

Healthy Start Resource Guide

This list includes a variety of resources which may be of use to Healthy Start participants. This list does not include all resources and there may be changes to program availability and eligibility. If you need assistance, Healthy Start staff can help you find more resources.

General Needs

- United Way: 2-1-1 call center or unitedwaysem.org
- Julie's List: julieslist.homestead.com
- Detroit Health Department Referral Line: 313-961-BABY (313-961-2229)

Crisis Support (National)

- National Suicide Prevention Lifeline: 800-273-8255
- National Domestic Violence Hotline: 1-800-799-7233 (SAFE)
- National Parent Helpline: 1-855-427-2736 (4A-PARENT)
- Childhelp National Child Abuse Hotline (can provide support to parents in crisis): 1-800-4-A-CHILD (1-800-422-4453)
- Crying Baby Hotline: 1-866-243-2229
- Fussy Baby Network: 1-888-431-BABY (2229)
- Safe Delivery Hotline (if you would like to surrender your newborn child): 866-733-7733

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Parent Support

Childbirth Education

All hospitals have childbirth education available. The cost may be covered by insurance. Call your local hospital for more information. Your OB provider, midwife, or doula may also be able to assist with finding education.

Doulas can also provide assistance preparing for childbirth and during your labor and birth. Contact Healthy Start for more information on finding a doula.

Gianna House

21357 Redmond, Eastpointe, MI 48021
(586) 445-0440

Offers weekly prenatal support and education, baby items, and pregnancy tests.

Birth Detroit

16919 Prairie St., Detroit, MI 48221
313-977-0962
info@birthedetroit.com

<https://www.birthedetroit.com/classes>

Parenting Education

Support and assistance to caregivers of children of all ages. Eligibility varies by program.

All Counties: <https://mihomevisiting.com/> lists all home visiting programs in the state.

All Counties: MSU Extension offers a variety of parenting classes and programs. Check out their website for more information!

Catholic Social Services of Southeast Michigan

Project Hope

Prenatal and parenting education, offered in Oakland, Macomb, and Wayne Counties. Spanish services available.

<https://ccsem.org/project-hope/>

Positive Solutions Online Parenting Series (Great Start Oakland)

Recorded sessions are available online for free.

<https://www.greatstartoakland.org/family-resources/family-services/social-emotional-resources/positive-solutions>

WAYNE

The Guidance Center - Parents as Teachers

13101 Allen Road, Building 4, Southgate, MI 48195

734-785-7705 x7377

<http://www.guidance-center.org/pat>

Detroit Parent Network

<http://www.detroitparentnetwork.org/parent-groups/>

726 Lothrop Rd, Detroit, MI 48202

(313) 309-8106

NSO Life Choices

Parenting support for parents of children with disabilities

8600 Woodward Avenue, Detroit, MI 48202

(313) 875-7601

Children's Aid Society

Circle of Parents: self-help group and parenting education

Purposeful Parenting: 9-week parenting class for parents with children in foster care

7700 Second Ave, Suite 402, Detroit, MI 48202

(313) 961-8100

Wayne County Community College Parent Academy

6-part series on parenting, with a focus on academically supporting your child.

801 W. Fort St, Detroit, Michigan 48226

(313) 496-2704

Spaulding for Children

Parenting education for families with children referred by DHS.

16250 Northland Drive, Suite 100, Southfield, MI 48075

248-443-0300

<https://spaulding.org/families/prevention/>

Starfish Family Services – Baby Power and Fraternity of Fathers

<https://www.starfishfamilyservices.org/services/parenting-programs/>

OAKLAND

Beaumont Hospitals – Parent Connection Groups

Groups are available for parents with newborns recently born at a Beaumont hospital. As of 2022, they are meeting by Zoom.

248-551-4232 or parentingeducationandsupport@beaumont.org

Register at classes.beaumont.org

MACOMB

CARE of Southeastern Michigan

Cost is \$20 but scholarships and sliding fee scale are available.

31900 Utica Rd, Fraser, MI 48026

(586) 541-0033

<http://www.careofsem.com/classes/parenting-young-children/>

WASHTENAW

Catholic Social Services

Nourishing Families Washtenaw

<https://csswashtenaw.org/family-children/nurturingfamilieswashtenaw/>

4925 Packard Road, Ann Arbor, MI 48108-1521

734.926.0158

Breastfeeding Support

WIC is a great resource for breastfeeding support, as is the lactation counselor on-site, if you give birth at a hospital. You can also contact your **WIC office** or **county breastfeeding coalition** to see if they have support groups near you.

Most **hospitals** have breastfeeding classes and support. Contact the hospital near you to see what they have to offer!

National Breastfeeding Helpline – 800-994-9662 (TDD 888-220-5446) – the US Office on Women’s Health staffs both English and Spanish speaking peer counselors

La Leche League USA Breastfeeding Helpline – 1-877-4-LALECHE (1-877-452-5324)

La Leche League also has monthly meetings in a variety of locations around Michigan. Check out <http://www.llli.org/web/michigan.html> to find meetings near you.

Their free toolkit (<http://www.llli.org/toolkit>) may also come in handy.

Michigan Breastfeeding Peer Counseling

This program offers mother to mother breastfeeding education, support, and help for mothers and babies. A peer counselor is a mother who has breastfed and received special training to be able to help other mothers. You can access this program by calling your county’s MSU Extension Office or your local WIC clinic.

City of Detroit: MSUE (313) 833-3279 or WIC (313) 876-4664

Monroe: MSUE (734) 240-3170 or WIC (734) 240-7895

Oakland: MSUE (248) 858-0912 or WIC (248) 858-1275

St. Claire: MSUE (810) 989-6935 or WIC (810) 987-8222

Washtenaw: MSUE (734) 222-3966 or WIC (734) 544-6889

Wayne: MSUE (313) 833-3279 or WIC (734) 727-7156

Black Mothers Breastfeeding Association (BMBFA)

Offers community-based peer counseling and doula services, as well as free breastfeeding support groups.

www.blackmothersbreastfeeding.org

9641 Harper, Detroit, MI 48213

(800) 313-6141

Ascension St. John Breastfeeding Services

Sponsors the Mother Nurture Club, a weekly post-discharge breastfeeding club for mothers and babies, as well as classes. May be able to assist with transportation.

St. John Hospital and Medical Center 5 East, 22151 Moross Road, Detroit, MI 48236

(313) 343-6838

<https://healthcare.ascension.org/specialty-care/ob-gyn/breastfeeding/ascension-st-john-hospital-breastfeeding-support>

Breastfeeding Center of Ann Arbor

726 Brooks St, Ann Arbor, MI 48103

(734) 975-6534

<https://bfcaa.com/>

Nature's Playhouse Lactation Services

<https://www.naturesplayhouse.com/birthing-lactation-support>

You can also search for a lactation consultant in your area here:

https://portal.ilca.org/i4a/memberDirectory/index.cfm?directory_id=19&pageID=4356

Social Support for Parents and Grandparents

Meetup (www.meetup.com) and Facebook can be great resources for finding parent groups in your area. Also try looking in our section about playgroups, parenting groups and postpartum support groups!

Detroit Moms Blog Community Groups

<https://detroitmom.com/neighborhood-mom-groups/>

Detroit Parent Network

A variety of support groups for moms, dads, grandparents, single parents, teen parents, mothers of inmates, parents in recovery, parents of special needs children, newly working parents, and parents who have lost children. Childcare and refreshments provided.

(313) 309-8106

726 Lothrop Rd, Detroit, MI 48202

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

Nature's Playhouse

Offers playgroups and a variety of support groups, including babywearing, breastfeeding, birth recovery, LGBT parenting, and new parents.

703 Livernois, Ferndale, MI 48220

(248) 955-3219

Detroit Mama Hub

Offers parent support, online forums, and community events to members (\$50-100/year)

www.themamahub.com

Mocha Moms

Support and advocacy for mothers of color.

www.mochamoms.org

Michigan: michigan@mochamoms.org

Detroit: detroit@mochamoms.org

MSU Kinship Care Support Groups

Support groups for grandparents and other families members raising children, available in counties throughout Michigan.

<https://kinship.msu.edu/Resources/Support-Groups>

Early Learning Communities and Family Activities

Provide a variety of activities for families, including parenting help and playgroups. Note: You can also find playgroups and activities at your local school district, libraries, parks and rec departments, and community education centers.

Family activities can also be found at metroparent.com and metrodetroitmommy.com
Many of these programs also offer lending libraries of toys and books! Just ask for more info.

Great Start Wayne Activity Calendar

<https://www.greatstart.org/findfun>

The Guidance Center

Community Resource Centers

Available in Flat Rock, Lincoln Park, Romulus, Southgate, Taylor, Belleville, and River Rouge
734-785-7705 (and ask to be connected with the location you are interested in) or call 313-294-6276 to be connected directly with the River Rouge location.

