ABORTION ALTERNATIVES INFORMATION / PREGNANCY AID OF SAGINAW
728 N. Michigan Saginaw 48602

PHONE: (989) 754-0091
HOURS: Monday-Friday 12:00 PM – 3:00 PM
Wednesday 6:00 PM – 8:00 PM

Crisis pregnancy center offering free pregnancy testing, emergency formula, baby food, diapers, infant/toddler/maternity clothing, confidential volunteer counseling and referrals, post-abortion support groups, and speakers bureau.

ADOPTION ASSOCIATES, INC.
4901 Towne Center – Suite 235 Saginaw 48604

PHONE: (989) 497-5437
FAX: (989) 497-0294

Assists in planning adoption for birth mothers and adoptive parents. Provides legal assistance, support groups.

ALETA E. LUTZ CARE CENTER
1500 Weiss Saginaw MI 48602

PHONE: (989) 497-2500

Must be a veteran to receive services or treatment. Also can refer to inpatient substance abuse programs within the VA system.

AMERICAN RED CROSS
1232 N. Michigan Saginaw 48602

PHONE: (989) 754-8181
FAX: (989) 754-8333
HOURS: Monday-Friday 8:30 AM – 4:30 PM

Provides relief to victims of disasters (flood, fire, tornadoes, etc.) and helps people prevent, prepare for, and respond to, emergencies. Disaster services include shelter, food, clothing, short-term counseling, advocacy, information and referral. Health and safety services include baby sitter training, blood borne pathogens education, first aid classes, CPR training and water safety.
ANIMAL CONTROL  
1312 Gratiot Ave. Saginaw MI 48602  
PHONE: (989) 797-4500  
FAX: (989) 797-4509  
HOURS: Monday-Friday 8:00 AM – 4:00 PM  
Pet adoption, lost pet reports, stray animals, animal complaints, animal bite reporting.

ARC SERVICES (a division of Saginaw Valley Rehabilitation Center (SVRC))  
919 Veterans Memorial Parkway Saginaw 48601  
PHONE: (989) 752-6104  
FAX: (989) 752-3111  
HOURS: Monday-Friday 8:00 AM – 4:30 PM  
Offered to individuals and families with developmental disabilities.

BABY PANTRY (See Old Town Baby Pantry)

BASIS – BAY AREA SOCIAL INTERVENTION SERVICES, INC.  
515 Adams Bay City  
PHONE: (989) 894-2991  
1-800-727-2527  
HOURS: Monday-Thursday 8:00 AM – 9:00 PM  
Friday 8:00 AM – 5:00 PM  
Agency dedicated to helping people living with HIV/AIDS maintain independence and strong quality of life. Services include case management, advocacy, support groups, counseling, housing and emergency assistance. Anonymous, free HIV testing.

BIG BROTHERS / BIG SISTERS  
1910 Fordney Saginaw 48601  
PHONE: (989) 755-6558  
FAX: (989) 755-1808  
Recruits men and women volunteers for one-to-one friendship and guidance relationships with boys and girls age 5-18 years.
BIRTH THROUGH 5 (School District of the City of Saginaw)
1903 N. Niagara  Saginaw 48602
See also MSU Extension Birth-Five for Saginaw County outside of City of Saginaw.

PHONE: (989) 399-6850
HOURS: Monday–Friday  8:00 AM – 4:30 PM (School year)
      Monday–Thursday  7:30 AM – 5:00 PM (Summer)

Supports families with children, birth through 5 years, who live within the Saginaw city limits. Educates on child development, encourages learning activities, home visits, newsletter, parent support groups, playgroups. Also helps with community resources, Proud Fathers-Proud Parents Program parenting classes.

BRIDGEPORT COMMUNITY CHURCH - Bridgeport Area Food Pantry
3821 State St.  Bridgeport MI 48722

PHONE: (989) 777-1840
HOURS: Monday-Friday  8:00 AM – 1:00 PM

For Bridgeport/Spaulding residents. Non-perishable food at pantry and shopper assigned for fresh food. Requires income and address verification. Must call first. Assistance once every 6 months.

CAER (Chesaning Area Emergency Relief)
218 Church St  Chesaning 48616

PHONE: (989) 845-6212
HOURS: Mon., Wed., Thur., Fri.  9:30 AM – 11:30 AM

Emergency food assistance for residents of Chesaning/St. Charles area. Call first. Assistance once every 6 weeks.

CATHOLIC FAMILY SERVICES
710 N. Michigan  Saginaw 48602

PHONE: (989) 753-8446  FAX: (989) 753-2582
HOURS: Monday–Thursday  8:30 AM – 8:00 PM
      Friday  8:30 AM – 5:00 PM

Outpatient mental health counseling for individuals and families of all ages and faiths. Divorce, family violence, and marriage counseling. Adoption and problem pregnancy counseling. Services to victims of child abuse. Foster care placement and supervision. Fees based on sliding scale according to family income. Most major insurances accepted.
CHILD ABUSE AND NEGLECT (CAN) COUNCIL OF SAGINAW COUNTY
1311 N. Michigan  Saginaw 48602

PHONE:  (989) 752-7226
FAX:  (989) 752-2777

PARENT HELP LINE:  24/7   1-800-942-4357
HOURS:  Monday-Friday   8:00 AM – 5:00 PM

Dedicated to the prevention of child abuse and neglect through education and public awareness. Offers a variety of training to professionals and children, free of charge, in Saginaw County. CASA (Court Appointed Special Advocate) voluntary program. It offers information and resources free of charge. Children’s Advocacy Center coordinates investigative efforts in a child-friendly environment including medical examination intended to reduce trauma for children and families where sexual abuse is suspected or has occurred. Proud Fathers – Proud Family Program and parenting classes are offered and Baby Think It Over Program.

