




 Help Me Grow<sup>®</sup>  
Char-Em

 Char-Em  
CHARLEVOIX-EMMET ISD

# Family Resource Guide

Your Guide to Family Resources in Charlevoix, Emmet, and Northern Antrim Counties



Welcome to the Family Resource Guide, a resource of Help Me Grow Char-Em. The Family Resource Guide was created to support families living within Charlevoix, Emmet, and northern Antrim Counties. We aim to provide a comprehensive directory that serves as a one-stop shop for families looking for support in our community. We recognize that the needs of a family evolve. Whether you are navigating the excitement of prenatal care, the challenges of raising a household, or the complexities of end-of-life support, this directory is designed to walk alongside you through every chapter of life.



The directory is updated quarterly based on the community's contributions and suggestions. If you find a resource is missing, or the listed information is no longer accurate, you can help us improve the product by clicking the orange button labeled "Submit Resource Guide Changes Here". Simply enter the information that needs to be updated, and we will make the necessary edits.

Thank you for being an active part of our community and for helping us ensure that no family in our region has to navigate life's journey alone. We are honored to grow alongside you.

With gratitude,

Savanah Cool  
Director  
Help Me Grow Char-Em  
cools@charemisd.org  
231.308.0289



Submit Resource  
Guide Changes Here



# Help Me Grow<sup>®</sup>

Char-Em

## CURIOUS ABOUT YOUR CHILD'S DEVELOPMENTAL GROWTH?

We sort through all the  
resources available so that  
families don't have to.

- child development check-ins
- parent support
- quality early learning, like child care and preschool
- basic needs
- healthcare or behavior support
- home visiting programs

Complete a  
Developmental  
Screening!



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

231.308.0289

## Tips to Navigate This Guide

This guide is organized into different categories. You'll see that certain resources might be in one section, while others are featured in multiple areas. At the bottom right corner of each section, you'll find a button that you can click anytime to go back to the table of contents. You can also use the search function in the flipbook to look for specific key words.

Every listing contains various contact details, information about the services they provide, and clickable links to their websites and social media profiles. While many of the organizations and businesses featured in this guide offer their services for free, some might have fees. It's a good idea to reach out to them directly for specific information.

We trust you'll find value in using this digital Family Resource Guide. Enjoy!



## Emergency/Help Numbers

**For Ambulance, Fire, or Police CALL 911**

Antrim County Sheriff .....	231.533.8627
Charlevoix County Sheriff.....	231.547.4461
Emmet County Sheriff.....	231.439.8900
Help Me Grow® Family Resource Coordinator .....	231.308.0289
Mental Health Crisis (North Country CMH).....	877.470.7130 (After Hours) 877.470.4668
Poison Control .....	800.222.1222
Report Abuse/Neglect of Children and Adults .....	855.444.3911
211- Help with Food, Housing, Bills, and More.....	211
24 Hour LGBTQ+ National Crisis Hotline .....	866.488.7386
24 Hour Teen Suicide Hotline .....	800.784.2433
24 Hour National Suicide Hotline and Veteran's Crisis Line .....	800.273.8255
Women's Resource Center of Northern Michigan 24 Hour Sexual Assault/Domestic Abuse Hotline .....	231.347.0082 800.275.1995
National Domestic Violence Hotline.....	800.799.7233





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## Alcona Health Center

421 Stimpson Dr. Unit#102  
Pellston, MI 49769  
231.844.3051  
231.627.7118  
231.348.9900 (M119 Location)



Alcona Health Center offers help from a Community Health Worker. They will contact the patient and offer help with whatever their individual needs are.

## Alliance for Senior Housing, LLC

P.O. Box 753  
Kingsley, MI 49649  
888.816.4040  
231.263.4040



We will guide individuals through the maze of senior housing. Educating you with information on independent retirement living, assisted living, memory care, nursing home or respite care; you will receive information on cost, amenities/care, size, and funding options. Whether you are in a crisis situation or looking towards the future, Alliance for Senior Housing will walk with you through the process. You are not alone!

## Antrim County Commission on Aging

308 E. Cayuga St.  
Bellaire, MI 49615  
231.533.8703



The mission of the Antrim County Commission on Aging is to improve the quality of life, and maintain the highest level of independence for those persons age 60 and over. These services are made possible through Federal, State and County funding, as well as donations.

## Area Agency on Aging of Northwest Michigan

1609 Park Dr.  
Traverse City, MI 49686  
800.442.1713  
231.947.8920



Programs and services include information and referral options, counseling, caregiver support, care management, Michigan Choice Medicaid Waiver program, case coordination and support, Medicare and Medicaid Assistance Program, Long Term Care Ombudsman support and more.

## Bay Bluffs - Emmet County Medical Care Facility

750 E. Main St.  
Harbor Springs, MI 49740  
231.526.2161



Bay Bluffs provides short-term rehabilitation services and long term skilled nursing care for those medically unable to live at home. A majority of our care is provided for those with dementia or memory impairment however, our short-term rehab unit provides care for seniors who need physical therapy, occupational therapy and/or speech therapy before they can safely return home. As a County Medical Care Facility, Bay Bluffs primary resident population is covered by the Medicaid benefit.

## Boulder Park Terrace

14676 W Upright Ave.  
Charlevoix, MI 49720  
231.547.1005



Boulder Park Terrace is a skilled eldercare nursing home and sub acute rehabilitation center. Our facility's warm home-like atmosphere is ideal for those in need of short-stay rehabilitation or long-term nursing care. Residents live well at Boulder Park Terrace.

## Charlevoix County Commission on Aging

13513 East Division St.  
Charlevoix, MI 49720  
231.237.0103



Congregate meals at Senior Centers in Boyne City, Charlevoix and East Jordan. Dining out meal program on Beaver Island. Home delivered meal programs throughout the County. In-home respite, homemaking and personal care. Monthly foot care clinics at each Senior Center and in-home for homebound seniors. Medicare/Medicaid Assistance planning. Information and Referral. Socialization and Activities at each Senior Center. Seniors Ride Free (Charlevoix County Transit) 60 + Charlevoix Residents.

Our mission is to provide the highest quality senior services in partnership with the community. We focus our efforts on advocacy and support for seniors and their caregivers by promoting health, wellness, and education to achieve a dignified and enriched quality of life.

## Charlevoix County Veterans Affairs

13513 Division Ave.  
Charlevoix, MI 49720  
231.547.7220  
231.459.9718



Charlevoix County Veterans Affairs performs accredited veterans claims and other administrative and social services work. We first advise and consult veterans and their dependents on benefits available under federal, state, and local laws. We then assist in the completion and submission of required forms, as well as obtaining necessary legal documents, medical evidence, and other data in support of claim for benefits.

## East Jordan Family Health Center

601 Bridge St.  
East Jordan, MI 49727  
231.536.2206



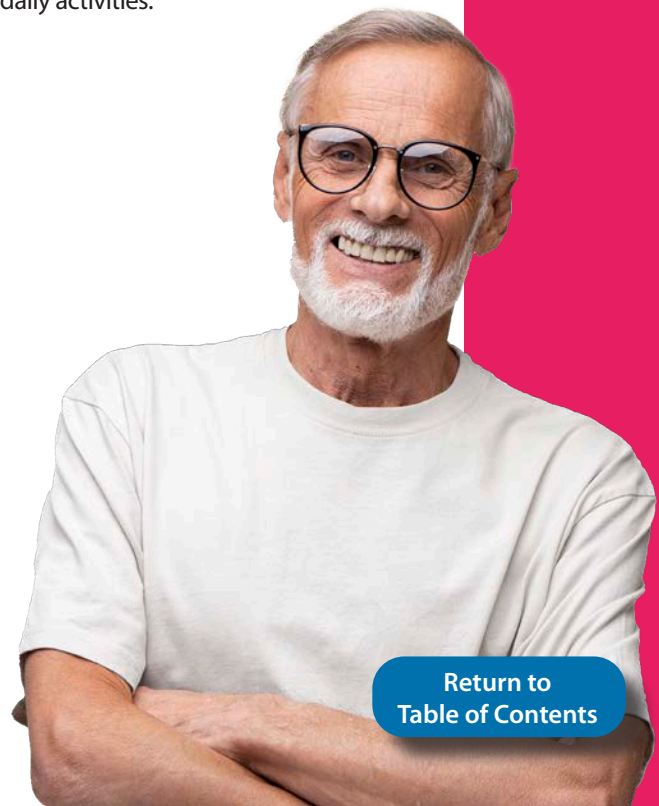
We provide assistance with Medicare, Medicaid and Food Assistance Enrollment, Primary Health Care, Transportation Assistance, Behavioral Health Services, and Pharmacy services.

## Friendship Centers of Emmet County

1322 Anderson Rd.  
Petoskey, MI 49770  
231.347.3211



Senior services include Transportation, Congregate Meals, Meals on Wheels, In-Home Supportive Services (respite, personal care, housekeeping), Health Services (blood pressure monitoring, foot care, Senior Project Fresh, essential needs fund, hearing clinics), Retired Senior Volunteer Program, Support Groups (Alzheimer's, Parkinson's, Caregivers, Diabetes), Fitness, and daily activities.



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## Friendship Center of Harbor Springs

305 W. Main St.  
Harbor Springs, MI 49740  
231.526.6061



The Friendship Center of Harbor Springs is a great place for active and independent individuals 60+ to get together with their friends, old and new, and enjoy some exciting activities! Whether it's a special event, lunch with a friend, bingo, exercise programs or line dancing, it's sure to be a good time!

## Grandvue Medical Care Facility

1728 S. Peninsula Rd.  
East Jordan, MI 49727  
231.536.2286



Grandvue is the county medical care facility for Charlevoix County providing skilled nursing services for long-term care, memory care and rehabilitative therapies.

## Health Department of Northwest Michigan (HDNW)

220 W. Garfield  
Charlevoix, MI 49720  
800.432.4121



HDNW participates in the MI BC3NP program, which helps eligible women, aged 21-64\*, get breast and cervical screening services yearly whether insured or not. We provide navigation services to help them receive the screening, follow-up care for an abnormal test result, and/or treatment if a breast or cervical cancer is diagnosed.

\*Women under 40 with identified breast or cervical abnormalities may also be eligible.

## Little Traverse Bay Bands of Odawa Indians

7500 Odawa Circle  
Harbor Springs, MI 49740  
231.242.1400  
231-242-1423 - Elder's Department



Outreach support services; food and utility allowance; elder lunch program; direct client assistance; emergency fuel and utility assistance.

## Mallard Cove Assisted Living

2801 Charlevoix Ave.  
Petoskey, MI 49770  
231.347.2273



Mallard Cove Assisted Living is a nonprofit assisted living community in Petoskey. We seek to give families peace of mind that their loved one will receive compassionate care. We're focused on person-centered assistance that meets individualized needs. We provide a place of love, community, and comfort for our residents—a place they can call their home.

## Meadow Brook Antrim County Medical Care Facility

4543 S. M-88  
Bellaire, MI 49615  
231.533.8661



Meadow Brook Medical Care Facility provides skilled long term and short-term medical care to residents in a beautiful household environment. Other services include Occupational Therapy, Speech Therapy, Physical Therapy, and more.

## Michigan Department of Health and Human Services

2229 Summit Park Dr.  
Petoskey, MI 49770  
231.348.1600



We provide adult protective services, independent living services, and adult community placement services.

## North Country Community Mental Health

1420 Plaza Dr.  
Petoskey, MI 49770  
877.470.7130  
231.347.6701



We provide OBRA screenings for persons seeking admission to a nursing facility who are seriously mentally ill and/or have an intellectual/developmental disability to determine whether a nursing facility is the most appropriate place for them to receive services as well as supporting individuals with mental illness and intellectual/developmental disabilities in nursing homes.

## Northern Community Mediation

415 State Street  
Petoskey, MI 49770  
231.487.1771



NCM provides Elder Care Mediation services, which can include issues such as the family along with the senior citizen having the opportunity to work together in determining the care of and treatment for that elderly person.

## Northern Health Care Management

1420 Plaza Dr.  
Petoskey, MI 49770  
877.470.7130  
231.347.6701



We are a part of Michigan's statewide effort to provide comprehensive services for people who are nursing home eligible and choose to receive care at home. Northern Health Care Management provides home and community based services for people who are elderly and/or disabled and is funded with Medicaid funds provided by the Michigan Department of Health and Human Services. Service choices include nursing facility transition, MI Choice Waiver, Medicare choices, caregiver support, information and referral, supports coordination, in-home care and assistance, home delivered meals, emergency response systems, private duty nursing, counseling, snow plowing, environmental modifications, medical equipment and supplies, housing assistance, medicaid eligibility specialist, and non-emergent medical transportation. Contact us for more information.



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## Northern Michigan Elder Law

103 Belvedere Ave.  
Charlevoix, MI 49720  
231.715.1401



NMEL are elder law attorneys/estate planners providing guidance for wills, trusts & estates, medicaid, and real estate & business matters. Our specialty is to help serve you and your family when it's time to plan to pass it all on, protect it, give it away, or sell it.

## Northwest Michigan Community Action Agency (NMCAA)

2240 Mitchell Park Dr., Unit A  
Petoskey, MI 49770  
231.347.9070 - Main Line  
231.347.9070 - Food Distribution Questions  
231.775.8330 - CSFP Questions



NMCAA provides Food & Nutrition Services for the elderly through the Commodity Supplemental Food Program, (CSFP) for those 60+ who meet income criteria.

## Northwest Michigan Habitat for Humanity

1840 M-119  
Petoskey, MI 49770  
231.348.6926



We offer an Aging in Place program in Emmet county for seniors age 60+ to address critical home repairs and accessibility modifications.

## Occupational Planning and Placement Inc.

7757 Ferry Rd.  
East Jordan, MI 49727  
231.582.2293 | 231.590.6877



Bereavement, adjustment to aging counseling, individual and family and behavioral issues that correspond. In person and video counseling.

## Pineview Cottage

3498 Harbor-Petoskey Road  
Harbor Springs, MI 49740  
231.412.6069



We've created a luxurious home like environment, exceeding expectations in all areas with emphasis on resident care and distinctive senior amenities—a place that lovingly supports people in being who they are. We promote awareness in the way we understand aging, growing old and the role of eldership. Assisted Living services, Dementia/Alzheimer's care, specialized behavioral and emotional care, hospice, and transitional care coordination all are available to our residents. Our goal is to create a therapeutic environment—a place that lovingly supports people in being who they are. We promote awareness in the way we understand aging, growing old and the role of eldership.

## Planned Parenthood of Michigan

1135 E. Eighth St.  
Traverse City, MI 49686  
231.347.9692



Planned Parenthood of Michigan provides sexual and reproductive health education to people of all identities, experiences, cultures, values and throughout all phases of life. We strive to provide comprehensive and intentional education to our community to ensure members have the tools, knowledge and empowerment they need to make decisions that support their sexual health. We provide various education programs, trainings and sessions to address all sexual and reproductive health topics.

## The Salvation Army of Petoskey

2350 Mitchell Park Dr.  
Petoskey, MI 49770  
231.347.3531



Warm prepared meals delivered to seniors, shut-ins, and mobility impaired as well as socialization services that strengthen cognitive abilities.

## Villa at the Bay

1500 Spring St.  
Petoskey, MI 49770  
231.344.6600  
Text: 989.390.1761



Villa at the Bay provides specialized clinical care with evidence-based protocol from highly trained medical personnel, utilizing cutting edge technology to treat and heal.

# CHILD & PARENTING SERVICES

## 1000 Days



Thousand Days cares about you and your baby during pregnancy and the first two years of your child's life. They want to make sure you both get good food and health care. Thousand Days works with others around the world to help moms and kids grow up healthy. Their goal is to give every child a strong and healthy beginning in life.

## AdoptUSKids

888.200.4005



AdoptUSKids helps connect families with children in foster care who are waiting to be adopted. Their goal is to ensure every child finds a loving, permanent family. AdoptUSKids provides support and resources to families and professionals involved in child welfare. They offer a database of waiting children, adoption information, and services to guide families through the adoption process and create lasting bonds.

## Adoptive Families

108 West 39th St., Ste. 805  
New York, NY 10018  
231.533.8818



Adoptive Families provides information, advice, and a supportive community for adoptive parents. They offer resources to explore the adoption process and support families on their unique journey.

## Alcona Health Center

421 Stimpson Dr. Unit#102  
Pellston, MI 49769  
231.844.3051  
231.627.7118  
231.348.9900 (M119 Location)



Alcona Health Center offers a variety of services for parents and children. Medical, Dental, Behavioral Health and Counseling Services.

## American College of Obstetrics and Gynecologists (ACOG)



The ACOG (American College of Obstetricians and Gynecologists) provides helpful information on pregnancy, childbirth, and postpartum recovery. ACOG also offers guidance on your baby's development, including important milestones and health recommendations.

## Antrim County Baby Pantry

209 Jefferson Ave.  
Mancelona, MI 49659  
231.492.7426

The Antrim County Baby Pantry provides diapers, pull-ups, wipes, diaper cream, Welcome Baby Bags, clothing, outerwear, winter wear, and books for children ages birth to age 6.

## Antrim County MSU Extension

203 E Cayuga  
Bellaire, MI 49615  
231.533.8818



Antrim County 4-H program: Offering a diverse range of topics and interest areas, 4-H is the largest youth development organization in Michigan. Youth ages 5-19 explore what interests and excites them as they grow with Michigan 4-H. In program areas ranging from science and technology to clothing and textiles, and so much more, 4-H provides fun, educational opportunities that empower young people with skills to lead for a lifetime and become the foundation for future success.

## Bethany Christian Services

901 Eastern Ave., NE  
Grand Rapids, MI 49503  
231.421.6494 | 231.215.1645



Bethany Christian Services offers adoption services to individuals and families. They help guide families through the adoption process, providing support and assistance. They offer various adoption options and strive to find loving homes for children in need.

## Big Brothers Big Sisters of Northwestern Michigan

523 West Jefferson  
Petoskey, MI 49770  
231.642.9124



By partnering with Big Brothers Big Sisters, you are providing another positive role model to encourage your child on the path to success. Mentors and youth create life-changing friendships through new activities and experiences; from exploring local culture to developing new hobbies, catching a movie or cheering on their favorite team! Learn more about our free mentoring program at [Bigsupnorth.com](http://Bigsupnorth.com) or by calling or texting 231.642.9124.

## Brave Love

2633 McKinney Ave, #130-266  
Dallas, TX 75204



Brave Love supports birth parents and encourages adoption as a positive choice. They provide resources and advocacy to empower birth parents in making informed decisions and share their stories. Brave Love works to eliminate adoption stigmas and offers ongoing support and encouragement throughout the adoption process.

## Breastfeeding USA



The mission of Breastfeeding USA is to provide evidence-based breastfeeding information and support, and to promote breastfeeding as the biological and cultural norm.

## CAPE (Child Abuse Prevention and Education) Council

231.675.5047



CAPE Council offers public awareness and education on safe sleep, child abuse prevention, and programming to advance child/family healthy development.



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# CHILD & PARENTING SERVICES

## Catholic Human Services

231.590.8337



Catholic Human Services has been a trusted adoption agency for over 40 years. They have a long history of open adoption and have facilitated hundreds of successful infant adoptions in northern Michigan. Their commitment is to create loving and supportive connections within adoptive families.

## Center for Disease Control (CDC) Developmental Milestones

1600 Clifton Rd..  
Atlanta, GA 30329  
800.232.4636



CDC's developmental milestones are a valuable resource to track your child's growth and skills. They provide a guide of important milestones that children usually achieve at certain ages. This tool helps you monitor your child's development and address any areas of concern. Skills such as taking a first step, smiling for the first time, and waving "bye bye" are called developmental milestones. Children reach milestones in how they play, learn, speak, act, and move.

## Center for Social Emotional Development



Learn fun and easy ways to support your child's social and emotional development!

## Charlevoix County MSU Extension

319B North Lake St.  
Boyer City, MI 49712  
231.582.6232



Charlevoix County 4-H program: Offering a diverse range of topics and interest areas, 4-H is the largest youth development organization in Michigan. Youth ages 5-19 explore what interests and excites them as they grow with Michigan 4-H. In program areas ranging from science and technology to clothing and textiles, and so much more, 4-H provides fun, educational opportunities that empower young people with skills to lead for a lifetime and become the foundation for future success.



## Charlevoix-Emmet ISD

08568 Mercer Blvd.  
Charlevoix, MI 49720  
231.547.9947



The ISD provides special education services for individuals birth through 26. In addition, Early On provides support and developmental screenings for children, ages birth through three, that do not meet special education requirements. If you are concerned about your child's development and they are under three, contact the Early On Coordinator at 231.547.9947. If you have concerns about a child over three, contact your child's teacher or Help Me Grow at 231.308.0289. The ISD is an affiliate of Help Me Grow Michigan. Caregivers can visit [helpmegrow-mi.org](http://helpmegrow-mi.org) to complete an Ages and Stages Questionnaire (ASQ), access a care coordinator, and link to resources in the community.

## Child and Family Services of Northwestern Michigan

3434 M-119, Ste. F  
Harbor Springs, MI 49740  
231.347.4463  
231.946.8975



Since 1937, Child & Family Services has provided a safety net for the most vulnerable children and families. Through foster care and adoption, behavioral health services, parenting education, youth outreach, shelter and support, our dedicated team helps people of all ages overcome life's challenges. Child and Family Services is a nonprofit organization offering assistance in over 20 counties in northern Michigan with offices in Harbor Springs and Traverse City.

## Child Welfare Information Gateway

330 C Street, SW.  
Washington, DC 20201  
800.394.3366



Child Welfare Information Gateway helps people find information and resources about child welfare, adoption, and related topics. Their goal is to keep children and families safe, supported, and well. They offer helpful tools and support to promote the well-being of children, youth, and families.

## Christ Lutheran Church Kinder Closet Baby Pantry

1250 Boyne Ave.  
Boyne City, MI 49712-9655  
231.582.9301



Our baby pantry, Kinder Closet, provides free diapers, wipes, diaper cream, baby shampoo, lotion and other baby products as well as new and gently used clothing for children living in Charlevoix County from birth to age 2. The pantry is held on the second Saturday of each month from 10:00 am-Noon.

## CLEO (Central Lake Early Opportunities)

8084 West Old State  
Central Lake MI, 49622  
231. 675.7937



CLEO is a network of community partners, uniting to provide early childhood activities, services and resources for the young children and families of Central Lake.

# CHILD & PARENTING SERVICES

## Christ Child Society of Northern Michigan

P.O. Box 132  
Harbor Springs, MI 49740-1430



Christ Child Society of Northern Michigan is a nonprofit organization dedicated to supporting children and families in need in the Northern Michigan region. The society works to improve the lives of those less fortunate by providing various services, assistance, and programs. Their efforts typically focus on promoting the well-being and development of children, particularly those facing challenging circumstances such as poverty or illness.

Specific activities and initiatives offered by the Christ Child Society of Northern Michigan may include providing clothing, diapers, basic necessities, educational resources, and other forms of support to disadvantaged children and families. They may also partner with local communities, schools, and other organizations to address the unique needs of the children in the region.

## Comforting Hands



Every child deserves a family! Comforting Hands aspires to help families in Charlevoix and Antrim Counties have success in foster care and adoption. By providing supports to the families, we try to fill part of the gap between agency and families. We use volunteers to connect the community to the needs of foster and adoptive families so they aren't walking through the process alone. Volunteers provide meals, small home repairs, and some mentoring. Believing everyone can do something we want to raise awareness about the foster care issue in America. Visit our website for information on volunteering.

## Emmet County MSU Extension - 4H Program

3434 Harbor-Petoskey Rd., Ste. D  
Harbor Springs, MI 49740  
231.248.1770



The Emmet County 4-H program offers a diverse range of topics and interest areas. Youth ages 5-19 explore what interests and excites them as they grow with Michigan 4-H. In program areas ranging from science and technology to clothing and textiles, and so much more, 4-H provides fun, educational opportunities that empower young people with skills to lead for a lifetime and become the foundation for future success.

## Families First Monthly

P.O. Box 108  
Northport, MI 49670  
231.499.1454



Families First Monthly is a free online parenting magazine published in Traverse City, featuring local resources. Inside you will find a calendar of events, arts, crafts & hobbies, book reviews, nutrition & recipes; health and human interest, area attractions, resources, family activities, and much more!



## First Presbyterian Church of Harbor Springs

7940 Cemetery Rd.  
Harbor Springs, MI 49740  
231.526.7332



We offer weekly playgroups. Check our website calendar for days and times. Throughout the year we also offer parent nights out where we entertain the kids while you enjoy a night out.

## First Candle

21 Locust Ave, Suite 2B  
New Canaan CT 06840  
203.966.1300



First Candle is committed to the elimination of SIDS and other sleep-related infant deaths through education, while providing support for grieving families who have suffered a loss. Working with local organizations throughout the country, we are educating new and expectant parents on the importance of providing a safe sleep environment for their baby. And for those families who have tragically lost a baby, we offer bereavement support and counsel.

## The 4th Trimester Project



The 4th Trimester Project supports new parents during the postpartum period, offering evidence-based resources on maternal mental health, infant care, breastfeeding, and self-care. Additionally, it provides the opportunity for parents to connect with other mothers, fostering a supportive community during this critical time. The project aims to enhance the well-being of both parents and newborns, promoting a healthy and positive start to parenthood.

## Genesis Church of Petoskey

1124 Northmen Dr.  
Petoskey, MI 49770  
231.487.0081



Genesis Church offers weekly playgroups for all children and their caretakers. Follow our [Facebook Group](#) for location and time updates. For more information contact Amber Martin, 260.243.8287.

## The Good Samaritan's Store of St. Andrews Anglican Church

619 Waukazoo  
Petoskey, MI 49770  
231.330.3307



The store is open every other Friday from 12-2. There is no cost and we do not require proof of need. We have a diaper pantry, food pantry, and free store. The diaper pantry is stocked with diapers, pull-ups, and wipes. We also have formula and baby food, miscellaneous bottles, nursing items, etc. Limit one package of diapers per child per family. Our food pantry offers non-perishable food and the clothing pantry includes infants, children, women, maternity. A few men's items are also available. Other items that may be available are: bouncy seats, bath tubs, pack and play, booster seats, cribs, puzzles, books and toys.

## GreatDad



GreatDad.com is a source of experience, recommendations, inspiration, and advice for dads from the male perspective. We offer information of all types including pregnant dads, new dads, divorced, single, gay, and widowed dads. With the only weekly pregnancy newsletter for men, covering babies from pregnancy to Year 2, and over 4000 articles, GreatDad covers everything dads need as they navigate the unfamiliar waters of parenthood.

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# CHILD & PARENTING SERVICES

## Great Start Collaborative & Family Coalition of Charlevoix, Emmet, and Northern Antrim Counties *(Transitioning to Help Me Grow Char-Em)*

08568 Mercer Blvd.  
Charlevoix, MI 49720  
231.308.0289



Help Me Grow Char-Em serves youth and families with children from prenatal to age 5. Monthly Family Coalition meetings allow an opportunity for parents and caregivers to come together to share their experiences, needs, and hopes for the local early childhood system. We also provide opportunities for parents and caregivers to learn or enhance parenting skills. The Free Book Project provides free, gently used children's books. Family Resource Coordinators are available by phone to support families with early childhood questions, resource needs, and support.

## Great Start to Quality Northwest Resource Center

United Way of Northwest Michigan  
4075 Copper Ridge Drive  
Traverse City, MI 49684  
877.614.7328



The Northwest Resource Center is a one-stop shop for early care and education support. We assist childcare providers, preschools, parents, community partners, and businesses with finding childcare, quality improvement, professional development training and resources.

## Grow by Web MD



In WebMD's complete guide to raising a family, you'll find everything you need for each stage of your child's development. Whether you're trying to conceive, preparing for delivery, navigating the toddler years, or raising a tween, Grow has the information you need.



**Join us for a Family Coalition Meeting and see how you can make a difference!**

[Click here for more information or to register for a meeting!](#)



## The Haven Pregnancy & Family Resource Center of Northern Michigan

423 Porter Street  
Petoskey, MI 49770  
231.348.3388



At our center, we offer an Earn While You Learn educational program for men and women expecting, or with children under the age of three. This program provides various life and parenting skills education and material aid assistance. Additionally, our Mother's Keepers program offers practical family led support within the home, for families with a child under age one.