<https://www.guidance-center.org/crc/>

Development Centers, Inc.

17321 Telegraph Rd, Detroit, MI 48219

(313) 531-2500

<https://develctrs.org/>

Wayne Metro Community Action Agency

138 Cortland, Highland Park, MI 48203

313-202-0304

Help Me Grow Developmental Activity Groups

Southfield, Rochester, and Holly

248-209-2197

Children's Learning Center/Oakland Family Services

114 Orchard Lake Rd, Pontiac, MI 48341

248-858-7766 x254

Macomb Family Services

(586) 226-3440 x246

Clinton Twp, Sterling Heights, Richmond, Romeo

Leaps and Bounds Family Services

(586) 759.3895

8129 Packard Street, Warren, MI 48089

Great Start Macomb Play & Learn Groups

Throughout Wayne County

www.greatstartmacomb.org/early-learning/play-groups/free-play-learn-groups

<http://www.greatstartmacomb.org/health-development/free-play-groups>

Great Start to Quality Southeast Resource Center
3941 Research Park Dr., Suite C, Ann Arbor, MI 48108
734-975-1840

Childcare/Daycare

Visit **Great Start to Quality** at www.greatstarttoquality.org or 1-877-614-7328 for information on childcare and preschool in your area.

Michigan has a **Child Development and Care (CDC) subsidy** that can assist parents in paying for childcare while they work, complete high school, or engage in other approved activities. Go to http://michigan.gov/mde/0,4615,7-140-63533_63534_72609---,00.html for more information.

United Way Connect 4 Care helps Wayne County residents see their childcare options. <https://unitedwaysem.org/get-help/community-resources/connect4care/>

Child Health, Safety, and Nutrition

Children's Special Healthcare Services

Provides support and assistance to children with complicated health care needs.

All counties can contact the **CSHCS Family Phone Line** at 800-359-3722 for more information. More information about goals and eligibility is available at http://www.michigan.gov/mdch/0,4612,7-132-2942_4911_35698-15087--,00.html

Wayne CSHCS (Detroit)

313-832-9342
3950 Beaubien St, Suite 63
Detroit, MI 48201

Wayne CSHCS (Outside Detroit)

734-727-7088
33030 Van Born Rd, Wayne, MI 48184

Oakland CSHCS

248-858-0056
1200 N Telegraph, Pontiac, MI 48341

Macomb CSHCS

586-466-6855
25401 Harper, St. Clair Shores, MI 48081

Washtenaw CSHCS

734-544-6700
555 Towner, Ypsilanti, MI 48197

Monroe CSHCS

734-240-7800
2353 S. Custer Rd, Monroe, MI 48161

Livingston CSHCS

517-546-9850
2300 E Grand River, Suite 102, Howell, MI 48843

St. Clair CSHCS

810-987-6102
3415 28th Street, Port Huron, MI 48060

Children with Special Needs Fund

Provides support to children enrolled in CSHCS program for medically necessary items.
517-241-7420 or 800-359-3722
www.michigan.gov/csntfund

Immunizations

Immunizations can be obtained through your or your child's medical provider, or you can contact your local health department.

CDC Recommended Vaccination Schedule:

<http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf>

<https://www.cdc.gov/vaccines/parents/schedules/reasons-follow-schedule.html>

Immunizations During Pregnancy:

<https://www.cdc.gov/vaccines/pregnancy/vacc-during-after.html>

Children's Hospital Immunization Station

Second floor of the Children's Hospital Specialty Center-Detroit, 3950 Beaubien.

Open three days a week. Hours of operation are Mondays, Tuesdays and Thursdays from 9 a.m. to 4 p.m. The clinic is closed from 1 p.m. to 1:30 p.m. and on Wednesdays and Fridays and all holidays. Please note appointments are required at this time and same day appointments are available, call 313-832-8433 to schedule. (As of May 2022)

Vaccination for Children (VFC) Providers

VFC Providers vaccinate children regardless of their parent's ability to pay.

<https://detroitmi.gov/departments/detroit-health-department/programs-and-services/influenza-flu-shots/vaccination-children-vfc-providers>

WIC and Other Nutrition Services

Helps pregnant moms and children up to five stay healthy through food assistance and breastfeeding education.

Find your local WIC office by calling 1-800-26-BIRTH (1-800-262-4784).

- Washtenaw County: 989-754-6111
- Livingston County: 517-546-5459
- Macomb County: 586-469-5471 or 586-749-5173
- Monroe County: 734-240-7897
- Oakland County: 248-858-1272
- St. Clair County: 810-987-8222
- Washtenaw County: 734-544-6800
- Out-Wayne County: 734-727-7156 or 313-832-4600
- City of Detroit: 313-876-4555

Contact your local health department; they may have nutrition resources available. Your doctor can also help refer you to a nutritionist.

Michigan State University Extension (MSUE) also has a variety of nutrition and healthy eating (especially on a budget) resources.

Oakland County Public Health Nutrition Services: 248-858-1403 or
http://www.oakgov.com/health/Pages/program_service/nutr_about.aspx

Macomb County Health Department Nutrition Services: 586-412-3397 or
<http://health.macombgov.org/Health-Programs-HPDC-NutritionServices>

Pediatric Audiology

Wayne State University Audiology Clinic

60 Farnsworth Dr.

Detroit, MI 48202

Phone: 313-577-0631 Fax: 313-577-8885

Per other agencies, the Wayne State Audiology Clinic is free to all, regardless of insurance.

Henry Ford Hospital

2799 W. Grand Blvd.

Audiology K-8

Detroit, MI 48202

Phone: 313-982-5701 Fax: 313-916-1548

Henry Ford Medical Center Fairlane

19401 Hubbard Dr.

Dearborn, MI 48126

Phone: 313-982-8172 Fax: 313-982-8040

Children's Hospital of Michigan

3901 Beaubien

Detroit, MI 48201

Phone: 313-745-8903 Fax: 313-966-2694

Sinai Grace Professional Building- Audiology

6071 W. Outer Dr., Suite 130

Detroit, MI 48235

Phone: 313-966-4725

Michigan Ear Institute-Audiology

18181 Oakwood Blvd., Suite 402

Dearborn, MI 48126

Phone: 248-865-4444 Fax: 313-865-6161

St. John Holley Institute- Professional Building One

22151 Moross Road, Suite 223

Detroit, MI 48236

Phone: 313-343-3165 Fax: 313-343-4111

Home Safety and Health

Resources on treating and preventing environment-based illnesses and injuries, such as lead, allergies, asthma, poisoning, and burns, as well as car seat safety.

MI Lead Safe

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

Apply for home lead services and find other resources about lead.

Lead Safe Wayne County

<https://www.waynecounty.com/departments/hhvs/wellness/leadsafe-wayne-county.aspx>

734-727-7400

CLEARCorps/Detroit

11148 Harper Ave, Detroit, MI 48213

(313) 924-4000

Children’s Hospital Injury Prevention Program

<https://www.childrendmc.org/safety>

Register for online safety education about child passenger safety, fire prevention, burn safety, and more.

313-745-0072

American Red Cross – Smoke Detector Program

<http://www.redcross.org/local/michigan/home-fire-safety/smoke-alarm>

WCHAP (Wayne Children’s Healthcare Access Program)

Asthma Education

(313) 863-CHAP (2427)

Asthma & Allergy Foundation of America - Michigan Chapter

2075 Walnut Lake Road

West Bloomfield, MI 48323

888.444.0333 or 248.406.4254

Car Seat Checks

Find a Car Seat Inspection Station: <https://www.nhtsa.gov/equipment/car-seats-and-booster-seats#installation-help-inspection>

Find a Car Seat Tech:

<https://portalskcms.cyzap.net/dzapps/dbzap.bin/apps/assess/webmembers/secure/manage?webid=SKCMS&pToolCode=CERT-SEARCH&pAdd=Yes>

Pet Safety

Family Paws Parent Education

Helpful resources for pregnant women and new parents, a support hotline, and help finding a dog trainer. There are lots of free, helpful handouts on how to prepare your dog for a new baby and how to keep your baby or toddler safe around your dog.

Dog and Baby Support Hotline: 1-877-247-3407

www.familypaws.com

Living with Kids & Dogs

Information on stress signals, dog behavior and body language, and how children should behave around dogs, as well as advice and resources.

<https://colleenpelar.com/livingwithkidsanddogs/>

Doggone Safe

Educates children, families and dog owners about dog body language, safe training methods and how to act safely around dogs to prevent dog bites. It has helpful information for older children!

www.doggonesafe.com

General Health

Prenatal Care

For information on prenatal services in Detroit, call 1-800-311-BABY (1-800-311-2229).