CHILD AND FAMILY SERVICES OF SAGINAW COUNTY
2806 Davenport  Saginaw 48602

PHONE:  (989) 790-7500
FAX:  (989) 790-8037

HOURS:  Monday-Thursday   8:00 AM – 6:00 PM
        Friday   8:00 AM – 4:00 PM

Outpatient individual family, couple and group counseling. Full range of agency-assisted and attorney-assisted adoption services. Substance abuse screening, assessment and referral. Services for victims of sexual assault and their families, comprehensive employee assistance program. Sliding fee scale, most major insurances accepted.

CITIZENS FOR BETTER CARE
6722 E. Curtis Rd.  Suite 2   Bridgeport 48722

PHONE:  1-800-284-0046
HOURS:  Monday-Friday   9:00 AM – 5:00 PM

A state-wide consumer advocacy organization concerned with improving the quality of long-term care facilities and services; with protecting the rights of older persons, and others with disabilities requiring long term care services.

CITY RESCUE MISSION OF SAGINAW
1021 Burt St.  Saginaw 48601    P.O. Box 548  Saginaw 48606-0548

PHONE:  (989) 752-6051
FAX:  (989) 752-1748
Temporary shelter for women, men, and children who are homeless. Meals, clothing, referral provided. Food basket assistance.

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<th>COMMISSION ON AGING</th>
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<td>2355 Schust Saginaw 48603</td>
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PHONE: (989) 797-6880  
FAX: (989) 797-6882  
HOURS: Monday-Friday 8:00 AM – 5:00 PM

Provides case management to seniors living in their own home to promote safety and independence, Meals on Wheels, senior centers, Foster Grandparent Program in schools, support for grandparents raising grandchildren, caregiver support.

<table>
<thead>
<tr>
<th>COMMUNITY PRESCRIPTION ASSISTANCE PROGRAM</th>
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Assistance/counseling regarding prescription medication. Must have current prescription/refills available to help fill prescription. Help offered to uninsured or those with multiple, or expensive, medications or no prescription coverage.

CRxSP  
St. Mary’s of Michigan  
Holden Street Annex  
401 Holden St. – Saginaw 48601  
Phone: (989) 907-5602  
Fax: (989) 907-5603  
Hours: Mon., Tues., Thur., Fri.  
9:30 AM – 3:30 PM  
Closed Wednesday

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<tr>
<th>CONSUMERS ENERGY</th>
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<tr>
<td>2400 Weiss Saginaw 48603</td>
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PHONE: 1-800-477-5050

To report emergency power outages, downed power lines, carbon monoxide poisoning/testing, low income assistance.

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<tr>
<th>COVENANT HEALTHCARE SYSTEM</th>
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PHONE: (989) 583-0000  
HOURS: 24/7

Parent company of two hospitals, 20 outpatient facilities, including walk-in urgent care clinics and associated physician offices.

Harrison Campus - 1447 N. Harrison - Saginaw 48602  
Phone: (989) 583-4084  
Maternity, Labor, Delivery, Pediatrics
Cooper Campus – 700 Cooper Ave. – Saginaw 48602  
Phone: (989) 583-7080  
Cardiac, emergency care, wound care center

Houghton Campus - 1000 Houghton - Saginaw 48602  
Phone: (989) 583-6800  
Laboratory Services

Irving Campus - 500 Irving Ave. - Saginaw 48602  
Phone: (989) 583-6130  
Outpatient Services, occupational health.

Mackinaw Campus - 5400 Mackinaw Rd. - Saginaw 48603  
Phone: (989) 583-5000  
Labs, X-Ray, Outpatient Surgery, Physical/Occupational Therapy, Diabetes Self-Care Management.

Michigan Campus - 515 N. Michigan - Saginaw 48602  
Phone: (989) 583-2701  
Inpatient Rehabilitation, Transitional Care, Physical/Occupational Therapy, Sleep Disorder Center.

Childbirth Education  
Phone: (989) 583-4501  
1-888-771-8898

Physician Referral  
Phone: 1-866-268-3626

Breastfeeding Support  
Phone: (989) 583-4429  
1-888-848-2229

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**COVENANT MED-EXPRESS**  
5462 State St. Saginaw 48603

PHONE: (989) 583-0100

HOURS: 7 Days per Week  
Holiday Hours 9:00 AM – 9:00 PM

9:00 AM – 3:00 PM

Walk-in urgent care services. Un-insured – minimum charge for new patient = $91.00. Repeat patient = $78.00. Payment in some part (preferably half) is due at time of services and can be billed for the remainder. Accepts straight Medicaid and Health Plus Medicaid. Sports physicals $30.00 (cash).

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**COVENANT MED-EXPRESS**  
600 N. Main  Frankenmuth 48734

PHONE: (989) 652-1320

HOURS: 7 Days per Week  
Holiday Hours 9:00 AM – 9:00 PM

9:00 AM – 3:00 PM
Walk-in urgent care services. Un-insured – minimum charge for new patient = $91.00. Repeat patient = $78.00. Payment in some part (preferably half) is due at time of services and can be billed for the remainder. Accepts straight Medicaid and Health Plus Medicaid. Sports physicals $30.00 (cash).

**COVENANT VISITING NURSE ASSOCIATION**

and

**COVENANT VISITING NURSE ASSOCIATION HOSPICE CARE**

500 S. Hamilton  Saginaw 48602

PHONE:  (989) 799-6020 OR 1-800-862-4968
FAX:  (989) 799-6062
HOURS:  Monday-Friday  8:00 AM – 4:30 PM

Skilled nursing, IV therapy, occupational and speech therapy, physical therapy, cardiac recovery program, maternal-child program, mental health nursing, medical social work, home health aides, and nutritional counseling. Home medical supplies.