## Health Department of Northwest Michigan (HDNW)

220 W. Garfield  
Charlevoix, MI 49720  
800.432.4121



HDNW offers programs to help children and parents, such as WIC (Women, Infants and Children), home visiting support, immunizations for all ages, breastfeeding support, Children's Special Health Care Services, Community Connections, breast and cervical cancer screenings, family planning, health coaching, and school-based physical and mental health services.

## Healthy Futures Online

231.935.5640  
888.403.8468



Healthy Futures is a collaboration of Munson Healthcare, health departments in northern Michigan, and health care providers across the region. Together, we connect families to trustworthy information and local resources. Our free services include newsletters, home visits with a Registered Nurse, an online resource library, text updates customized to your child's age, and more.

## Heaven Sent Adoptions

12301 W. Noffke Dr.  
Middleville, MI 49333  
888.403.8468



Heaven Sent Adoptions is an adoption agency that supports birth parents and adoptive families throughout the adoption process. They offer counseling, education, consulting, and referrals to help create loving connections.

## Human Rights Campaign



The Human Rights Campaign believes that all children should grow up in a loving home with parents who care about them. They support qualified adults, no matter their sexual orientation or gender, in becoming parents. HRC provides helpful resources for different ways people can become parents and addresses challenges that LGBTQ+ families and youth might face. Their goal is to support and empower LGBTQ+ families in creating a nurturing and inclusive environment for children to grow up happily and healthily.

## InfantSEE

243 N. Linderbergh Blvd.  
St. Louis, MO 63141  
314.983.4160



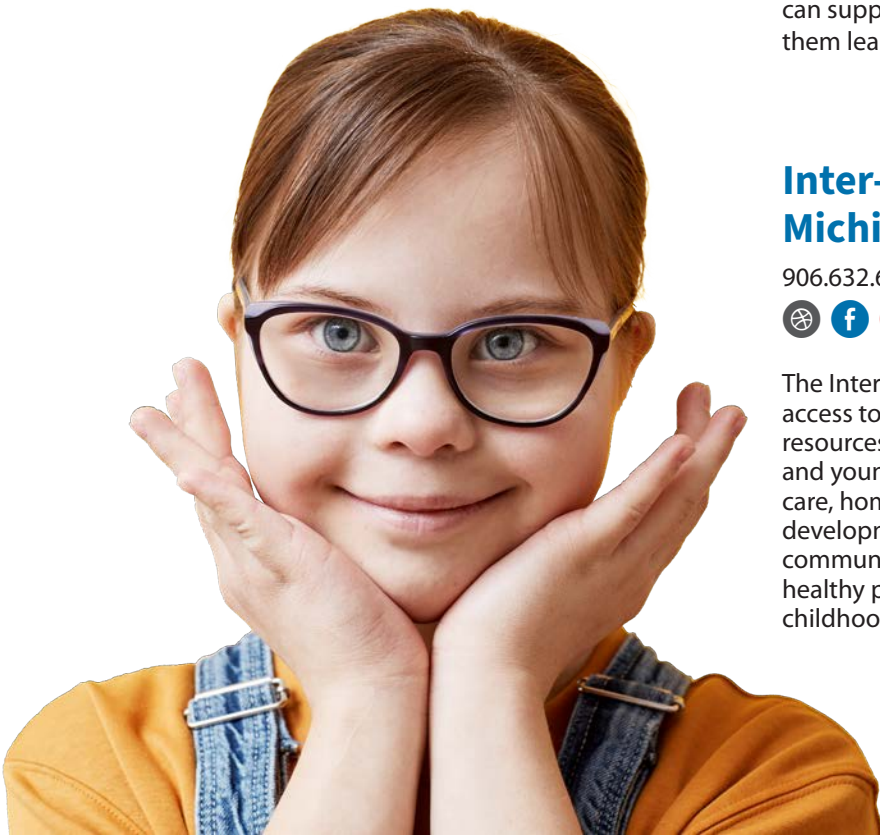
InfantSEE is a program that can help your baby have healthy vision. They provide eye assessments for babies between 6 and 12 months old to check for any vision problems. By getting these assessments early, InfantSEE can support your baby's development and help them learn and grow better.

## Inter-Tribal Council of Michigan

906.632.6896



The Inter-Tribal Council of Michigan offers access to maternal and early childhood resources to support the health of mothers and young children. Services include prenatal care, home visits, parenting education, developmental screenings, referrals, and community events. The goal is to promote healthy pregnancies and positive early childhood development.



# CHILD & PARENTING SERVICES

## Kellymom



Kellymom is a helpful resource for child and parenting support, focusing on breastfeeding and other parenting topics. They provide reliable information to empower parents in making informed decisions for their children's well-being. With evidence-based resources, Kellymom guides families through the journey of raising happy and healthy children.

## The Lactation Network

1621 W. Carrol Ave.  
Chicago, IL 60612  
888.510.0059  
888.434.7971



We connect families with insurance-covered International Board Certified Lactation Consultants, breast pumps, and products they need to thrive.

## La Leche League of Traverse City

8088 S West Bay Shore Dr.  
Traverse City, MI 49684  
231.642.7564  
810.247.4894



La Leche League of Traverse City strives to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

## Little Traverse Bay Bands of Odawa Indians

7500 Odawa Circle  
Harbor Springs, MI 49740  
231.242.1400  
231-242-1423 - Elder's Department



Waaniigaanzijik After school program is for youth ages 6-8. Children are provided with homework hour, free time, meals and snacks. We also have a no cost Summer Youth Program.

## March of Dimes

1550 Crystal Dr., Ste. 1300  
Arlington, VA 22202  
800.663.4637



March of Dimes' mission is to fight for the health of all moms and babies. They offer education and resources from conception to beyond pregnancy, aiming to prevent maternal health risks and deaths, pre-term birth, and infant mortality. Their ultimate goal is to close the health equity gap and ensure a healthier future for all families.

## Michigan Adoption Resource Exchange (MARE)

3840 Packard Rd.  
Ann Arbor, MI 48108  
800.589.6273



MARE is a resource for people and families looking to adopt in Michigan. We connect prospective adoptive parents with children who are waiting for loving homes. They provide information, training, and resources to support successful matches and long-term placements for children in need.

## Michigan Alliance for Families

800.552.4821



Michigan Alliance for Families is a statewide resource to connect families of children with disabilities to resources to help improve their children's education. We help facilitate parent involvement as a means of improving educational services and outcomes for students with disabilities. Michigan Alliance for Families can assist you in knowing your rights, effectively communicating your child's needs, and advising how to help them develop and learn.

## Michigan Department of Health and Human Services

2229 Summit Park Dr.

Petoskey, MI 49770

231.348.1600



The Department of Health & Human Services (MDHHS) provides guidance and resources to support parents and caregivers in understanding and promoting the healthy growth and development of children. MDHHS aims to empower individuals with knowledge and tools to ensure the well-being and success of children in their early years and beyond. In addition, MDHHS Children's Protective Services can refer families to parenting classes and individual, child, and family counseling, if required and deemed necessary. MDHHS also has an emergency pantry that can assist individuals and families with back to school backpacks and supplies, housekeeping supplies, personal hygiene kits, winter hats and mittens. Campership scholarships are also available.

## MI Parenting Resource



MI Parenting Resource is a free online program that supports caregivers across the state in strengthening their parent-child relationships and gaining new tools for enhancing positive child behaviors. Access brief parenting videos introducing evidence-based strategies for common care giving concerns, shared by real-life caregivers with successful outcomes. Start enhancing your parenting journey today!



## Michigan Home Visiting Initiative



Michigan offers eight types of home visiting programs to support families. This website makes it easy to find programs near you—simply search by county or narrow your search further by including your family’s eligibility. Not sure which program is the best fit? Learn more about the different types of home visiting programs available in your area: <https://mihomevisiting.com/>.

## Moms & Tots Center

9100 Pleasant Hill Rd.  
Ellsworth, MI 49729  
231.588.2200  
231.588.2208



Families with children under 5 can receive diapers, formula, food, clothing, and more. Our services include pregnancy tests and information, abortion alternatives, STI information, sexual risk avoidance education, maternity items, and peer counseling. Our Earn While You Learn (EWYL) program provides education that can be exchanged for larger items (car seats, cribs, strollers and more). Hours: Tuesday-Thursday (10-4). First Tuesday of each month (10-7). Call for information.

## Mocha Moms

P.O. Box 1995  
Upper Marlboro, MD 20773  
877.456.7667



Mocha Moms, Inc. is a leading organization that supports mothers of color. They welcome everyone who shares their mission and purpose, regardless of age, race, gender, or background. Mocha Moms, Inc. advocates for mothers of color and promotes community activism. Together, they work for positive change and support mothers in building a strong and caring community.

## Mr. Dad



Mr. Dad provides fathers with a plethora of tools, support, and real-world strategies so they can be the dads they want to be and also the dad that their family needs them to be.

## MSU Extension - Antrim County

203 E. Catuga  
Bellaire, MI 49615  
231.533.8818



The Antrim County 4-H program offers a wide range of topics and activities for youth aged 5 to 19. As part of the largest youth development organization in Michigan, 4-H provides opportunities for young people to explore their interests and passions. From science and technology to clothing and textiles, 4-H offers fun and educational experiences that empower youth with valuable skills for leadership and future success.

## MSU Extension - Charlevoix County

319B N. Lake St.  
Boyne City, MI 49712  
231.582.6232



The Charlevoix County 4-H program offers a wide range of topics and activities for youth aged 5 to 19. As part of the largest youth development organization in Michigan, 4-H provides opportunities for young people to explore their interests and passions. From science and technology to clothing and textiles, 4-H offers fun and educational experiences that empower youth with valuable skills for leadership and future success.

## MSU Extension Child & Family Development



MSU Extension's child and family development services offer valuable tools for parents and caregivers. Their programs focus on preparing children for school and promoting social and emotional wellness. They also help foster positive behaviors in children and youth, creating a supportive and nurturing environment for their growth and development.

## MSU Extension - Emmet County

3434 Harbor-Petoskey Rd, Ste. D  
Harbor Springs, MI 49740  
231.347.1770



The Emmet County 4-H program offers a wide range of topics and activities for youth aged 5 to 19. As part of the largest youth development organization in Michigan, 4-H provides opportunities for young people to explore their interests and passions. From science and technology to clothing and textiles, 4-H offers fun and educational experiences that empower youth with valuable skills for leadership and future success.

## National Center for Fathering (NCF)

P.O. Box 2865  
Olathe, Kansas 66063



The National Center for Fathering (NCF) has provided tools, research and support for fathers and leaders around the world since 1990. Today, NCF strives to improve the lives of children and establish a positive fathering and family legacy that will impact future generations by inspiring and equipping fathers and father figures to be actively engaged in the life of every child.

## National Child Passenger Safety Certification



A majority of parents still misuse their child restraints and need help to get it right. This directory is provided as a way for parents and caregivers to contact a local car seat technician for information and assistance.

## National Council for Adoption

431 North Lee Ave.  
Alexandria, VA 22314-2561  
703.299.6633



The National Council for Adoption (NCF) is an important organization that supports and promotes adoption in the United States. They work to improve adoption policies, offer resources and support to adoptive families, birth parents, and professionals, and advocate for the well-being of children.



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# CHILD & PARENTING SERVICES

## National Parent Helpline

855.427.2736



The National Parent Helpline is a confidential toll-free hotline and online resource offering support and guidance to parents and caregivers. Trained helpline advocates are available to listen and connect parents with relevant resources to address their specific needs.

## National Responsible Fatherhood Clearinghouse



If you are a dad looking for tips, hints, deals, activities, and more, then this site is for you! The goals of the National Responsible Fatherhood Clearinghouse are to provide, facilitate, and disseminate current research and proven and innovative strategies that will encourage and strengthen fathers, families, and service providers.

## NHTSA - Car and Booster Seat Safety

1200 New Jersey Ave., S.E.  
Washington, D.C. 20890  
800.663.4637



The NHTSA focuses on car seat safety to protect children during car travel. They provide guidelines, resources, and regulations to help parents use the appropriate car seats for their child's age, weight, and height, ensuring safer roads and protecting children's well-being.

## North Country Community Mental Health

1420 Plaza Dr.  
Petoskey, MI 49770  
877.470.7130  
231.347.6701



Individual and family therapy, behavioral therapy, home-based therapy, child and adolescent psychiatry, family supports, autism testing and Applied Behavioral Analysis.

## Northern Community Mediation

415 State Street  
Petoskey, MI 49770  
231.487.1771



NCM offers Parenting Time Mediation, Child Protection Mediation, Victim Offender Mediation for Youth, and School Attendance Mediation services.

## Northwest Michigan Community Action Agency (NMCAA)

2240 Mitchell Park Dr., Unit A  
Petoskey, MI 49770  
231.347.9070 - Main Line  
231.347.9070 - Food Distribution Questions  
231.775.8330 - CSFP Questions



NMCAA's Child & Family Development services advocate for children, nurture families, and ensure a child's success in school and beyond. Early Head Start serves children prenatal - age 3, and Head Start serves ages 3-5. Parents are engaged as equal partners in the family's overall health, safety, and well-being, which are foundational components of child development. Please call NMCAA Petoskey, 231.347.9070, or complete the 0-5 Child Development Program Interest Form at nmcaa.net



## COMMUNITY connections

Community Connections is a FREE program offering connections to community resources for adults and families. Services are provided through phone calls, home visits, and office visits. Services are delivered by a Community Health Worker, a Registered Nurse, and/or a Social Worker.

Learn more:

**1.800.432.4121**

<https://nwhealth.org/community-connections>

### Occupational Planning and Placement Inc.

7757 Ferry Rd.  
East Jordan, MI 49727  
231.582.2293 | 231.590.6877



We offer services for adjustment issues and counseling for special family problems.

### Perinatal Support Group of Northern Michigan (PSGNM)



PSGNM support group offers a safe, friendly, and confidential space to connect with and receive support for mothers and mothers-to-be. You are not alone in your pregnancy and postpartum journey. Let PSGNM provide you with a place to connect and get resources. Go to [PSGNM.com](http://PSGNM.com) for more information!

### Parents Magazine



Parents magazine provides helpful information and support for expectant parents. In addition, they offer content that addresses the needs of transgender, nonbinary individuals, and 2SLGBTQIA+ parents, including articles about breastfeeding and bodyfeeding. Parents magazine empowers all parents by offering relevant resources and guidance to navigate pregnancy in an inclusive and supportive way.



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# CHILD & PARENTING SERVICES

## Planned Parenthood of Michigan

1135 E. Eighth St.  
Traverse City, MI 49686  
231.347.9692



Planned Parenthood of Michigan provides sexual and reproductive health education to people of all identities, experiences, cultures, values and throughout all phases of life. We strive to provide comprehensive and intentional education to our community to ensure members have the tools, knowledge and empowerment they need to make decisions that support their sexual health. We provide various education programs, trainings and sessions to address all sexual and reproductive health topics.

## Post Adoption Resource Center of Northern Michigan

1055 Carriage Hill Dr., Ste. 2  
Traverse City, MI 49686  
231.995.0870



The Post Adoption Resource Center serves families who have adopted internationally, domestically, or through the Michigan foster care system. Our services include: case management, support groups, training, advocacy, and coordination of resources.

## Postpartum Support International

800.944.4773 (Helpline - Call in English or Spanish)  
800.944.4773 (Helpline - Text in English)  
971.203.7773 (Helpline - Text in Spanish)



Did you know one in five moms and one in ten dads suffer from postpartum depression? We provide direct peer support to families, train professionals, and are a bridge between the two. We provide a wide library of resources regarding postpartum depression and share resources to help. In addition, we offer a PSI Helpline where you can get basic information, support, and resources. You can leave a confidential message any time, and a trained and caring volunteer will return your call or text. Our volunteers return messages between 8am-11pm EST. They will listen, answer questions, offer encouragement and connect you with local resources as needed.

## Safe Families for Children - Bethany Christian Services

1055 Carriage Hill Dr., Ste. 2  
Traverse City, MI 49686  
231.421.6494 | 231.215.1645



Safe Families for Children, in partnership with Bethany Christian Services, helps parents experiencing a temporary crisis by providing a loving family with whom their children may stay until the crisis has passed. Safe Families also helps connect parents in crisis to resources in the community to help them get back on their feet. This service is free and non-coercive. Parents maintain full custody of their children throughout the duration of the hosting.

## Safe Sleep Michigan

800.331.7437



Safe Sleep is a vital health and wellness resource providing guidelines for creating a safe sleep environment for infants. It offers evidence-based recommendations from the AAP to reduce the risk of SIDS and sleep-related deaths. Empowering caregivers with knowledge and tools, Safe Sleep promotes a secure and nurturing sleep environment for babies.



## Safe to Sleep

P.O. Box 3006  
Rockville, MD 20847  
800.505.2742



The Safe to Sleep campaign promotes safe sleep practices for infants to reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related infant deaths. Safe To Sleep has helped educate millions of parents, caregivers, healthcare and childcare providers, and others about ways to reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related infant deaths.

## The Salvation Army of Petoskey

2350 Mitchell Park Dr.  
Petoskey, MI 49770  
231.347.3531



Bible Adventure Corps provides low-income families a safe place for children to go after school so parents can continue working full time. Includes local transportation, snacks, field trips, activities, Wi-Fi and homework help. Summer camp at Echo Grove offers themed overnight camps such as music, sports or adventure camp along with archery, boating, swimming, bonfires, high-ropes, and more. Transportation and meals are included. We also offer children's ministry services.

## Steps Family Toolkit



The Steps Family Tool Kit supports parents in their child's early learning years (birth to age three) with tips and resources for promoting development. Simple actions like talking, interacting, reading, singing, and playing daily can shape their future success. Use this toolkit to guide your child's growth and create a bright future together.

## St. Francis Xavier Child Development Center

414 Michigan St.  
Petoskey, MI 49770  
231.347.3651



Child care is offered to all families through the St. Francis Xavier Child Development Center with priority enrollment starting in February and open enrollment starting in April. Offerings include before/after school, infant/toddler, preschool, school-age.

## Text4baby



Text4Baby is a free mobile service for expecting and new parents, providing helpful tips and support during pregnancy and early parenthood. You'll receive tailored text messages based on your due date or baby's age, covering topics like prenatal care, baby development, health, and safety.

## United States Department of Health and Human Services - Children's Bureau

330 C Street, S.W.  
Washington, DC 20201



The Children's Bureau is committed to helping children find permanent families through adoption. They provide support, funding, and resources to remove barriers to adoption. By collaborating with states and tribes, they offer financial assistance to increase the number of adoptions from foster care. The Children's Bureau works tirelessly to ensure that every child has the chance to have a stable and loving home.

# CHILD & PARENTING SERVICES

## United Way of Northwest Michigan

4075 Copper Ridge Dr.  
Traverse City, MI 49684  
231.947.3200  
231.753.8553



United Way provides support to the community through 211, a free 24-7 information and referral line to area resources. We are also the State of Michigan's Tri-Share agency in the region helping employers and employees offset the cost of childcare. We are the hub for 211 - a free information and referral line, and Tri-Share - a childcare assistance program.

## Wellspring Lutheran Services

1349 S Otsego Ave. Unit 11  
Gaylord, MI 49735  
989.448.8540



Wellspring provides general counseling and also Eye Movement Desensitization and Reprocessing Therapy and Cognitive Behavioral Therapy. In addition, we provide Parent/Child Interaction Therapy to support parents in parenting children who are exhibiting more difficult behaviors in a clinical setting. Both in-person and virtual counseling service options are available.

Lutheran Adoption Services (LAS), jointly owned by Wellspring and Samaritas, is Michigan's biggest private adoption agency. LAS primarily focuses on foster care adoptions, finding caring homes for children who may be siblings, teenagers, or have special needs. Their dedicated team helps prospective adoptive families navigate the adoption process, creating stable and supportive families for children in need.

## Women's Resource Center of Northern Michigan, Inc.

2225 Summit Park Dr.  
Petoskey, MI 49770  
231.347.0067  
231.347.0082



Children's Learning Center emphasizes developmentally appropriate learning experiences and care for children ages 2½ to 5. WRCNM Preschool is a Great Start Readiness Program (GSRP) that provides high quality early childhood experiences to build a foundation for lifelong learning. For details, call 231.347.0067.

WRCNM's Gold Mine Resale Shops, located at 1002 Emmet Street and 1878 US-31 North in Petoskey offer affordable clothing and goods for the entire family.

## YMCA of Northern Michigan

523 W. Jefferson St.  
Petoskey, MI 49770  
231.348.8393



The YMCA of Northern Michigan is proud to serve our community by providing quality childcare & programming. Our YMCA is a Y Without Walls, meaning all of our programs take place in the community instead of in a facility. We offer programs like licensed after school child care & summer camps, youth sports programs, and other youth & family activities. We also have events that take place throughout the year where community members and families can come and have fun and learn more about the YMCA.



## Young Life



We are a non-profit organization serving northern Michigan youth at locations in Charlevoix, Petoskey, and Harbor Springs. We provide activities and camp adventures throughout the year. We offer kids of all abilities an opportunity to get away from the pressures of everyday life, having fun with other Young life friends, and hearing God's message of love in terms they can understand.

## Vroom

1349 S Otsego Ave. Unit 11  
Gaylord, MI 49735  
989.448.8540



Vroom is a resource that helps with child development. They provide fun and easy activities for parents and caregivers to boost children's learning and brain development. With Vroom, you can turn everyday moments into valuable learning experiences for your child.

## ZERO TO THREE

2445 M Street N.W., Ste. 600  
Washington, D.C. 20037  
202.638.1144



At ZERO TO THREE, our mission is to ensure every baby and toddler has a strong start in life. We aim to support caring adults to build nurturing relationships that lay the foundation for lifelong health and well-being. Together, we strive for a bright future for all children.



### Are you interested in learning more about your child's development?

Help Me Grow® Char-Em can help! We promote early identification of developmental, behavioral, or educational concerns and link families to community-based services and supports at no cost to parents and caregivers.

### How does Help Me Grow® work?

1. Contact Help Me Grow® Char-Em, 231.308.0289, for local resources that address concerns about health, development, behavior, and learning.
2. A Family Resource Coordinator will listen, provide support, and assess the needs of your child and family.
3. Help Me Grow® Char-Em will offer free screenings to help provide insight on your child's developmental and behavioral skills.
4. An Early Childhood professional will communicate the screening results with your family, and appropriate referrals to local services and supports will be provided.
5. Scheduled follow-ups will occur to inquire about previous referral given and any additional concerns that your family may have.



Call us!  
231.308.0289

ASQ Online Screening  
[www.helpmegrow-mi.org/asq](http://www.helpmegrow-mi.org/asq)



# COUNSELING & CRISIS SERVICES

## 217 Recovery

945 East Eighth St., Suite B  
Traverse City, MI 49686  
231.421.1903



217 Recovery is a resource for those affected by addiction. A place for help and a place for inspiration. Without hope and inspiration recovery can seem impossible. 217 Recovery is a group of recovering addicts who promote fun in recovery. Our Recovery Coaches are here to help and support individuals on their path to recovery. They provide free personalized guidance and resources to give individuals the best chance of achieving their recovery goals.

## Addiction Treatment Services

1010 S. Garfield Ave.  
Traverse City, MI 49686  
231.346.5216



Our compassionate care and customized treatment plans meet you where you are so you can face your drug or alcohol dependencies and take control of your life — without stigma and without shame. Let's uncover your path to recovery.

If you or someone you love suffers from substance use disorder or other behavioral health issues, we can help. From acute detox and residential rehab programs to recovery homes and long-term outpatient & mental health services, we're here with the safe support you need to work through the root of your addiction and find your own recovery lifestyle.

## Alcona Health Center

421 Stimpson Dr. Unit#102  
Pellston, MI 49769  
231.844.3051



Alcona Health Center offers Behavioral Health, Substance Use Treatments and Counseling Services

## American Red Cross

735 Garfield Ave., Ste. B100  
Traverse City, MI 49686  
231.947.7286



The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers. We aspire to turn compassion into action so that all people affected by disaster across the country and around the world receive care, shelter and hope; our communities are ready and prepared for disasters; and all members of our armed services and their families find support and comfort whenever needed.

## BASES

101 M-66  
Charlevoix, MI 49720  
231.547.1144



BASES provides the following services: substance use groups for adults via zoom; men's groups for domestic violence intervention via zoom; substance use assessments for adolescents and adults; CBT/DBT groups for men (Mon.) & women (Weds.) at Charlevoix County Jail; Outpatient individual counseling for adolescents and adult substance use and mild/moderate mental health issues, trauma issues, PTSD; Drug/PBT testing; Zero Tolerance/Alcohol Highways Safety; and Driver's License Appeal evaluation.

## Bear River Health

Admin. Office: 2329 Center St.  
Boyer Falls, MI 49713  
231.535.2822



Bear River Health offers substance use disorder recovery services on a private five acre campus in Walloon Lake. We provide a network of services for all stages of your recovery journey - from withdrawal management, to separate residential centers for men and women, to multiple outpatient offices offering medically assisted treatment. Our staff of caring professionals will work together to guide you during your recovery journey in a safe and confidential environment.

## Breanna's Ride

P.O. Box 66  
Alanson, MI 49706  
231.342.7051



Do you need counseling and can't afford it or don't have insurance. We may be able to assist you? Breanna's Ride is a non-profit organization. We help with financial assistance for counseling and therapy services; as well as bring suicide prevention and suicide loss resources to our communities. Our Mission is to reduce suicide through prevention education and to assist and empower those in crisis.

## Center for Disease Control and Prevention (CDC)

800.323.4636



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Explore way to cope with stress, take a mental health quiz, and more.

## Charlevoix County Veterans Affairs

13513 Division Ave.  
Charlevoix, MI 49720  
231.547.7220



We provide emergency financial relief to eligible veterans and their spouse or surviving spouse. A financial application must be submitted and will be reviewed for approval by the Veterans Affairs Committee. Applications beyond \$1500 must be also reviewed by the County Board of Commissioners before approval/denial. Contact us for more information.

## Child and Family Services of Northwestern Michigan

3434 M-119, Ste. F  
Harbor Springs, MI 49740  
231.347.4463



Child & Family Services' licensed therapists provide individual and family counseling to people of all ages. Safe Haven, a supervised visitation and safe exchange program for families affected by high conflict and/or domestic violence, is the only program of its kind in northern Michigan. Wraparound, an intensive program supporting the mental health needs of the child and their family members, is offered free with a referral from Community Mental Health. Wraparound and Safe Haven are located at our Traverse City Office.

## DivorceCare

800.489.7778



DivorceCare is a 13-week support group and recovery program for people facing the pain and challenges of a separation, divorce, or long-term relationship breakup. Each meeting features a video seminar with practical advice, direction, and wisdom from counselors and from people who've been through it, plus a small-group support and discussion time. See the website, [divorcecare.org](http://divorcecare.org), for information on local and online groups.

**Charlevoix/Emmet  
Counties:  
Suicide Prevention  
Education &  
Resource Guide**



ALL IN ONE PLACE

**Click here to access this  
valuable digital resource!**

# COUNSELING & CRISIS SERVICES

## East Jordan Family Health Center

601 Bridge St.  
East Jordan, MI 49727  
231.536.2206



Behavioral health clinicians are able to provide counseling to individuals, couples, or families of all ages who are experiencing life stressors, or mild to moderate mental health issues. Our clinicians will work with you to develop personal goals to help improve your quality of life. We believe in providing quality affordable behavioral health and primary care services; therefore, we offer a sliding fee discount program and participate with most insurance plans.

## Good Samaritan Family Services

9746 Main St. P.O. Box 206  
Ellsworth, MI 49729  
231.588.2208



We have a chaplain on site for support.

## GriefShare

800.395.5755



GriefShare is a 13-week grief support group for people grieving the death of a loved one. Each meeting features a video seminar with practical advice, direction, and wisdom from counselors and from people who've been through it, plus a small group support and discussion time. See the website, [griefshare.org](http://griefshare.org), for information on local and online groups.

## Harbor Hall, Inc.

704 Emmet St.  
Petoskey, MI 49720  
231.347.5511



Harbor Hall's expanded health services fill the spectrum of holistic, gender-specific, and strength based individualized therapies. Our highly qualified counselors help those struggling. Based on a core principle of family involvement, spouses, children, parents, grandparents, and even friends can receive the support they need during a loved one's journey through recovery. We offer primary care, outpatient, residential, withdrawal management, family and couples counseling, withdrawal management, forensic assessments, and behavior health services.

