilitation Services

<https://prsmichigan.com/>

Bay (989) 891-9800

Saginaw (989) 790-3781

Standish (989) 718-3171

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## REGIONAL RESOURCES

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**Riversbend Rehabilitation Center  
for the Brain Injured**  
<https://riversbendrehabilitation.com/>  
(989) 671-0866

**Saginaw Senior Care and Rehab**  
<https://nexcarehealth.com/search-locations/saginaw/>  
(989) 792-8729

### **Mental Health & Counseling Services**

**AuSable Valley Community  
Mental Health**  
<https://avcmh.org/>  
Tawas (989) 362-8636  
West Branch (989) 345-5571

**Bay Arenac Behavioral Health**  
<https://babha.org/>  
(989) 895-2300

**Central Michigan – Crisis Hotline**  
<https://www.cmhcm.org/>  
(989) 772-5938

**Holy Cross**  
<https://holycrossservices.org/>  
(989) 596-3558

**Northern Lakes Community  
Mental Health**  
<https://www.northernlakescmh.org/>  
(833) 295-0616

**Saginaw County Community  
Mental Health Authority**  
<https://www.sccmha.org/>  
(989) 797-3400

**Training & Treatment Innovations**  
<https://ttiinc.org/>  
(989) 799-6542

**Wellspring Lutheran Services**  
<https://wellspringlutheran.com/>  
(989) 686-7650

### **Substance Abuse**

**Bay County AA Hotline**  
<https://www.baycountyaa.org/>  
(989) 894-1949

**Recovery Pathways**  
<https://recoverypathwaysllc.com/>  
(989) 928-3566

**Sacred Heart Rehabilitation  
Services**  
<http://sacredheartcenter.com/>  
(989) 894-2991

**The Lion's Den MBTC**  
<https://www.facebook.com/thelionsdenmbtc/>  
(989) 275-0929

### **Parenting/Pregnancy Resources**

**Carol's Baby Pantry Oscoda**  
[http://www.iosco-kids.org/Pages/baby\\_pantry.html](http://www.iosco-kids.org/Pages/baby_pantry.html)  
(989) 820-5786

**CMU Center for Children, Families  
and Communities**  
<https://www.cmich.edu/academic/s/colleges/liberal-arts-social-sciences/departments/psychology/psychology-centers-clinics->

[research-labs/center-for-children-families-and-communities](https://research-labs/center-for-children-families-and-communities)  
(989) 774-6639

**Family & Children's Services of  
Mid-Michigan**  
<https://www.fcs-midland.org/>  
(989) 631-5390

**Harbor Lights Caring Pregnancy  
Center**  
<https://www.pregnancyhelpandsupport.org/>  
(989) 305-6308

**Life Choices Resource Center**  
<https://chooselifeconnection.org/>  
(989) 345-3909

**Life Clinic Community Resources**  
<https://lifeclinic.org/>  
Bay City (989) 922-5433  
Midland (989) 835-1500  
Saginaw (989) 754-0091

**New Life Pregnancy Resources**  
<https://gaylordnewlife.com/>  
(989) 732-1626

**Pregnancy Care Center**  
<http://www.saginawpcc.org/>  
(989) 752-7664

**Saginaw County Innerlink**  
<https://www.yppcares.org/sheltering-runaways-homeless-youth/>  
(989) 753-3431

**Saginaw ISD Birth to 5**  
<https://www.sisd.cc/o/saginaw-isd/page/birth-5>  
(989) 399-7473

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## REGIONAL RESOURCES

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### Support Groups

#### Cancer Services of Midland

<https://cancerservicesmidland.org>  
(989) 835-4841

#### Dementia Support

<https://babha.org/wp-content/uploads/2022/10/DementiaSupportGroup.pdf>  
(989) 684-1101

#### Peer 360 Recovery Alliance

<https://www.peer360recovery.org>  
(989) 778-3144

### Transportation

#### Arenac Public Transit Authority

<https://arenactransit.com/>  
(989) 846-7500

#### Bay Metro DART

<https://baymetro.com/>  
(989) 894-0631

#### Crawford County Dial A Ride

<https://crawfordbus.org/>  
(989) 348-5409

#### Holt Transportation

<https://holttransport.com/>  
(989) 860-1004

#### Iosco Transit East Tawas

<https://www.michigan.gov/agingd/river/drivers/alternative-transportation/iosco-county>  
(989) 362-8108