Hospice services include skilled nursing, pain and symptom control, home health aides, volunteer assistance, spiritual support, medical social work, emotional guidance, nutritional counseling, and bereavement support.

**DAVENPORT UNIVERSITY**

**SAGINAW CAMPUS – 5300 Bay Rd.  Saginaw 48604**

PHONE:  (989) 799-7800
1-800-968-8133
FAX:  (989) 799-9696

Offers courses and degree problems in the areas of business, technology, and health professions. On campus or on-line courses leading to diploma, associate, or undergraduate degrees, MBA program.

**DELTA COLLEGE**

**1961 Delta Rd.  University Center 48710**

PHONE:  (989) 686-9000

Offers a wide variety of associate degree programs, certifications, and other continuing education opportunities to the Tri-City community.

**Delta College**

**Dental Hygiene Program**

**Phone:  (989) 686-9469 (during school year)**

Provides dental examinations and cleaning of teeth, fluoride treatment. Care provided by dental hygiene students at low cost.

**DEPARTMENT OF HUMAN SERVICES (DHS)**
## DOT CARING CENTER
3190 Hallmark Court  Saginaw 48603

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<th>Service</th>
<th>Phone Numbers</th>
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<tbody>
<tr>
<td>PHONE: (989) 790-3366</td>
<td>FAX: (989) 790-5027</td>
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<tr>
<td>HOURS: Monday-Friday 8:00 AM – 8:00 PM</td>
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Offers outpatient substance abuse counseling to individuals and families.

## EASTER SEALS
1401 N Michigan  Saginaw 48602

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<tr>
<th>Service</th>
<th>Phone Numbers</th>
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<tr>
<td>PHONE: (989) 753-4773 (800) 757-3257</td>
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<td>HOURS: Monday-Friday 8:30 AM – 5:00 PM</td>
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For handicapped persons. Summer speech therapy, year round or after school speech therapy, senior citizen activity program, summer camps for children with disabilities.

## EMERSON HOUSE  (Also see Hospitality House)
604 Emerson  Saginaw 48601

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<tr>
<th>Service</th>
<th>Phone Numbers</th>
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<tr>
<td>PHONE: (989) 907-8986</td>
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<tr>
<td>FEE:  $15.00 PER PERSON PER DAY</td>
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Lodging for relatives of patients receiving treatment at one of the Saginaw hospitals, who live more than 20 miles outside of the Saginaw area. Must be over the age of 14. Two
guests per patient allowed. Meals and laundry available.

**EMMAUS HOUSE**  
755 S. 14th Saginaw 48601  
PHONE: (989) 755-7538  
HOURS: Monday-Friday 9:00 AM – 5:00 PM  
Provides a Christian, family-like home for women coming from jail, prison, or rehab. Support and guidance, networking in developing goals and life plans.

**ETC - EDUCATION & TRAINING CONNECTION**  
310 Johnson 2nd Floor Saginaw 48607  
PHONE: (989) 753-2376  
FAX: (989) 753-2595  
Provides GED preparation and testing center.

**FIRST WARD COMMUNITY CENTER**  
1410 N. 12th St. Saginaw 48601  
PHONE: (989) 753-0411  
FAX: (989) 753-0360  
HOURS: Office Monday-Friday 8:00 AM – 5:00 PM  
Center Monday-Friday 7:00 AM – 8:00 PM  
Assists families and individuals to achieve a greater degree of self-sufficiency. Programs include:  
- Substance Abuse Services for Youth  
- Recreation - Summer and after school - ages 6-17 years  
- Emergency Food Assistance  
- Comprehensive Youth Services  
- Food Program: Meals 11:30-12:30 PM Monday through Friday  
- After school program  
- Parenting Education and Support Services

**GLEANING FOR JESUS**  
517 N. Hamilton Saginaw 48602  
PHONE: (989) 754-6706  
HOURS: Tuesday-Thursday 11:00 AM – 1:00 PM  
Anti-poverty program. Provides essential household items and appliances, resulting from public donations. Must call first to make an appointment.
GOOD NEIGHBORS MISSION  
1318 Cherry  Saginaw 48606

PHONE:  (989) 753-7694
HOURS:  Monday-Friday   9:00 AM – 5:00 PM (Office)
Client Walk-In hours  11:00 AM – 2:30 PM

Assistance with emergency food needs, household goods, clothing.

HEAD START  
3200 Perkins  Saginaw 48601

PHONE:  (989) 752-2193
FAX:  (989) 921-7146
HOURS:  Monday-Friday   8:00 AM – 5:00 PM

Education for low-income preschoolers and social services for parents.

HEALTH DELIVERY, INC  
501 Lapeer – Saginaw 48601

PHONE:  (989) 759-6400  Administrative offices

Janes Street Academic Community Health Center  
1522 Janes - Saginaw 48607  
Phone:  (989) 755-0316  
Provides healthcare for the entire family and an array of specialty services. They offer family practice medicine, laboratory, x-ray, women’s health/mammography, WIC, mental health counseling, obstetrics and gynecology, and minor surgery. Transportation may be available by calling (989) 755-2053

Roosevelt Ruffin Community Health Center - 229 Gallagher - Saginaw 48601  
Phone:  (989) 755-3619  
Provides health care for the entire family. Services include family practice medicine, immunizations, family planning/Plan First services, and pharmacy assistance. Transportation may be available by calling (989) 755-2053

Wadsworth Dental Center  -  2308 Wadsworth - Saginaw 48601  
Phone:  (989) 754-7771  
Provides dental care for the entire family. Services include preventative dental care (cleaning, x-rays, exams), family dentistry (fillings, extractions, crowns, dentures), and emergency dental services for toothaches and dental infections. Transportation may be available by calling (989) 755-2053. Medicaid is accepted.