For information in Spanish, call 1-800-504-7081.

Or contact your state or local Health Department.

Family Planning

You can contact your doctor or OB with any questions or concerns regarding birth control.

Bedsider.org: Provides information on birth control options.

WAYNE

Institute for Population Health

9053 Woodward Avenue
Detroit, MI 48202
313-324-9482

Planned Parenthood

4229 Cass Avenue
Detroit, MI 48201
313-831-7776

Planned Parenthood

37625 Ann Arbor Road, Ste. 107
Livonia, Michigan 48150
734-591-6544

Taylor Teen Health Center

26650 Eureka Road, Ste. B
Taylor, MI 48180
734-942-2273

OAKLAND

Planned Parenthood

2338 Woodward Ave.
Ferndale, MI 48220
248-399-5900

Northland Family Planning

Westland (734-721-4700)
Southfield (248-559-0590)
Sterling Heights (586-268-1700)

MACOMB

Macomb County Health Department

43525 Elizabeth Road
Mt. Clemens, MI 48043
586/469-5491
25401 Harper

St. Clair Shores, MI 48081
586/469-5491
27690 Van Dyke
Warren, MI 48093
586/469-5491

Planned Parenthood

29350 Van Dyke Avenue
Warren, MI 48093
586-558-0101

WASHTENAW

Planned Parenthood

3100 Professional Drive
Ann Arbor, MI 48104
734-973-0710
and
2370 W. Stadium Blvd.
Ann Arbor, MI 48106
734929-9480

HIV and STI testing, treatment, & support resources

WAYNE

Detroit Public Health Sexually Transmitted Disease Clinic

50 East Canfield
Detroit, MI 48201
313-577-9100
Walk-in clinic 8am-4:30pm; can also call for appointment

Health Emergency Lifeline Programs (HELP)

*service area: Tri-County, Lapeer, St. Clair, & Monroe counties

1726 Howard St.
Detroit, MI 48216
(313) 832-3300

Housing (security deposit/1st month rent & utility assistance), Food vouchers & Nutrition Counseling, Mental Health therapy, Medical Case Management & Early Intervention Services, and Insurance Enrollment Assistance.

Unified (formerly Aids Partnership Michigan)

3011 W. Grand Blvd.
Detroit, MI 48202
(313) 446-9800

HIV & Hep. C testing, Clean Syringe Access, Behavioral Health Services, Support Groups, Medical Case Management, Early Intervention Services Prisoner Reentry Services, Tobacco Cessation Resources, Housing Assistance, Food Pantry.

CHAG (Community Health Awareness Group)

1300 W. Fort St.
Detroit, MI 48226
(313) 963-3434

Case Management, Early Intervention Services, Mental Health Therapy, Medical Transportation, Rapid HIV/Hep.C/Syphilis screening, Support Groups, Syringe Exchange, Substance Abuse Treatment.

Matrix Human Services- Ryan White HIV/AIDS Program

*service area: Tri-County, Lapeer, St. Clair, & Monroe counties

120 Parsons St.
Detroit, MI 48201
(877) 931-3248

Mental Health Therapy, Medical Case Management, Early Intervention Services, In-home care

OAKLAND

OLHSA (Oakland-Livingston Human Service Agency)

196 Cesar Chavez
Pontiac, MI 48342
(248) 209-2600

Health Insurance/State Benefits Enrollment, Early Intervention Service, Housing Assistance,
Food Vouchers & Medical Nutritional Therapy, HIV Testing/Counseling

WASHTENAW

Unified (formerly Aids Partnership Michigan)

*same services as listed above (Detroit location)

3075 Clark Rd., Suite 203
Ypsilanti, MI 49201
(734) 572-9355

Dental Services

Michigan Medicaid Dental Line can help with finding a dentist: (800) 642-3195

The **Tri-County Dental Health Council** also lists dentists and oral surgeons that accept Medicaid:

<http://dentalhealthcouncil.org/>

Michigan Oral Health Directory:

http://www.michigan.gov/documents/mdch/oral_health_directory_2011_362130_7.pdf

WAYNE

Advantage Health Centers – Waller Dental Center

60 E Warren Ave, Detroit, MI 48210
313-626-2800 or 313-626-2807

CHASS (Community Health and Social Services Center)

5635 West Fort Street, Detroit MI 48209
Phone: 313-849-3920

Children's Center Dental Clinic

79 W. Alexandrine, Detroit MI 48201
Phone: 313-833-2895

Children's Hospital APDS Dental Department

3901 Beaubien, Detroit MI 48201
Phone: 313-745-5551

Covenant Community Care

559 West Grand Blvd, Detroit MI 48216
Phone 313-554-1095
AND

1700 Waterman, Detroit MI 48209
Phone: 313-841-1699

AND

5716 Michigan Ave., Detroit MI 48210
Medical Phone: 313-554-1095
Dental Phone: 313-554-3880

Detroit Community Health Connection

13901 E. Jefferson, Detroit MI 48215
Phone: 313-821-2591 ext. 3115

Detroit Community Health Connection-EASTSIDE

7900 Kercheval, Detroit MI 48215
Phone: 313-921-5500

Detroit Department of Health and Human Services – Dental Clinics

1151 Taylor Street, Detroit, MI 48202 | 313 876-4826

DHWP health clinics are a health resource for children, adults and seniors. Call for more information or an appointment. DHWP provides health services to the uninsured and underinsured. A few programs require a small co-pay

Detroit East Side Community Dental Clinic

The Samaritan Center, 5555 Conner Avenue, Detroit, Michigan 48213

Phone: 313-579-4100 Dental Appointments call: 877-313-6232

University of Detroit Mercy School of Dentistry

*see patients requiring extensive dental work only

8200 West Outer Drive, Detroit MI 48210

Phone: 313-494-6700

Pediatric Dental Association

21213 Ecorse Road, Taylor MI 48180

Phone: 313-292-7777

St. Vincent De Paul

Per other agencies, they will see anyone who is in pain that day.

3000 Gratiot Ave, Detroit, MI

313-393-3009

The Order of Malta Medical and Dental Clinic at St. Leo Catholic Church

Per other agencies, there is no phone number; you just show up at the church at 9am at the red door to be seen on the 2-4 days per month it is open. This is a free clinic for people with a downtown zip code.

See calendar available here: <http://www.maltaclinic.org/calendar/>

4860 15th Street, Detroit, MI 48208

Great Expressions

3670 Woodward Avenue, Suite 101B, Detroit, MI

(313) 355-1665

Doesn't take Medicaid, just Healthy Michigan Blue Cross

OR

11532 Morang Avenue, Detroit, MI

(313) 371-4510

Accepts straight Medicaid

OAKLAND**Paula Tutman's Children's Tooth Fairy Foundation**

6177 Orchard Lake Road Suite #120, West Bloomfield, MI 48322

Phone: 248-855-4227

Covenant Community Care

27776 Woodward Ave, Royal Oak MI 48076

Phone: 248-556-4900

Oakland County Health Dept. Dental Program

Phone: 248-858-1306

MACOMB

Macomb County Health Department

Phone: 586-465-9152

WASHTENAW

Washtenaw Children's Dental Clinic

920 Miller Ave., Ann Arbor MI 48103

Phone: 734-663-7073

University of Michigan Dental School/Children's Clinic

Phone: 734-764-1523

Community Dental Center

406 N. Ashley, Ann Arbor MI 48103

Phone: 734-998-9640 OR 9647

Healthy Michigan Plan

Makes health care benefits available at a low cost through the Affordable Care Act.

<http://www.michigan.gov/healthymiplan>

Apply online at www.michigan.gov/mibridges

Or call 855-789-5610

Education & Developmental Disabilities

Head Start/Early Head Start

Center- and home-based programs that support the mental, social, and emotional development of children from birth to age 5.

Visit the **Michigan Head Start Association** for listings by county!
www.michheadstart.org/locator or 517-374-6472

You can also call your local **Great Start Coalition** for more information.

Early On & Child Find

Provides support to children who may be delayed in meeting developmental milestones. Early On supports ages 0-3 and Child Find supports ages 3-5. For some children, Special Education Resources may also be helpful.

Early On Michigan

1-800-EarlyOn (1-800-327-5966)

Child Find Michigan

1-888-320-8384

Wayne RESA

734-334-1393

Oakland Schools

Early On: 248-209-2266

Child Find: 248-209-2308

Macomb ISD

Early On: 586-228-3463

Child Find: 586-228-3331

Washtenaw ISD

734-994-8100 x1272

Monroe ISD

Early On: 734-242-5799 x1600

Child Find: 734-242-5799 x1400

Livingston ESA

Early On: 517-540-6875

Child Find: 517-540-6808

St. Clair County RESA

810-455-4398

Developmental Disabilities, Delays, & Special Education

You can also contact the Early On or Child Find contacts above. They should be able to assist you or connect you with a special education consultant. CSHCS may also be able to provide help for certain disabilities.