## Health Department of Northwest Michigan (HDNW)

220 W. Garfield  
Charlevoix, MI 49720  
800.432.4121



HDNW employs a number of mental health professionals to support students and families. We also offer Community Connections, which connects residents in crisis with regional resources. There are also two youth substance use prevention coalitions - SAFE in Northern Michigan and RISE: Otsego Substance Free Coalition.

## Hilary Lake Healing Arts

1053 North US-31  
Petoskey, MI 49770  
248.410.0798



Healing arts community ministry offering trauma informed integrative body-mind counseling, grief counseling and somatic embodiment healing sessions that support individuals to move through the pain of disconnection or trauma back into connection with themselves, the Earth, others and their experience of the sacred.

## Kiersten's Ride

04316 Cosier Rd.  
East Jordan, MI 49727  
231.675.5047



Kiersten's Ride provides suicide prevention and intervention education to youth, communities, and agencies/organizations. In addition, we meet with families and groups who have experienced a loss to suicide. Other services include youth awareness trainings such as Yellow Ribbon Program in schools, safeTALK (suicide alertness skills) training for communities and school staff, ASIST (suicide Intervention skills) training in communities/agencies, direct outreach after a loss to suicide, and a conference every couple of years in northern Michigan.

## Little Traverse Bay Bands of Odawa Indians

7500 Odawa Circle  
Harbor Springs, MI 49740  
231.242.1400  
231-242-1640 - Behavior Health



Services include mental health and substance use screening and assessment; individual, couple & family counseling; trauma therapy; substance use recovery counseling – individual, Wellbriety treatment groups; medication assisted treatment for opioid use disorder; adolescent program – early intervention, individual, family and group sessions; anger management; community support groups: Talking Circle, Alcoholics Anonymous.

## Navy Corpsman Steve Andrews Department of Veterans Affairs Health Care Clinic

2782 S. Otsego Ave.  
Gaylord, MI 49735  
989.497.2500, Ext. 11959 (Mental Health)



Our outpatient clinic provides primary care and specialty health services, including mental health services, treatment for post-traumatic stress disorder (PTSD), women's health services, laboratory services, and more. If you're struggling with issues like PTSD, depression, grief, anger or trauma, we offer counseling and other support. All VA health care facilities offer same-day help. You may qualify even without enrolling in VA health care.

**"Your present circumstances don't determine where you go; they merely determine where you start."**

- Dr. Lauren Fogel Mersy



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# COUNSELING & CRISIS SERVICES

## Northern Michigan Substance Abuse Service (NMSAS) Recovery Center

2136 West M-32  
Gaylord, MI 49735  
989.732.1791



NMSAS Recovery Center is a nonprofit 501(c) organization dedicated to providing opportunities for individuals to discover and strengthen their recovery path from alcohol and other drug addiction. We support and serve individuals, families and communities through our treatment services and peer recovery support services.

## North Country Community Mental Health

1420 Plaza Dr.  
Petoskey, MI 49770  
231.347.6701



Individual and family therapy including EMDR, Trauma Focused Cognitive Behavioral therapy and Cognitive Behavioral therapy. We operate a 24 hour crisis help line at 1.877.470.4668 as well as walk in crisis intervention. Emergency services to hospitals and jails.

## Northern Michigan Regional Entity

1999 Walden Dr.  
Gaylord MI 49735  
231.487.9144



The NMRE is one of 10 Prepaid Inpatient Health Plans in the state of Michigan to manage the behavioral health services for people enrolled in Medicaid. We provide mental health services and supports to individuals with a mental health diagnosis or an intellectual disability. The NMRE also manages and coordinates prevention, treatment, and recovery support services for individuals with substance disorders.

## Occupational Planning and Placement Inc.

7757 Ferry Rd.  
East Jordan, MI 49727  
231.582.2293  
231.590.6877



We provide behavioral health services for: individuals, family, veterans & family, employment, parent, and child. We help with adjustment to change and aging, bereavement, depression, PTSD, and anger. Occupational Planning and Placement also offers mediation of family concerns and resolving parent custody and visitation concerns, care coordination and case management for spinal cord and traumatic brain injury (TBI and SCI) survivors, and other related services as requested.

## Patriot Place

1430 Patriot Dr.  
Gaylord, MI 49735  
989.448.2260



We have two social workers on staff to assist veterans with counseling and assist them in connecting to other services which they may need.

## Pfc. Justin T. Paton Department of Veterans Affairs Clinic

5739 Highway M-68  
Indian River, MI 49749  
989.497.2500, Ext. 11959 (Mental Health)



Our outpatient clinic provides primary care and specialty health services, including mental health services, audiology (hearing loss and balance), treatment for post-traumatic stress disorder (PTSD), tele-health services, and more. If you're struggling with issues like PTSD, depression, grief, anger or trauma, we offer counseling and other support. All VA health care facilities offer same-day help. You may qualify even without enrolling in VA health care.

## Ronon's Place

8119 M68  
Indian River, MI 49749  
231.203.2098



Ronon's Place is a non-profit that aims to provide compassionate care to those struggling with depression, anxiety, suicide, domestic abuse, PTSD, and other mental health conditions. We aim to give hope to those who have none, to empower those who feel powerless, and to listen without judgment. We strive to show the love of Christ to all those who are seeking help.

## Safe Families for Children - Bethany Christian Services

1055 Carriage Hill Dr., Ste. 2  
Traverse City, MI 49686  
231.421.6494



Safe Families for Children, in partnership with Bethany Christian Services, helps parents experiencing a temporary crisis by providing a loving family with whom their children may stay until the crisis has passed. Safe Families also helps connect parents in crisis to resources in the community to help them get back on their feet. This service is free and non-coercive. Parents maintain full custody of their children throughout the duration of the hosting.

## The Salvation Army of Petoskey

2350 Mitchell Park Dr.  
Petoskey, MI 49770  
231.347.3531



The Salvation Army of Petoskey provides Christian-based counseling services, emergency financial services, emergency disaster services, and financial and emergency shelter. We assist people who are starting over or lost everything in a fire through our Emergency Financial Assistance program and by providing vouchers for clothing, household goods, and furniture from our store.

## Wellspring Lutheran Services

1349 S Otsego Ave. Unit 11  
Gaylord, MI 49735  
989.448.8540



Wellspring provides general counseling and also Eye Movement Desensitization and Reprocessing Therapy and Cognitive Behavioral Therapy. In addition, we provide Parent/Child Interaction Therapy to support parents in parenting children who are exhibiting more difficult behaviors in a clinical setting. Both in-person and virtual counseling service options are available.

## Women's Resource Center of Northern Michigan, Inc.

2225 Summit Park Dr.  
Petoskey, MI 49770  
231.347.0067  
231.347.0082



High-quality, confidential counseling, support and advocacy (medical, legal, safety, housing and financial), safety planning, Safe Home temporary shelter and 24-hour help and information line for individuals in Antrim, Charlevoix, Cheboygan, Emmet and Otsego counties. Therapists and Advocates assist survivors of domestic abuse, sexual assault, child sexual abuse, child sexual assault, stalking, bullying and sex trafficking. In-person and virtual appointments and support groups are available at no cost.

# DISABILITY SERVICES

## Area Agency on Aging of Northwest Michigan

1609 Park Dr.  
Traverse City, MI 49686  
800.442.1713  
231.947.8920



Michigan Choice Medicaid Waiver program is offered to persons with disabilities 18 and older who are nursing home eligible and qualify for Medicaid. The purpose of the program is to provide support and coordination of services to help the person remain living at home for as long as possible.

## Bergmann Center

08855 Martin Rd., P.O. Box 236  
Charlevoix, MI 49720  
231.547.2979



Bergmann Center's mission is to provide services which enable individuals with mental and physical challenges the opportunity to become active, involved members of the community.

## Catholic Human Services

829 W. Main St., Ste. C3  
Gaylord, MI 49735  
989.732.6761



Catholic Human Services (CHS) is a nonprofit organization that provides a range of human services with a Catholic perspective. They aim to support individuals and families in various aspects of their lives, offering assistance, counseling, and resources to those in need.

CHS typically offers services in areas such as adoption, foster care, counseling, behavioral health, substance abuse treatment, and support for individuals with developmental disabilities. They often work with local communities and collaborate with other organizations to address the unique needs of the people they serve.

## Challenge Mountain

2205 N. Springbrook Rd.  
Boyne Falls, MI 49713  
231.535.2141  
231.582.6966



To help ensure individuals living with disabilities experience cultural and social opportunities in the community, Challenge Mountain removes barriers and supports inclusion through adaptive recreation. Programming is centered on having fun, making friendships, and building confidence and independence. Individuals of all ages and abilities can participate, including those living with physical, cognitive and developmental disabilities. At Challenge Mountain, great things happen together.

## Charlevoix County Veterans Affairs

13513 Division Ave.  
Charlevoix, MI 49720  
231.547.7220  
231.459.9718



We provide one on one counseling and assistance in submitting required claim forms and supporting documents to establish VA service connected disability claims, as well as for elderly disabled veterans and or their surviving spouses to obtain a basic veteran's and survivor's pension, with or without Aid and Attendance which is a special monthly compensation benefits to offset in home care or long term nursing home care.

## Charlevoix-Emmet ISD

08568 Mercer Blvd  
Charlevoix, MI 49720  
231.547.9947



If you are concerned about your child's development and would like to discuss options, please contact our staff. Special education services are provided for individuals from birth through age 26, with Early On support for children from birth through age three.

## Disability Network Northern Michigan

415 E. Eighth St.  
Traverse City, MI 49686  
866.869.8600  
231.922.0903



Our mission is to promote personal empowerment and positive social change for people with disabilities. We serve individuals with any type of disability, addressing the needs of the whole person to achieve a more balanced life. We provide assistance with housing, employment, transportation, education/transition, accessibility, long term supports, advocacy, and peer support. We also partner with businesses, governments, and other organizations to address issues with housing, transportation, employment, and accessibility.

## Emmet County Veterans Affairs

3434 M-119, Ste. E  
Harbor Springs, MI 49740  
231.348.1780



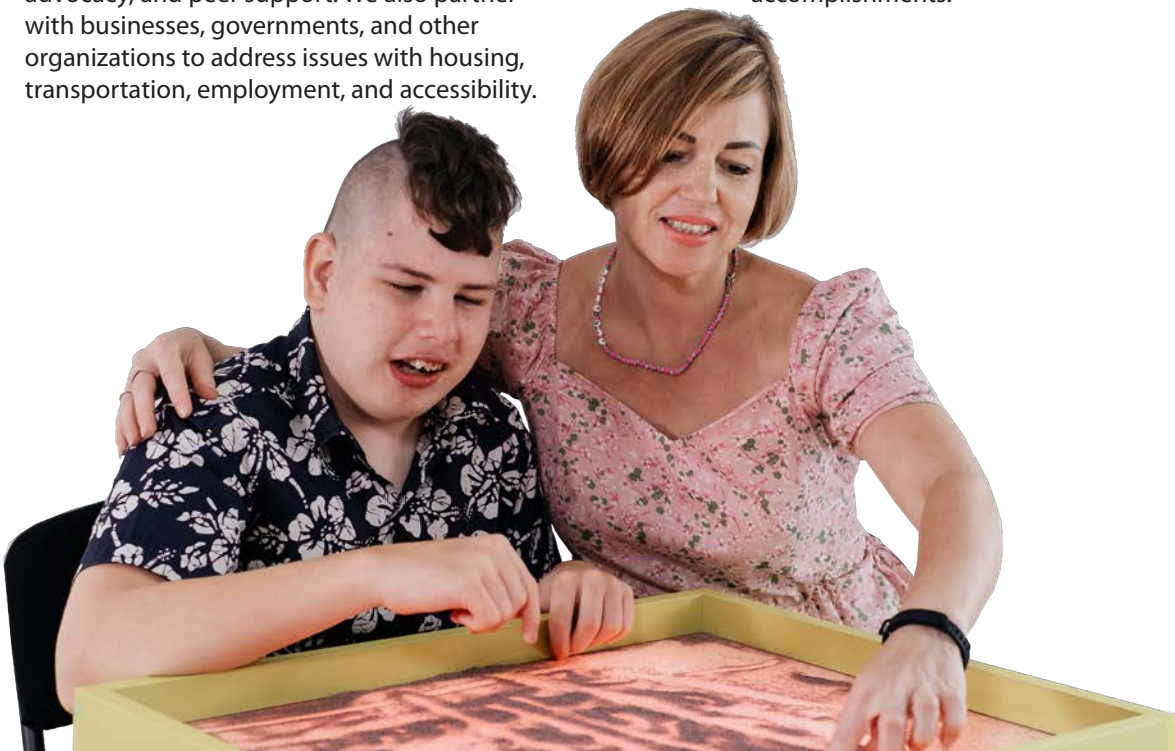
The Emmet County Veterans Affairs offers assistance in applying for Veterans disability and compensation.

## Exceptional Riders Program

P.O. Box 292  
Petoskey, MI 49770  
231.883.1221  
231.838.3362



We strive to help our students physically strengthen and relax muscles to develop balance, agility, and coordination. Standards of safety and instruction are top priority to enhance the rider's physical and mental well-being. Our purpose is to enhance the lives of individuals who have special needs through equine assisted activities and therapies. Therapeutic Riding provides healthy exercise while building skills, allowing each individual to be successful by focusing on their accomplishments.



# DISABILITY SERVICES

## Friendship Centers of Emmet County

1322 Anderson Rd.  
Petoskey, MI 49770  
231.347.3211



Friendship Centers of Emmet County offers transportation services to senior citizens and disabled individuals.

## Health Department of Northwest Michigan (HDNW)

220 W. Garfield  
Charlevoix, MI 49720  
800.432.4121



Health Department staff do home visits for individuals who are struggling with transportation.

## Mallard Cove Assisted Living

2801 Charlevoix Ave.  
Petoskey, MI 49770  
231.347.2273



Mallard Cove Assisted Living is a nonprofit assisted living community in Petoskey. We seek to give families peace of mind that their loved one will receive compassionate care. We're focused on person-centered assistance that meets individualized needs. We provide a place of love, community, and comfort for our residents - a place they can call their home.

## Michigan Alliance for Families

800.552.4821



Michigan Alliance for Families is a statewide resource with local chapters to connect families of children with disabilities to resources to help improve their children's education. We help facilitate parent involvement as a means of improving educational services and outcomes for students with disabilities.

Michigan Alliance for Families can assist you in knowing your rights, effectively communicating your child's needs, and advising how to help them develop and learn.

## Michigan Department of Labor and Economic Opportunity/ Michigan Rehabilitation Services

2390 Mitchell Park Dr., Ste. C  
Petoskey, MI 49770  
231.348.1650



We are a statewide network of vocational rehabilitation (VR) professionals who deliver individualized services that assist potential employees with differing abilities to prepare for, pursue and retain careers. We partner with businesses in employee development, business consulting and corporate relations. We are committed to building a diverse and inclusive workforce that unites businesses and individuals with disabilities toward a common good.

## Michigan Disability Rights Coalition

3498 East Lake Lansing Road  
Suite 100  
East Lansing, MI 48823  
877.578.1269  
517.333.2477



MDRC's priorities are directly linked to our mission statement. We have focused our efforts on specific areas directly impacting the lives of people with disabilities in the state of Michigan.

MDRC's mission: "MDRC cultivates disability pride and strengthens the disability movement by recognizing disability as a natural and beautiful part of human diversity while collaborating to dismantle all forms of oppression."


People with disabilities encompass a diverse range of identities, including religious minorities, people of color, individuals from various social and economic backgrounds, immigrants, refugees, LGBTQ+ individuals, and many others. We advocate for justice and equality for all, and we do that by focusing on the needs and experiences of those with disabilities who are most oppressed. Our communities possess the strength to collaborate together in solidarity against hatred and intolerance, which adversely affect us all.

## North Country Community Mental Health

1420 Plaza Dr.  
Petoskey, MI 49770  
877.470.7130  
231.347.6701




North Country offers a wide variety of supports and services to eligible individuals with mental illness, developmental disabilities, cognitive impairment and serious emotional disturbance. These services include Supported Employment and job coaching, Clubhouse Programs, Supports Coordination, Community Living Supports, Autism testing and Autism supports and treatment.



### A Parent's Guide to Special Education

Special Education Services & Programs for Learners  
With Disabilities From Birth Through Age 26



Use this guide to learn about special education services & programs for learners with disabilities from birth through age 26. Find information on determining eligibility, developing educational plans, and services and programs available.

[Click here to explore the Guide!](#)

## Pineview Cottage

3498 Harbor-Petoskey Road  
Harbor Springs, MI 49740  
231.412.6069



We've created a luxurious home like environment, exceeding expectations in all areas with emphasis on resident care and distinctive senior amenities—a place that lovingly supports people in being who they are. We promote awareness in the way we understand aging, growing old and the role of eldership. Assisted Living services, Dementia/Alzheimer's care, specialized behavioral and emotional care, hospice, and transitional care coordination all are available to our residents. Our goal is to create a therapeutic environment - a place that lovingly supports people in being who they are. We promote awareness in the way we understand aging, growing old and the role of eldership.

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# DISABILITY SERVICES

## Northern Health Care Management

1420 Plaza Dr.  
Petoskey, MI 49770  
877.470.7130  
231.347.6701



We are a part of Michigan's statewide effort to provide comprehensive services for people who are nursing home eligible and choose to receive care at home. Northern Health Care Management provides home and community based services for people who are elderly and/or disabled and is funded with Medicaid funds provided by the Michigan Department of Health and Human Services. Service choices include nursing facility transition, MI Choice Waiver, Medicare choices, caregiver support, information and referral, supports coordination, in-home care and assistance, home delivered meals, emergency response systems, private duty nursing, counseling, snow plowing, environmental modifications, medical equipment and supplies, housing assistance, medicaid eligibility specialist, and non-emergent medical transportation.

## Northern Michigan Equine Therapy

5025 Church Rd.  
Boyne City, MI 49712  
231.881.5590



Northern Michigan Equine Therapy is a 501(c)(3) non-profit outpatient rehabilitation facility dedicated to equine assisted therapy using the healing nature of a horse as a therapeutic tool to enhance independence, self-confidence, and quality of life of our clients.

## Northwest Michigan Habitat for Humanity

1840 M-119  
Petoskey, MI 49770  
231.348.6926



We offer a critical home repair program that includes accessibility modifications. This is an income based program that results in the applicant paying for only a portion of the project based on income. This repayment results in a 7-year no-to-low interest loan with options for loan forgiveness.

## Office of Special Education and Rehabilitative Services

US Department of Education  
400 Maryland Ave., SW  
Washington DC, District of Columbia 20202  
800.872.5327



The Office of Special Education and Rehabilitative Services (OSERS) understands the many challenges still facing individuals with disabilities and their families. Therefore, OSERS is committed to improving results and outcomes for people with disabilities of all ages. OSERS supports programs that serve millions of children, youth and adults with disabilities.

## Special Education Mediation Services

2111 University Park Dr., Ste. 550  
Okemos, Mi 48864  
833.543.7178



Special Education Mediation Services provides mediation, facilitation, and training services for working through disagreements so that children with disabilities promptly receive the services they need to develop and succeed in school. These services often help to avoid disputes or help resolve them early. The value of mediation is recognized by the Individuals with Disabilities Education Act and the Michigan Department of Education Office of Special Education. Facilitation and mediation services are available free of charge.

**“I am only one, but I am one.  
I cannot do everything, but I can do  
something. And I will not let what  
I cannot do interfere with what I can do.”**

– Ralph Braun



# EDUCATIONAL SERVICES

## Addiction Treatment Services

1010 S. Garfield Ave.  
Traverse City, MI 49686  
231.346.5216



Our compassionate care and customized treatment plans meet you where you are so you can face your drug or alcohol dependencies and take control of your life — without stigma and without shame. Let's uncover your path to recovery.

If you or someone you love suffers from substance use disorder or other behavioral health issues, we can help. From acute detox and residential rehab programs to recovery homes and long-term outpatient & mental health services, we're here with the safe support you need to work through the root of your addiction and find your own recovery lifestyle.

## American Red Cross

735 Garfield Ave., Ste. B100  
Traverse City, MI 49686  
231.947.7286  
231.499.4104



We provide CPR and lifesaving services education. We also provide disaster preparedness training so all communities are ready and prepared for whatever type of disaster may come.

## Antrim County MSU Extension

203 E Cayuga  
Bellaire, MI 49615  
231.533.8818



Michigan State University Extension helps people improve their lives by bringing the vast knowledge resources of MSU directly to individuals, communities and businesses. MSU Extension Community Nutrition Instructors deliver educational programming to communities and help create lasting healthy changes in a variety of settings — from schools and childcare homes to food pantries and more.



**Check out School Listings on pages 50 -52 and Library Listings on pages 54 - 55.**

## Area Agency on Aging of Northwest Michigan

1609 Park Dr.  
Traverse City, MI 49686  
800.442.1713  
231.947.8920



Caregiver resources and education are offered in addition to virtual wellbeing classes.

## Bergmann Center

08855 Martin Rd., P.O. Box 236  
Charlevoix, MI 49720  
231.547.2979



Independent living, workforce development skills, job coaching, U.S. Department of Labor Apprenticeship and job placement are available to clients of Bergmann Center.

## CAPE (Child Abuse Prevention and Education) Council

231.675.5047



CAPE Council provides opportunities to learn about creating safer sleep environments, child abuse prevention, and collaborates to promote child and family learning opportunities.

## Center for Disease Control and Prevention (CDC)

800.323.4636



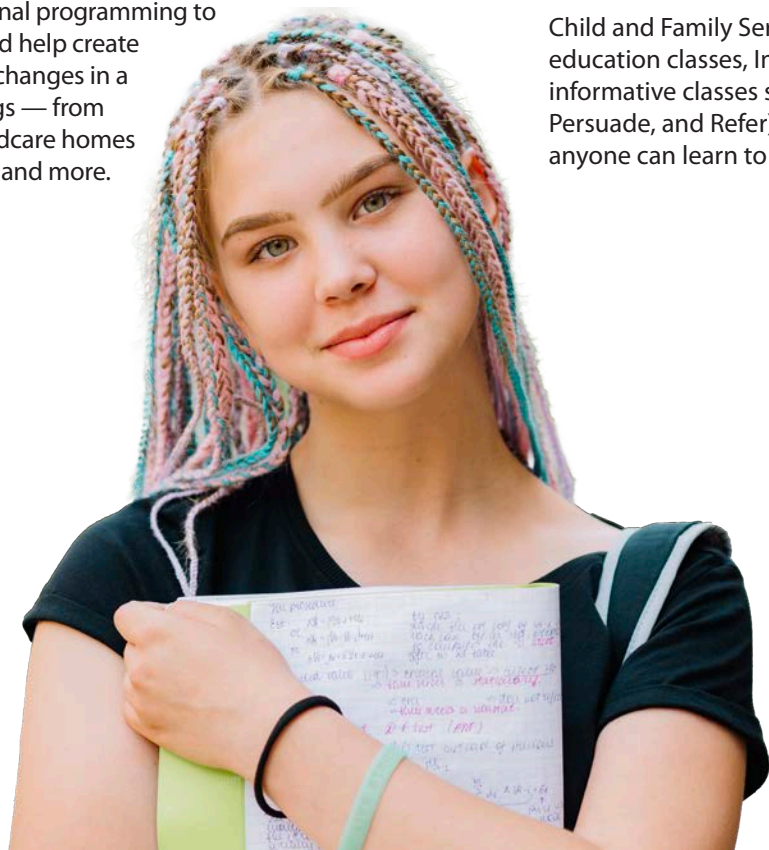
CDC is the nation's leading science-based, data-driven, service organization that protects the public's health. For more than 70 years, we've put science into action to help children stay healthy so they can grow and learn; to help families, businesses, and communities fight disease and stay strong; and to protect the public's health.

## Charlevoix County MSU Extension

319B North Lake St.  
Boyne City, MI 49712  
231.582.6232



Michigan State University Extension helps people improve their lives by bringing the vast knowledge resources of MSU directly to individuals, communities and businesses. MSU Extension Community Nutrition Instructors deliver educational programming to communities and help create lasting healthy changes in a variety of settings — from schools and childcare homes to food pantries and more.



## Charlevoix-Emmet ISD

08568 Mercer Blvd  
Charlevoix, MI 49720  
231.547.9947



The ISD provides special education services for individuals birth through 26, and Early On support for children birth through three. If you are concerned about your child's development and they are under three, contact the Early On Coordinator at 231.547.9947. If you have concerns about a child over three, contact your child's teacher or Help Me Grow Char-Em at 231.439.6937. The ISD also provides Career and Technical Education support and summer camps for 2nd-12th grades: [www.charemisdcareertech.org](http://www.charemisdcareertech.org)

## Child and Family Services of Northwestern Michigan

3434 M-119, Ste. F  
Harbor Springs, MI 49740  
231.347.4463  
231.946.8975



Child and Family Services offers parenting education classes, Implicit Bias trainings, and informative classes such as QPR (Question, Persuade, and Refer) which are 3 simple steps anyone can learn to help save a life from suicide.

# EDUCATIONAL SERVICES

## Emmet County MSU Extension - 4H Program

3434 Harbor-Petoskey Rd., Ste. D  
Harbor Springs, MI 49740  
231.248.1770



Michigan State University Extension helps people improve their lives by bringing the vast knowledge resources of MSU directly to individuals, communities and businesses. MSU Extension Community Nutrition Instructors deliver educational programming to communities and help create lasting healthy changes in a variety of settings — from schools and childcare homes to food pantries and more.

## Emmet County Veterans Affairs

3434 M-119, Ste. E  
Harbor Springs, MI 49740  
231.348.1780



The Emmet County Veterans Affairs offers information and assistance in applying for Veterans education benefits.

## Friendship Center of Harbor Springs

305 W. Main St.  
Harbor Springs, MI 49740  
231.526.6061



The Friendship Center of Harbor Springs offers ongoing Health & Wellness Education that is designed to keep our seniors healthy and in the know. Seniors have opportunities to learn new information that can help them stay healthy. All our topics are geared specifically towards the needs and physical capabilities of our seniors.

## Great Start to Quality Northwest Resource Center

202 E Grandview Parkway  
Traverse City, MI 49684  
877.614.7328



The Northwest Resource Center is a one-stop shop for early care & education support. We assist childcare providers, preschools, parents, community partners, and businesses with finding childcare, quality improvement, professional development training and resources.

## The Haven Pregnancy & Family Resource Center of Northern Michigan

423 Porter Street  
Petoskey, MI 49770  
231.348.3388



At our center, we offer an Earn While You Learn educational program for men and women expecting, or with children under the age of three. This program provides various life and parenting skills education and material aid assistance. Additionally, our Mother's Keepers program offers practical family led support within the home, for families with a child under age one.

## Health Department of Northwest Michigan (HDNW)

220 W. Garfield  
Charlevoix, MI 49720  
800.432.4121



HDNW's Child and Adolescent Health Program promotes the health of children, adolescents, and their families by providing important primary, preventative, and early intervention healthcare services in schools. These programs include health education. Health education is part of every visit to HDNW.

## Hilary Lake Healing Arts

1053 North US-31  
Petoskey, MI 49770  
248.410.0798



Hilary Lake Healing Arts offers ceremonial guidance, meditation, mindfulness and embodiment through one-on-one sessions, healing groups, classes, retreats, and healing products.

## Kiersten's Ride

04316 Cosier Rd.  
East Jordan, MI 49727  
231.675.5047



We will help to provide education for suicide prevention, with a focus on evidence-based trainings. Let us help you create a lower risk of suicide in your community. If you have been impacted by a suicide, we can meet with you to offer emotional support. We also facilitate a grief group where you can be supported by others who are experiencing grief from a loss to suicide.

## Little Traverse Bay Bands of Odawa Indians

7500 Odawa Circle  
Harbor Springs, MI 49740  
231.242.1480  
231.242.1400 - Education/Youth Services



Higher Education – provides services to LTBB Tribally enrolled citizens such as the Michelle Chingwa education honorarium; completion merit; GED assistance; post secondary resource support for students; academic support program; PreK-12 Brainfuse online tutoring program; and a tutoring subsidy program.

# EDUCATIONAL SERVICES

## Little Traverse Conservancy

3264 Powell Rd.  
Harbor Springs, MI 49740  
231.347.0991  
231.344.1007



We offer year round programs for K-12 students as well as community field trips for all ages.