David R. Gamez Community Health Center – 501 Lapeer – Saginaw 48601
Phone: (989) 753-6000
Provides health care for the entire family. Services include family practice medicine, immunizations, family planning/Plan First services, pharmacy assistance, radiology by referral, and emergency/acute care. Transportation may be available by calling (989) 755-2053.

Bridgeport Community Health Center – 6297 Dixie Hwy. – Saginaw 48601
Phone: (989) 777-2151
Provides health care for the entire family. Services include family practice medicine, immunizations, family planning/Plan First services, pharmacy assistance, radiology by referral, emergency/acute care. Transportation may be available by calling (989) 755-2053.

Hearth Home – 732 Hoyt St. – Saginaw 48601
Phone: (989) 753-9011
Hearth Home provides HIV/AIDS support group meetings, confidential HIV counseling and testing, risk reduction counseling, group counseling, contraceptives, educational materials, a food pantry, and miscellaneous teen programs to anyone in need.

“Smiles Are Everywhere” School Based Dental Program/Migrant Dental Program – 501 Lapeer – Saginaw 48601
Phone: (989) 759-6432
HDI offers a school based dental program that travels to elementary schools. This oral health program utilizes our mobile dental units (buses) and portable equipment to provide exams, x-rays, cleanings, fluoride treatments, and sealants to students at each school. Utilizing these mobile units also is a Seasonal Mobile Dental Team that provides seasonal dental care to migrant and seasonal farm workers and their family throughout lower Michigan during the summer.

Transportation to HDI Clinics
Phone: (989) 792-8751 (requires 24 hour notice prior to appointment)

**HEALTHSOURCE**
3340 Hospital Rd  Saginaw 48603

PHONE: (989) 790-7700
Provides special programs in chemical dependency, mental health (adolescent and adult), medical rehabilitation, and long-term care. In-patient and outpatient care.

Chemical Dependency Unit (989) 790-7750
Rehabilitation (989) 790-7835
White Pine Psychiatric (989) 790-7745
Extended Care Center (989) 790-7879
CHESANING CLINIC
Rehman Health Center    147 S. Saginaw
2nd and 4th Tuesday 10:00 AM – 1:00 PM

HANCOCK CLINIC
Saginaw Community Mental Health Authority    500 Hancock
1st and 3rd Thursday 1:00 PM – 3:00 PM

NASEAU CLINIC
Hunger Solution Center    940 E. Genesee
Every Wednesday 9:00 AM – 12:00 Noon

OLD TOWNE CLINIC
Master’s Court Ministries    600 Dearborn
Every Saturday 11:00 AM – 1:00 PM

Assists residents of Saginaw County who are uninsured, underinsured or homeless in obtaining healthcare. Provides a variety of services. Anderson Eye mobile unit.

HEMLOCK UNITED METHODIST CHURCH
Corner of M-46 and Maple    Hemlock 48626
PHONE: (989) 642-5932
HOURS: Mon., Wed., Fri. 9:00 AM – 11:00 AM
Emergency food assistance for residents of Hemlock/Merrill area. Call first.

HOLY CROSS CHILDREN’S SERVICES (St. Vincent’s Home)
925 N. River Rd    Saginaw 48603
PHONE: (989) 781-2780
FAX: (989) 781-7152
HOURS: Monday-Friday 8:00 AM – 4:00 PM
In-home crisis intervention and family education program. Deals with child and family therapy. Residential treatment program for male or female adolescents (age 12-17) at St. Vincent’s Home.

HOSPITALITY HOUSE  (See also Emerson House)
479 Shattuck    Saginaw 48604
PHONE: (989) 752-8473
FAX: (989) 752-2769
FEE: $10.00 PER DAY PER PERSON
HOURS: 24/7 (No admissions after 10:00 PM.)

Lodging for relatives of patients receiving treatment at one of the Saginaw hospitals, who live more than 20 miles outside of the Saginaw area. Must be over the age of 14. Two guests per patient allowed. Meals and laundry available.

**HUNGER SOLUTION CENTER**
**940 E. Genesee  Saginaw 48601**

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<tr>
<th>HOURS:</th>
<th>(989) 755-3663</th>
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<td>FAX:</td>
<td>(989) 755-0238</td>
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**HOURS:** Monday-Friday

- 11:00 AM – 11:20 AM Meals Served
- 11:50 AM – 12:20 PM Meals Served

Hot nutritious noon meal served (at no cost) to anyone in need.

**INNERLINK**
**1110 Howard  Saginaw 48601**

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<tr>
<th>PHONE:</th>
<th>(989) 753-3431</th>
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<tr>
<td>FAX:</td>
<td>(989) 752-5178</td>
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**HOURS:** 24/7

Temporary shelter facility for 10-17 year old runaways.

**INSIGHT RECOVERY CENTER**
**3216 Christy Way   Suite 5    Saginaw 48603**

| PHONE:   | (989) 792-0150 |

Accepts most insurances. Offers treatment for substance abuse and mental health services.

**JEANINE CAULLIER HOUSE**
**721 E. Holland (at Howard St.)   Saginaw 48601**

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<tr>
<th>PHONE:</th>
<th>(989) 755-5867</th>
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**HOURS:** 7 Days Per Week

- 9:00 AM – 9:00 PM

A temporary home to women and their minor children who need shelter. Guests pay no fee, but share in the work of the house.