Michigan Special Education Information Line: 1-888-320-8384

Michigan Alliance for Families

Provides information, support, and education for families who have children (birth through 26 years of age) who receive (or may be eligible to receive) special education services. Information is available online, through trainings, or by meeting with parent mentors.

1-800-552-4821

www.michiganallianceforfamilies.org

Michigan Special Education Mediation Program

Assists parents, educators, and service providers in resolving disputes related to early education and special education.

800-8-RESOLVE or 517-485-2274

<http://msemp.cenmi.org>

PEAK Parent Center

Access free webinars related to special education and disability services for your child.

http://www.peakparent.org/workshops_and_webinars

IDEA (Individuals with Disabilities Education Act) Parent Guide

<http://www.nclد.org/reports-and-studies/idea-parent-guide-2/>

Preschool Services Under IDEA

http://dredf.org/wp-content/uploads/2014/04/preschool_brief.pdf

Developmental disabilities services are also available through each county's community mental health system. A variety of agencies are able to assist.

Mental Health and Substance Use (Adult & Child)

Infant Mental Health

Provides therapeutic services in the home for children with a variety of concerns.

WAYNE

The Children's Center

79 W Alexandrine St, Detroit, MI 48201
(313) 831-5535

The Guidance Center

19401 Northline Rd, Southgate, MI 48195
(734) 785-7700

Southwest Solutions

5716 Michigan Ave, Detroit, MI 48210
(313) 963-2266
Spanish-speaking providers are available.

Development Centers Inc.

Serves Northwest Detroit and Western Wayne.
17321 Telegraph Rd., Detroit, MI 48219
(313) 531-2500

Starfish Family Services

Partnering with Parents & Lifespan Clinical Services
15 Inkster Rd, Inkster, MI 48141
(888) 355-5433

Northeast Guidance Center

20303 Kelly Rd, Harper Woods, MI 48225
(313) 245-7000

Arab American and Chaldean Council

111 W. 7 Mile Rd, Detroit, MI 48203
(313) 369-4730

Open to all families in Wayne County with Medicaid regardless of race or ethnicity. Home-based services are available up to age 6, as well as services for pregnant women that anticipate difficulty bonding with baby due to past trauma, loss, or other concerns.

OAKLAND

Easter Seals

22170 W Nine Mile Rd, Southfield, MI
248-475-2150

MACOMB

Macomb County Community Mental Health
586-948-0222

WASHTENAW

Washtenaw County Community Support and Treatment Services
(734) 544-3050 or 1-800-440-7548

Postpartum Depression Support

It is common for parents struggle with depression after the birth of a child. With support, such as counseling or medication, postpartum depression is treatable.

In an emergency, please contact 911 or call the National Suicide Prevention Hotline

The Maternal Mental Health Hotline is available by phone or text at 1-833-9-HELP4MOMS (1-833-943-5746) in English and Spanish. TTY Users can use a preferred relay service or dial 711 and then 1-833-943-5746. It is not intended as an emergency response line.

Postpartum Support International

- **Michigan Chapter:** Connect with a Local Volunteer by clicking on the button on the website. <https://psichapters.com/mi/#get-help>
- **Provider Directory:** <https://www.postpartum.net/get-help/provider-directory/>
- **Online Support Meetings:** <https://www.postpartum.net/get-help/psi-online-support-meetings/>

Beaumont Parenting Program & Postpartum Adjustment Support Groups

248-898-3230

<https://www.beaumont.org/services/childrens/beaumont-parenting-program/postpartum-adjustment>

Nature's Playhouse – Free “It Takes a Village” Support Group

703 Livernois St, Ferndale, MI 48220

<https://www.naturesplayhouse.com/free-support-services>

Tiny Feet Wellness

41570 Hayes Rd, Suite C, Clinton Township, MI 48038

<https://tinyfeetwellness.net/postpartum-adjustment>

Perinatal Loss Support Groups

Support for families who have lost a child through miscarriage, stillbirth, or infant death.

Friends Supporting Parents

(586) 268-2170

St. Thomas Lutheran Church, 8771 15 Mile Rd, Sterling Heights, MI 48312

Meets every 1st Monday 7:00 – 9:00 p.m.

HELP: Handling Emotional Loss of Pregnancy

(248) 858-3526

St. Joseph Mercy Hospital Oakland, 44405 Woodward Ave., Pontiac, MI 48341

Volunteer Lounge, 1st floor main hospital

Meets every 2nd Thursday 7:30 – 9:00 p.m.

HUGS: Help, Understanding, & Grief Support

Huron Valley Sinai Hospital, 1 William Carls Dr., Commerce Twp., MI 48382

Meets every 3rd Thursday 7:00 – 9:00 p.m.

Contact: Sue Duff (248) 937-4261

Looking Ahead: A Bereaved Parent Group

William Beaumont Hospital, 3601 W. 13 Mile Rd., Royal Oak, MI 48073

Heart Center Conf. Rm., 1st floor Central Tower

Meets every 2nd Tuesday 6:30 – 8:30 p.m.

Contact: Joanne Mulhere, LMSW

(248) 898-7595

Parents Supporting Parents

Providence Hospital, 16001 W. Nine Mile Rd, Southfield, MI 48037

Meets 3rd Wednesday 7:00 – 9:00 p.m.

OR

Providence Park Hospital, 47601 Grand River Ave. Novi, MI 48374

Meets 4th Thursday 7:00 – 9:00 p.m.

Contact: Adrienne or Debi (248) 424-5342

Healing Hearts

Oakwood Annapolis Hospital, 33155 Annapolis St., Wayne, MI 48184

(734) 467-5588

Heart to Heart

Henry Ford Wyandotte Hospital, 2333 Biddle Ave, Wyandotte MI 48192

Contact: Andrea Carlson (734) 246-7111

Infant Bereavement Services

Oakwood Hospital, 18101 Oakwood Blvd., Dearborn, MI 48124

Adray Conference Room D

Meets every 4th Thursday 7:30 – 9:00 p.m.

Contact: Lynne or Darlene (313) 593-7167

Pregnancy and Infant Loss Support Group

DMC Sinai-Grace Hospital, 6071 W. Outer Dr., Detroit, MI 48235

Srere Women's Resource Center, Rm. 120

Meets every 4th Tuesday 6:30 – 8:00 p.m.

Contact: Mary Madonis (313) 966-3452

Sunrise Sunset

Children's Hospital, 3901 Beaubien St., Detroit, MI 48201

Meets every 2nd Tuesday

Contact: Marilyn Bahena (313) 745-5917

Community Mental Health

In an emergency, please contact 911 or call the National Suicide Prevention Hotline

- Detroit Wayne Mental Health Authority: 313-833-2500
 - Crisis Line: 313-224-7000 or 800-241-4949
- Livingston County CMH Authority: 517-548-0081
 - Crisis Line: 517-546-4126
- Macomb County CMH Services: 586-469-5275
 - Crisis Line: 586-307-9100
- Monroe CMH: 734-243-3371
 - Crisis Line: 734-243-7340 or 800-886-7340
- Oakland County CMH: 248-858-1210
 - Crisis Line: 248-456-1991 or 800-231-1127
- St. Clair County Mental Health Authority: 810-985-8900
 - Crisis Line: 888-225-4447
- Washtenaw Community Health Organization: 734-544-3000 or 800-440-7548
 - Crisis Line: 734-996-4747

Drug/Alcohol Cessation

Good questions to ask when searching for a program:

http://www.michigan.gov/documents/mdch/SAMHSA_Quick_Guide_Find_Treatment_370892_7.pdf

WAYNE

Detroit Wayne Mental Health Authority

Contact 24/7 for assistance finding the most appropriate substance abuse program for you.
800-241-4949

Latino Family Services

3815 W. Fort Street, Detroit, MI 48216
313-841-7380

The Guidance Center

13101 Allen Road, Southgate, MI 48195
734-785-7700

Wyandotte Henry Ford Hospital Behavioral Services

2333 Biddle Ave, Wyandotte, MI 48192
734-246-7311

Community Care Services

26184 West Outer Drive, Lincoln Park, MI 48146
313-389-7525 24 Hour Hotline: 313-224-7000

Catholic Social Services of Wayne County

9851 Hamilton Avenue, Detroit, MI 48202
(313) 883-2100

Salvation Army Harbor Light Evangeline Center

3737 Lawton Street, Detroit MI 48208
313-361-6136

Hegira Psychiatric Intervention Center (PIC)

33505 Schoolcraft, Suite 3, Livonia, MI 48150
734-721-0200

OAKLAND

Oakland County Community Mental Health Authority

Contact 24/7 for assistance finding the most appropriate substance abuse program for you.
800-350-0900

Common Ground

1410 S. Telegraph, Bloomfield Hills, MI 48302

248-456.8150 24-Hour Resource and Crisis Helpline: 1-800-231-1127

Oakland Family Services

114 Orchard Lake Road, Pontiac, MI 48341

248-858-7766 or (877) 742-8264

Centro Multicultural La Familia

35 W. Huron St., Suite 500

Pontiac, MI 48342

Individual/family/group therapy, peer-to-peer support, referrals, case management

*Services available in Spanish; interpreters available

MACOMB**Macomb County Community Mental Health Services**

Contact 24/7 for assistance finding the most appropriate substance abuse program for you.