## Michigan Alliance for Families

800.552.4821



Michigan Alliance for Families is a statewide resource to connect families of children with disabilities to resources to help improve their children's education. We help facilitate parent involvement as a means of improving educational services and outcomes for students with disabilities.

Michigan Alliance for Families can assist you in knowing your rights, effectively communicating your child's needs, and advising how to help them develop and learn.

## Moms & Tots Center

9100 Pleasant Hill Rd., P.O. Box 206  
Ellsworth, MI 49729  
231.588.2200  
231.588.2208



Moms & Tots educates moms with our Earn While You Learn (EWYL) program. Educational topics include pregnancy, child-birth, child-rearing, safe sleep and more. Credits earned in the EWYL program can be exchanged for larger child care items such as car seats and cribs. We also provide cooking, budgeting and self-help classes as well as information on STI avoidance, community resources, and GED information and support. Open for drop-in: T, W, Th 10am-4pm; open until 7pm on the first Tuesday of month.

## North Central Michigan College

1515 Howard St.  
Petoskey, MI 49770  
888.298.6605



At North Central Michigan College, you will find top-quality instruction in an area of unmatched natural beauty. Whether you seek a degree or certificate, credits that will transfer, or personal enrichment, the people of North Central are ready to help you take the next step on your path to success. We strive to lead by our mission, vision and values.

## Northern Community Mediation

2202 Mitchell Park Dr., Ste. 4  
Petoskey, MI 49770  
231.487.1771



NCM provides School Attendance Mediation and Educational Neglect Mediation services.

## Northwest Michigan Community Action Agency(NMCAA)

2240 Mitchell Park Dr., Unit A  
Petoskey, MI 49770  
231.347.9070



NMCAA offers financial and housing workshops and education through our Homeownership & Financial Empowerment Center (HFEC) and offers early education from prenatal-age 5 through our Child & Family Development (CFD) department. Please go to nmcaa.net to sign up for workshops and education through HFEC or fill out the Interest Form for CFD.



## Northwest Michigan Habitat for Humanity

1840 M-119  
Petoskey, MI 49770  
231.348.6926



We offer homeownership education courses through Habitat for Humanity Michigan that teach mortgage preparation, foreclosure prevention, the steps of homeownership, and financial literacy.

## Northwest Michigan Hospice Assist

201 State St., Ste. D  
Charlevoix, MI 49720  
231.303.3500  
231.350.1778



Education and outreach for end of life planning and hospice assistance.

## Northwest Michigan Works!

2240 Mitchell Park Dr., Ste. B  
Petoskey, MI 49770  
231.347.5150



Northwest Michigan Works! provides services to guide and support individuals who are seeking employment. Services include assistance with work registration for unemployment insurance claims, career exploration and assessments, job search assistance, resume and cover letter preparation, interview tips and practice, employability skills training, and financial assistance to support skill attainment. Services are provided at no charge.

## Office of Special Education and Rehabilitative Services

US Department of Education  
400 Maryland Ave., SW  
Washington DC, District of Columbia 20202  
800.872.5327



The Office of Special Education and Rehabilitative Services (OSERS) understands the many challenges still facing individuals with disabilities and their families. Therefore, OSERS is committed to improving results and outcomes for people with disabilities of all ages. OSERS supports programs that serve millions of children, youth and adults with disabilities.



# EDUCATIONAL SERVICES

## Planned Parenthood of Michigan

1135 E. Eighth St.  
Traverse City, MI 49686  
231.347.9692



Planned Parenthood of Michigan provides sexual and reproductive health education to people of all identities, experiences, cultures, values and throughout all phases of life. We strive to provide comprehensive and intentional education to our community to ensure members have the tools, knowledge and empowerment they need to make decisions that support their sexual health. We provide various education programs, trainings and sessions to address all sexual and reproductive health topics.

## Raven Hill Discovery Center

4737 Fuller Rd.  
East Jordan, MI 49727  
231.536.3369



Raven Hill appeals to everyone, especially families. General admission gives visitors access to the hands-on discovery room, a guided reptile session and lots of exhibits to explore outside. Programs vary by location, age and interest. Science, history and art classes take place all year for any age. Field trips meet group needs and teachers can attend professional development workshops. Outreach programs travel to schools, camps and libraries or for any special occasion.

## The Salvation Army of Petoskey

2350 Mitchell Park Dr.  
Petoskey, MI 49770  
231.347.3531



Pathway of Hope helps families willing to make changes to overcome poverty and improve their lives through intensive case management which teaches basic skills like budgeting and goal-setting; provides financial assistance for stabilization and provides referrals to partners as needed for counseling, medical support, college courses and more.

## Women's Resource Center of Northern Michigan, Inc.

2225 Summit Park Dr.  
Petoskey, MI 49770  
231.347.0067  
231.347.0082



Educational support, academic advising, career exploration, educational scholarships, advocacy, referrals, job search assistance, resume development and assistance with work/interview clothing. WRCNM staff advocates on behalf of individuals pursuing occupational certificate or degree programs at area colleges. For details on the Educational and Employment Services program, call 231.348.6699.







## Alanson Public Schools

7400 North St.  
Alanson, MI 49706  
231.548.2261



**Alanson Elementary/Middle**  
231.548.2261

**Alanson High School**  
231.548.2261

## Beaver Island Community School

37895 King's Hwy  
Beaver Island, MI 49782  
231.448.2744



## Boyne City Public Schools

321 South Park St.  
Boyne City, MI 49712  
231.439.8190



**Boyne City Early Learners Program**  
231.439.8178

**Boyne City Elementary School**  
231.439.8300

**Boyne City Middle School**  
231.439.8200

**Boyne City High School**  
231.439.8100

**Morgan-Shaw School**  
231.439.8140

## Boyne Falls Public School

01662 M-75 South  
Boyne Falls, MI 49713  
231.549.2211



**Boyne Falls Preschool**  
231.549.2211, ext. 30058



## Central Lake Public Schools

8190 W. State St.  
Central Lake, MI 49622  
231.544.3141



**Central Lake Elementary**  
231.544.3141

**Central Lake Middle/High School**  
231.544.3141

## Charlevoix Public Schools

15050 East St. Mary's Dr.  
Charlevoix, MI 49720  
231.547.3200



**Charlevoix Elementary School**  
231.547.3215

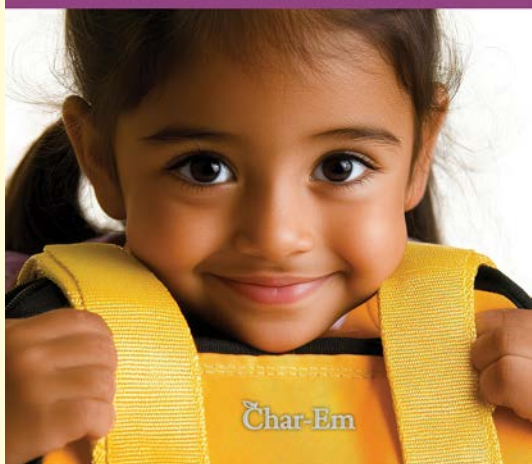
**Charlevoix Middle/High School**  
231.547.3222

## Concord Academy Boyne

401 E. Dietz  
Boyne City, MI 49712  
231.582.0194



Charlevoix-Emmet Intermediate School District



## Guide to Preschool & Child Care Programs

in Charlevoix, Emmet, and Northern Antrim Counties

This guide is designed to help families in Charlevoix, Emmet, and northern Antrim Counties explore the variety of high-quality preschools and child care providers available in our region. We believe every child deserves the best possible start, and our community is rich with options to support families on this journey.

[Click here to explore the Guide!](#)

### Concord Academy of Petoskey

2468 Atkins Rd.  
Petoskey, MI 49770  
231.439.6800



### East Jordan Public Schools

304 Fourth St., P.O. Box 399  
East Jordan, MI 49727  
231.536.3131



**East Jordan Elementary**  
231.536.7564

**East Jordan Middle/High School**  
231.536.2259

### Ebenezer Christian School

9541 White St. P.O. Box 158  
Ellsworth, MI 49729  
231.588.2111



### Ellsworth Community School

9467 Park St.  
Ellsworth, MI 49729  
231.588.2544



### Harbor Light Christian School

8333 Clayton Rd.  
Harbor Springs, MI 49740  
231.347.7859



### Harbor Springs Public Schools

800 South State St.  
Harbor Springs, MI 49740  
231.526.4545



**Blackbird Elementary**  
231.526.4600

**Harbor Springs Middle School**  
231.526.4700

**Harbor Springs High School**  
231.526.4800

### North Central Michigan College

1515 Howard St.  
Petoskey, MI 49770  
231.348.6628



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## Pellston Public School

172 Park St  
Pellston, MI 49769  
231.539.8421



### Pellston Elementary

231.539.8421

### Pellston Middle School

231.539.8801

### Pellston High School

231.539.8801

## St. Francis Xavier School

414 MI St.  
Petoskey, MI 49770  
231.347.3651



## St. Mary School

1005 Bridge St.  
Charlevoix, MI 49720  
231.547.9441



## St. Michael High School

2225 Summit Park Dr.  
Petoskey, MI 49770  
231.489.3302



## Public Schools of Petoskey

1130 Howard St.  
Petoskey, MI 49770  
231.348.2100



### Little Northmen Preschool

231.348.2130

### Petoskey Montessori Children's House and Elementary

348.2190



### Central Elementary

231.348.2110

### Lincoln Elementary

231.348.2120

### Ottawa Elementary

231.348.2130

### Sheridan Elementary

231.348.2140

### Petoskey Middle School

231.348.2150

### Petoskey High School

231.348.2160





## Beaver Island District Library

26400 Donegal Bay Rd.  
Beaver Island, MI 49782  
231.448.2401



Beaver Island District Library offers public computer access, printing, scanning, copying and faxing capabilities. There is an extensive collection of fiction and non-fiction books, audiobooks, DVDs and CDs for all ages. Programming includes weekly Babies and Toddlers Story Times, Preschool and Home school Story Hours, Lego Clubs, and Summer Reading Programs and challenges.

## Boyne District Library

201 Park  
Boyne City, MI 49712  
231.582.7861



The Boyne District Library provides books and resources for literacy skills. In addition, we have weekly Preschool Story Times and Toddler Times which include books, songs, finger plays and movement. The library also has special programming which includes book groups, craft clubs and the like.

## Central Lake District Library

7900 Maple St.  
Central Lake, MI 49622  
231.544.2517



Library services include computer use, copying/printing, fax, email, notary public, Chromebooks/iPads, hotspots, board games, puzzles, DVDs, Buddy Bags, STEM kits, Libby, MeLCat, and Hoopla.

## Charlevoix Public Library

220 West Clinton St.  
Charlevoix, MI 49720  
231.547.2651



## Crooked Tree District Library - Boyne Falls

3008 Main St.  
Boyne Falls, MI 49713  
231.549.2277



Our mission is to promote opportunities for the public for communication of ideas and enriched personal lives through the collection of books and related material

## Crooked Tree District Library - Walloon Lake

2203 Walloon Street  
Walloon Lake, MI 49796  
231.549.2277



Our mission is to promote opportunities for the public for communication of ideas and enriched personal lives through the collection of books and related material

## Harbor Springs Library

206 S. Spring St.  
Harbor Springs, MI 49740  
231.526.2531



The Harbor Springs Library serves everyone in the community for free, offering modern library resources and a safe, warm environment 6 days a week. Public computers, wireless printers, and Free Wi-Fi available.

## Jordan Valley District Library

1 Library Lane P.O. Box 877  
East Jordan, MI 49727  
231.536.7131



Jordan Valley District Library currently serves 6997 residents in its district (which has the same boundaries as the East Jordan School District). Services and resources include a business resource center, genealogy services, local history information, computer access, printers, book sale, fax, and DVDs.

## Petoskey District Library

500 E Mitchell St  
Petoskey, MI 49770  
231.758.3100



The mission of the Petoskey District Library is to nurture knowledge, drive discovery, and connect community. We offer programs, events, collections, and services for babies, kids, teens, and adults. In addition we offer baby, toddler, and preschool storytimes, activities for kids, tweens, and teens, outreach, Baby Bundles for babies and toddlers, toys, puzzles, games and computers, and BiblioBags (books by mail).

## Mackinaw Area Public Library - Bliss Branch

265 Sturgeon Bay Trl.  
Levering, MI 49755  
231.537.2927



## Mackinaw Area Public Library - Mackinaw City Branch

528 W. Central Ave.  
Mackinaw City, MI 49701  
231.436.5451



## Mackinaw Area Public Library - Pellston Branch

125 N. Milton  
Pellston, MI 49769  
231.539.8858



# EMPLOYMENT SERVICES

## Bergmann Center

08855 Martin Rd, P.O. Box 236  
Charlevoix, MI 49720  
231.547.2979



For a client that chooses to work outside of the Bergmann Center, we can help arrange that. There are many employment opportunities within the Center.

## Kelly Services

1147 North U.S. 31 Hwy.  
231.347.2963



We are a staffing company that operates globally. We place employees at all levels in various sectors.

## Little Traverse Bay Bands of Odawa Indians

7500 Odawa Circle  
Harbor Springs, MI 49740  
231.242.1400  
231.242.1555 - *Human Resources/Safety*



We provide coordination of governmental employment benefits, professional development, recruitment, tribal government employment, and a temporary worker pool.

## Michigan Department of Health and Human Services

2229 Summit Park Dr.  
Petoskey, MI 49770  
231.348.1600



If applying for the Family Independence Program (cash assistance) DHHS will work with MichiganWorks to assist individuals with employment service needs.

## North Country Community Mental Health

1420 Plaza Dr.  
Petoskey, MI 49770  
877.470.7130  
231.347.6701



We provide supported employment services to persons with mental illness and developmental disabilities.

## Northern Community Mediation

2202 Mitchell Park Dr., Ste. 4  
Petoskey, MI 49770  
231.487.1771



NCM offers employer/employee mediation services.

## Northwest Michigan Works!

2240 Mitchell Park Dr., Ste. B  
Petoskey, MI 49770  
231.347.5150



Northwest Michigan Works! provides services to guide and support individuals who are seeking employment. Services include assistance with work registration for unemployment insurance claims, career exploration and assessments, job search assistance, resume and cover letter preparation, interview tips and practice, employability skills training, and financial assistance to support skill attainment. Services are provided at no charge.

## Occupational Planning and Placement Inc.

7757 Ferry Rd.  
East Jordan, MI 49727  
231.582.2293  
231.590.6877



Short-term, solution-focused, face-to-face and video behavioral counseling to assist with behavioral and family issues that may affect work performance or may be a work related issue (within a defined number of sessions).

## PMP Personnel Services

1170 Bay View Rd.  
Petoskey, MI 49770  
231.347.9500  
231.941.1400



PMP Personnel Services has been in business for more than 30 years connecting business with amazing employees. Whether you are looking for seasonal placement or direct hire, we can help you free of charge. We are an employee-owned company servicing Michigan and we have the right job for you.

## Women's Resource Center of Northern Michigan, Inc.

2225 Summit Park Dr.  
Petoskey, MI 49770  
231.347.0067  
231.347.0082



Women's Resource Center of Northern Michigan offers career exploration, resume development, job search assistance, professional interview/work clothing vouchers and community connections. For details on Educational and Employment Services, call (231) 348-6699.

# FAMILY PLANNING & PREGNANCY SERVICES

## Alcona Health Center

421 Stimpson Dr., Unit#102  
Pellston, MI 49769  
231.844.3051  
231.627.7118



Alcona Health Center sees patients for all medical conditions, including medical pregnancy services.

## Adoptive Families

108 West 39th St., Ste. 805  
New York, NY 10018



Adoptive Families provides information, advice, and a supportive community for adoptive parents. They offer resources to explore the adoption process and support families on their unique journey.

## AdoptUSKids

888.200.4005



AdoptUSKids helps connect families with children in foster care who are waiting to be adopted. Their goal is to ensure every child finds a loving, permanent family. AdoptUSKids provides support and resources to families and professionals involved in child welfare. They offer a database of waiting children, adoption information, and services to guide families through the adoption process and create lasting bonds.

## American College of Obstetrics and Gynecologists (ACOG)



The ACOG, also known as the American College of Obstetricians and Gynecologists, helps and supports individuals during pregnancy. They have information and resources for everyone, including those who identify as 2SLGBTQIA+. ACOG offers caring and inclusive guidance to ensure fair and equal care for all pregnant individuals. ACOG offers childbirth education and support through reliable resources and guidance on pregnancy, labor, delivery, breastfeeding, and more. They aim to empower individuals and families with evidence-based information for a positive childbirth experience.

## American Pregnancy Association

800.672.2296



The American Pregnancy Association offers childbirth education and resources to support individuals and families. Connect with a pregnancy educator through a chat feature to receive valuable information and guidance on pregnancy, labor, and delivery. Additionally, take advantage of convenient online tools and resources to access information and receive support from anywhere.

## Baby in Heaven

800.672.2296



Baby in Heaven is a website that offers support and resources for individuals and families who have experienced the loss of a baby. They provide articles, personal stories, and a supportive community to help navigate the grieving process and find comfort in honoring and remembering their baby.

## Bay View Obstetrics and Gynecology

560 W. Mitchell St.  
Petoskey, MI 49770  
866.229.3894



Bay View Obstetrics and Gynecology offers comprehensive services for women's health, including prenatal care, childbirth, and gynecological exams. Their team of experienced professionals is dedicated to providing quality care and support to women at every stage of life.

## Beaver Island Rural Health Center

37304 Kings Highway  
Charlevoix, Mi 49720  
231.448.2275



Beaver Island Rural Health Center offers emergency & urgent care, assessment and treatment, primary care, dental care, immunizations, labs and diagnostic work, men's health, preventative care, women's health, family care office procedures, and pediatric care. We also partner with the VA to offer medical services to veterans.

## Bethany Christian Services

1055 Carriage Hill Dr.  
Traverse City, MI 49686  
231.995.0870



Bethany Services in Traverse City, Michigan, helps families and children in various ways. They offer support to families, including counseling and workshops, to strengthen relationships. They assist with foster care and adoption, finding safe and loving homes for children in need. They also focus on child welfare, protecting children and advocating for their rights. Additionally, they provide support for expectant mothers, counseling services, and community engagement to create a caring environment for everyone. Bethany Services aims to make a positive impact and help individuals and families thrive.

Raising a family can be challenging.

## WIC is here to help!

### Who is eligible?

- Pregnant women
- Women breastfeeding an infant up to the infant's first birthday
- Postpartum women up to six months after delivery or end of pregnancy
- Infants and children up to their fifth birthday
- Foster families and/or non-traditional caregivers

Learn more: <https://nwhealth.org/wic/>



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# FAMILY PLANNING & PREGNANCY SERVICES

## Family Planning and Pregnancy Guide



## Family Planning and Pregnancy Guide!

Check out this NEW resource for family planning in Charlevoix, Emmet, and Northern Antrim Counties!



## Blessings of the Womb

6189 East Bass Lake Rd. N.E.  
Kalkaska, MI 49646  
231.264.9144



Blessings of the Womb is a midwife service that offers personalized care for women during pregnancy, birth, and postpartum. They provide various services, including prenatal care, home birth options, lactation support, and postpartum care. Their goal is to create a safe and supportive environment for mothers and babies.

## Breastfeeding USA

2633 McKinney Ave, #130-266  
Dallas, TX 75204



Breastfeeding USA is a non-profit organization that helps families with breastfeeding. Their accredited counselors offer personalized assistance and evidence-based information to overcome challenges. They believe in the importance of breastfeeding and provide resources to help individuals make informed decisions.

## Boyne Area Free Clinic

624 State St.  
Boyne City, MI 49712  
231.582.4605



Primary & urgent care for the uninsured & underinsured.

## Catholic Human Services

829 W. Main St., Ste. C3  
Gaylord, MI 49735  
989.732.6761



Catholic Human Services (CHS) is a nonprofit organization that provides a range of human services with a Catholic perspective. They aim to support individuals and families in various aspects of their lives, offering assistance, counseling, and resources to those in need.

CHS typically offers services in areas such as adoption, foster care, counseling, behavioral health, substance abuse treatment, and support for individuals with developmental disabilities. They often work with local communities and collaborate with other organizations to address the unique needs of the people they serve.

## Brave Love

2633 McKinney Ave, #130-266  
Dallas, TX 75204



Brave Love supports birth parents and encourages adoption as a positive choice. They provide resources and advocacy to empower birth parents in making informed decisions and share their stories. They to eliminate adoption stigmas and offers ongoing support and encouragement throughout the adoption process.

## Center for Disease Control and Prevention (CDC)

800.323.4636



CDC is the nation's leading science-based, data-driven, service organization that protects the public's health. For more than 70 years, we've put science into action to help children stay healthy so they can grow and learn; to help families, businesses, and communities fight disease and stay strong; and to protect the public's health.

## Center for Disease Control (CDC) Breast Milk Storage Guidelines



The CDC provides guidelines for safely storing breast milk to keep it safe for babies. They offer helpful information on collecting, storing, and handling breast milk to promote healthy feeding practices

## Child and Family Services of Northwestern Michigan

3434 M-119, Ste. F  
Harbor Springs, MI 49740  
231.347.4463  
231.946.8975



Child and Family Services offers free, compassionate, confidential, and non-judgmental support from a trained, experienced, and professional counselor. We also offer help with transportation to and from various appointments, referrals for housing, food, education, and medical care as available and appropriate. Should you find yourself facing an unplanned pregnancy, our counselors will help you examine your options and make informed decisions about your future.

## Child Welfare Information Gateway

330 C Street S.W.  
Washington, D.C. 20201  
800.394.3366



Child Welfare Information Gateway helps people find information and resources about child welfare, adoption, and related topics. Their goal is to keep children and families safe, supported, and well. They offer helpful tools and support to promote the well-being of children, youth, and families.



# FAMILY PLANNING & PREGNANCY SERVICES

## The Compassionate Friends

48660 Pontiac Trail, #930808  
Wixom, MI 48393  
877.969.0010



The Compassionate Friends is a national organization that helps families who have lost a child. They provide a safe community for parents, siblings, and grandparents to connect with others who understand their pain. Through local groups, online forums, and helpful resources, The Compassionate Friends offers support and guidance during the grieving process.

## Count the Kicks

1820 N.W. 118th St., Suite 220  
Clive, IA 50325  
515.650.8685



Count the Kicks offers support and information for expectant parents. They emphasize the importance of monitoring baby's movements during pregnancy to promote their well-being. Count the Kicks provides resources to empower parents and ensure a healthy pregnancy.

## Crooked Tree Wellness Clinic

2390 Mitchell Park Dr., Unit D  
Petoskey, MI 49770  
231.242.1760



The Crooked Tree Wellness Clinic in Petoskey, Michigan, provides comprehensive medical care to underserved people living in Northern Michigan. Any person, Native or non-Native, who has Medicaid as their primary insurance can receive health services.

## Dance of Life Midwifery



Dance of Life Midwifery offers holistic and personalized care throughout the pregnancy journey. Led by a skilled midwife, they provide comprehensive prenatal care, attend home births, and offer postpartum support. With a focus on nurturing the mind, body, and spirit, Dance of Life Midwifery promotes natural and empowering birth experiences.

## Delicate Doula Services

231.838.3941  
231.662.2950



Delicate Doula Services offers expert support and guidance to help you feel prepared, confident, and at peace during your labor and delivery. We provide the expertise, encouragement, and support you need for a positive birth experience.

## DONA International

35 E. Wachter Dr.  
Chicago, IL 60601-2106  
888.788.3662



DONA International offers support and education for parents during childbirth. Their trained doulas provide care and guidance during childbirth and postpartum, helping with birthing techniques, breastfeeding, and challenges. Each doula may offer different services, so it's recommended to contact them directly to find out what specific support they provide. You can find a doula near you through their registry to connect with a doula who meets your needs. For a directory of Doulas in Antrim, Charlevoix, Emmet, Cheboygan, and Presque Isle counties visit: [bit.ly/nmdoulas](https://bit.ly/nmdoulas).

## East Jordan Family Health Center

601 Bridge St.  
East Jordan, MI 49727  
231.536.2206



Primary Care Services including women's services.

## Embodied Birth - Queer/Trans Childbirth Education



Embodied Birth - Queer/Trans Childbirth Education is a special class that considers trauma and focuses on important aspects of pregnancy, labor, relationships, parenting, and personal well-being. It provides evidence-based information and is applicable to both pregnant individuals and their support people.

## Families First Monthly

P.O. Box 108  
Northport, MI 49670  
231.499.1454



Families First Monthly is a free online parenting magazine published in Traverse City, featuring local resources. Inside you will find a calendar of events, arts, crafts & hobbies, book reviews, nutrition & recipes; health and human interest, area attractions, resources, family activities, and much more!



## First Candle

21 Locust Ave, Suite 2B  
New Canaan, CT 06840  
203.966.1300



First Candle is committed to the elimination of SIDS and other sleep-related infant deaths through education, while providing support for grieving families who have suffered a loss.

## First Droplets



First Droplets offers breastfeeding support and education for parents and healthcare professionals. You can find articles, videos, and online courses on topics like milk production, latch and positioning, challenges, and pumping on their website.

# FAMILY PLANNING & PREGNANCY SERVICES

## Grow by Web MD



In WebMD's complete guide to raising a family, you'll find everything you need for each stage of your child's development. Whether you're trying to conceive, preparing for delivery, navigating the toddler years, or raising a tween, Grow has the information you need.

## The Haven Pregnancy & Family Resource Center of Northern Michigan

423 Porter Street  
Petoskey, MI 49770  
231.348.3388



At our center, we offer an Earn While You Learn educational program for men and women expecting, or with children under the age of three. This program provides various life and parenting skills education and material aid assistance. Additionally, our Mother's Keepers program offers practical family led support within the home, for families with a child under age one.

## Health Department of Northwest Michigan (HDNW)

220 W. Garfield  
Charlevoix, MI 49720  
800.432.4121



HDNW offers low or no cost Family Planning and Reproductive Health Services. According to State law, those under 18 do not need parental consent to access services. We also provide STD testing (including Rapid HIV), birth control (including IUDs and implants), physical exams, Pap Smears, pregnancy testing, free condoms, and more.

The HDNW and WIC work together to support breastfeeding. You may access services like lactation counseling, educational resources on breastfeeding, help with challenges, access to supplies, and guidance on nutrition for breastfeeding moms.

## Healthy Futures

231.935.5640  
888.403.8468



Healthy Futures is a collaboration of Munson Healthcare, health departments in northern Michigan, and health care providers across the region. Together, we connect families to trustworthy information and local resources. Our free services include newsletters, home visits with a Registered Nurse, an online resource library, text updates customized to your child's age, and more.

## Heaven Sent Adoption Services

P.O. Box 156  
Charlevoix, MI 49720  
231.237.9880



We offer education and support services to expectant parents considering adoption so they can make the most informed decision possible. We have available resources and referrals for those who choose to parent their baby. For expectant parents who choose to make an adoption plan, we offer emotional support and assistance in family selection, interviewing and child placement processes. For Michigan families seeking to adopt a child, either through infant direct placement or through our state foster/adoption program, Heaven Sent offers a full range of services including but not limited to, family assessment (home study), counseling, placement and post-placement services. We have been providing adoption services to Michigan families since 1999. Heaven Sent also provides referral and networking with attorneys and agencies all over the United States through our Referral Program.

## Human Milk Banking Association of North America

4455 Camp Bowie Blvd., Ste. 114-88  
Fort Worth, TX 76107  
817.810.9984



The Human Milk Banking Association of North America (HMBANA) provides safe and pasteurized donor milk to infants in need. You can donate or receive donor milk through their website. HMBANA promotes the benefits of human milk as optimal nutrition for babies and advocates for its importance in infant health.

## Human Rights Campaign



The Human Rights Campaign (HRC) helps LGBTQIA+ individuals and families as they become parents. They provide helpful resources and information about different ways to become a parent, like adoption, surrogacy, and assisted reproductive technologies. HRC also supports LGBTQIA+ families and young people, creating a welcoming and inclusive environment for everyone to build and care for their families.

## Inter-Tribal Council of Michigan

906.632.6896



The Inter-Tribal Council of Michigan offers access to maternal and early childhood resources to support the health of mothers and young children. Services include prenatal care, home visits, parenting education, developmental screenings, referrals, and community events. The goal is to promote healthy pregnancies and positive early childhood development.