**KAIROS HEALTH CARE (2 Locations)**
HOURS: Monday-Friday  8:00 AM – 5:00 PM (Office)

1321 S. Fayette  Saginaw 48602
Adult male/female
Phone:  (989) 792-8000

6379 Dixie Highway  Bridgeport 48722
Adolescent male/female (11-18 years)
Phone:  (989) 777-4357


LATOYA’S HEALTH EDUCATION
1000 Brockway  Saginaw 48602

PHONE:  (989) 797-4602
FAX:  (989) 797-4604

Educational preparation in technical health training, e.g. certified nursing assistant, phlebotomy technician, medication technician, EKG technician, licensed practical nurse.

LEGAL SERVICES OF EASTERN MICHIGAN
320 S. Washington  3rd Floor  Saginaw 48607

PHONE:  (989) 755-4465
1-800-322-4512
FAX:  (989) 755-2161
HOURS:  Monday  9:00 AM – 7:00 PM
       Tuesday-Friday  9:00 AM – 5:00 PM

SERVICE AREA:  Saginaw, Bay and Arenac Counties

Provides free legal assistance to clients who meet certain income and residency requirements for civil disputes. (No assistance for criminal or traffic violations.)

MICHIGAN CHILDCARE CENTER INC.
280 S. Main  Freeland 48623

PHONE:  (989) 695-2151
FAX:  (989) 695-5488
HOURS:  Monday-Friday  6:00 AM – 6:30 PM

Non-profit agency with 6 full service daycare centers in the Tri-county area, serving children two weeks to 12 years of age. State funded school readiness program.

MICHIGAN COMMUNITY BLOOD CENTERS
Supplier of blood/blood products to area hospitals. For information on donating blood, or becoming a volunteer, call numbers above.

**MICHIGAN REHABILITATION SERVICES**  
614 Johnson  Saginaw 48607

PHONE: (989) 758-1771  
FAX: (989) 758-1871  
HOURS: Monday-Friday  8:00 AM – 5:00 PM

Vocational rehabilitation services for Saginaw County residents who have been severely disabled to obtain and maintain employment. Services range from initial consultation, appropriate medical/psychological/vocational assessments, vocational counseling, job training, physical restoration services, service coordination with other agencies, accommodation services. Other services are available if applicant is eligible and appropriate. Generally no cost to client. Client must have a disability that causes substantial problems in becoming employed and who needs the agency’s services to prepare for finding a job.

**MICHIGAN STATE UNIVERSITY EXTENSION**  
1 Tuscola – Suite 100 Saginaw 48607

PHONE: (989) 758-2500  
FAX: (989) 758-2509  
HOURS: Monday-Friday  8:00 AM – 5:00 PM

Educates and helps people to identify problems and find solutions to improve homes, families, and businesses. Identification of plants and insects.

**Birth Through 5 Program**  
Child development learning activities and community resources. For all children age birth through 5 years "outside of Saginaw city limits".

**Breastfeeding**
Provides peer counseling, education and support to women who choose to breastfeed.

**Diabetes Health**
Education and support to persons with diabetes.

**Family Nutrition Program**
Educates families on cost effective tips for purchasing, preparation and budgeting food dollars.

**4-H Programs**
Character development for youth.

**MICHIGAN WORKS!**
Administrative Office: 1600 N. Michigan Saginaw 48602

PHONE: (989) 754-1144  
FAX: (989) 754-1439

HOURS: Monday-Friday 8:00 AM – 5:00 PM

Helps businesses in the tri-county area and job seekers identify employment related problems and offer solutions. Work First Program for Medicaid recipients.

**SERVICE CENTERS IN SAGINAW COUNTY**
Hours Monday-Friday 8:00 AM – 5:00 PM

614 Johnson  (989) 776-1511  
3875 Bay Rd  (989) 249-5232  
102 W. Belle – St. Charles  (989) 865-2477

**MILLET LEARNING CENTER**
3660 Southfield Saginaw 48601

PHONE: (989) 777-2520  
FAX: (989) 399-7479

HOURS: Monday-Friday 7:00 AM – 4:00 PM (School year)  
7:00 AM – 3:30 PM (Summer)

School for children with special needs aged 2 years through 26 years. Special needs clinic.

**MUSTARD SEED HOUSE**
1325 Cherry Saginaw 48601

PHONE: (989) 755-4741

Temporary housing for women and their minor children who need shelter. Guests pay no fee but share in the work of the house.

**NEIGHBORHOOD HOUSE - LUTHERAN SOCIAL SERVICES OF MICHIGAN**
**3145 Russell  Saginaw 48601**

PHONE:  (989) 752-5805  
FAX:  

HOURS:  Monday-Friday  8:00 AM – 5:00 PM  

Education/recreation agency that deals specifically with the family as related to education, recreation, and family problems. Serves a nutritious meal through the soup kitchen. Provides after-school activities and substance abuse prevention. Refers clients to local agencies for needed services.

**NEIGHBORHOOD RENEWAL SERVICES**  
**427 Atwater  Saginaw 48601**

PHONE:  (989) 753-4900  
FAX:  (989) 753-8545  

HOURS:  Monday-Friday  8:00 AM – 5:00 PM  

Rental housing units, home buyer assistance, and credit counseling.

**ODYSSEY HOUSE**  
**127 N. Weadock  Saginaw 48607**

PHONE:  (989) 754-8598  
FAX:  (989) 754-5154  

HOURS:  24/7  

Long-term residential psychiatric treatment facility for pregnant and postpartum women (age 18 or older) with substance abuse problems. Twelve-month intensive outpatient program. Daycare services available.

**OLD TOWN BABY PANTRY**  
**600 Gratiot  Saginaw 48602**

PHONE:  (989) 249-8696  

HOURS:  M-W-F  10:00 AM – 4:00 PM to call for appointment.  
Wednesday  By Appointment Only  

Provides assistance with baby items, clothing, food and pregnancy education.
OLD TOWN SOUP KITCHEN – Old Town Christian Outreach
Master’s Court Ministries
600 Dearborn (at S. Harrison) Saginaw 48602

HOURS: Saturday Serving at Noon

Food and clothing distribution, sack lunch available on Saturdays. Walk-in, no restrictions or requirements to qualify.