586-948-0222

WASHTENAW**CMH Partnership of Southeastern Michigan**

Contact 24/7 for assistance finding the most appropriate substance abuse program for you.

800-440-7548

Dawn Farm

6633 Stoney Creek Road, Ypsilanti MI 48197

734-485-8725 or 734-669-8265

Smoking Cessation

Michigan Tobacco Quitline provides free telephone coaching to help you quit smoking.

1-800-QUIT-NOW (784-8669)

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

Smokefree Women offers online information, apps, and a texting service to help you on the journey to quitting smoking.

<http://women.smokefree.gov/>

Many private insurance and Medicaid programs cover the nicotine patch and nicotine gum. Call the number on your insurance card for more information.

Domestic Violence

Futures without Violence

Resources, facts, and webinars about domestic violence, as well as free materials. Useful for professionals!

www.futureswithoutviolence.org

Love is Respect

Information and quizzes about healthy relationships and communication.

www.loveisrespect.org

1.866.331.9474

Text LOVEIS TO 22522

WAYNE

CHASS/La Vida (support group)

*Spanish language accessible

Individual counseling services also available

9-11am on Mondays (10 wk. class; walk-in welcome)

2nd floor conference room

5635 West Fort Street, Detroit, MI 48209

313.849.3920 ext. 5060

Detroit Police Domestic Violence Program

4201 St. Antoine, Suite 6-F, Detroit, MI

313-833-1660

CRISIS LINE: 313-833-9813

First Step

Main Office: 44567 Pinetree Drive, Plymouth, MI 48170

734-416-1111

24 Hour Help Line: 888-453-5900

OAKLAND

Centro Multicultural LaFamilia

35 W. Huron Street, Suite #500, Pontiac, MI 48342

248-858-7800

*Spanish language accessible; interpretation available

H.A.V.E.N.

PO Box 431045

30400 Telegraph Road, Suite 101

Bingham Farms, MI 48025

Phone: 248-334-1284

MACOMB

Turning Point

PO Box 1123, Mount Clemens, MI 48046

586-463-4430 ext. 222

Crisis Line: 586-463-6990

WASHTENAW

SAFE House

Ann Arbor, MI 48105

(734) 973-0242

Crisis: (734) 995-5444

Basic Needs

Food

To receive emergency food assistance, call 211 or the statewide toll-free number 844-875-9211.

To locate a pantry in your area, visit:

- Pantry Net: www.pantrynet.org
- Food Pantries: www.foodpantries.org
- Food Bank Council of Michigan: www.fbcmich.org/find-help
- Julie's List: <http://julieslist.homestead.com/SoupKitchens.html> or <http://julieslist.homestead.com/FoodResources.html>

For information on food assistance (food stamps/Bridge Card), call the state-wide hotline (855-275-6424) or visit http://www.michigan.gov/mdhhs/0,5885,7-339-71547_5527---,00.html. AIHFS can assist with applying through MiBridges; just call and ask for an insurance navigator!

Mobile Pantries – Forgotten Harvest or Gleaners

Locations change each day. No ID or proof of income required. You can pick up as often as you need. If you can, arrive 30 or so minutes early since the lines usually get long!

<https://pantrynet.org/mobile-distribution-events/>

<https://www.forgottenharvest.org/find-food/>

Lighthouse of Michigan

Pontiac – (248) 920-6000

Clarkston – (248) 920-6000 x4403

<https://live-southoaklandshelter.pantheonsite.io/what-we-do/do-you-need-help/>

Pantries located in Pontiac and Clarkston. Clients receive a 3-day supply of food every 30 days. Required valid ID for all adults, social security cards for all household members, birth certificates for all minors, and recent DHHS award letter, if applicable.

Housing

Note: Most housing programs require a denial letter from DHS State Emergency Relief (SER). Families can apply for SER online (www.michigan.gov/mibridges) or at their local DHS office.

WAYNE

First point of contact *for families who are homeless or at immediate risk of being homeless* should be the **Coordinated Assessment Model (CAM) hotline**. They are in charge of all openings for all shelters.
(313) 305-0311

Detroit Housing Commission

List of project-based vouchers that have open waitlists.
<http://www.dhcmi.org/PublicHousing.aspx>

Freedom House

Temporary housing for asylum seekers or people seeking family reunification in the United States.

2630 W. Lafayette Blvd, Detroit, MI 48216

Phone: 313-964-4320

Email: info@freedomhousedetroit.org

www.freedomhousedetroit.org

Travelers Aid Society of Metro Detroit

65 Cadillac Square, 30th Floor, Suite 3000. Detroit, MI 48226

Phone: 313-962-6740

Wayne-Metro Community Action Agency

2121 Biddle Ave., Wyandotte, MI 48192

Phone: 734-284-6999

<http://www.waynemetro.org/content/homeless-out-county>

*serves Downriver area only

Community Housing Network

570 Kirts Blvd. #231, Troy MI 48084

248-928-0111 OR 866-282-3119 OR 248-824-7444

Samaritas

30600 Michigan Avenue, Westland, MI 48186

Shelter serving families with children.

Phone: 734-721-0590 or 734-284-6999 Open for telephone intake 24/7; can get on waitlist if full.

Coalition on Temporary Shelter (COTS)

26 Peterboro, Detroit, MI 48201

313-831-3777

Perfecting Community Care Center

7100 E. Davison, Detroit, MI 48212
Phone: 313-365-2273

Cass Community Social Services

11850 Woodrow Wilson, Detroit, MI 48206
313-883-2277

Detroit Rescue Mission Ministries

150 Stimson Street, Detroit, MI 48201
313-993-4700

Alternatives for Girls

903 W. Grand Blvd., Detroit, MI 48208
Phone: 313-361-4000 or Crisis Line: 888-AFG-3919

Neighborhood Service Organization (NSO)

3430 Third Avenue, Detroit MI 48201
313-963-7829

United Community Housing Coalition

220 Bagley #224, Detroit, MI 48226
313-963-3310

Southwest Housing Solutions

1700 Waterman, Suite 209, Detroit, MI 48209
(313) 841-8905 | <http://swsol.org>

Supportive housing provides permanent housing, mental health counseling and support services to homeless persons with mental illness. Provides rental assistance and secures other housing subsidies. Bilingual & bicultural counseling and housing services for Hispanic persons.

- The **Emergency Solutions Grant (ESG)** program is a program that provides short to medium term rental and leasing assistance and case management services including resource and referral and housing stabilization through the Michigan State Housing Development Authority (MSHDA) and the City of Detroit Emergency Solutions Grant. The ESG Program assists both individuals and families who are homeless or at imminent risk of losing housing.

Detroit Hispanic Community Development

Nuevos Horizontes

Attn: Juan Alfaro | jalfaro@dhdc1.org
1211 Trumbull St., Detroit, MI 48216
(313) 967-4880 | <http://www.dhdc1.org/programs/>

Home ownership counseling services (purchasing home, credit repair, foreclosure prevention)

OAKLAND

First point of contact *for families who are not at immediate risk of being homeless* should the **Housing Resource Center (HRC) hotline**. A housing counselor will conduct a 30 min intake and provide recommendations on community resources, subsidized housing and other affordable housing options.

(248) 269-1335

Common Ground Crisis Line

1410 S. Telegraph, Bloomfield Hills, MI 48302

248-451-3730 or 800-231-1127 anytime

Lighthouse of Michigan (formerly South Oakland Shelter)

30-35 unrestricted shelter beds for men, women, and children. Hosted at rotating congregations and offers three meals per day, transportation, and washers/dryers.

For all inquiries regarding shelter space call SOS's main office (248) 809-3773 Monday-Friday at 10:00am. At that time, we'll be able to inform you if we have any openings and would potentially invite you and your family in that day for an intake. Because the demand for shelter is very high, we encourage people to call daily.