## Kellymom



Kellymom is a reliable online resource that provides evidence-based information on breastfeeding and parenting. It offers articles, guides, and resources to support parents during their breastfeeding journey. You can find helpful advice on breastfeeding techniques, milk supply, challenges, and weaning.

## The Lactation Network

1621 W. Carrol Ave.  
Chicago, IL 60612  
888.510.0059  
888.434.7971



We connect families with insurance-covered International Board Certified Lactation Consultants, breast pumps, and products they need to thrive.

## La Leche League of Traverse City

8088 S West Bay Shore Dr.  
Traverse City, MI 49684  
231.642.7564  
810.247.4894



We give support to breastfeeding families. We offer information and resources that can be used and shared with providers regarding the latest breastfeeding information.

# FAMILY PLANNING & PREGNANCY SERVICES

## Lamaze International

2001 K. Street NW, 3rd Floor North  
Washington, DC 20006  
202.367.1128



Lamaze supports your unique journey from pregnancy to parenthood. We provide trusted guidance based on research, empowering you to make informed decisions and feel confident. Find a Lamaze class near you or participate in online parent education for valuable education and resources.

## Little Traverse Bay Bands of Odawa Indians

7500 Odawa Circle  
Harbor Springs, MI 49740  
231.242.1400  
231.242.1700 - Health Department  
231.242.1600 - Community Health Outreach



### MEDICAL CLINIC

Our medical clinic provides primary health care services to all age. We are open Monday to Friday from 9 a.m. to 5 p.m. We provide maternal child health, family planning, parenting, and home visiting.

### FAMILY SPIRIT HOME VISITING PROGRAM

Family Spirit is a home visiting program for expectant mothers, children ages 0-5, and their families. It's led by the Family Spirit Support Health Educator and follows a curriculum developed by Johns Hopkins Center for American Indian Health. They also use Gikinawaabi, a supplementary curriculum from the Intertribal Council of Michigan. Additional support and referrals are available based on family needs.

### MATERNAL CHILD HEALTH HEALTHY START PROJECT

The Maaajtaag Mnobmaadzid program supports Anishinaabe women and their families in caring for their health and their baby's health. Services include nurse visits, community events, referrals, education, transportation, breastfeeding support, and incentives. The goal is to reduce infant mortality.

### MIDWIFERY PROGRAM

The LTBB Midwifery Program wants to make prenatal and postpartum care better for expectant and postpartum mothers. We offer support and stay in touch often. We provide advice on healthy eating and exercise, help with quitting smoking, and connect those struggling with alcohol or drug issues to the right help. We keep an eye on mental health, coordinate medical care, ensure home safety, monitor postpartum health, encourage breastfeeding, talk about family planning, and help with referrals for alcohol and drug issues.



## McLaren Northern Michigan

416 Connable Ave.  
Petoskey, MI 49770  
800.248.6777  
231.487.4000



We offer labor & delivery care, childbirth & infant care classes, and breastfeeding support.

## Michigan Adoption Resource Exchange (MARE)

3840 Packard Rd.  
Ann Arbor, MI 48108  
800.589.6273



MARE is a resource for people and families looking to adopt in Michigan. We connect prospective adoptive parents with children who are waiting for loving homes. They provide information, training, and resources to support successful matches and long-term placements for children in need.

## Michigan Department of Health and Human Services (MDHHS)

2229 Summit Park Dr.  
Petoskey, MI 49770  
231.348.1600



The Department of Health & Human Services (MDHHS) offers valuable information on child development. They provide guidance and resources to support parents and caregivers in understanding and promoting the healthy growth and development of children. MDHHS aims to empower individuals with knowledge and tools to ensure the well-being and success of children in their early years and beyond. In addition, MDHHS Children's Protective Services can refer families to parenting classes and individual, child, and family counseling, if required and deemed necessary. MDHHS also has an emergency pantry that can assist individuals and families with back to school backpacks and supplies, housekeeping supplies, personal hygiene kits, winter hats and mittens. Campership scholarships are also available.

## Michigan Department of Health and Human Services (MDHHS) - Children's Bureau

330 C Street, S.W..  
Washington D.C. 20201



The Children's Bureau is committed to helping children find permanent families through adoption. They provide support, funding, and resources to remove barriers to adoption. By collaborating with states and tribes, they offer financial assistance to increase the number of adoptions from foster care. The Children's Bureau works tirelessly to ensure that every child has the chance to have a stable and loving home.

# FAMILY PLANNING & PREGNANCY SERVICES

## Michigan Department of Health and Human Services (MDHHS) Doula Registry



The Michigan Department of Health and Human Services (MDHHS) Doula Registry provides information regarding Michigan doulas who have been verified as completing a MDHHS approved doula training, including area served, doula specialty, and ability to serve Medicaid beneficiaries. Please contact the individual doula to determine if they are accepting new clients.

## Michigan Breastfeeding Network

503 Mall Court #296  
Lansing, MI 48912  
734.365.6559



We are a diverse network of breastfeeding supporters throughout Michigan who are committed to disrupting systemic oppression and creating the conditions that are necessary to reclaim human milk feeding as the normal standard for infant and young child feeding via changes in policies and cultural norms. We serve in solidarity with the breastfeeding supporters and organizations who are led by and serving the families most disproportionately impacted by systemic oppression.

## Michigan Midwives Association



The Michigan Midwives Association (MMA) supports out-of-hospital births attended by trained midwives. We promote quality care, community, and education. Find a midwife through the MMA registry to explore your options and make informed decisions about childbirth.

MMA also supports breastfeeding and promotes its benefits for mothers and babies. We provide resources and assistance to help mothers successfully breastfeed. We also collaborate with healthcare professionals and advocates for breastfeeding-friendly practices. Please check the registry to learn what services each doula/midwife offers.

## Milkology



Milkology offers online courses that provide valuable information and guidance on breastfeeding. With Milkology, you can gain the knowledge and skills necessary for a successful breastfeeding journey, empowering you as a caregiver.

## Moms & Tots Center

9100 Pleasant Hill Rd., P.O. Box 206  
Ellsworth, MI 49729  
231.588.2200  
231.588.2208



Families with children under 5 can receive diapers, formula, food, clothing, and more. Our services include pregnancy tests and information, abortion alternatives, STI information, sexual risk avoidance education, maternity items, and peer counseling. Our Earn While You Learn (EWYL) program provides education that can be exchanged for larger items (car seats, cribs, strollers and more). Hours: Tuesday-Thursday (10-4). First Tuesday of each month (10-7). Call for information.

## Motherly



Motherly provides information and support for expectant parents. It offers inclusive content that specifically addresses the needs and experiences of 2SLGBTQIA+ individuals during their pregnancy journey. Motherly empowers and supports all individuals on their path to parenthood. Motherly also offers a variety of helpful resources and information to guide you through your breastfeeding experience. With Motherly, you can find tips, guidance, and encouragement to help you navigate and succeed in your breastfeeding journey.

## Munson Healthcare - Charlevoix Hospital Birthing Center

14700 Lake Shore Dr.  
Charlevoix, MI 49720  
231.547.4024  
231.935.5000



Welcoming a new baby into the world is one of life's miracles. At Charlevoix Hospital Birthing Center, we help miracles happen every day. We put a high priority on making every aspect of your experience just right. We honor each mother's preferences and requests as closely as we can while ensuring the safety of both mother and child. Our Birthing Center provides an intimate, family-centered childbirth experience.

Every detail is addressed, from our prenatal care and classes, to our well-appointed birthing rooms, our experienced doctors and nurses, and our postnatal breastfeeding support. You can be comfortable in your surroundings and confident in your care. Labor, delivery, postpartum care and recovery all take place in one beautiful, fully equipped room.

## Munson Healthcare - Charlevoix Women's Health

14651 W. Upright St.  
Charlevoix, MI 49720  
231.547.4477



Charlevoix Women's Health offers a range of childbirth education and support services including obstetrical care, pregnancy testing, prenatal and postpartum care, and delivery services at Munson Healthcare Charlevoix Hospital. They also offer gynecology services such as family planning, menopause and hormone therapy, and management of various conditions related to breast health, pap smears, and pelvic pain.

## My Health Finder - Nutrition and Physical Activity During Pregnancy



My Health Finder is a helpful resource for expectant mothers. It offers evidence-based recommendations on prenatal care, nutrition, exercise, and more. Find tips and resources for a healthy and positive pregnancy experience.

## My Plate

800.533.5520



My Plate is a valuable tool for establishing a healthy eating style and emphasizing a balanced diet from various food groups. My Plate offers vital information and support for breastfeeding/bodyfeeding individuals, ensuring they receive essential nutrients for themselves and their babies.

## National Conference of State Legislatures (NCSL) - Breastfeeding State Laws

444 N. Capital St. N.W., Ste. 515  
Washington, D.C. 20001  
202.624.5400



NCSL provides info on breastfeeding laws in the US, ensuring the right to breastfeed in public or private places without discrimination.

# FAMILY PLANNING & PREGNANCY SERVICES

## National Council for Adoption

431 North Lee Ave.  
Alexandria, VA 22314-2561  
703.299.6633



The National Council for Adoption (NCFA) is an important organization that supports and promotes adoption in the United States. They work to improve adoption policies, offer resources and support to adoptive families, birth parents, and professionals, and advocate for the well-being of children.

## National Health Service



The National Health Service provides information and support for 2SLGBTQIA+ individuals on topics like breastfeeding and becoming a parent. They strive to empower individuals to make informed decisions during pregnancy.

## Northern Glow Midwifery

126 Boardman Ave., Ste. A  
Traverse City, MI 49684  
231.944.9328



Northern Glow Midwifery provides prenatal care, support during labor and birth, and postpartum care. We prioritize your well-being and work closely with you to ensure a safe and empowering birth experience.

## NHTSA - Car and Booster Seat Safety

1200 New Jersey Ave., S.E.  
Washington, D.C . 20890  
800.663.4637



The NHTSA focuses on car seat safety to protect children during car travel. They provide guidelines, resources, and regulations to help parents use the appropriate car seats for their child's age, weight, and height, ensuring safer roads and protecting children's well-being.

## The Nooni Project

673 Auditorium Rd.  
East Lansing, MI 48824  
231.642.0114



Breastfeeding is important for maternal and infant health by providing physiological and psychological short-term and long-term benefits such as the prevention of infectious and chronic diseases and improvements in mental health, family bonding, and a return of societal values. This project aims to train community Indigenous Breastfeeding Counselors and local health care providers in breastfeeding best practices, who will thereby teach families and community members about breastfeeding in a culturally appropriate way that meets the health and social needs of tribal communities in Michigan.

## Northwest Michigan Community Action Agency (NMCAA)

2240 Mitchell Park Dr., Unit A  
Petoskey, MI 49770  
231.347.9070



NMCAA's Child & Family Development services advocate for children, nurture families, and ensure a child's success in school and beyond. Our Early Head Start services serve prenatal-age 3. Parents are engaged as equal partners in the family's overall health, safety, and well-being, which are foundational components of child development. Please call NMCAA Petoskey, 231.347.9070 or complete the prenatal-age 5 Interest Form at nmcaa.net.

## Now I Lay Me Down To Sleep

P.O. Box 621669  
Littleton, CO 80162  
720.283.3339



Now I Lay Me Down To Sleep provides free professional photography services to parents who have experienced the loss of a baby. Volunteer photographers capture intimate moments between parents and their babies, creating beautiful black and white portraits as a lasting memory.

## Office of Disease Prevention and Health Promotion - Eating Healthy During Pregnancy



The Office of Disease Prevention and Health Promotion offers helpful tips for eating well during pregnancy. They provide guidance on choosing nutritious foods, managing weight gain, and meeting the needs of both the mother and the baby. Following their advice can help support overall health and promote the baby's development.

## Office of Women's Health

1101 Wootton Pkwy.  
Rockville, MD 20852  
800.994.9662



The Office on Women's Health (OWH) provides support and resources for women's health, including breastfeeding. They offer guidelines, information, and support to promote breastfeeding and create breastfeeding-friendly environments.

## 1000 Days



Thousand Days cares about you and your baby during pregnancy and the first two years of your child's life. They want to make sure you both get good food and health care. Thousand Days works with others around the world to help moms and kids grow up healthy. Their goal is to give every child a strong and healthy beginning in life.

## Open Arms Doula

231.758.7244



Open Arms Doula is a dedicated doula service that provides compassionate support during pregnancy, birth, and postpartum. They offer a range of services including prenatal education, labor assistance, postpartum care, and breastfeeding support. Their goal is to create a nurturing and empowering experience for individuals and families.

## Perinatal Oral Health Support from MDHSS



Perinatal Oral Health promotes oral health during pregnancy and early childhood. They offer educational resources and support for caregivers and families, emphasizing preventive measures for healthy smiles. Improve oral health outcomes with their valuable resources.

# FAMILY PLANNING & PREGNANCY SERVICES

## Perinatal Support Group of Northern Michigan (PSGNM)



Our support group provides a safe, friendly, and confidential space to connect and receive support for mothers or birthing persons just like you. You are not alone in your pregnancy and postpartum journey. This is a place just for you! Let us provide you with guidance and resources! Check out our [support group calendar](#)!

## Planned Parenthood of Michigan

1135 E. Eighth St.  
Traverse City, MI 49686  
231.347.9692



Planned Parenthood of Michigan provides sexual and reproductive health education to people of all identities, experiences, cultures, values and throughout all phases of life. We strive to provide comprehensive and intentional education to our community to ensure members have the tools, knowledge and empowerment they need to make decisions that support their sexual health. We provide various education programs, trainings and sessions to address all sexual and reproductive health topics.

## Post Adoption Resource Center of Northern Michigan

1055 Carriage Hill Dr., Ste. 2  
Traverse City, MI 49686  
231.995.0870



The Post Adoption Resource Center serves families who have adopted internationally, domestically, or through the Michigan foster care system. Our services include: case management, support groups, training, advocacy, and coordination of resources.

## Postpartum Support International

800.944.4773 (Helpline/Call in English or Spanish)  
800.944.4773 (Helpline/Text in English)  
971.203.7773 (Helpline/Text in Spanish)



Did you know one in five moms and one in ten dads suffer from postpartum depression? We provide peer support to families, train professionals, and are a bridge between the two. We provide a wide library of resources regarding postpartum depression and share resources to help. In addition, we offer a PSI Helpline where you can get basic information, support, and resources. You can leave a confidential message any time, and a trained and caring volunteer will return your call or text. Our volunteers return messages between 8am-11pm EST. They will listen, answer questions, offer encouragement and connect you with local resources as needed.

## Prenatal Yoga Center



The Prenatal Yoga Center offers specialized yoga classes for expectant mothers, promoting a healthy and positive pregnancy experience. Certified instructors lead gentle yoga sessions, breathing exercises, and relaxation techniques to alleviate discomfort and reduce stress. Additionally, they provide access to online resources and virtual classes, making it convenient and accessible for more pregnant women to join their community.

## Push for Empowered Pregnancy

332.244.7874



Push Pregnancy's mission is to lower the stillbirth rate in the United States. By working with healthcare providers and raising awareness, they aim to reduce stillbirths by 20% by 2030 and by 50% by 2050. Their vision is to provide equitable healthcare and education to expectant families, giving parents and babies the best chance of a healthy pregnancy and a safe return home.

## Queer Birth Project



The Queer Birth Project helps queer individuals with fertility, pregnancy, birth, and early parenting. They offer education and support to empower and assist queer folks on their reproductive journeys. The Queer Birth Project provides valuable resources and guidance in an inclusive and supportive environment.

## Queer Doula Network



The Queer Doula Network offers support to LGBTQIA+ individuals and families during pregnancy, birth, and postpartum. They provide services such as birth doula support, lactation assistance, and emotional guidance. Their goal is to create a safe and inclusive environment for you, ensuring a positive experience throughout your reproductive journey.

## ReproductiveRights.gov



The U.S. Department of Health and Human Services (HHS) provides information and support for accessing reproductive health care coverage. You have the right to access care and have it covered by insurance or other healthcare coverage. We are here to help you find the information and resources you need for your reproductive health.

## Return to Zero H.O.P.E.



Return To Zero: H.O.P.E. is a national nonprofit organization that supports parents who have experienced the loss of a pregnancy or infant. They collaborate with healthcare providers to improve care, host healing retreats for parents, and provide educational materials and online communities for support.

## Safe Sleep Michigan

800.331.7437



Safe Sleep is a vital health and wellness resource providing guidelines for creating a safe sleep environment for infants. It offers evidence-based recommendations from the AAP to reduce the risk of SIDS and sleep-related deaths. Empowering caregivers with knowledge and tools, Safe Sleep promotes a secure and nurturing sleep environment for babies.

## Safe to Sleep

P.O. Box 3006  
Rockville, MD 20847  
800.505.2742



The Safe to Sleep campaign promotes safe sleep practices for infants to reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related infant deaths. Safe To Sleep has helped educate millions of parents, caregivers, healthcare and childcare providers, and others about ways to reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related infant deaths.

## SHARE: Pregnancy and Infant Loss Support, Inc.

1600 Heritage Landing, Ste. 109  
St. Peters, MO 63303  
800.821.6819



Share is a supportive community for those grieving the loss of a baby. We offer companionship, phone support, group meetings, resources, and memorial events. Find comfort and support with us during this difficult time.

# FAMILY PLANNING & PREGNANCY SERVICES

## Stanford Medicine Newborn Nursery - Lactation Advice

725 Welch Road  
Palo Alto, CA 94304  
650.723.4118



Share is a supportive community for those grieving the loss of a baby. We offer companionship, phone support, group meetings, resources, and memorial events. Find comfort and support with us during this difficult time.

## Still Birthday

P.O. Box 101  
Kearney, MO 64060  
816.343.4615



Stillbirthday.com is a website that provides resources and support for families experiencing pregnancy loss, stillbirth, or neonatal death. It offers information on grief and healing, practical tools, and a directory of support services. Whether you're a parent, family member, or caregiver, you can find guidance and comfort on Stillbirthday.com.

## Text4baby



Text4Baby is a free mobile service for expecting and new parents, providing helpful tips and support during pregnancy and early parenthood. You'll receive tailored text messages based on your due date or baby's age, covering topics like prenatal care, baby development, health, and safety.

## Three Cords Midwifery, LLC

231.384.0679



Three Cords Midwifery provides personalized care to women throughout their pregnancy, birth, and postpartum journey. They offer services such as prenatal visits, home births, water births, and lactation support. Three Cords Midwifery focuses on holistic and evidence-based care.

## Trans Fertility Co.



The Trans Fertility Co. supports transgender individuals on their fertility journeys. They provide helpful guidance and resources about fertility options and reproductive health. The Trans Fertility Co. empowers and advocates for the needs of transgender individuals, offering support and information for their fertility and family-building goals.

## Two Hearted Midwifery

800 Cass St.  
Traverse City, MI 49684  
231.348.3388



Two Hearted Midwifery is a trusted practice that offers prenatal, birth, and postpartum care at the Traverse City Birth Center. They provide personalized information, education, and compassionate support for families throughout the entire childbirth process.

## U.S. Breastfeeding Committee

1629 K. Street N.W., Ste. 300  
Washington, D.C. 20006  
773.359.1549



The U.S. Breastfeeding Committee (USBC) works to improve breastfeeding policies and programs at a national level. They advocate for breastfeeding-friendly environments and support access to breastfeeding resources. The USBC's goal is to create a culture that protects, promotes, and supports breastfeeding and human milk feeding.

## Wellspring Lutheran Services

1349 S Otsego Ave. Unit 11  
Gaylord, MI 49735  
989.448.8540



Wellspring partners with Lutheran Adoption Services (LAS) to lead Michigan's biggest private adoption agency. LAS primarily focuses on foster care adoptions, finding caring homes for children who may be siblings, teenagers, or have special needs. Their dedicated team helps prospective adoptive families navigate the adoption process, creating stable and supportive families for children in need.

## What's Your Grief



What's Your Grief is a website that provides resources, support, and education for individuals experiencing grief. They offer practical information, online courses, a grief podcast, and a supportive community to help people navigate the challenges of loss and grief.



# FOOD ASSISTANCE/COMMUNITY PANTRIES

(Food, Clothing, Hygiene, Etc.)

## Charlevoix County Commission on Aging

13513 East Division St.  
Charlevoix, MI 49720  
231.237.0103



Charlevoix County Senior Meal (60+ suggested donation of \$3.00/59 yrs old and younger \$8.00) locations:

**Boyne Area Senior Center**  
411 E. Division St., Boyne City, MI 49712  
(231) 582-6682

**Charlevoix Senior Center**  
13513 Division St., Charlevoix, MI 49720  
(231) 547-5361

**East Jordan Senior Center**  
951 Mill St., East Jordan, MI 49727  
(231) 536-7831

## Charlevoix County Veterans Affairs

13513 Division Ave.  
Charlevoix, MI 49720  
231.547.7220  
231.459.9718



We provide emergency financial support and food assistance to eligible veterans and their spouses or surviving spouses that meet criteria.

## Christ Child Society of Northern Michigan

P.O. Box 132  
Harbor Springs, MI 49740-1430



Christ Child Society of Northern Michigan is a nonprofit organization dedicated to supporting children and families in need in the Northern Michigan region. The society works to improve the lives of those less fortunate by providing various services, assistance, and programs. Their efforts typically focus on promoting the well-being and development of children, particularly those facing challenging circumstances such as poverty or illness.

Specific activities and initiatives offered by the Christ Child Society of Northern Michigan may include providing clothing, diapers, basic necessities, educational resources, and other forms of support to disadvantaged children and families. They may also partner with local communities, schools, and other organizations to address the unique needs of the children in the region.



## Cross of Christ Lutheran Church

1450 East Mitchell  
Petoskey, MI 49770  
231.487.9445



The paper pantry gives laundry detergent, soap, toilet paper, paper towels, shampoos, deodorants, toothpaste, toothbrushes, plastic trash bags, dish soap, feminine hygiene products once a month.

## Emmet County Veterans Affairs

3434 M-119, Ste. E  
Harbor Springs, MI 49740  
231.348.1780



Emmet County Veterans Affairs can provide assistance for veterans and family members with food assistance.

## Friendship Centers of Emmet County

1322 Anderson Rd.  
Petoskey, MI 49770  
231.347.3211



Friendship Centers of Emmet County provides Congregate Meals to seniors age 60 and older Monday through Friday at the Petoskey Friendship Center and the Huber (Brutus) Senior Center. Meals on Wheels is available to qualifying homebound seniors. Both meal programs are for a suggested donation of \$3.00 per meal, but meals will not be denied due to inability to contribute. Coupon booklets are also offered in the summer for fresh produce at Farmers Markets through Project Fresh.

**THE manna**  
FOOD PROJECT  
*Feeding the Hungry  
Throughout the North!*

[Food Pantry Locator - CLICK HERE](#)

## Good Samaritan Family Services

9746 Main St. P.O. Box 206  
Ellsworth, MI 49729  
231.588.2208



We have a Food Pantry which serves any of our neighbors in need of food. We offer help with homelessness. Our resale store has clothing and household items. Our furniture store has good used furniture. We offer a new shoe and boot program for kids. We accept good used or new donations. Call for more information.

## The Good Samaritan's Store of St. Andrews Anglican Church

619 Waukazoo  
Petoskey, MI 49770  
231.330.3307



The store is open every other Friday from 12-2. There is no cost and we do not require proof of need. We have a diaper pantry, food pantry, and free store. The diaper pantry is stocked with diapers, pull-ups, and wipes. We also have formula and baby food, miscellaneous bottles, nursing items, etc. Limit one package of diapers per child per family. Our food pantry offers non-perishable food and the clothing pantry includes infants, children, women, maternity. A few men's items are also available. Other items that may be available are: bouncy seats, bath tubs, pack and play, booster seats, cribs, puzzles, books and toys.

# FOOD ASSISTANCE/COMMUNITY PANTRIES

(Food, Clothing, Hygiene, Etc.)

## Health Department of Northwest Michigan (HDNW)

220 W. Garfield  
Charlevoix, MI 49720  
800.432.4121



HDNW is a primary source for Women, Infant & Children, or WIC, to help meet the nutritional needs for pregnant women and their children. Through Community Connections, we also connect individuals and families with other sources of food assistance.

## Little Traverse Bay Bands of Odawa Indians

7500 Odawa Circle  
Harbor Springs, MI 49740  
231.242.1400  
231.242.1620 - Dept. of Human Services  
231.347.2573 - FDPIR Warehouse



FDPIR- Food Distribution Program on Indian Reservations: USDA Food Distribution is distributed once per month. Commodities include non-perishable food, meats and produce. Applicants can be anyone who resides within the historical reservation area or a member of a federally recognized tribe who resides in the 27 county service area.

## Little Traverse Bay Humane Society - Free Pet Food Pantry

1300 West Conway Rd.  
Harbor Springs, MI 49740  
231.347.2396



We have a free pet food pantry available to anyone who needs it. Our hours are Monday through Saturday from 10 a.m. to 5 p.m.. No proof of need is required and there are no limitations on where you live or how often it you need support.

## Manna Food Project

8791 McBride Park Court  
Harbor Springs, MI 49740  
231.347.8852



We gather, organize, and distribute food (the most nutritious food possible) to those in need throughout Antrim, Charlevoix and Emmet Counties.

Visit our food pantry locator:

[www.mannafoodproject.org/food-pantry-locator](http://www.mannafoodproject.org/food-pantry-locator).

## MIBridges



This program offers support and benefits to individuals and families in Michigan. It provides assistance with healthcare, food, child care, and emergency needs. Visit the MIBridges website or contact your local Michigan Department of Health and Human Services (DHHS) office.

## Michigan Department of Health and Human Services

2229 Summit Park Drive  
Petoskey, MI 49770  
231.348.1600



Individuals can apply for assistance through the Food Assistance Program. If eligible, individuals will receive a BRIDGE card with SNAP benefits available to them.

## Northwest Food Coalition

2889 Aero Park  
Traverse City, MI 49686  
231.642.4702  
231.947.3780



Pantries and meal sites provide shelf stable, fresh fruits and vegetables to county residents on a varied time table to everyone needing food.

## Northwest Michigan Community Action Agency (NMCAA)

2240 Mitchell Park Dr., Unit A  
Petoskey, MI 49770  
231.347.9070 - For Dist. Dates & Times



NMCAA's Food & Nutrition Services provides food through the Commodity Supplemental Food Program, (CSFP), for those 60+ who meet income criteria, and The Emergency Food Assistance Program, (TEFAP), which is a quarterly food distribution for eligible households 18+. For CSFP & TEFAP-specific questions, please call 231.775.8330.

## The Salvation Army of Petoskey

2350 Mitchell Park Dr.  
Petoskey, MI 49770  
231.347.3531



Warm prepared meals delivered to seniors, shut-ins, and mobility impaired. We also supply congregate and carry-out meals as well as pantry services. Our pantry walk-in hours are Monday - Friday from 9 to 11:30 a.m. and 1 to 2:30 p.m. For appointments or emergency food call 231.347.3531 Monday through Friday from 9 to 3 p.m. to schedule a curb-side pick-up.

## Seventh-day Adventist Community Services Center

326 N. Park St.  
Boyne City, MI 49712  
231.582.0089



We offer a food pantry Monday nights from 5:30 to 7 p.m. Clients can receive benefits every 30-60 days, but no sooner than the 30th day from last visit! Income level is not requested. If you are in need of immediate assistance you may call 231-833-0023 and speak with Jack Dunlop.

## Why Hunger

505 Eighth Ave, Suite 2100  
New York, NY 10018  
231.347.3531



Why Hunger is a national food and diaper pantry database. We provide critical resources to support grassroots movements and fuel community solutions rooted in social, environmental, racial and economic justice. We are working to end hunger and advance the human right to nutritious food in the U.S. and around the world.

# GOVERNMENT & LEGAL SERVICES

## AMVets Post #6986

1804 S. Michigan Hwy. N.  
Central Lake, MI 49622  
601.467.0681

We partner with the Antrim County Veterans Affairs office to provide veterans in our community access to Veterans Affairs hospitals and/or disability compensation.

## Antrim County Probate Court & Family Division

205 E. Cayuga St.  
P.O. Box 130  
Bellaire, MI 49615



## Boyne District Library

201 Park  
Boyne City, MI 49712  
231.582.7861



The Boyne District Library always staffs a Notary and we also have fingerprinting services.