#### Midland Dial A Ride

<https://www.cityofmidlandmi.gov/165/Dial-A-Ride>  
(989) 837-6940

#### Ogemaw County Public Transit

<https://www.ocmi.us/transit/>  
(989) 345-5790

#### Roscommon County DART

<https://www.roskota.net/>  
(989) 366-5309

#### Saginaw Transit Authority

<https://saginaw-stars.com/>  
(989) 907-4000

### Tribal Services

#### Little Traverse Bay Band of Odawa Indians

<https://ltbbodawa-nsn.gov/>  
(231) 242-1400

#### Saginaw Chippewa Indian Tribe

<http://www.sagchip.org/>  
(989) 775-4000

### Veteran Affairs

#### American Legion

<https://www.legion.org/>  
Post 212 Chesaning (989) 845-3300  
Post 150 Frankenmuth (989) 652-3717  
Post 165 Midland (989) 832-7202  
Post 22 Saginaw (989) 792-9747

#### Bay County Veteran Affairs

<https://www.baycounty-mi.gov/VeteransAffairs/>  
(989) 895-4108

#### Crawford County Veteran Trust Fund

<https://www.crawfordco.org/offices-departments/veterans-service/>  
(989) 348-2841

#### Gladwin Veteran Affairs

<https://gladwincounty-mi.gov/departments/veterans-affairs/>  
(989) 426-4891

#### Iosco County Veterans Affairs

<https://iosco.net/veterans-affairs/>  
(989) 362-6571

#### Midland County Veteran Services

<https://midlandcountymi.gov/veterans-services>  
(989) 832-6843

#### Ogemaw County Veteran Affairs

<https://www.ocmi.us/veterans/>  
(989) 345-5170

#### Roscommon Co. Vet Trust Fund

<http://www.roscommoncounty.net/242/Michigan-Veterans-Trust-Fund>  
(989) 275-6047

#### Vet2Vet Peer Support Group West Branch

<https://www.wbacc.com/events/details/vet2vet-peer-support-group>  
(989) 873-6088

#### VFW

<https://www.vfw.org/>  
Post 1859 Carrollton – Zilwaukee (989) 752-8826  
Post 3651 Midland (989) 496-3410  
Post 9809 Saginaw (989) 792-0060

## YOUR WHERE TO GO GUIDE

# When you need medical care

Call 911 for emergencies.

### Doctor's Office



#### WHEN TO GO:

Routine checkups, screenings, immunizations, and preventive care  
Prescription refills/medications  
Referral to see a specialist  
Fever, cold/flu symptoms  
Chronic pain  
Mild backaches, sprains, toothaches  
Sore Throat/Cough/Earache  
Rashes

#### YOUR COST + TIME:

**(\$)** Coinsurance, copay and/or deductible  
Usually, lowest copay  
May need appointment  
Shorter wait times  
Doctor on call 24/7

### Telehealth



#### WHEN TO GO:

Allergies/Sinus Symptoms  
Fever, cold/flu symptoms  
COVID symptoms  
Headache/Earache  
Pink Eye  
Rashes/Hives/Insect Bites

#### YOUR COST + TIME:

**(\$)** Coinsurance, copay and/or deductible  
Cost similar to physician office visit  
Same-day appointments often available  
After-hours access available

### Urgent Care



#### WHEN TO GO:

Accidents/Falls  
Moderate backaches, sprains  
Mild breathing difficulty/Asthma  
Minor burns/cuts  
Minor injuries/fractures (fingers/toes)  
Eye irritation/redness  
Cold/flu symptoms with fever/sore throat  
Vomiting/Diarrhea  
Skin rashes/infections  
Feeling down/anxious

#### YOUR COST + TIME:

**(\$\$)** Cost lower than ER  
Same-day appointments and walk-in appointments available  
Wait times vary  
Call to confirm the urgent care facility accepts your insurance

### Emergency Room



#### WHEN TO GO:

Critical injuries or illness  
Sudden numbness/weakness  
Uncontrolled bleeding  
Seizure/loss of consciousness  
Shortness of breath  
Chest pain

#### YOUR COST + TIME:

**(\$\$\$)** Highest cost  
Open 24/7, no appointment needed  
Longer wait times  
Higher risk of exposure to infection  
Notify your physician if using ER services as soon as possible