HOPE Hospitality and Warming Center

249 Baldwin Avenue, Pontiac MI 48342

248-499-7345

Community Housing Network

570 Kirts Blvd. #231, Troy MI 48084

248-928-0111 OR 866-282-3119

Grace Centers of Hope

35 E. Huron, Pontiac MI 48342

Phone: 248-334-2187 ext. 1123

OLHSA

196 Cesar E. Chavez Avenue

P.O. Box 430598

Pontiac, MI 48343-0598

(248) 209-2600 or toll-free 1-800-482-9250

and

1956 Hilton Road

Ferndale, MI 48220-1719

(248) 542-5860

MACOMB

Community Housing Network

570 Kirts Blvd. #231, Troy MI 48084

248-928-0111 OR 866-282-3119

Macomb County Homeless Coalition
33222 Groesbeck Hwy., Fraser MI 48201
586-285-0402

Macomb County Rotating Emergency Shelter Team (MCREST)
20415 Erin Street, Roseville MI 48066
586-415-5101

Salvation Army MATTS & Soup Kitchen
24140 Mound Road, Warren MI 48091
586-775-4567

WASHTENAW

First point of contact should be the Housing Access for **Washtenaw County (HAWC) hotline:** (734) 961-1999. They are in charge of all openings for all shelters in the county.

Delonis Center
312 West Huron, Ann Arbor, MI 48103
(734) 662-2829

Interfaith Hospitality Network
4290 Jackson Road, Ann Arbor, MI 48103
(734) 822-0220

Ozone House
Provides emergency shelters and other needs to homeless teens or young people in serious conflict with their families.
1705 Washtenaw Avenue, Ann Arbor, MI 48104
(734) 662-2265 or (734) 662-2222 (24 Hour Crisis Line)
or
102 N. Hamilton, Ypsilanti, MI 48197
(734) 485-2222

SOS Community Services
114 N. River Street, Ypsilanti, MI 48197
(734) 961-1999

Staples Family Center
3660 Packard, Ann Arbor, MI 48108
(734) 761-7750

Avalon Housing
1327 Jones Drive, Ann Arbor, MI 48105
(734) 663-5858

Ann Arbor Housing Commission

727 Miller Ave, Ann Arbor, MI 48103
(734) 794-6720

Habitat for Humanity of Huron Valley

170 Aprill Dr., Suite A, Ann Arbor, MI 48103
(734) 677-1558

Ypsilanti Housing Commission

601 Armstrong, Ypsilanti, MI 48197
(734) 482-4300

Fair Housing Center of Ann Arbor

P.O. Box 7825, Ann Arbor, MI 48107
(734) 994-3426

Provides free investigative services (testing), advice, advocacy, conciliation, attorney referral and community education to whoever may have been the victim of housing discrimination.

STATE-WIDE

Michigan Homeowner Assistance Fund (MIHAF)

Provides grants to pay for mortgage/housing expenses, utilities, property taxes, and more.

There is a long waitlist but you can apply online.

<https://www.michigan.gov/mshda/Homeownership/mihaf-homeowner-assistance>

Clothing

Better Living Center Of Seventh Day Adventist Church

Address: 3240 Puritan St.
Detroit, MI 48238
(313) 341-8609

Capuchin Soup Kitchen - Capuchin Services Center

6333 Medbury St.
Detroit, MI 48211
Main number is (313) 925-0514

Community Assistance Program

5027 W Boston Blvd.
Detroit, MI 48204
(313) 834-6633

Offers free or low cost clothing to individuals in need. Applicants can only receive service from this particular non-profit at most once every three months. They offer emergency financial help from government grants, free vouchers to pay for work attire (suits, etc.) or school supplies, and more. Find [help from Detroit Community Action agencies](#) of the Metropolitan area.

Crossroads Of Michigan, East At Salem

21230 Moross
Detroit, Michigan 48236-2966
(313) 822-5200

Crossroads Of Michigan

2424 W Grand Blvd.
Detroit, MI 48208
Call (313) 831-2000 for hours

This particular non-profit provides the low income and needy with donated clothing which may include children's items, professional work attire, and items for newborns and pregnant moms. Free birthday toys or gifts, school supplies for elementary and high school kids, and more is given out in a crisis. Single mothers and inner city families are major clients.

Faith Lutheran Church

Location is 897 Philip St.
Detroit, MI 48215
(313) 822-2296

The church provides clothing, personal items, sheets, and similar household goods to those in need within the community.

Fort Street Presbyterian Church

The church is located at 631 W Fort St.
Detroit, MI 48226
Telephone: (313) 961-4533

Grace Temple Church Of God In Christ

Main address: 12521 Dexter Ave.

Detroit, MI 48206

(313) 931-6095 Service/Intake

Provides the low income with used and new clothing. May have meals and referrals to other government programs too.

Grace Temple Church Of God In Christ, Tabernacle Baptist Community Center

Address of clothing center is 6125 Beechwood

Detroit, MI 48210

(313) 897-5503

Provides clothes for individuals who need it. This location relies on donations, so that determines what is distributed.

Neighborhood Service Organization, Tumaini Center

Main address is 3430 Third Ave.

Detroit, Michigan 48201

Dial (313) 832-3100

The charity has free food, hot meals, winter boots, hats, gloves and more. Clients range from children to senior citizens as well as Wayne County households that live in poverty.

Saint Dominic's Outreach

4835 Lincoln Ave.

Detroit, MI 48208

Call the non-profit at (313) 831-6070

Saint Paul AME Zion Outreach Ministry

11359 Dexter Ave.

Detroit, MI 48206

Main number - (313) 933-1823

This non-profit charity provides the needy with a clothing closet for low-income residents in Detroit and Wayne County.

Society Of Saint Vincent De Paul In The Archdiocese Of Detroit

3000 Gratiot Ave.

Detroit, MI 48207

(313) 393-2920

The thrift store may have used furniture, clothing, small appliances and Christmas gifts. Other locations are below. Volunteers and people from the community are committed to assisting the less fortunate, seniors, and children. Students can be given books, laptops, new clothes, and other supplies.

15725 Grand River Ave., Detroit, MI 48227, call (313) 836-2878

14922 Kercheval Ave., Detroit, MI 48215, dial (313) 331-6992

3000 Gratiot Ave., Van Elslander Family Center, Detroit, Michigan 48207, main number is (313) 393-2930

More on [St. Vincent Detroit clothing assistance](#).

Spirit Of Hope

1519 Martin Luther King Blvd.

Detroit, MI 48208

Phone - (313) 964-3113

Trinity Community Presbyterian Church

4849 W Outer Dr.

Detroit, MI 48235

Main phone number is (313) 342-2288

The non-profit distributes donated clothing, groceries, and household goods to individuals, children, and single parents who are in emergency situations.

United States Veterans Benefits Administration, McNamara Federal Building

477 Michigan Ave. Twelveth Floor

Detroit, Michigan 48226

Telephone - (800) 827-1000

Veterans and their immediate family members can get help applying for public assistance, clothing, medical needs and more. There are government job programs, books and educational (as well as school supplies) for a veterans kids and much more.

United States Veterans Health Administration - John D Dingell Va Medical Center, The Veterans Community Resource And Referral Center

Main address is 301 Piquette Street

Detroit, MI 48202

(313) 576-1580

Veterans Community Resource & Referral Center, Westminster Church Of Detroit

17567 Hubbell St.

Detroit, MI 48235

Telephone - (313) 341-2697

Provides the entire family with donated, gently worn, and sometimes even nearly new clothing. new parents can get diapers, there are cribs, clothes for work or school, supplies, notebooks, and other goods in Wayne County.

Employment

Detroit at Work

<https://detroitatwork.com/>

SER Metro Detroit – Jobs for Progress, Inc.

9301 Michigan Ave, Detroit, MI 48210

(313) 945-5200 | <http://www.sermetro.org/>

Provides training and employment readiness programs to prepare individuals for applying and obtaining jobs.

Detroit Employment Solutions Corporation (DESC)

313-962-WORK | <http://www.descmiworks.com>

Provides services that support individuals find a job. Includes job preparation trainings, transportation, child care, interview clothing if needed, etc. Services seem to be both for youth and adults.

Michigan Works

800 285 WORKS (9675) | www.michiganworks.org

Job training, skill building, resume writing, interview practice, and more at centers throughout the state.

Southwest Solutions

2835 Bagley, Suite 800, Detroit, MI 48216

(313) 841-9641 | <http://www.swsol.org/workforce-development/>

Workforce development, including adult literacy, a Center for Working Families, Earn and Learn job training, support for homeless veterans, PATH services for welfare recipients, and supported employment for adults with severe mental illness.