## Charlevoix County Friend of the Court

301 State St.  
Charlevoix, MI 49720  
231.547.7205



The Charlevoix County Friend of the Court works in partnership with the Michigan Department of Human Services (MDHHS) Office of Child Support to establish paternity and/or child support obligations for families in Charlevoix County.

## Charlevoix County Probate Court

301 State St., 2nd Floor  
Charlevoix, MI 49720  
231.547.7214



Guardianship, conservatorship, decedent estates, wills, adoption, name changes.

## Charlevoix Public Library

220 W. Clinton St.  
Charlevoix, MI 49720  
231.547.2651



We are a public library providing access and guidance to governmental resources.

## Emmet County Probate Court

200 Division St., Ste. 280  
Petoskey, MI 49770  
231.348.1764



## Emmet County Prosecuting Attorney

200 Division St.  
Petoskey, MI 49770  
231.348.1725



The Emmet County Prosecuting Attorney's Office (ECPAO) represents the People of Emmet County and the State of Michigan in the prosecution of criminal cases, when a crime occurs in Emmet County, or a crime victim is impacted by the criminal actions of a party and the Office has statutory jurisdiction. They also aid in the establishment of paternity, and child support, per applicable statutes. The ECPAO provides legal advice to law enforcement agencies working in Emmet County as well. The Office represents the People of the State of Michigan and Emmet County in the prosecution of criminal cases involving parties committing crimes against victims pursuant to the laws of the State of Michigan and applicable Emmet County Ordinances.

## Emmet County Friend of the Court

200 Division Street, Ste. G34  
Petoskey, MI 49770  
231.348.1717



The Emmet County Friend of the Court is the collection, enforcement, and investigative arm of the Circuit Court for domestic relations cases. They work to establish paternity and/or child support obligations for families in Emmet County.

## Emmet County Veterans Affairs

3434 M-119, Ste. E  
Harbor Springs, MI 49740  
231.348.1780



The Emmet County Veterans Affairs assists veterans in navigating and applying for federal veterans benefits.

## Immigration Law & Justice Michigan

222 Cass St.  
Traverse City, MI 49684  
231.631.320.2734



Immigration Law & Justice Michigan provides pro bono immigration legal services.

## Legal Services of Northern Michigan

1349 S. Otsego Ave., Unit 8  
Gaylord, MI 49735  
989.705.1067  
888.645.9993



Established in 1966, Legal Services of Northern Michigan fills gaps in the civil justice system that prevent low income and marginalized communities from accessing legal representation. We have a staff of 15 experienced and dedicated lawyers, plus support staff, located at 7 offices throughout 36 counties in Northern Lower Michigan and the Upper Peninsula.

# GOVERNMENT & LEGAL SERVICES

## Little Traverse Bay Bands of Odawa Indians

7500 Odawa Circle  
Harbor Springs, MI 49740  
231.242.1400



**Office of the Prosecutor**  
231.242.1475

**Law Enforcement**  
231.242.1500

**Natural Resource Department**  
231.242.1670

**Legislative Branch (Tribal Council)**  
231-242-1403

**Legal Department (Legislative Branch)**  
231.242.1407

**Office of Citizens Legal Assistance (OCLA)**  
231.242.1433

## Know Your Rights: Reproductive Health Care



The US Department of Health and Human Services' Know Your Rights: Reproductive Health Care provides helpful information and support for 2SLGBTQIA+ individuals. It gives guidance on accessing fair reproductive health care and helps people make informed decisions. The goal is to ensure that everyone receives inclusive and respectful care.

## Michigan Department of Civil Rights

Capital Tower Building 110 W. Michigan Ave., Ste. 800  
Lansing, MI 48933  
517.335.3165  
800.482.3604



MDCR's primary purpose is to investigate complaints of discrimination in employment, education, housing, public accommodation, law enforcement and public service. The alleged discrimination must have taken place in the last 180 days and must be based on religion, race, color, national origin, arrest record, genetic information, sex, age, height, weight, marital status or disability. The Department of Civil Rights investigates and resolves discrimination complaints and works to prevent discrimination through educational programs that promote voluntary compliance with civil rights laws.

## Michigan Department of Education, Office of Special Education (OSE)

608 W. Allegan  
Lansing, MI 48933  
888.320.8384  
517.241.7075



The Michigan Department of Education Office of Special Education (OSE) is responsible for the general supervision, administration, and funding of special education programs and services for children and youth with disabilities ages 3 through 25. A free appropriate public education (FAPE) is provided to eligible children according to federal and state laws, regulations, administrative rules, and department procedures.

## Michigan Department of Health and Human Services

2229 Summit Park Dr.  
Petoskey, MI 49770  
231.348.1600



MDHHS is a State Governmental Department. Individuals can apply for cash assistance, food assistance, Medicaid and daycare assistance. DHHS is also responsible for overseeing Children's Protective Services, Children's Foster Care, Adult Protective Services and Independent Living Services.

## National Conference of State Legislatures (NCSL) - Breastfeeding State Laws

444 N. Capital St. N.W., Ste. 515  
Washington, D.C. 20001  
202.588.5400



NCSL provides info on breastfeeding laws in the US, ensuring the right to breastfeed in public or private places without discrimination

## National Women's Law Center

1350 I St. N.W., Ste. 700  
Washington, D.C. 20005  
202.588.5180



The US Department of Health and Human Services' Know Your Rights: Reproductive Health Care provides helpful information and support for 2SLGBTQIA+ individuals. It gives guidance on accessing fair reproductive health care and helps people make informed decisions. The goal is to ensure that everyone receives inclusive and respectful care.

## Northern Community Mediation

2202 Mitchell Park Dr., Ste. 4  
Petoskey, MI 49770  
231.487.1771



NCM provides mediation services. Mediation is an alternative means of resolving conflict as opposed to litigation. NCM works closely with the courts.

## Northwest Michigan Community Action Agency (NMCAA)

2240 Mitchell Park Dr., Unit A  
Petoskey, MI 49770  
231.347.9070



NMCAA provides year-round free tax preparation services for low-income individuals and households through the Volunteer Income Tax Assistance (VITA) program, which includes back taxes up to 4 years. Note that the VITA program does not include litigation services. Please call 231.947.3780 option 3 for taxes.

## Northern Michigan Elder Law

103 Belvedere Ave.  
Charlevoix, MI 49720  
231.715.1401



NMEL are elder law attorneys/estate planners providing guidance for wills, trusts & estates, medicaid, and real estate & business matters. Our specialty is to help serve you and your family when it's time to plan to pass it all on, protect it, give it away, or sell it.

# GOVERNMENT & LEGAL SERVICES

## Office of Special Education and Rehabilitative Services

US Department of Education  
400 Maryland Ave., S.W.  
Washington DC, District of Columbia 20202  
800.872.5327



The Office of Special Education and Rehabilitative Services (OSERS) understands the many challenges still facing individuals with disabilities and their families. Therefore, OSERS is committed to improving results and outcomes for people with disabilities of all ages. OSERS supports programs that serve millions of children, youth and adults with disabilities.

## Social Security Administration, Office of Public Inquiries and Communications Support

1100 West High Rise 6401 Security Blvd  
Baltimore, Maryland 21235  
800.772.1213



We administer retirement, disability, survivor, and family benefits, and enroll individuals in Medicare. We also provide Social Security Numbers, which are unique identifiers needed to work, handle financial transactions, and determine eligibility for certain government services.

## Social Security Administration - Petoskey

308 State St  
Petoskey, MI 49770  
866.574.2588



We administer retirement, disability, survivor, and family benefits, and enroll individuals in Medicare. We also provide Social Security Numbers, which are unique identifiers needed to work, handle financial transactions, and determine eligibility for certain government services.

## United States Department of Health and Human Services - Reproductive Rights

200 Independence Ave., S.W.  
Washington, D.C. 20201  
877.696.6775



The U.S. Department of Health and Human Services (HHS) is committed to providing accurate and up-to-date information about access to and coverage of reproductive health care and resources.

## Social Security Administration - Traverse City

1329 S. Division St  
Traverse City, MI 49684  
866.739.4802



We administer retirement, disability, survivor, and family benefits, and enroll individuals in Medicare. We also provide Social Security Numbers, which are unique identifiers needed to work, handle financial transactions, and determine eligibility for certain government services.

## United States Department of Veterans Affairs

2782 S. Otsego Ave.  
Gaylord, MI 49735  
989.732.7525



While legal advice or legal representation is not provided by the VA, the Veterans Justice Outreach program can assist veterans who are involved in the legal process at any point.



# HEALTH & WELLNESS

## Alcona Health Centers



Alcona Health Center is a non-profit, Federally Qualified Community Health Center with locations throughout northern Michigan. We offer comprehensive medical, behavioral health, dental and pharmacy services to everyone in the communities we serve using a Patient Centered Medical Home model of care. See specific location information below.

### PELLSTON CLINIC

421 Stimpson  
Pellston, MI 49769  
231.844.3052

### PETOSKEY CHILD HEALTH ASSOCIATES

2390 Mitchell Park Dr., Ste. A  
Petoskey, MI 49770  
231.487.2250

### COMMUNITY HEALTH CENTER OF NORTHERN MICHIGAN - HARBOR SPRINGS

3434 M119, Ste. C  
Harbor Springs, MI 49740

## American Diabetes Association

800.342.2383



Diabetes.org is a valuable resource for people with diabetes. It provides information, tools, and support to help you manage your condition and stay healthy. Whether you're new to diabetes or have been living with it for a while, Diabetes.org is there to help you on your journey.

## American Heart Association

7272 Greenville Ave.  
Dallas, TX 75231  
800.242.8721



Stay heart-healthy with heart.org. Find tips and tools for a healthier life, from eating well to staying active. Prevent heart problems and get support for existing ones. Discover valuable resources at heart.org.

## American College of Obstetrics and Gynecologists (ACOG)



ACOG's website provides reliable information on women's health and wellness. It covers pregnancy, reproductive health, contraception, and more. Created by healthcare experts, the resources are accurate and credible. Find valuable guidance for your well-being at ACOG's website.

## Bay Bluffs - Emmet County Medical Care Facility

750 E. Main St.  
Harbor Springs, MI 49740  
231.526.2161



Short-term rehabilitation care including physical therapy, occupational therapy and speech therapy services.

## Bay Street Urgent Care

624 Charlevoix Ave.  
Petoskey, MI 49770  
231.347.5155



Bay Street Urgent Care is equipped to treat minor illnesses and injuries and encompasses a broad spectrum of general medicine, but mostly focuses on stabilizing patients before moving forward with diagnosis or management techniques for more serious conditions that may arise.

## Bay View Obstetrics and Gynecology

560 W. Mitchell St.  
 Petoskey, MI 49770  
 866.229.3894



Bayview Obstetrics and Gynecology offers comprehensive services for women's health, including prenatal care, childbirth, and gynecological exams. Their team of experienced professionals is dedicated to providing quality care and support to women at every stage of life.

## Beaver Island Rural Health Center

37304 Kings Highway  
 Charlevoix, MI 49720  
 231.448.2275



Beaver Island Rural Health Center offers emergency & urgent care, assessment and treatment, primary care, dental care, immunizations, labs and diagnostic work, men's health, preventative care, women's health, family care office procedures, and pediatric care. We also partner with the VA to offer medical services to veterans.

## Boyne Area Free Clinic

624 State St.  
 Boyne City, MI 49712  
 231.582.4605



Primary & urgent care for the uninsured & under-insured.

## Center for Disease Control and Prevention (CDC)

800.323.4636



CDC is the nation's leading science-based, data-driven, service organization that protects the public's health. For more than 70 years, we've put science into action to help children stay healthy so they can grow and learn; to help families, businesses, and communities fight disease and stay strong; and to protect the public's health.

## Charlevoix County Veterans Affairs

13513 Division Ave.  
 Charlevoix, MI 49720  
 231.547.7220  
 231.459.9718



We provide assistance with enrollment and registration in Veterans Affairs medical programs.

## Crooked Tree Wellness Clinic

2390 Mitchell Park Dr., Unit D  
 Petoskey, MI 49770  
 231.242.1760



The Crooked Tree Wellness Clinic in Petoskey, Michigan, provides comprehensive medical care to underserved people living in Northern Michigan. Any person, Native or non-Native, who has Medicaid as their primary insurance can receive health services.

# HEALTH & WELLNESS

## Delta Dental

4100 Okemos Rd.  
Okemos, MI 48864  
800.524.0149



Delta Dental provides dental services and support to families through initiatives like Medicaid and CHIP coverage, community outreach programs, sliding fee scales, dental vans, and assistance programs. They aim to improve oral health access for all, making dental care more affordable and accessible to those in need.

## Dental Clinics North

3434 M-119, Ste. G  
Harbor Springs, MI 49740  
877.321.7070



Dental Clinics North promotes optimal oral health and well-being of Northern Michigan communities through partnerships, innovation, and excellence in dental public health. Our dentists are committed to providing our communities with the best dental services available. Dental Clinics North is a place for anyone, regardless of their income level and insurance provider.

## DONA International

35 E. Wachter Dr.  
Chicago, IL 60601-2106  
888.788.3662



DONA International offers support and education for parents during childbirth. Their trained doulas provide care and guidance during childbirth and postpartum, helping with birthing techniques, breastfeeding, and challenges. Each doula may offer different services, so it's recommended to contact them directly to find out what specific support they provide. You can find a doula near you through their registry to connect with a doula who meets your needs. For a directory of Doulas in Antrim, Charlevoix, Emmet, Cheboygan, and Presque Isle counties visit: [bit.ly/nmdoulas](http://bit.ly/nmdoulas).

## East Jordan Family Health Center

601 Bridge St.  
East Jordan, MI 49727  
231.536.2206



EJFHC provides comprehensive primary health care for individuals and families in Antrim and Charlevoix Counties. Our services include primary care, 3D mammography, care management, immunizations, integrative behavioral health, and an on-site pharmacy. We also offer patient support services such as Medicare, Medicaid, and Healthcare.gov enrollment assistance, as well as food assistance enrollment.

## Friendship Centers of Emmet County

1322 Anderson Rd.  
Petoskey, MI 49770  
231.347.3211



The Health Services Program at Friendship Centers of Emmet County provides foot care, blood pressure monitoring, hearing screening, health education, Medicare/Medicaid Assistance Program, eyeglass cleaning and adjustment, hearing aid cleaning, Senior Project Fresh, Senior Essential Needs Fund to assist with a variety of emergency expenses, and Personal Emergency Response Systems.

## Grandvue Medical Care Facility

1728 S. Peninsula Rd.  
East Jordan, MI 49727  
231.536.2286



Grandvue Medical Care Facility provides 24-hour skilled nursing care to the residents who call our facility home. Our services include long-term care, memory care, and rehabilitative therapies for residents to achieve and maintain their highest level of independence. We are a county-owned medical care facility providing individualized, person-centered caring.

## Grow by Web MD



In WebMD's complete guide to raising a family, you'll find everything you need for each stage of your child's development. Whether you're trying to conceive, preparing for delivery, navigating the toddler years, or raising a tween, Grow has the information you need.

## The Haven Pregnancy & Family Resource Center of Northern Michigan

423 Porter Street  
 Petoskey, MI 49770  
 231.348.3388



The Pregnancy Care Center of Petoskey offers free pregnancy tests, and includes first trimester limited OB ultrasound. Free and confidential consultation with an RN, or a trained advocate is available for all women, regardless of income or marital status.

## Health Department of Northwest Michigan (HDNW)

220 W. Garfield  
 Charlevoix, MI 49720  
 800.432.4121



HDNW exists to promote healthy people in healthy communities. We have numerous programs which assist with physical and mental health, ensure safe drinking water and food, and septic processes. Call Central Intake at 800-432-4121 for guidance.

## Health Services & Resource Administration Data Warehouse

877.464.4772



The HRSA Data Warehouse is a database that collects health-related data. It's valuable for researchers, policymakers, and the public, offering access to various health datasets and reports. The data helps monitor health programs and supports evidence-based decision-making for better health outcomes.

## Healthcare.gov

800.318.2596



Visit Healthcare.gov to find out if you're eligible, learn about essential health benefits, and compare plans.

## Healthy Kids Dental Program



The Healthy Kids Dental Program in Michigan provides dental care to children from low-income families. Eligible kids receive check-ups, cleanings, treatments, and preventive care through local dentists and clinics. The program focuses on early intervention and prevention to improve oral health and overall well-being, ensuring all children have access to quality dental care for a healthier future.



# HEALTH & WELLNESS

## Hilary Lake Healing Arts

1053 North US-31  
Petoskey, MI 49770  
248.410.0798



Health and wellness are addressed through all of the offerings that I provide and more specifically through the integrative body-mind counseling, grief counseling, embodiment guidance, classes and retreats.

## Hospice of Michigan - Charlevoix

201 State St., Ste. 7  
Charlevoix, MI 49720  
989.370.5327



Hospice of Michigan, located in Charlevoix, offers service in Antrim, Charlevoix, Cheboygan and Emmet counties. As the largest hospice provider in Michigan, we offer comprehensive, compassionate care for people at the end of life as well as support for their families.

## InfantSEE

243 N. Linderbergh Blvd.  
St. Louis, MO 63141  
314.983.4160



InfantSEE provides no-cost comprehensive eye exams for infants between 6 and 12 months. The program helps to detect potential vision issues early on to support healthy visual development and overall well-being. Early assessments set the foundation for a lifetime of good vision.

## InsureKidsNow.gov

7500 Security Blvd.  
Baltimore, MD 21244  
877.543.7669



InsureKidsNow.gov provides information on free or low-cost health coverage options for pregnant individuals and children, including Medicaid and CHIP.

## Inter-Tribal Council of Michigan

906.632.6896



The Inter-Tribal Council of Michigan offers access to maternal and early childhood resources to support the health of mothers and young children. Services include prenatal care, home visits, parenting education, developmental screenings, referrals, and community events. The goal is to promote healthy pregnancies and positive early childhood development.

## The Lactation Network

1621 W. Carrol Ave.  
Chicago, IL 60612  
888.510.0059 or 888.434.7971



We connect families with insurance-covered International Board Certified Lactation Consultants, breast pumps, and products they need to thrive.

## Little Traverse Bay Bands of Odawa Indians

7500 Odawa Circle  
Harbor Springs, MI 49740  
231.242.1400



### Health Department

231.242.1700

### Medical Clinic

231.242.1700

### Dental Clinic

(Providing preventative and restorative dental services)  
231.242.1740

### Behavioral Health

231.242.1640

### Pharmacy

231.242.1750

### Community Health Outreach

231.242.1600

### Crooked Tree Wellness Clinic

(For any person, Native or non-Native, who has Medicaid as their primary insurance)  
2390 Mitchell Park Dr., Unit D, Petoskey  
231.242.1760

## Meadowbrook Antrim County Medical Care Facility

4543 S. M-88  
 Bellaire, MI 49615  
 231.533.8661



Meadow Brook Medical Care Facility provides skilled long term and short-term medical care to residents in a beautiful household environment. Other services include Occupational Therapy, Speech Therapy, Physical Therapy, and more.

## McLaren Northern Michigan

416 Connable Ave.  
 Petoskey, MI 49770  
 800.248.6777  
 231.487.4000



McLaren Northern Michigan is a 202-bed regional referral center located in Petoskey, serving 22 counties across northern lower Michigan and the eastern UP. More than 230 physicians represent nearly all medical and surgical specialties, enabling full-service care with an emphasis on cardiology, cancer, orthopedics and neurosciences. McLaren has a network of primary care providers and specialty care clinics throughout the region, and an outpatient surgery center in Cheboygan. In addition, McLaren now offers an 18 bed adult Behavioral Health Center in Cheboygan serving adults across the northern Michigan region. This facility is staffed 24 hours/7 days a week, 231.627.1370



## MIBridges



MIBridges is a program that offers support and benefits to individuals and families in Michigan. It provides assistance with healthcare, food, child care, and emergency needs. To access these services, visit the MIBridges website or contact your local Michigan Department of Health and Human Services (DHHS) office.

## MiChild Insurance



MiChild is a health insurance program for uninsured children of Michigan's working families. To apply for MiChild Insurance, visit the MIBridges website or contact your local Michigan Department of Health and Human Services (DHHS) office.

## Michigan Midwives Association



The Michigan Midwives Association (MMA) supports out-of-hospital births attended by trained midwives. We promote quality care, community, and education. Find a midwife through the MMA registry to explore your options and make informed decisions about childbirth.

MMA also supports breastfeeding and promotes its benefits for mothers and babies. We provide resources and assistance to help mothers successfully breastfeed. We also collaborate with healthcare professionals and advocates for breastfeeding-friendly practices.

## Milkology



Milkology offers online courses that provide valuable information and guidance on breastfeeding. Gain the knowledge and skills necessary for a successful breastfeeding journey, empowering you as a caregiver.

## Move Your Way



Everyone needs physical activity to stay healthy. But it can be hard to find the time in your busy routine. The Move Your Way® tools, videos, and fact sheets on this page have tips that make it easier to get a little more active. And small changes can add up to big health benefits! No matter who you are, you can find safe, fun ways to get active — to move your way.

## My Health Finder - Nutrition and Physical Activity During Pregnancy



My Health Finder is a helpful resource for expectant mothers. It offers evidence-based recommendations on prenatal care, nutrition, exercise, and more. Find tips and resources for a healthy and positive pregnancy experience.

## My Plate

800.533.5520



My Plate is a valuable tool for establishing a healthy eating style and emphasizing a balanced diet from various food groups. My Plate offers vital information and support for breastfeeding/bodyfeeding individuals, ensuring they receive essential nutrients for themselves and their babies.

## Munson Healthcare Charlevoix

14700 Lake Shore Dr.  
Charlevoix, MI 49720  
231.547.4024  
231.935.5000



Munson Healthcare Charlevoix Hospital is a 25-bed acute care community hospital offering a wide array of inpatient and outpatient services. The hospital with its over 400 employees is part of the Munson Healthcare system. The expertise of excellent doctors and staff makes it possible to meet many of the primary and specialty care needs of the area residents. The emergency department is staffed 24 hours a day, 7 days a week.

Munson has multiple additional locations of clinics including:

### Boyne Area Health Center

223 N. Park St.  
Boyne City, MI 49712 231.582.5314

### Jordan Valley Rehab Center

100 Main St. #9  
East Jordan, MI 49727 231.536.1451

### Little Traverse Primary Care

8881 M-119  
Harbor Springs, MI 49740 231.347.5400

### Charlevoix Behavioral Health

14695 Park Ave., Ste B  
Charlevoix, MI 49720 231.547.8860

### Charlevoix Primary Care

14734 Park Ave.  
Charlevoix, MI 49720 231.547.6554

### Charlevoix Pediatrics

14719 W. Upright St.  
Charlevoix, MI 49720 231.547.3840

### Charlevoix Sleep Center

14695 Park Ave., Ste. B  
Charlevoix, MI 49720 231.547.2812

### Charlevoix Women's Health

14651 W. Upright St.  
Charlevoix, MI 49720 231.547.4477



## National Institute for Diabetes

800.860.8747



NIDDK shares science-based information with patients and their families, health care professionals, and the public.

## National Maternal Mental Health Hotline

833.852.6262



The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy.

## Navy Corpsman Steve Andrews Department of Veterans Affairs Health Care Clinic

2782 S. Otsego Ave.  
Gaylord, MI 49735  
989.497.2500  
Ext. 13560 (Main Line),  
Ext. 11959 (Mental Health)



Our outpatient clinic provides primary care and specialty health services, including mental health services, treatment for post-traumatic stress disorder (PTSD), women's health services, laboratory services, and more.

## North Country Community Mental Health

1420 Plaza Dr.  
Petoskey, MI 49770  
231.347.6701



We provide a wide array of support and services to persons with intellectual and developmental disabilities.

## Northern Community Mediation

2202 Mitchell Park Dr., Ste. 4  
Petoskey, MI 49770  
231.487.1771



Through support from the Michigan Department of Health & Human Services, NCM works with Community Mental Health to provide mediation services to CMH clients who want to discuss their treatment plans with their case workers.

## Office of Women's Health

1101 Wootton Pkwy.  
Rockville, MD 20852  
800.994.9662



The Office on Women's Health (OWH) offers health and wellness resources for women. It provides evidence-based information on various topics like reproductive health, mental health, nutrition, and more. OWH empowers women to make informed decisions about their well-being through fact sheets, online tools, and awareness campaigns. Get valuable support and guidance for a healthier lifestyle from the Office on Women's Health.



# HEALTH & WELLNESS

## Perinatal Oral Health Support from MDHSS



Perinatal Oral Health promotes oral health during pregnancy and early childhood. They offer educational resources and support for caregivers and families, emphasizing preventive measures for healthy smiles. Improve oral health outcomes with their valuable resources.

## Pine Rest Christian Mental Health Services

866.852.4001  
231.947.2255



Pine Rest Christian Mental Health Services is a trusted and comprehensive mental health organization that provides compassionate care to individuals of all ages and backgrounds. With a focus on holistic well-being, they offer a wide range of behavioral health services, including therapy and psychiatric services for children, adolescents, adults, and families.

## Planned Parenthood of Michigan

1135 E. Eighth St.  
Traverse City, MI 49686  
231.929.1844



We provide numerous health services including: abortion, birth control, sexually transmitted infections (STI) testing and treatment and vaccines, HIV services, men's and women's healthcare, gender affirming hormone therapy, emergency contraception, as well as pregnancy testing and services. We provide healthcare to all people, regardless of age, race, nationality, ability, gender identity, sexuality, ethnicity, religion, immigration status, insurance or income.

## Prenatal Yoga Center



The Prenatal Yoga Center offers specialized yoga classes for expectant mothers, promoting a healthy and positive pregnancy experience. Certified instructors lead gentle yoga sessions, breathing exercises, and relaxation techniques to alleviate discomfort and reduce stress. Additionally, they provide access to online resources and virtual classes, making it convenient and accessible for more pregnant women to join their community.

## Pfc. Justin T. Paton Department of Veterans Affairs Clinic

5739 Highway M-68  
Indian River, MI 49749  
989.497.2500  
Ext. 13560 (Main Line), Ext. 11959 (Mental Health)



Our outpatient clinic provides primary care and specialty health services, including mental health services, audiology (hearing loss and balance), treatment for post-traumatic stress disorder (PTSD), tele-health services, and more.

## ProMedica Hospice

4000 Eastern Sky Dr., Ste. 2  
Traverse City, MI 49684  
231.935.3089



ProMedica Hospice provides end of life care.

## Safe Sleep Michigan

800.331.7437



Safe Sleep is a vital health and wellness resource providing guidelines for creating a safe sleep environment for infants. It offers evidence-based recommendations from the AAP to reduce the risk of SIDS and sleep-related deaths.

## Safe to Sleep

P.O. Box 3006  
Rockville, MD 20847

800.505.2742



The Safe to Sleep campaign promotes safe sleep practices for infants to reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related infant deaths. Safe To Sleep has helped educate millions of parents, caregivers, healthcare and childcare providers, and others about ways to reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related infant deaths.

## United States Food & Drug Administration

888.463.6332



The U.S. Food and Drug Administration (FDA) is a crucial health resource that ensures the safety and effectiveness of various products. They oversee food, drugs, medical devices, and more. The FDA provides valuable information to the public, helping individuals make informed choices for their health and well-being.

## Shape Up North

1105 Sixth St.  
Traverse City, MI 49684  
231.935.9259



We are the Up North community resource for creating and maintaining a healthy lifestyle. Shape Up North can help you and your family make small, long-lasting changes that make living healthy an enjoyable adventure—at any age! We offer tips, guidance, recipes, and support for individuals, schools, businesses and health care providers throughout northern Michigan.

## Suicide and Crisis Line

Dial 988 - 24 hours / 7 days a week



We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.



# HOME VISITING SERVICES

## Early Head Start

2240 Mitchell Park Dr., Unit A  
Petoskey, MI 49770  
231.347.9070



Early Head Start partners with parents as their child's first and most important teacher. Weekly, year-round home visits from a certified Parents as Teachers Educator are provided, along with two playgroup opportunities a month. Early Head Start serves expectant families and families with children birth to three. Complete a [pre-app](#) today!