PARENT RESOURCE CENTER (City of Saginaw school system)
1903 N. Niagara Saginaw 48602

PHONE: (989) 399-6900
HOURS: Monday-Friday 8:00 AM – 4:30 PM

Major goal is to offer coordinated, improved, and simplified access to parent services for families living in the City of Saginaw. The staff will provide information, counseling, training, personal growth and community involvement opportunities.

PARTNERSHIP CENTER
122 S. Hamilton Saginaw 48602

PHONE: (989) 249-4290
FAX: (989) 249-4296

St. Vincent de Paul Thrift Store – 793-9585

HOURS: Monday-Friday 8:30 AM – 5:00 PM

Provides assistance with emergency utility services, essential household items and appliances, and infant furniture and clothing, if available.

PLANNED PARENTHOOD OF EAST CENTRAL MICHIGAN
2650 McLeod Dr North Saginaw 48603

PHONE: (989) 249-7736
FAX: (989) 249-8616

Birth control, family planning, medical services including: OB/GYN referrals, pregnancy testing/counseling, all accepted methods of birth control, library on family planning and reproduction, sexually transmitted infection screening, sterilization, HIV testing, sex education and infertility support group. Complete confidentiality. Accepts Medicaid, Blue Cross, and Plan First.

POISON CONTROL CENTER – Children’s Hospital of Michigan

PHONE: 1-800-222-1222

HOURS: 24/7
24 hour telephone service for first aid advice in the event of poisoning.

**PREGNANCY COUNSELING CENTER**
**1803 N. Michigan  Saginaw 48602**

PHONE:  (989) 752-7664

Assists with baby clothing, diapers, pregnancy testing and counseling.

**PREVENTION AND YOUTH SERVICES**
**1226 N. Michigan  Saginaw 48602**

PHONE:  (989) 755-0937  
FAX:  (989) 755-0152  

HOURS:  Monday-Friday  9:00 AM – 5:00 PM (Office)

Substance abuse prevention services for schools and community groups, families, children and adolescents. Education and support groups.

**PROBATE COURT JUVENILE DIVISION**
**3360 Hospital Rd  Saginaw 48603**

PHONE:  (989) 799-2821  

HOURS:  Monday-Friday  8:00 AM – 5:00 PM

Trial court has exclusive jurisdiction over minor children, ages 10-16 years. Cases heard in court involve criminal delinquency, abuse/neglect, adoption, traffic cases, and parental waiver of abortion and limited guardianships.

**PROJECT FIND**
**1903 N. Niagara  Saginaw 48602**

PHONE:  (989) 399-6916  
FAX:  (989) 399-6905  

HOURS:  Monday-Friday  8:00 AM – 4:00 PM

Receive requests for screening and evaluation of persons from birth to 26 years for special education services. Performs evaluations on children birth-five years old with suspected developmental delays.

**REFUGE CENTER MINISTRIES**
**1017 S. Franklin  Saginaw 48602**

PHONE:  (989) 753-2320
Provides low-income citizens with assistance in emergency food, pastoral counseling, parenting and vocational education. **Must have referral.**

**RESTORATION COMMUNITY OUTREACH**
1205 Norman  Saginaw 48601

PHONE:  (989) 753-1886  
FAX: (989) 753-2880  
HOURS: Monday-Friday  8:00 AM – 5:00 PM (Office)

Programs include substance abuse prevention and treatment services, crisis intervention and counseling. Emergency, transitional, and long-term housing for homeless males.

**ROSS MEDICAL EDUCATION CENTER**
4054 Bay Rd.  Saginaw 48603

PHONE:  (989) 793-9800  
HOURS: Monday-Friday  9:00 AM – 4:00 PM

Provides education and training programs in allied health care careers such as medical assistant.

**SAFE HAVEN**
621 S. Fayette  Saginaw 48602

PHONE:  (989) 921-7233  
HOURS: Monday-Friday  9:00 AM – 4:00 PM

Emergency shelter for adults, women with children. **Also Safe Haven Thrift Store at 614 Gratiot – Saginaw 48603 for low cost household items.**

**SAGINAW COMMUNITY MENTAL HEALTH AUTHORITY**
500 Hancock  Saginaw 48602

PHONE:  (989) 797-3400 Non-emergency / general information  
FAX: (989) 799-0206  
HOURS: Monday-Friday  8:00 AM – 5:00 PM

**24 HOUR CRISIS HOT LINE** 1-800-233-0022 or (989) 792-9732

ACCESS CENTER:  (989) 797-3559 (Central intake number for any mental health concerns)  
HOURS: Monday-Friday  8:30 AM – 4:30 PM

Adult outpatient clinic, crisis intervention. Family services unit.
SAGINAW COMMUNITY SERVICES - SEVENTH DAY ADVENTIST CHURCH
2755 N. Center  Saginaw 48603

EMERGENCY COMMUNITY SERVICES
PHONE: (989) 799-9118  Wednesday Only 9:00 AM – 1:00 PM

Assist low-income families with food, clothing, household goods, appliances, layettes and baby formula.  **Must have referral.**

SAGINAW COUNTY COMMUNITY ACTION COMMITTEE
2824 Perkins  Saginaw 48601

PHONE: (989) 753-7741

HOURS: Monday-Friday  8:00 AM – 5:00 PM

Food and nutrition program.  Distribution of USDA surplus commodities to those meeting 130% to 160% of poverty index guidelines.  Senior citizen outreach, utility assistance, minor home repair and weatherization, income tax assistance.