Greater Detroit Centers for Working Families

www.cwfdetroit.org

Provides employment training and opportunities, financial coaching, and income support to support your journey towards financial self-sufficiency. Eight sites available throughout Metro Detroit:

- Focus HOPE: 313.494.4802
- Southwest Solutions: 313.841.9641
- The Guidance Center: 734-785-7700
- SER Metro-Detroit: 313.846.2240
- Goodwill Industries: 313-964-3900
- ACCESS: (313) 945-8380
- Lighthouse of Oakland County: 248-920-6000
- Operation ABLE of Michigan: (313) 832-4925

MI Road 2 Work

<http://www.miroad2work.org/>

Information, resources, and training for those interested in apprenticeship programs.

South Eastern Michigan Indians, Inc. (SEMI)

26641 Lawrence, Center Line, MI 48015

586-756-1350

Provides employment, training, and education to Native Americans in Macomb, Oakland, and St. Clair counties through the Workforce Investment Act (WIA). Must be a tribal member!

North American Indian Association of Detroit, Inc. (NAIA)

22720 Plymouth Rd, Detroit, MI 48239

313-535-2966

Provides employment, training, and education to Native Americans in Wayne County through the Workforce Investment Act (WIA). Must be a member of a federally recognized tribe.

Utilities

*Often a first step is to apply for **State Emergency Relief (SER)** through MDHHS or MiBridges. They can often help with utilities, and a rejection letter opens the door to many of these programs.

<https://newmbridges.michigan.gov/> or 800-292-5650

The Heat and Warmth Fund (THAW)

Helps with heat and water bills for Michigan residents.
800-866-8429

Consumers Energy Payment Assistance Program

Phone: 800-477-5050

DTE Payment Assistance Programs

(800) 477-4747

<https://www.newlook.dteenergy.com/wps/wcm/connect/dte-web/home/billing-and-payments/common/energy-assistance/general-assistance>

The Salvation Army Harbor Light/DHS Emergency Assistance Program

3737 Humbolt, Detroit, MI 48208

Call to make an appointment: 313-361-6136, ext. 351 or 353

(zip codes 48201, 48202, 48207, 48208, 48209, 48210, 48211, 48216, 48226, 48217)

Low Income Home Energy Assistance Program

Services offered to those who cannot afford their home energy bill or their home may not be safe and may be at risk of serious illness or injury.

Tel: (517) 335-4323

Fax: (517) 335-7771

Public Inquiries: 1 (800) 292-5650

<http://www.michigan.gov/fia>

An energy bill that is subject to shut off due to non-payment may be postponed up to 21 days because of a medical emergency. Contact your gas or electric company for more information.

Consumers Energy (800) 477-5050

<http://www.consumersenergy.com>

DTE Energy (800) 477-4747

<http://www.my.detenergy.com>

Home Heating Credit

For those who are low-income, are receiving public assistance, or are receiving unemployment compensation. The application form (MI-1040CR-7) can be requested from the Michigan Department of Treasury at 1 (800) 827-4000 or through its website at

<http://www.michigan.gov/treasury>

OLSHA – Oakland County

Phone: (248) 858-5180

*Provides funds for gas, electric and water shutoff notices.

ClearCorps - Detroit

(313) 924-4000

DTE Energy Efficiency Assistance Program (EEA)

To qualify for the Energy Efficiency Assistance Program, your household income must be at or below 200% percent of the federal poverty guidelines. You must also meet other guidelines based on the Department of Energy Weatherization Assistance Program. Your active enrollment in the Low Income Self Sufficiency Plan or other state low-income public assistance programs (SNAP, WIC, etc.) also qualifies you for the program.

To enroll in the EEA Program, please contact a participating nonprofit organization or Community Action Agency. View this list (<http://bit.ly/2eCt9zu>) to locate a participating organization that serves your area. For more information, please call toll free at 866.796.0512.

- Macomb: Macomb County Community Service Agency (586-459-6329)
- Monroe: Monroe County Opportunity Program (734-241-2775 x228)
- Oakland and Livingston: OLHSA (248-209-2616)
- Wayne County: Wayne Metro (734-284-6999 or 313-388-9799)
- Wayne (Detroit): CLEARCorps (313-924-4000) or Wayne Metro (313-388-9799)
- Wayne (Downriver): Downriver Community Conference (734-362-7077)
- Washtenaw: Washtenaw County Office of Community Economic Development (734-622-9008) or Habitat for Humanity Huron Valley (734-677-1558)

Community Action Alliance Water Residential Assistance Program (WRAP)

<http://www.waynemetro.org/wrap/>

(313) 386-WRAP (9727)

Baby Items

Assistance obtaining baby items such as formula, baby food, diapers, and clothing.

Inexpensive items can be found at local Mom2Mom sales or on Facebook groups of local moms. You can also try local thrift shops or baby-specific retail shops.

Note: Car seats should never be purchased used! There is a risk that they may be expired or damaged, even if you don't see anything wrong with them. To be safe, it is important that all car seats are purchased new. Take care with any used pack-and-plays, bouncers, and so on to make sure that they are in good condition and not recalled.

Medicaid Health Plans: Most Medicaid Health Plans offer incentives to expectant parents to attend their prenatal visits or well child appointments. These could be diapers or gift cards. Reach out to your insurance provider to see what they offer!

Metropolitan Detroit Diaper Bank

Detroitdiaperbank.com

claybrone@gmail.com

313-478-4420

If you are in need of diapers text 313-478-4420 with your name and the best phone number to reach you. Requests must be made by Wednesday before 5:00 p.m. to be picked up on Friday. Diapers are distributed every Friday. Diapers are available by appointment only.

Children's DMC Safety Program

<https://www.childrensdmc.org/safety>

Earn a car seat and other safety items through online classes.

WAYNE

Lennon Pregnancy Center

24275 Ann Arbor Trail, Dearborn Heights, MI 48127

(313) 277-5637

Call and find out what they have available; may need to attend classes to receive items.

Crossroads of Michigan

(313) 831-2000

2424 W Grand Blvd, Detroit, MI 48208

21230 Moross, Detroit, MI 48236

Macomb, Monroe, Oakland, Washtenaw, Wayne

Provides formula/baby food and diapers.

Lincoln Park Crisis Pregnancy Center

(313) 386-4005

1760 Fort Street, Lincoln Park, MI 48146

Provides infant formula for emergencies and as available. Clients must agree to return to take one 2-hour parenting class in the next year.

AAA Pregnancy Resource Center

(734) 425-8060

16755 Middlebelt Rd, Livonia, MI 48154

Provides material support for crisis pregnancies, including donated maternity clothing, blankets, infant formula, diapers, and other infant items. Items do not include cribs or car seats. Requires enrollment in incentive program. Participants receive tokens to "spend" on items in the Baby Shop based on their regular attendance in monthly classes.

Macomb, Monroe, Oakland, Washtenaw, Wayne

Focus: Hope Westside Food Distribution Center

313.494.4600 Main

1300 Oakman Blvd.

Detroit, MI 4823

Distributes supplemental foods including infant formula, cereal, milk, meat, vegetables, fruit, fruit juices, and other products at four self-service distribution centers on a monthly basis. Support services include occasional on-site food preparation demonstrations and recipes. Eligibility: Low-income pregnant women, mothers (up to 13 months post partum), infants, and children under age 6 who live in Macomb, Oakland, Washtenaw, or Wayne counties.

International Institute of Metro Detroit, Inc.

111 East Kirby Street, Detroit, MI 48202

(313) 871-8600

www.iimd.org

Provides social work services: request for furniture and other household items, adult and children's clothing, infant formula and diapers, transportation services, and for handicap medical equipment.

HOPE: Helping Operations for People Empowerment

(313) 897-5503

Tabernacle Community Center, 6125 Beechwood, Detroit, MI 48210

Provides free diapers to families on Medicaid.

Pregnancy Aid

(313) 882-1000

17325 Mack Ave, Detroit, MI 48224

Provides material support to pregnant women in need. Materials provided depend on donations, but generally include maternity clothing, baby clothing, and other baby equipment such as diapers, strollers, and etc.

Catholic Charities of Southeast Michigan – Project Hope

Operates baby closets where mothers find free diapers, wipes, formula, baby food, infant clothing, blankets, and other necessities.

Detroit: Cabrini Clinic, 1234 Porter; (313) 961-6683 x5 or e-mail Char Webster at websterc@ccsem.org

Royal Oak: 1424 East 11 Mile Rd; (248) 548-4044 x3811 or websterc@ccsem.org

Detroit Health Department – Safe Sleep Classes

Pack-and-plays are provided for class attendees. Call the city's hotline (313-961-BABY) for information about class times and locations.