## Early On Char-Em

08568 Mercer Blvd.  
Charlevoix, MI 49720  
231.582.8070



Early On is Michigan's system for helping families of infants and toddlers, birth to age 3, who have developmental delay(s) and/or disabilities. Early On supports and partners with families to promote the development of their infants and toddlers in developmental areas, such as physical, cognitive, communication, social-emotional, and self-help. Early On partners with families, using their daily routines to work on supporting the growth and development of their babies. Complete the [referral form](#) if you have concerns.

## Family Spirit

1260 Ajijaak Ave.  
Petoskey, MI 49770  
231.242.1614



Family Spirit provides support and education during pregnancy and the first five years of a child's life. Services may include health education, community referrals, breastfeeding support, depression screening, and transportation to medical and other appointments. Family Spirit offers home or office visits by a Maternal Child Health Nurse and Outreach Worker. Visits range from weekly to monthly depending on the needs of the family and age of the child. Visits generally last between 45-90 minutes.

## Healthy Families Northern Michigan

220 W. Garfield Ave.  
Charlevoix, MI 49720  
800.432.4121



HFA is a family-centered program, supporting parents during their pregnancy and after to build a positive bond between them and their children. HFA supports child development and growth as well as helping to make connections to healthcare, insurance, and other community resources. With HFA, families will always have support as they navigate the joys and struggles of parenthood, creating a plan with them to meet their needs.

Families who are pregnant or with young children, within one year of birth, are eligible. Families are offered weekly visits at the beginning of services. Visits are for 60 minutes. How often families have home visits can change depending on their needs. Complete a [referral form](#) today!



## Healthy Futures Home Visit

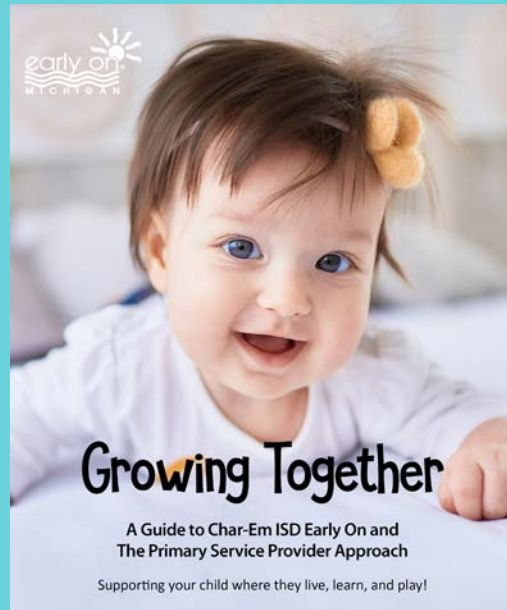
220 W. Garfield Ave.  
Charlevoix, MI 49720  
800.432.4121



Healthy Futures Home Visit is a FREE home visit available to ALL families from an experienced registered nurse in the comfort of your own home. During your newborn home visit, a public health nurse experienced in caring for moms and babies will:

- Assess your baby, including weight and general physical review.
- Assess how you are feeling emotionally.
- Assess how you are doing physically including blood pressure screen, breast care, bleeding, and more.
- Review your feeding plan.
- Connect you with a Breastfeeding Peer or IBCLC as needed.
- Review safe sleep, normal growth and development and baby care.
- Discuss follow-up medical and immunizations for you and your baby.
- Explore health insurance options for you and your baby.

Whether this is your first baby or your firrh, you'll have questions. We are here to help you and your baby get off to a great start. [Sign up here.](#)



Use this digital guide to learn the essentials about Early On and the Primary Service Provider (PSP) Approach. It covers details about where we meet, what a visit entails, why it works, how the PSP approach differs from traditional therapy, and answers commonly asked questions.

[Click here to explore the Guide!](#)



# HOME VISITING SERVICES

## Infant Mental Health

1420 Plaza Dr.  
Petoskey, MI  
49770  
231.347.6701



IMH provides support to pregnant people and parents/caregivers who may be having difficulty bonding with their child. IMH enrolls families during pregnancy through their child's third birthday. Families generally begin services after their child is born, although services may begin during pregnancy, and continue until their child is age three. The intensity and duration of visits is based on family needs.

## Maternal Infant Health Program

220 W. Garfield Ave.  
Charlevoix, MI 49720  
800.432.4121



MIHP provides home visits made by a nurse and a social worker, and sometimes by an infant mental health specialist, registered dietician, or lactation consultant. These home visitors may perform health assessments, case management, teaching, and support, as well as connection to community resources. Visits are offered monthly but may be more frequent.

Pregnant persons in the program can receive up to nine visits throughout their pregnancy and after delivery. Depending on the needs of the infant and their caregiver, infants enrolled in the program can receive up to 36 visits. Home visits may continue until the infant reaches 18 months age based on the needs of the infant and caregiver.



### Benefits of Home Visiting

- ▶ The goal of home visiting is to make sure moms have a healthy pregnancy and parents are supported to help their children grow and develop in a safe and stimulating environment.
- ▶ Home visiting is free and voluntary.
- ▶ Home visitors can give you information on many topics based on what your family needs. Some of these topics include:
  - Pregnancy
  - Parenting practices
  - Children's health and development
  - Community resources and services available in your area
  - Bonding and attachment
  - Adapted from MDHHS Michigan Home Visiting



# HOUSING & UTILITY ASSISTANCE

## Alliance for Senior Housing, LLC

P.O. Box 753  
Kingsley, MI 49649  
888.816.4040  
231.263.4040



We provide a service to assist those who are no longer able to stay in their homes due to a need for downsizing or in need of personal care for those who are getting older.

## AMVets Post #6986

1804 S. Michigan Hwy. N.  
Central Lake, MI 49622  
601.467.0681

We partner with other nonprofits to assist veterans needing money to pay for basic services (housing, utility, food) and for emergency situations.

## Boyne City Housing Commission

829 South Park St.  
Boyne City, MI 49712  
231.582.6203



The Boyne City Housing Commission (BCHC) administers federal and state funded rental assistance programs for low-income families, elderly, and disabled persons in Charlevoix County, Michigan. We promote safe, decent, sanitary, affordable housing, with a suitable living environment free from discrimination for low-to-extremely-low income families & to manage resources efficiently.

## Charlevoix County Veterans Affairs

13513 Division Ave.  
Charlevoix, MI 49720  
231.547.7220  
231.459.9718



We provide assistance with emergency funding to assist with housing and utility service needs to eligible veterans and their spouses or surviving spouses.

## Charlevoix-Emmet ISD

08568 Mercer Blvd  
Charlevoix, MI 49720  
231.547.9947



The ISD employs a Homeless Liaison to assist students in the ISD who are homeless or at risk of becoming homeless. Services include referring families and youth to health care services, dental services, mental health services, housing services, and other appropriate services; coordinating transportation for students to and from school; providing other services to meet students' needs (clothing, food, school supplies, hygiene supplies, etc.).

## Charlevoix Housing Commission

210 W. Garfield  
Charlevoix, MI 49720  
231.547.5451



The Charlevoix Housing Commission operates Pine River Place Apartments in beautiful Charlevoix, Michigan. We offer affordable housing for qualified applicants. We are a mixed population, low income housing complex. We show a preference to the elderly (age 62 and older) and disabled persons. Pine River Place is a three story brick building with an elevator. We are an independent living community and do not offer assisted living services.

## Child and Family Services of Northwestern Michigan

3434 M-119, Ste. F  
Harbor Springs, MI 49740  
231.347.4463  
231.946.8975



Child & Family Services of Northwestern Michigan serves more than 30 counties, with offices in Harbor Springs and Traverse City, by providing support services and educational programs to promote the well-being of children, adolescents, adults, and families in times of crisis, challenge, and life transition. Child & Family Services of Northwestern Michigan serves more than 30 counties, with offices in Harbor Springs and Traverse City, by providing support services and educational programs to promote the well-being of children, adolescents, adults, and families in times of crisis, challenge, and life transition.

## Good Samaritan Family Services

9746 Main St. P.O. Box 206  
Ellsworth, MI 49729  
231.588.2208



We offer help with homelessness. Our resale store has clothing and household items. Our furniture store has good used furniture. We offer a new shoe and boot program for kids. We accept good used or new donations. Call for more information.

## Harbor Area Residential Trust



Our mission is to preserve the beauty of our area and strengthen it by helping new residents in the Harbor Springs area put down roots here. We are working to close the affordability gap that many year-round people in the area are facing. Our private, non-profit organization owns land on behalf of a community. The heart of our work is the creation of homes that remain permanently affordable, providing homeownership opportunities for generations of local people. We are building a list of interested buyers and would love to hear from you. People who have an interest in buying a home can contact Northern Homes Community Development Corp. at 231.582.6244.

## The Heat and Warmth Fund (THAW)

535 Griswold Street, Suite 200  
Detroit, MI 48226  
313.226.9465



The Heat and Warmth Fund (THAW) is an independent 501(c)(3) nonprofit whose mission is to stabilize and empower Michigan families—keeping them healthy, safe and warm. Nobody should have to go cold. Heat and electricity are essential and basic human needs, especially during a Michigan winter. Recipients of THAW assistance include Michigan's elderly, disabled, unemployed or underemployed who are facing financial crisis—defined as the inability to pay for a deliverable fuel or a thirty-day outstanding utility bill, and in which a family must choose between paying for their energy needs or another vital necessity.

# HOUSING & UTILITY ASSISTANCE

## Joppa House Women's Transitional Home

801 State St.  
Charlevoix, MI 49720  
231.330.2643



Joppa House, a sister ministry of Third Day Fellowship & Outreach is a faith-based transitional home for women and children who are homeless or facing homelessness.

## Michigan Department of Health and Human Services

2229 Summit Park Dr.  
Petoskey, MI 49770  
231.348.1600



Individuals can apply for housing and utility assistance when facing eviction, homelessness or utility shut-off through the State Emergency Services program.

## Little Traverse Bay Bands of Odawa Indians

7500 Odawa Circle  
Harbor Springs, MI 49740  
231.242.1400  
231-242-1540 - Housing  
231.242.1620 - Dept. Of Human Services  
231.242.1423 - Elder's Dept.



We provide down payment assistance, short term rental assistance, foreclosure prevention assistance, transitional/emergency housing, sanitary services from indian health services (well and septic), mortgage application assistance, land contract assistance, emergency assistance fund, low income home energy assistance, community services, and block grants.

## The Nehemiah Project

36 Bridge St | 40 Bridge St  
Petoskey, MI 49770  
231.347.0363  
231.459.6474



We provide an overnight shelter to stay for men, and an overnight shelter for women and children. We can accommodate women with children in our Mary Margaret House only. Our shelters are open 5pm to 8am every day, and closed during the day. Our warming room, located in Hope Hall, is available 8am to 5pm, Mon-Fri during the cold months. We provide shelter, a nightly meal, spiritual guidance, and an atmosphere of warmth and belonging. We also help connect guests to community agencies.

## Mallard Cove Assisted Living

2801 Charlevoix Ave.  
Petoskey, MI 49770  
231.347.2273



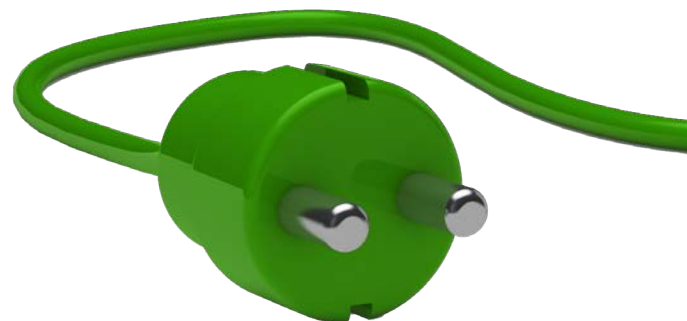
Mallard Cove Assisted Living is a nonprofit assisted living community in Petoskey. We seek to give families peace of mind that their loved one will receive compassionate care. We're focused on person-centered assistance that meets individualized needs. We provide a place of love, community, and comfort for our residents—a place they can call their home.

## Northern Community Mediation

2202 Mitchell Park Dr., Ste. 4  
Petoskey, MI 49770  
231.487.1771



Dependent upon type of case and ability to pay NCM provides mediation services in landlord / tenant types of cases.



## Northern Homes Community Development Corporation

1048 East Main St. P.O. Box 86  
Boyne City, MI 49712  
231.582.6244



Northern Homes CDC rents affordable apartments and develops affordable single-family homes. We are a HUD Certified Housing Counseling agency and provide free homebuyer education, financial education and foreclosure prevention counseling. We also provide homebuyer education, budgeting and financial education, foreclosure prevention counseling, affordable apartments.

## Northwest Michigan Community Action Agency (NMCAA)

2240 Mitchell Park Dr., Unit A  
Petoskey, MI 49770  
231.347.9070



NMCAA Housing and Energy Efficiency Services (HEES) department provides Emergency Home Repair, which assists homeowners with health and safety related repairs, and weatherization, which assists homeowners and can assist renters with landlord approval, with every efficiency related improvement in their homes. Please call 231.947.3780 or email [heesintake@nmcaa.net](mailto:heesintake@nmcaa.net)

NMCAA Homeless Prevention department provides guidance to those experiencing homelessness or who are at-risk of homelessness in the form of prevention, St. outreach and housing-based case management. Please call NMCAA Coordinated Entry Central Intake 1.844.900.0500 \*calls will go to voicemail; will call back in order received\* or email [homeless@nmcaa.net](mailto:homeless@nmcaa.net)

## Northwest Michigan Habitat for Humanity

1840 M-119  
Petoskey, MI 49770  
231.348.6926



Through our Home Ready program, we build safe, decent, and affordable housing for pre-approved buyers to purchase and become homeowners. These buyers have opportunities to receive down payment assistance and gap financing to make homeownership attainable. We partner with Habitat for Humanity Michigan, a HUD-certified housing counseling agency to assist individuals and families with homeownership education, credit building, credit repair, mortgage counseling, and foreclosure prevention.



# HOUSING & UTILITY ASSISTANCE

## Otsego-Antrim Habitat for Humanity

526 Edelweiss Village Parkway  
Gaylord, MI 49735  
989.731.4506



Through volunteer labor and donations of money and materials, Otsego-Antrim Habitat for Humanity (OAHFH) builds and/or rehabilitates simple, decent houses alongside our future (homeowner) partner families.

## Patriot Place

1430 Patriot Dr.  
Gaylord, MI 49735  
989.448.2260



The Patriot Place is a transitional housing program open to male veterans who are low income and homeless. We house 24 veterans in 8 homes with no cost to them. The veteran must be willing to address the reason which led to homelessness and be an active participant to remain in our program.

## Pineview Cottage

3498 Harbor-Petoskey Road  
Harbor Springs, MI 49740  
231.412.6069



We've created a luxurious home like environment, exceeding expectations in all areas with emphasis on resident care and distinctive senior amenities—a place that lovingly supports people in being who they are. We promote awareness in the way we understand aging, growing old and the role of eldership. Assisted Living services, Dementia/Alzheimer's care, specialized behavioral and emotional care, hospice, and transitional care coordination all are available to our residents. Our goal is to create a therapeutic environment—a place that lovingly supports people in being who they are. We promote awareness in the way we understand aging, growing old and the role of eldership.

## Saint Vincent de Paul

150 Main St  
Harbor Springs, MI 49740  
231.526.2017



We provide assistance with items such as monthly rent, security deposits, gas, electricity or propane bills.

## The Salvation Army of Petoskey

2350 Mitchell Park Dr.  
Petoskey, MI 49770  
231.347.3531



Emergency financial assistance for utilities, rent, shelter and more.

## TrueNorth Community Services

6308 S. Warner Ave.  
Fremont, MI 49412  
231.924.0641



emPower is a program of TrueNorth Community Services that assists with heat and energy needs for income eligible households. Income eligibility is determined by Michigan Department of Health and Human Services' State Emergency Relief. Visit MI.gov for State Emergency Relief Application. Please call or visit our website for more information.

## United States Department of Veterans Affairs

2782 S. Otsego Ave.  
Gaylord, MI 49735  
989.732.7525



HUD-Veteran Affairs Supportive Housing (HUD-VASH) Social workers are available to assist and link veterans to housing services for homeless veterans.

## Women's Resource Center of Northern Michigan, Inc.

2225 Summit Park Dr.  
Petoskey, MI 49770  
231.347.0067  
231.347.0082



Obtaining safe housing and the economic resources needed to maintain safety are major obstacles for women and their family members impacted by domestic abuse. The Safe Home provides a secure, caring and supportive place for survivors to heal from the emotional and physical pain of domestic abuse and regain control in their lives. Additionally, women and their family members utilizing Safe Home services are provided with meals and daily necessities at no cost. The Safe Home is staffed and operational 24 hours a day, 365 days a year. To learn more, call 231-347-0082.

# IMMIGRANT & MIGRANT SERVICES

## Justice and Peace Advocacy Center

P.O. Box 901  
Traverse City, MI 49685  
231.883.3782



JPAC seeks to educate and raise awareness among the general population, support solidarity projects, and provide emergency and limited social services. Our work seeks to benefit the immigrant, migrant and seasonal worker community of Northern Michigan, but also includes the low-income community at large of Northern Michigan. JPAC is currently most active in providing emergency funds and community services to migrants, promoting Fair Trade products and organizations, providing interpretation and mental health and translation services, assisting to fill out forms, making phone calls, assisting to access public, community, and medical services, visiting jails, arranging transportation to medical appointments and providing transportation and advocacy for appointments to immigration offices and the Mexican Consulate in Detroit.

## Justice for Our Neighbors Michigan

222 Cass St.  
Traverse City, MI 49684  
231.620.1100



Justice for Our Neighbors Michigan provides pro bono immigration legal services.

## The Nehemiah Project

36 Bridge St | 40 Bridge St  
Petoskey, MI 49770  
231.347.0363  
231.459.6474



We are a homeless shelter and provide emergency shelter for people experiencing homelessness. We serve men, women, and children. We also have a small food pantry that we use primarily for feeding our current guests, but also have food on hand that we can give to community members in need.

We are able to accommodate immigrants and migrants at our shelter. If you need assistance obtaining a green card or workforce documents, we can connect you to local organizations in the area.



# NATIVE AMERICAN SERVICES

## Emmet County MSU Extension

3434 Harbor-Petoskey Rd., Ste. D  
Harbor Springs, MI 49740  
231.248.1770



MSU Extension staff collaborate with Michigan Tribal Nations to create, deliver and evaluate relevant educational programs with and for American Indians and their families throughout Michigan. Examples include The Building Strong Sovereign Nations: Anishinaabek Leadership for Seven Generations, 4-H Citizenship Academy, Good Governance training, youth programming, community garden programming, and community food programming.

## Grand Traverse Band of Ottawa and Chippewa Indians

2605 N. West Bay Shore Dr.  
Peshawbestown, MI 49682  
866.534.7750  
231.534.7750



**Charlevoix Satellite Office**  
10085 Wa-Ba-Noong Mi-Kun  
East Jordan, MI 49727  
231.536.0024

We, the Tribal Council of the Grand Traverse Band of Ottawa & Chippewa Indians, a Sovereign Nation, honor our ancestors and strive to empower the wellbeing of our present and future members. Our ultimate goal is to advance our Nation into an era of increased governmental vigilance that promotes and protects our culture, sovereignty, health, education, treaty rights, natural resources and financial stability.

## Inter-Tribal Council of Michigan

906.632.6896



The Inter-Tribal Council of Michigan offers access to maternal and early childhood resources to support the health of mothers and young children. Services include prenatal care, home visits, parenting education, developmental screenings, referrals, and community events. The goal is to promote healthy pregnancies and positive early childhood development.

## Little Traverse Bay Bands of Odawa Indians

7500 Odawa Circle  
Harbor Springs, MI 49740  
231.242.1400



On Sept. 21, 1994, the Little Traverse Bay Bands of Odawa Indians (LTBB) was federally reaffirmed with the signing of Public Law 103-324. The Tribe is governed by a nine member Tribal Council who serve staggered terms. The Tribe has over 4,000 members with a large number living within Charlevoix and Emmet Counties. The largest communities within the reservation boundaries are Petoskey, Harbor Springs, and Charlevoix. We provide a wide-range of services to tribal members in our area. Please visit our website for a complete listing.

## Michigan Department of Health and Human Services

2229 Summit Park Dr.  
Petoskey, MI 49770  
231.348.1600



Native American Outreach Program offers assistance to Native American individuals and families needing help with referrals, transportation and advocacy. The Native American Outreach Worker also provides cultural support and awareness to our communities.

## Michigan Indian Legal Services

814 S. Garfield Ave., Ste. A  
Traverse City, MI 49686  
231. 947.0122



The mission of Michigan Indian Legal Services (MILS) is to improve the lives of Native American peoples, families, and communities through legal assistance and advocacy at no charge for those who are income-eligible for services. MILS is a specialized law office that serves the unique legal needs of the members of the native communities in Michigan to protect families and cultural practices, secure fundamental rights and access to basic needs, and challenge policies and practices that are harmful to our clients and client communities.

## Miigwech, Inc.

3676 Kee Wad Noong Circle  
Harbor Springs, MI 49740



We are a non-profit that supports Tribal Sovereignty as Indigenous Peoples. We see the value in everyone and, while we prioritize the needs of our Indigenous brothers and sisters, we want to better our entire community. We work continuously to push forward to achieve Mino-Bimaadiziwin (The Good Life). A long life free from illness and other misfortune; a life of longevity and wellbeing; a connected, good, and honest life; social solidarity accomplished through compassionate acts of giving. Our Doula initiative provides technical assistance to any rural Indigenous providers by walking them through registering with the state of Michigan and helping them navigate the spaces of Medicaid reimbursement. In addition, we advocate for policy change that brings back the birthing ceremony and postpartum care to our community. Miigwech, Inc. is also working with the Attorney General's office to create an official MMIW Task force for the State of Michigan. Visit our website for more details and resources.

## The Noonni Project

673 Auditorium Rd.  
East Lansing, MI 48824  
231.642.0114



Breastfeeding is important for maternal and infant health by providing physiological and psychological short-term and long-term benefits. This project aims to train community Indigenous Breastfeeding Counselors and local health care providers in breastfeeding best practices, who will thereby teach families and community members about breastfeeding in a culturally appropriate way that meets the health and social needs of tribal communities in MI.

## Northern Community Mediation

2202 Mitchell Park Dr., Ste. 4  
Petoskey, MI 49770  
231.487.1771



NCM works with the tribe in helping their members resolve conflicts.

## Women's Resource Center of Northern Michigan, Inc.

2225 Summit Park Dr.  
Petoskey, MI 49770  
231.347.0067  
231.347.0082



Women's Resource Center of Northern Michigan provides culturally appropriate, confidential and compassionate support, counseling, advocacy, resources and referrals to Native American individuals and families impacted by dating domestic abuse, dating abuse, sexual assault, child abuse, child sexual assault, stalking and trafficking.



### **Charlevoix County Community Foundation**

301 Water St., P.O. Box 718  
East Jordan, MI 49727  
231.536.2440



The Charlevoix County Community Foundation works to enhance the quality of life in Charlevoix County, now and for generations to come, by building permanent charitable endowments from a wide range of donors, addressing community needs through grant making, and providing leadership on matters of community concern.

### **Grand Traverse Regional Community Foundation**

800 Cottage View, Suite 1040  
Traverse City, MI 49684  
231.935.4066



Established in 1992, the Grand Traverse Regional Community Foundation invests in the people and places of Antrim, Benzie, Grand Traverse, Kalkaska, and Leelanau County. The Community Foundation strives for healthy, resilient, thriving communities for all across the region and supports this vision by serving donor partners, awarding meaningful grants and scholarships, and participating in collaborative leadership efforts on important community issues.

### **Petoskey-Harbor Springs Area Community Foundation**

1349 US-131, Ste. A  
Petoskey, MI 49770  
231.348.5820



To meet our mission of improving the quality of life for all people in Emmet County, the Petoskey-Harbor Springs Area Community Foundation connects donors with community needs, builds a permanent source of charitable funds to serve our area, addresses a broad range of community issues through innovative grant making, and champions philanthropy and active citizenship. We are a connector, partner, collaborator, and resource to fuel the power of community for the greater good.





# SUBSTANCE USE SERVICES

## 217 Recovery

945 East Eighth St., Suite B  
Traverse City, MI 49686  
231.421.1903



217 Recovery is a resource for those affected by addiction. A place for help and a place for inspiration. Without hope and inspiration recovery can seem impossible. 217 Recovery is a group of recovering addicts who promote fun in recovery. Our Recovery Coaches are here to help and support individuals on their path to recovery. They provide free personalized guidance and resources to give individuals the best chance of achieving their recovery goals.

## Addiction Treatment Services

1010 S. Garfield Ave.  
Traverse City, MI 49686  
231.346.5216



Our compassionate care and customized treatment plans meet you where you are so you can face your drug or alcohol dependencies and take control of your life — without stigma and without shame. Let's uncover your path to recovery.

If you or someone you love suffers from substance use disorder or other behavioral health issues, we can help. From acute detox and residential rehab programs to recovery homes and long-term outpatient & mental health services, we're here with the safe support you need to work through the root of your addiction and find your own recovery lifestyle.

## Al-Anon Northwest Michigan

P.O. Box 224  
Boyer City, MI 49712  
231.675.7044



Al-Anon is a supportive group for people who have a loved one with a drinking problem. They hold private meetings where members can share their experiences and receive support. Anyone who is affected by someone else's drinking can join. At Al-Anon, people learn how to cope with the challenges and find understanding and encouragement from others in similar situations.

## Alcoholics Anonymous

P.O. Box 111  
Petoskey, MI 49770  
231.348.5005



Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. A.A.'s primary purpose is to help alcoholics to achieve sobriety. Visit our website to find a meeting near you. Check out the website for meeting locations, dates, and times. A link to all district meetings can be found here: <https://bit.ly/AAdistrict13>.

## All Recovery Meeting

8084 West Old State Rd.  
Central Lake, MI 49622  
231.266.4412



All-Recovery Meeting is a peer led support group for people in recovery and/or their family members. Meetings are held on Thursdays at 7 p.m. These meetings can be attended either in person or via Zoom at <https://us06web.zoom.us/j/89836143467>.

## BASES

101 M-66  
Charlevoix, MI 49720  
231.547.1144



BASES Recovery Center is a nonprofit organization dedicated to helping individuals overcome substance abuse and addiction. We provide a range of services, including counseling, support groups, educational programs, and resources to support recovery journeys.

## Bear River Health

Admin. Office: 2329 Center St.  
Boyne Falls, MI 49713  
231.535.2822



Bear River Health offers a network of services for all stages of your recovery journey-- from withdrawal management, to separate residential centers for men and women, to multiple outpatient offices offering medically assisted treatment. Our staff consists of caring professionals working together to guide you during your recovery journey in a safe and confidential environment located in Walloon Lake.

## Catholic Human Services

829 W. Main St., Ste. C3  
Gaylord, MI 49735  
989.732.6761



Catholic Human Services (CHS) is a nonprofit organization that provides a range of human services with a Catholic perspective. They aim to support individuals and families in various aspects of their lives, offering assistance, counseling, and resources to those in need.

CHS typically offers services in areas such as adoption, foster care, counseling, behavioral health, substance abuse treatment, and support for individuals with developmental disabilities. They often work with local communities and collaborate with other organizations to address the unique needs of the people they serve.

## Community Recovery Alliance

2240 E. Mitchell Rd., Unit B  
Petoskey, MI 49770  
231.881.9116



CRA offers multiple pathway recovery meetings led by peers Monday through Friday at Noon and Tuesdays at 7pm, which are open to everyone. Check our website for updated meeting times. We offer one on one Recovery Coaching support for anyone impacted by substance misuse and co-occurring mental health concerns, including friends and family members.

We have resources to help you get into treatment, connect with the recovery community, get volunteer hours, and find community resources and support. Other programming includes services for anyone leaving incarceration or treatment and returning to their community, services for employers as part of the Michigan Recovery Friendly Workplace Initiative, and recovery-friendly community events.

Please call or email with any questions on how we can help you or someone you know.

## The Compassionate Friends

48660 Pontiac Trail, #930808  
Wixom, MI 48393  
877.969.0010



The Compassionate Friends is a national organization that helps families who have lost a child. They provide a safe community for parents, siblings, and grandparents to connect with others who understand their pain. Through local groups, online forums, and helpful resources, The Compassionate Friends offers support and guidance during the grieving process.