SAGINAW COUNTY BOYS AND GIRLS CLUB INC
907 E. Remington  Saginaw 48601

PHONE: (989) 399-4681

HOURS: Monday-Friday  3:00 PM – 9:00 PM – Call for summer hours.
Saturday  10:00 AM – 5:00 PM

Objective is to enhance quality of life for children, age 6-17 years.  Emphasis on impoverished, at-risk, children.  All children are welcome.  Membership is $5.00 per year and may be waived for families who cannot afford to pay.

SAGINAW COUNTY DEPARTMENT OF PUBLIC HEALTH
1600 N. Michigan  Saginaw 48602

PHONE: (989) 758-3800

HOURS: Monday-Friday  8:00 AM – 5:00 PM

Administrative Services  Phone: (989) 758-3820

Children's Special Health Care Services  Phone: (989) 758-3845
Supplemental state program that covers expenses (medical, supplies, and equipment) for children birth through 21, with long-term or chronic medical conditions.  Able to assist with referrals to specialists and case management.

Communicable Disease and Tuberculosis  Phone: (989) 758-3885
Hepatitis titers, communicable disease control and management, TB testing and follow-up,
physician referrals. Animal bite follow-up referral.

**Community Resource Nurse**  Phone: (989) 758-3675
Call for information on any healthcare problem or concern. Referrals made, walk-in services daily 8:30AM to 11:30 AM and 12:30 PM to 4:00 PM.

**Dental Services**  Phone: (989) 758-3835
Cleaning, fluoride treatments, dental education, and referral for school age children. Preschool checkups available.

**Early-On Services**  Phone: (989) 758-3806
Services provided at no charge include: screening, evaluation/assessment, service coordination and development of an individualized family service plan for children birth-3 years with any established medical condition or risk for developmental delay.

**Environmental Health Services**  Phone: (989) 758-3830
Onsite inspections of septic systems, daycare sites and food service establishments. Lead hazard remediation, consultation on indoor air issues (asbestos, mold, and radon). Food safety education and food and water borne illness investigations.

**Healthy Start "Great Beginnings"**  Phone: (989) 758-3850  Toll Free: (866) 449-2229
Professionals and advocates provide home visits to pregnant women and children under 2 years old to assist with transportation, health issues, parenting education, support, and community referrals.

**Health Promotion and Communication**  Phone: (989) 758-3805
Pamphlets and educational materials on a variety of health topics. Arrange for health fairs, speakers from SC DHCP and media events.

**Hearing and Vision**  Phone: (989) 758-3890
Free hearing and vision screening for children, preschool through 12th grade. Call for appointment.

**Immunization Program**  Phone: (989) 758-3840
Offers required vaccines for all Saginaw County children, birth through 18 years, who qualify. Adult immunizations, hepatitis B, flu, pneumococcal. School immunization review. Accepts Medicaid, Blue Care Network, and Health Plus insurances. Call for clinic hours and insurance eligibility.

<table>
<thead>
<tr>
<th>SATELLITE CLINIC LOCATIONS</th>
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<tbody>
<tr>
<td><strong>BIRCH RUN</strong>  Edward McNamara Health Center 8425 Main St. Birch Run 48415 Phone: (989) 624-9664</td>
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22
<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>CHESANING</td>
<td>Rehmann Health Center 147 S. Saginaw Chesaning 48616</td>
<td>(989) 845-3911</td>
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<tr>
<td>FRANKENMUTH</td>
<td>Covenant HealthCare Building 600 N. Main St. Frankenmuth 48734</td>
<td>(989) 758-3840</td>
</tr>
<tr>
<td>FREELAND</td>
<td>Zion Lutheran Church Powley Dr. &amp; Seventh Ave. Freeland 48623</td>
<td>(989) 758-3840</td>
</tr>
<tr>
<td>HEMLOCK</td>
<td>West Saginaw County Health Center 529 W. Saginaw St. Hemlock 48624</td>
<td>(989) 758-3840</td>
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<tr>
<td>SAGINAW</td>
<td>Houghton-Jones/SENA Resource Center 1708 Johnson Saginaw 48601</td>
<td>(989) 758-3840</td>
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<tr>
<td>ST. CHARLES</td>
<td>St. Charles Health Center 120 N. Vine St. St. Charles 48655</td>
<td>(989) 865-9400</td>
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**Laboratory Services**  Phone: (989) 758-3825
Anonymous drug analysis program, specimen collection for paternity testing, water testing, STD analysis, and pregnancy testing for verification.

**Lead Prevention**  Phone: (989) 758-3842
Home intervention visits for families with lead exposure for home assessment and education.

**Maternal and Infant Health Program (MIHP)**  Phone: (989) 758-3850
Offers a multidisciplinary team consisting of a dietician, social worker, and public health nurses to assist high-risk clients on Medicaid. This service provides support, health education, and referrals to high-risk pregnant women and infants up to 1 year of age, in the home setting.

**Personal Health Center**

**Family Planning/Refills**  Phone: (989) 758-3870

**Sexually Transmitted Disease Clinic**  Phone: (989) 758-3880
Sexually Transmitted Disease Testing and Treatment (male and females), Condom distribution, Anonymous HIV Testing and Counseling.
Saginaw Health Plan Phone: (989) 758-3855
Health plan for adults, 19 - 64 yr. that do not have Medicaid or another health insurance and meet the financial limits. Plan assists with cost of doctors visits and prescriptions

SIDS/Grief Counseling Phone: (989) 758-3842
Home visits and/or counseling for families who have lost a child.

TAPS (Treatment and Prevention Services) Phone: (989) 758-3781
Saginaw County substance abuse services offers direct access and qualified providers to provide initial screens, assessment, treatment and follow-up services to all clients seeking treatment. FYI – Family Youth Initiative – prevention program.