Natural Momma Me

(313) 657-6970

11000 W. McNichols, Suite 308, Detroit, MI 48221

Provides free cloth diapers, education, and support to low income families.

MCHS Detroit Resource Center

313-670-0313 – Must contact before coming

2470 Collingwood St, Detroit, MI 48206 (Durfee Innovation Society, 2nd floor)

Offers diapers, wipes, formula, baby food, clothing, baby shampoo, and toys.

OAKLAND

Lighthouse Emergency Services

(248) 920-6100

46156 Woodward Ave, Pontiac, MI 48342

Provides emergency baby supplies including baby formula, baby food, and diapers to low income families in Oakland County.

Market Street Church – Baby Pantry

Church Office: (248) 624-2483

Cheri Howland (pantry coordinator): text (810) 569-4114

309 Market Street, Walled Lake, MI 48390

Open Mondays at 6pm and for a few hours on Friday. Call to confirm hours and make an appointment; may need to complete intake at Hospitality House first. Offers clothes, diapers, and other baby necessities.

Oakland County Health Department – Car Seat Program

Contact Mary McClain at 248-452-5196 or mccclainm@oakgov.com to register for a class. Open to parents who live in Oakland County and are active WIC clients.

MACOMB

Saint Pio of Pietrelcina Parish

(586) 777-9116

18430 Utica Rd, Roseville, MI 48066

Offers diapers, formula, baby foods, newborn clothes and miscellaneous baby items to families in Macomb County.

Catholic Charities of Southeast Michigan

(586) 416-2300

15945 Canal Rd, Clinton Twp, MI 48038

Provides material goods for infants and community resource information to birth mothers and their families. Material goods include baby clothing and diapers, and a limited number of car seats. Availability of items is based on donations. Macomb County.

Macomb Feeding the Need

(586) 298-6179

18600 Florence Street, Suite T6, Roseville, MI 48066

Provides diapers and wipes to Macomb County parents and babies on public assistance.

Macomb County Health Department Car Seat Referral Program

(586) 412-3394

25401 Harper Avenue, Suite 3, St. Clair Shores, MI 48081

Referral forms must be completed by program staff and faxed to 586-771-6705 (attn: Erika Lojko). This program is open to parents in Macomb county with a young child (or in the 3rd trimester of pregnancy). Clients must commit to attending a 60 minute appointment where they are taught to correctly install the seat into their vehicle and receive information on vehicle safety; if they miss their scheduled appointment time, they will be unable to receive the car seat.

WASHTENAW

Hope Medical Clinic

(734) 484-2989

518 Harriet St, Ypsilanti, MI 48197

Provides baby food, formula, diapers, and baby wipes to new and expectant mothers in need. Also provides a layette to pregnant women in the eighth month of pregnancy.

Legal Aid

MichiganLegalHelp.org

Provides information, self-help tools, referrals, and access to forms to help people handle simple civil legal problems without a lawyer.

Law Help Interactive

<https://lawhelpinteractive.org/>

Provides free legal forms.

ACCESS One-Stop Employment and Human Service Center

Services include: Free legal aid, tax assistance, DHS benefits, immigration/citizenship, housing, emergency food assistance, and translation.

Social Services Department

6451 Schaefer Road

Dearborn, MI 48126

Phone: 313-945-8380

Fax: 313-846-4713

Enam Abraham, office supervisor

eabraham@accesscommunity.org

Latino Family Services

Wednesday 1-4pm (walk-in)

(313) 279-3232

3185 W. Fort St., Detroit, MI 48216

Wednesday 1-4pm (walk-in)

LASED

Mon. 10am, Wed. 3:30pm, Thurs. 3pm, Friday, 12pm (walk-in)

(313) 554-2025

4138 Vernor Hwy., Detroit, MI 48209

Southwest Detroit Immigrant & Refugee Center Legal Services

at Ford Resource & Engagement Center (Mexicantown Mercado)

Wednesday 12pm—

(313) 881-2903 (SWDIRC)

(313) 962-4888 (FREC)

2826 Bagley St., Detroit, MI 48216

Michigan Indian Legal Services

814 S. Garfield Ave., Suite A

Traverse City, MI 49686

800-968-6877

www.mils3.org

Lakeshore Legal Aid

30500 Van Dyke Avenue, Suite 601

Warren, MI 48093

Clients: (888) 783-8190

Office: (586) 510-1814

Lakeshore Legal Aid is a not-for-profit law firm providing a wide range of free civil legal services to low income people and seniors in our communities

University of Detroit Mercy School of Law

Immigration Law Clinic

Pro-Bono Services

651 E. Jefferson Detroit, MI 48226

(313) 596-0200

Legal Aid and Defender Association (LADA)

645 Griswold St, Suite 2600 (Penobscot Building), Detroit, MI 48226

313-964-4111 or 877-964-4700

Michigan Legal Self-Help Center of Southwest Detroit

Located within Family Alliance for Change

3627 W Vernor Hwy, Detroit, MI 48216

Monday and Wednesday, 9-3pm

The Self-Help Center is staffed by navigators who can help visitors use the Michigan Legal Help website to find information about how to handle simple civil legal matters, such as housing, family matters or other civil rights. MichiganLegalHelp.org does not cover all areas of the law. Can access computers and printers. Help is available in English and Spanish.

Michigan Legal Self-Help Center of Wayne County

Friend of the Court, Room 1145, Penobscot Building

645 Griswold, Detroit, MI 48226

Monday-Thursday 9-4pm

The Self-Help Center can assist Wayne County residents who wish to gain information about how to represent themselves in simple legal matters, through the Michigan Legal Help Website. In addition to the website, self-help center staff (called 'navigators') will be available to help visitors find what they need on the website, answer questions about court practices and processes, and answer simple questions about forms available on the website. Navigators cannot give legal advice

Immigration

Global Detroit Welcome Mat

Contains information on over 45 individual nonprofit immigration service provider organizations in southeast Michigan. Services include: ESL classes, legal aid, employment, emergency services, refugee status, and ID assistance.

http://welcomingmichigan.org/sites/default/files/05_F_Doc_Global%20Detroit%20Welcome%20Mat%20Guidebook.pdf

Michigan Immigrant Rights Center

220 E. Huron Street, Suite 600A, Ann Arbor, MI 48104

Phone: 734-239-6863 | Fax: 734-998-9125

www.michiganimmigrant.org

You can also access many resources in their Advocate Library, including preparing for immigration enforcement, your rights at work, and more.

Freedom House

Temporary housing for asylum seekers or people seeking family reunification in the United States.

2630 W. Lafayette Blvd, Detroit, MI 48216

Phone: 313-964-4320

Email: info@freedomhousedetroit.org

www.freedomhousedetroit.org

ACCESS One-Stop Employment and Human Service Center

Services include: Free legal aid, tax assistance, DHS benefits, immigration/citizenship, housing, emergency food assistance, and translation.

Social Services Department

6451 Schaefer Road

Dearborn, MI 48126

Phone: 313-945-8380

Fax: 313-846-4713

Enam Abraham, office supervisor

eabraham@accesscommunity.org

International Institute of Metropolitan Detroit

111 E. Kirby, Detroit, MI 48202

(313) 871-8600, <http://www.iimd.org>, immigration@iimd.org

Areas of legal assistance: Adjustment of Status, Asylum applications, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Family-based petitions, Naturalization/Citizenship, Temporary Protected Status (TPS), Violence Against Women Act (VAWA) petitions

Types of legal assistance: Help completing forms, Filings with USCIS

Catholic Charities of Southeast Michigan

Immigration and Refugee Services:

15945 Canal Rd. Clinton Township, MI 48038 | (586) 416-1113 ext. 4023

Hispanic Outreach Services:

76 Williams, Pontiac, MI 48341 | (248) 338-4250 ext. 3704 org

Has attorneys on staff for legal consultation, family immigration law.

Justice for Our Neighbors

20000 W 13 Mile, Beverly Hills, MI 48025

734-709-1151 | jfonsemi.org

Free legal services to low income immigrants. Monthly immigration clinics held in Dearbor, Pontiac, and Ypsilanti.

Additional Resources:

<http://www.michiganimmigrant.org/sites/default/files/Michigan%20Immigrant%20Service%20Provider%20Reference%20Guide%205.04.2016.pdf>

ID documents and other one-time needs

Crossroads of Michigan

2424 West Grand Boulevard

Detroit, MI 48208

313.831.2000

Our volunteer staff meets with those in need to discuss emergency situations and look for possible solutions. Generally, we can provide help with emergency food and clothing, prescriptions (on a one-time basis), employment, transportation, and obtaining identification. We make appointments for the next business day each day when open, either by phone or in person at the door. Contact us for information on scheduling an appointment.

City of Detroit ID

<http://www.detroitmi.gov/DetroitID>