# SUBSTANCE USE SERVICES

## Families Against Narcotics

18900 15 Mile Rd.  
Clinton Township, MI 48035  
586.438.8500



Families Against Narcotics (FAN) is a community-based organization for those seeking recovery, those in recovery, family members affected by addiction, and community supporters. FAN seeks to change the face of addiction, dispel the stigma of addiction, and educate the community, as well as those affected by addiction.

## Harbor Hall, Inc.

704 Emmet St.  
Petoskey, MI 49720  
231.347.5511



Harbor Hall's expanded health services fill the spectrum of holistic, gender-specific, and strength based individualized therapies. Our highly qualified counselors help those struggling. Based on a core principle of family involvement, spouses, children, parents, grandparents, and even friends can receive the support they need during a loved one's journey through recovery. We offer primary care, outpatient, residential, withdrawal management, family and couples counseling, withdrawal management, forensic assessments, and behavior health services.

## Harm Reduction Michigan

1053 US-31, Ste. 3  
Petoskey, MI 49770



Harm Reduction Michigan helps people dealing with drug problems. They provide information about safe drug use, needle exchange programs, and a medication called naloxone that can save lives during opioid overdoses. The site also lists treatment centers and support groups. They host events and share personal stories to encourage others. The website promotes understanding and compassion, respecting everyone's privacy.

## Little Traverse Bay Bands of Odawa Indians

7500 Odawa Circle  
Harbor Springs, MI 49740  
231.242.1400  
231.242.6400 - Behavioral Health Phone



Services include mental health and substance use screening and assessment; individual, couple & family counseling; trauma therapy; substance use recovery counseling – individual, Wellbriety treatment groups; medication assisted treatment for opioid use disorder; adolescent program – early intervention, individual, family and group sessions; community support groups: Talking Circle, Alcoholics Anonymous.

## Michigan Tobacco Quitlink

800.784.8669



The Michigan Tobacco Quitlink is a free and confidential resource to help individuals quit smoking and tobacco products. Trained specialists provide personalized support and counseling through phone, online, and text.

## Narcotics Anonymous



NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

## National Tobacco Cessation Collaborative (NTCC)



NTCC is a helpful resource for quitting smoking and tobacco use. They offer counseling, quitlines, and online resources to support individuals in developing personalized quit plans. Access their valuable support to quit tobacco and enhance your well-being.

## NEXT Distro



In 2020 there were 2,759 identified opioid overdose deaths in the state of Michigan. If you are a person who uses drugs or if you are around people who use drugs, please consider learning how to respond to an opioid overdose and carrying naloxone (intranasal brand name: Narcan). NEXT Distro is an online and mail-based harm reduction service designed to reduce opioid overdose death, prevent injection-related disease transmission, and improve the lives of people who use drugs by providing free syringes and Naloxone via mail. In addition, they provide free HIV test kits, online trainings, and other resources.

## Nicotine Anonymous

6333 E. Mockingbi Lane, Ste. 147-817  
 Dallas, Texas 75214  
 1.877.879.6422



Nicotine Anonymous ("NicA") is a non-profit 12-step fellowship of people helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products in any form. The Fellowship offers group support and recovery using the Twelve Steps and Twelve Traditions, as adapted from Alcoholics Anonymous to achieve abstinence from nicotine.

## Northern Michigan Regional Entity

1999 Walden Dr.  
 Gaylord, MI 49735  
 800.834.3393  
 231.487.9144



The Northern Michigan Regional Entity (NMRE) is one of ten Prepaid Inpatient Health Plans (PIHPs) in Michigan for Medicaid's behavioral health services. NMRE covers 21 counties in northern Lower Michigan, managing funding and support for mental health, intellectual disability, and substance use disorder services. Jointly owned by five Member Community Mental Health Services Programs (CMHSPs), NMRE provides essential care and resources for individuals in need.

## Northern Michigan Substance Abuse Service (NMSAS) Recovery Center

2136 West M-32  
 Gaylord, MI 49735  
 989.732.1791



NMSAS Recovery Center is a nonprofit 501 (c) organization dedicated to providing opportunities for individuals to discover and strengthen their recovery path from alcohol and other drug addiction. We support and serve individuals, families, and communities through our treatment services and peer recovery support services. We offer counseling, case management, care coordination, medical services, and peer recovery supports.

# SUBSTANCE USE SERVICES

## Secular A.A.



Our mission is to assure suffering alcoholics that they can find sobriety in Alcoholics Anonymous without having to accept anyone else's beliefs or deny their own. Secular AA does not endorse or oppose any form of religion or belief system and operates in accordance with the Third Tradition of the Alcoholics Anonymous Program: "the only requirement for A.A. membership is a desire to stop drinking."

Meetings are held Sunday at 7 p.m. via Zoom.  
Zoom ID: 998 2088 4881  
Password: sober

## Smokefree.gov



Smokefree.gov is a resource to quit smoking and achieve a smoke-free life. It provides personalized quit plans and support to overcome tobacco addiction. Take control of your health with Smokefree.gov and quit smoking successfully.

## Substance Abuse and Mental Health Services Administration (SAMHSA)

5600 Fishers Lane  
Rockville, MD 20857  
877.726.4727  
800.662.4357



SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

**FINN  
I QUIT**



# SUPPORT GROUPS

## Addiction Treatment Services

1010 S. Garfield Ave.  
Traverse City, MI 49686  
231.346.5216



Our compassionate care and customized treatment plans meet you where you are so you can face your drug or alcohol dependencies and take control of your life — without stigma and without shame. Let's uncover your path to recovery.

If you or someone you love suffers from substance use disorder or other behavioral health issues, we can help. From acute detox and residential rehab programs to recovery homes and long-term outpatient & mental health services, we're here with the safe support you need to work through the root of your addiction and find your own recovery lifestyle.

## Al-Anon Northwest Michigan

P.O. Box 224  
Boyne City, MI 49712  
231.675.7044



Al-Anon is a supportive group for people who have a loved one with a drinking problem. They hold private meetings where members can share their experiences and receive support. Anyone who is affected by someone else's drinking can join. At Al-Anon, people learn how to cope with the challenges and find understanding and encouragement from others in similar situations.

## Alcoholics Anonymous

P.O. Box 111  
Petoskey, MI 49770  
231.348.5005



Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. A.A.'s primary purpose is to help alcoholics to achieve sobriety. Visit our website to find a meeting near you. Check out the website for meeting locations, dates, and times. A link to all district meetings can be found here: <https://bit.ly/AAdistrict13>.

## All Recovery Meeting

884 West Old State Rd.  
Central Lake, MI 49622  
231.266.4412



All-Recovery Meeting is a peer led support group for people in recovery and/or their family members. Meetings are held on Thursdays at 7 p.m. These meetings can be attended either in person or via Zoom at <https://us06web.zoom.us/j/89836143467>.

## American Red Cross

735 Garfield Ave., Ste. B100  
Traverse City, MI 49686  
231.947.7286  
231.499.4104



Our Service to Armed Forces division provides counseling and support groups to military members and the families of deployed service men and women.

## Baby in Heaven



Baby in Heaven is a website that offers support and resources for individuals and families who have experienced the loss of a baby. They provide articles, personal stories, and a supportive community to help navigate the grieving process and find comfort in honoring and remembering their baby.

## BASES

101 M-66  
Charlevoix, MI 49720  
231.547.1144



BASES Recovery Center is a nonprofit organization dedicated to helping individuals overcome substance abuse and addiction. We provide a range of services, including counseling, support groups, educational programs, and resources to support recovery journeys.

## Bear River Health

Admin. Office: 2329 Center St.  
Boyne Falls, MI 49713  
231.535.2822



Bear River Health offers substance use disorder recovery services on a private, tranquil, five acre campus in beautiful Walloon Lake. We provide a network of services for all stages of your recovery journey--from withdrawal management, to separate residential centers for men and women, to multiple outpatient offices offering medically assisted treatment. Our staff consists of caring professionals working together to guide you during your recovery journey in a safe and confidential environment located in northern Lower Michigan.

## Breanna's Ride

P.O. Box 66  
Alanson, MI 49706  
231.342.7051  
231.622.3658  
231.881.7248



Do you need counseling and can't afford it or don't have insurance. We may be able to assist you? Breanna's Ride is a non-profit organization. We help with financial assistance for counseling and therapy services; as well as bring suicide prevention and suicide loss resources to our communities. Our Mission is to reduce suicide through prevention education and to assist and empower those in crisis.

## Charlevoix Alano Club

106 Mason St.  
Charlevoix, MI 49720  
231.675.9184



Serenity House - Alano Club of Charlevoix provides meeting space for self-help groups to meet 13 times per week in-person and over 20 meetings per week electronically through Zoom. Click on the "Find A Meeting" button at [CharlevoixAlano.org](http://CharlevoixAlano.org) to see what meetings are available.

# SUPPORT GROUPS

## Community Recovery Alliance

2240 E. Mitchell Rd., Unit B  
Petoskey, MI 49770  
231.881.9116



CRA offers multiple pathway recovery meetings led by peers Monday through Friday at Noon and Tuesdays at 7pm, which are open to everyone. Meetings include SMART Recovery, Dharma Recovery, Life Ring, Trauma and SUD Recovery (based on Seeking Safety), and more.

Check our website for our meeting list, as well comprehensive list of meetings held throughout Northern Michigan and online, including AA/NA, multiple pathway, friends and family meetings, etc.

We also offer one on one Recovery Coaching support for anyone impacted by substance misuse and co-occurring mental health concerns, including friends and family members.

## Cross of Christ Lutheran Church

1450 East Mitchell  
Petoskey, MI 49770  
231.487.9445



We connect people with appropriate help, spiritual support, and we can do a visitation.

## DivorceCare

800.489.7778



For people separated, divorced, or a long-term relationship breakup. DivorceCare is a 13-week support group and recovery program for people facing the pain and challenges of a separation, divorce, or long-term relationship breakup. Each meeting features a video seminar with practical advice, direction, and wisdom from counselors and from people who've been through it, plus a small-group support and discussion time. See the website, [divorcecare.org](http://divorcecare.org), for information on local and online groups.

## First Candle

21 Locust Ave., Ste. 2B  
New Canaan, CT 06840  
203.966.1300



First Candle is committed to the elimination of SIDS and other sleep-related infant deaths through education, while providing support for grieving families who have suffered a loss.

## Friendship Centers of Emmet County

1322 Anderson Rd.  
Petoskey, MI 49770  
231.347.3211



Support Groups offered at Friendship Centers of Emmet County include Alzheimer's Disease/Dementia on the 2nd Wednesday of each month at 2:00 p.m., Parkinson's Support Group on the 4th Wednesday at 2:00 p.m., Caregiver Support Group on the 4th Thursday at 1:30 p.m., and Diabetes Support Group on the 2nd Monday of each month at 10:00 a.m. We also offer a Veteran's Coffee & Donut Hour every Thursday at 10:00 a.m. All groups take place at the Petoskey Friendship Center, 1322 Anderson Rd.



## GriefShare

800.395.5755



GriefShare is a 13-week grief support group program for people grieving the death of a loved one. Each meeting features a video seminar with practical advice, direction, and wisdom from counselors and from people who've been through it, plus a small-group support and discussion time. See the website, [griefshare.org](http://griefshare.org), for information on local and online groups.

## The Haven Pregnancy & Family Resource Center of Northern Michigan

423 Porter Street  
Petoskey, MI 49770  
231.348.3388



The Pregnancy Care Center offers teen mom support groups through a partnership with YoungLives, pregnancy & infant loss support groups, post abortion support as well as referrals to many other local support groups in the community.

## Hilary Lake Healing Arts

1053 North US-31  
Petoskey, MI 49770  
248.410.0798



Hilary Lake Healing Arts offers group grief classes and a healing circle and sound bath every other week at Yoga Roots Petoskey.

## Hospice of Michigan

201 State St., Ste. 7  
Charlevoix, MI 49720  
888.247.5701



Hospice of Michigan, located in Charlevoix, offers service in Antrim, Charlevoix, Cheboygan and Emmet counties. As the largest hospice provider in Michigan, we offer comprehensive, compassionate care for people at the end of life as well as support for their families

## Kiersten's Ride

04316 Cosier Rd.  
East Jordan, MI 49727  
231.675.5047



You can be supported by peers after a loss to suicide, no matter where you are in that journey. This group is for those 17 and older. Suicide Loss Support Group meets in East Jordan the second Tuesday of each month from 6:30-8pm at East Jordan United Methodist Church, 201 Fourth St. East Jordan.



# SUPPORT GROUPS

## Lacasa Center

1920 Tooley Road  
Howell, MI 48855  
517.777.8005



LACASA Center protects, supports, and empowers survivors of child abuse, domestic violence, and sexual violence. They promote interpersonal safety through education and prevention programs.

## McLaren Northern Michigan

416 Connable Ave.  
Petoskey, MI 49770  
800.248.6777  
231.487.4000



An array of health-based support groups are offered for patients, family members, and the general community. Call for more information.

## Little Traverse Bay Bands of Odawa Indians

7500 Odawa Circle  
Harbor Springs, MI 49740  
231.242.1400  
231.242.6400 - Behavioral Health Phone



Services include mental health and substance use screening and assessment; individual, couple & family counseling; trauma therapy; substance use recovery counseling – individual, Wellbriety treatment groups; medication assisted treatment for opioid use disorder; adolescent program – early intervention, individual, family and group sessions; community support groups: Talking Circle, Alcoholics Anonymous.

## Michigan Department of Health and Human Services

2229 Summit Park Dr.  
Petoskey, MI 49770  
231.348.1600



Foster parent and kinship care support groups are available through the child welfare licensing team.

## La Leche League of Traverse City

8088 S West Bay Shore Dr.  
Traverse City, MI 49684  
231.642.7564 | 810.247.4894



We give support to breastfeeding families. We offer information and resources that can be used and shared with providers regarding the latest breastfeeding information.

## Narcotics Anonymous



NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

## Nicotine Anonymous

6333 E. Mockingbi Lane, Ste. 147-817  
Dallas, Texas 75214  
1.877.879.6422



Nicotine Anonymous ("NicA") is a non-profit 12-step fellowship of people helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products in any form. The Fellowship offers group support and recovery using the Twelve Steps and Twelve Traditions, as adapted from Alcoholics Anonymous to achieve abstinence from nicotine.

## Northern Michigan Substance Abuse Service (NMSAS) Recovery Center

2136 West M-32  
Gaylord, MI 49735  
989.732.1791



NMSAS Recovery Center is a nonprofit 501 (c) organization dedicated to providing opportunities for individuals to discover and strengthen their recovery path from alcohol and other drug addiction. We support and serve individuals, families, and communities through our treatment services and peer recovery support services. We offer counseling, case management, care coordination, medical services, and peer recovery supports.

## Northern Michigan Autism Association

500 Madison St., Ste. 3  
Petoskey, MI 49770  
231.330.5757



Through in-person meetings, virtual meetings, and a private Facebook group, our families share information, resources, and encouragement. We also provide support at IEP and related meetings for those interested. Periodic social gatherings are held to further foster connections and reduce isolation.

## The Northern Michigan Central Office

3291 Racquet Club Dr., Unit B  
Traverse City, MI 49684  
231.946.8823



The Northern Michigan Central Office acts as a communications hub within the local recovery community. If you need information regarding 12 step groups, including Al-Anon, we can provide information, meeting schedules, literature, and support.

## Northern Michigan Regional Entity

1999 Walden Dr.  
Gaylord MI 49735  
800.834.3393  
231.487.9144



The NMRE is one of 10 Prepaid Inpatient Health Plans in the state of Michigan to manage the behavioral health services for people enrolled in Medicaid. We provide mental health services and supports to individuals with a mental health diagnosis or an intellectual disability. The NMRE also manages and coordinates prevention, treatment, and recovery support services for individuals with substance disorders.

# SUPPORT GROUPS

## Now I Lay Me Down To Sleep

P.O. Box 621669  
Littleton, CO 80162  
720.283.3339



Now I Lay Me Down To Sleep provides free professional photography services to parents who have experienced the loss of a baby. Volunteer photographers capture intimate moments between parents and their babies, creating beautiful black and white portraits as a lasting memory.

## Patriot Place

1430 Patriot Dr.  
Gaylord, MI 49735  
989.448.2260



The Patriot Place has a recovery coach on staff to help veterans remain sober.

## Post Adoption Resource Center of Northern Michigan

1055 Carriage Hill Dr., Ste. 2  
Traverse City, MI 49686  
231.995.0870



The Post Adoption Resource Center hosts support groups for foster and adoptive families.

## ProMedica Hospice

4000 Eastern Sky Dr., Ste. 2  
Traverse City, MI 49684  
231.935.3089



We provide Grief Support Groups.

## Return to Zero H.O.P.E.



Return To Zero: H.O.P.E. is a national nonprofit organization that supports parents who have experienced the loss of a pregnancy or infant. They collaborate with healthcare providers to improve care, host healing retreats for parents, and provide educational materials and online communities for support.

## Ronon's Place

8119 M68  
Indian River, MI 49749  
231.203.2098



Ronon's Place is a non-profit that aims to provide compassionate care to those struggling with depression, anxiety, suicide, domestic abuse, PTSD, and other mental health conditions. We aim to give hope to those who have none, to empower those who feel powerless, and to listen without judgment. We strive to show the love of Christ to all those who are seeking help.

## The Salvation Army of Petoskey

2350 Mitchell Park Dr.  
Petoskey, MI 49770  
231.347.3531



Addiction Recovery Support Meetings - Alcoholics Anonymous(AA)/Narcotics Anonymous(NA)

## Secular A.A.



Our mission is to assure suffering alcoholics that they can find sobriety in Alcoholics Anonymous without having to accept anyone else's beliefs or deny their own. Secular AA does not endorse or oppose any form of religion or belief system and operates in accordance with the Third Tradition of the Alcoholics Anonymous Program: "the only requirement for A.A. membership is a desire to stop drinking."

Meetings are held Sunday at 7 p.m. via Zoom.  
Zoom ID: 998 2088 4881  
Password: sober

## SHARE: Pregnancy and Infant Loss Support, Inc.

1600 Heritage Landing, Ste. 109  
St. Peters, MO 63303  
800.821.6819



Share is a supportive community for those grieving the loss of a baby. We offer companionship, phone support, group meetings, resources, and memorial events. Find comfort and support with us during this difficult time.

## Still Birthday

P.O. Box 101  
Kearney, MO 64060  
816.343.4615



Stillbirthday.com is a website that provides resources and support for families experiencing pregnancy loss, stillbirth, or neonatal death. It offers information on grief and healing, practical tools, and a directory of support services. Whether you're a parent, family member, or caregiver, you can find guidance and comfort on Stillbirthday.com.

## United States Department of Veterans Affairs

2782 S. Otsego Avenue  
Gaylord, MI 49735  
989.732.7525



Support groups covering Post Traumatic Stress Disorder (PTSD), Military Sexual Trauma, Recovery Groups, and Substance Use Disorder.

## Women's Resource Center of Northern Michigan, Inc.

2225 Summit Park Dr.  
Petoskey, MI 49770  
231.347.0082  
231.347.0067



In person and virtual support groups for individuals impacted by domestic abuse and sexual assault are available. To learn more, call (231) 347-0082.

## What's Your Grief



What's Your Grief is a website that provides resources, support, and education for individuals experiencing grief. They offer practical information, online courses, a grief podcast, and a supportive community to help people navigate the challenges of loss and grief.

# TRANSPORTATION SERVICES

## Alcona Health Center

421 Stimpson Dr. Unit#102  
Pellston, MI 49769  
231.844.305  
231.627.7118



Alcona Health Center provides patients with a Community Health Worker that can assist them with transportation needs. This person contacts insurance companies to help arrange rides to and from appointments.

## Antrim County Transportation

4700 S. M-88 Hwy  
P.O. Box 120  
Bellaire, MI 49615  
231.533.8644  
231.590.0024



Let our professional drivers get you there on time! We offer door-to-door service within Antrim County. Just call our dispatchers!

## Charlevoix County Transit

1050 Brockway St.  
Boyer City, MI 49712  
231.582.6900



Charlevoix County Transit provides safe, affordable and friendly demand-response public transportation for Charlevoix County residents. Call (231) 582-6900 to schedule a ride.

## Charlevoix County Veterans Affairs

13513 Division Ave.  
Charlevoix, MI 49720  
231.547.7220  
231.459.9718



We provide free transportation to veterans, their spouses or caregivers and or surviving spouses to and from medical appointments as needed to make pharmacy or grocery runs. 4 round trips are provided monthly.

## Friendship Centers of Emmet County

1322 Anderson Rd.  
Petoskey, MI 49770  
231.347.3211



Transportation Service is available to those age 60 and over and those of any age with a verified disability. Call 231-348-3425 between 8:00 a.m. to 4:30 p.m. Monday through Friday to schedule a ride. It is recommended that you call a week in advance to schedule rides for medical or work appointments. Call one day ahead to schedule a ride for shopping. Limit the number of grocery bags to 8 per trip. Call three days in advance to ride the bus from the North Route or the Harbor Springs Route.



## Michigan Department of Health and Human Services

2229 Summit Park Dr.  
Petoskey, MI 49770  
231.348.1600



Emergency gas cards and bus passes can be obtained within eligibility guidelines. Non-Emergency Medical Transportation can be arranged for individuals who have Medicaid and are not on a managed health care plan.

## Saint Vincent de Paul

150 Main St  
Harbor Springs, MI 49740  
231.526.2017



We assist with items such as vehicle repair, tires, insurance and other transportation related needs.

## The Salvation Army of Petoskey

2350 Mitchell Park Dr.  
Petoskey, MI 49770  
231.347.3531



Transportation for seniors from local low-income apartments to social events, for meal deliveries, for children to BAC after school, and to activities for local addiction recovery centers.

## Straits Regional Ride

521 Stempky St.  
Cheboygan, MI 49721  
866.731.1204  
231.597.9262



Straights Regional Ride (SRR) provides transportation services Monday through Friday with established routes in Cheboygan, Emmet, and Presque Isle Counties. Dispatch is available 6 a.m. to 5 p.m. to book your ride. Dial-a-ride services provided within a 5 mile radius of city center for Cheboygan and Petoskey. Fee based on mileage traveled, 1/2 fare for Seniors and persons who qualify for special services.

## United States Department of Veterans Affairs

2782 S. Otsego Ave.  
Gaylord, MI 49735  
989.732.7525



Veterans who are enrolled in VA services and who meet criteria can be reimbursed for the travel to VA appointments.

# VETERAN SERVICES

## American Legion Posts

The American Legion was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to mutual helpfulness. It is the nation's largest wartime veterans service organization, committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow service members and veterans.

### American Legion Post 194

455 Bay St.  
Petoskey, MI 49770  
231.881.9014



### American Legion Post 226

P.O. Box 534  
Charlevoix, MI 49720



### American Legion Post 227

305 E. Main St.  
East Jordan, MI 49727  
231.536.9217



### American Legion Post 228

302 S. Lake St.  
Boyne City, MI 49712  
231.582.7811



### American Legion Post 281

101 E. 3rd St.  
Harbor Springs, MI 49740  
231.526.2551



### American Legion Post 488

9284 Main St.  
P.O. Box 72  
Ellsworth, MI 49729  
231.526.2551



## American Red Cross

735 Garfield Ave., Ste. B100  
Traverse City, MI 49686  
231.947.7286  
231.499.4104



Our Service to Armed Forces division provides support to military families, veterans, and those who are currently deployed.

## AMVets Post #6986

1804 S Michigan Hwy. N.  
Central Lake, MI 49622  
601.467.0681

We are a veteran service organization that provides services to other veterans in need. We also offer low cost hall (with kitchen) rentals to veterans and their family members.

## Antrim County Veteran's Affairs

203 E. Cayuga St.  
P.O. Box 1049  
Bellaire, MI 49615  
231.533.8499



We assist veterans, their dependents, and survivors in obtaining county, state, and federal benefits.

## Beaver Island Rural Health Center

37304 Kings Highway  
Charlevoix, MI 49720  
231.448.2275



Beaver Island Rural Health Center offers emergency & urgent care, assessment and treatment, primary care, dental care, immunizations, labs and diagnostic work, men's health, preventative care, women's health, family care office procedures, and pediatric care. We also partner with the VA to offer medical services to veterans.

## Brave Hearts Estates

4171 Ely Rd.  
Pellston, MI 49769  
231.539.7111



This 238-acre veterans retreat serves as a place for veterans and their families to relax and enjoy time away in a country setting. We provide home cooked meals and bed and breakfast style lodging that is completely free. The main house has 7 bedrooms, a dining room, family room, living room, and large fully equipped kitchen and laundry room. We are wheelchair accessible on the main floor. A full-time caretaker/manager will be on site 24/7 to support vets and their families.

## Charlevoix County Veterans Affairs

13513 Division Ave.  
Charlevoix, MI 49720  
231.547.7220  
231.459.9718



The Charlevoix County Veterans Affairs office performs accredited veterans claim and other administrative services work. We first advise and consult veterans and their dependents on benefits available under federal, state, and local laws. We then assist in the completion and submission of required forms, as well as obtaining necessary legal documents, and medical evidence.

## Emmet County Veterans Affairs

3434 M-119, Ste. E  
Harbor Springs, MI 49740  
231.348.1780



The Emmet County Veterans Affairs offers free assistance in applying for veterans benefits such as VA healthcare, VA disability, VA Pensions, and the GI Bill.

## Friendship Centers of Emmet County

1322 Anderson Rd.  
Petoskey, MI 49770  
231.347.3211



We offer a Veteran's Coffee and Donut Hour every Thursday morning from 10:00 to 11:00 a.m. at the Petoskey Friendship Center. The group is open to Veterans of all ages. Enjoy coffee, donuts courtesy of Johan's Bakery, and fellowship.

## Little Traverse Bay Bands of Odawa Indians

7500 Odawa Circle  
Harbor Springs, MI 49740  
231.242.1400



The Veteran Liaison Office will assist tribal veterans with veteran health administration, veteran benefit administration and national cemetery administration enrollment process. If you require assistance please contact the Direct Services Administrator at 231.242.1421.

## Northern Community Mediation

2202 Mitchell Park Dr., Ste. 4  
Petoskey, MI 49770  
231.487.1771



NCM provides free mediation services to all American veterans past and present, as well as the other parties involved in a dispute.

# VETERAN SERVICES

## Navy Corpsman Steve Andrews Department of Veterans Affairs Health Care Clinic

2782 S. Otsego Ave.  
Gaylord, MI 49735  
989.497.2500  
Ext. 13560 (Main Line),  
Ext. 11959 (Mental Health)



Our outpatient clinic provides primary care and specialty health services, including mental health services, treatment for post-traumatic stress disorder (PTSD), women's health services, laboratory services, and more.

## Northwest Michigan Community Action Agency (NMCAA)

2240 Mitchell Park Dr., Unit A  
Petoskey, MI 49770  
231.347.9070



NMCAA provides Supportive Services for Veteran Families (SSVF), a rental assistance program for qualifying veteran households. SSVF comes with supports like housing-based case management and healthcare navigation for veterans experiencing homelessness or at-risk of homelessness. Call NMCAA Coordinated Entry Central Intake 1.844.900.0500 or email [homeless@nmcaa.net](mailto:homeless@nmcaa.net)

## Northwest Michigan Habitat for Humanity

1840 M-119  
Petoskey, MI 49770  
231.348.6926



Through the Veteran Housing Repair & Modification Pilot, veterans receive additional financial assistance on critical home repairs and accessibility modifications.

## Patriot Place

1430 Patriot Dr.  
Gaylord, MI 49735  
989.448.2260



Patriot Place is Northern Michigan's only Veterans transitional housing community for male Veterans experiencing homelessness. At Patriot Place, veterans receive support and stability before moving to permanent housing.

The Patriot Place community is specifically designed for Veterans. Residents stay for up to 24 months where they can get on-site support including help with accessing benefits, dealing with health and legal issues, obtaining documents like birth certificates, gaining employment, and finding permanent housing.

## Pfc. Justin T. Paton Department of Veterans Affairs Clinic

5739 Highway M-68  
Indian River, MI 49749  
989.497.2500  
Ext. 13560 (Main Line), Ext. 11959 (Mental Health)



Our outpatient clinic provides primary care and specialty health services, including mental health services, audiology (hearing loss and balance), treatment for post-traumatic stress disorder (PTSD), tele-health services, and more.

## United States Department of Veterans Affairs

2782 S. Otsego Ave.  
Gaylord, MI 49735  
989.732.7525



All services are exclusively for Veterans.