WIC Phone: (989) 758-3733
Supplemental food program for women, infants and children. Provides supplemental food to eligible pregnant and breastfeeding women, infants and children (birth to age 5). Nutritional counseling by nutritionists and registered dietitians. Nutrition counseling at every visit. Information on breastfeeding.

SAGINAW COUNTY PARKS AND RECREATION COMMISSION
111 S. Michigan  LL012  Saginaw 48602
PHONE:  (989) 790-5280
FAX:  (989) 790-5284

Currently manages 6 regional parks, including the Saginaw Valley Rail Trail. Other parks include Immerman Park, Veterans Memorial Park, Price Nature Center, Ringwood Forest and Wm. Haithco Recreation Center. Programs for adults and children. Many free or low cost to participants.

SAGINAW COUNTY VICTIM ASSISTANCE COORDINATOR
111 S. Michigan  Saginaw 48602
PHONE:  (989) 790-5561 (Prosecutor’s Office)

Assistance for victims of a crime. May include certain rights or compensation.

SAGINAW HABITAT FOR HUMANITY
315 W. Holland Ave.  Saginaw 48601
PHONE:  (989) 753-5200

An affiliate of Habitat for Humanity International. Builds houses using primarily volunteer labor and some donated materials. Sells the houses at no profit and with no interest loans to carefully selected low-income families in need of housing.
SAGINAW HABITAT RE-STORE STORE
315 W. Holland Ave.  Saginaw 48601

PHONE:  (989) 754-9435
HOURS:  Monday-Saturday   9:00 Am – 4:30 PM

Saginaw redistribution program.  Collaborative group of local agencies with a shared
mission to help those in need.  This program creates a single point of contact for donors of
household and home improvement items, while also diverting usable goods from the landfill.

SAGINAW HOUSING COMMISSION
1803 Norman  Saginaw 48601
PO Box 3225  Saginaw 48605

PHONE:  (989) 755-8183
FAX:  (989) 754-3139
HOURS:  Monday-Friday   8:00 AM – 5:00 PM

Subsidized housing for families, seniors, handicapped and disabled.  Eligibility and rent are
based on income.

SAGINAW PUBLIC LIBRARYS

Hoyt Library - 505 Janes St. - Saginaw 48607
Phone: (989) 755-0904

For community and reference information  (989) 755-9832
For Children's Service  (989) 755-9826

Butman-Fish Library – 1716 Hancock – Saginaw 48602
Phone: (989) 799-9160

Wickes Branch Library – 1713 Hess – Saginaw 48601
Phone: (989) 752-3821

Zauel Memorial Library – 3100 N. Center – Saginaw 48603
Phone: (989) 799-2771

SAGINAW TRANSIT AUTHORITY REGIONAL SERVICES (STARS)
615 Johnson  Saginaw 48607

PHONE:  (989) 907-4000  Scheduling Information
(989) 753-9527  Dial-A-Ride (Lift Bus)
(989) 753-5859  TDD Access
FAX:  (989) 753-0144
Routes run Monday thru Saturday throughout most of Metro Saginaw between the hours of 6:00 AM and 6:00 PM. The lift bus (Dial A Ride) is available from 6:00 AM thru 6:00 PM Monday - Friday and 8:00 AM thru 5:00 PM on Saturdays.

**SAGINAW VALLEY REGIONAL COMMUNITY COORDINATED CHILD CARE (4C’s)**
5560 Gratiot – Suite B – Saginaw 48638

PHONE: (989) 497-0680
FAX: (989) 497-0685

Childcare referrals using computerized database of licensed or registered childcare centers, pre-schools, family and group daycare, in Arenac, Bay, Midland, and Saginaw counties.

**SAGINAW VALLEY STATE UNIVERSITY**
7400 Bay Rd University Center 48710-0001

PHONE: (989) 964-4000

Offers more than 80 programs leading to bachelors, masters and specialists degrees.

**ST. MARYS OF MICHIGAN**

Hospital with many specialty programs including neurological, cancer, heart, burn and trauma/rehabilitation, diabetes self management.

**Medical Center**
800 S. Washington Saginaw 48601
Phone: (989) 907-8000

**Emergency Department**
Phone: (989) 907-8200

**Towne Center Location**
4599 Towne Center Saginaw 48604
Phone: (989) 497-3000
Ambulatory surgery, emergency care center, pain clinic, sleep disorder clinic.

**Field Neurosciences Institute**
4677 Towne Center Saginaw 48604
Phone: (989) 497-3117

**St. Mary’s of Michigan Physician Referral**
Phone: 1-800-786-2797

**ST PAUL’S EPISCOPAL CHURCH**
720 Tuscola Saginaw 48607

PHONE: (989) 755-3449
Food Pantry
Hours: Monday-Thursday 10:30 AM – 3:00 PM
Must have an emergency need and a referral from an agency or another church.

Bag Lunches
Hours: Mon., Wed., Thurs. 2:00 PM – 3:00 PM

Hot Lunches
Hours: Sundays 1:00 PM – 2:00 PM

SS. PETER AND PAUL CATHOLIC CHURCH
4735 W. Michigan  Saginaw 48638

PHONE: (989) 799-5448
FOOD PANTRY HOURS: Tuesday and Thursday 1:00 PM – 2:45 PM
A satellite of Good Neighbors Mission. No referral required, but must bring valid ID and documentation for each family member. Services once every 3 months.

SALVATION ARMY
2030 N Carolina  Saginaw 48602

PHONE: (989) 793-8371
FAX: (989) 793-9978
HOURS: Monday-Friday 8:30 AM-12:00 Noon 12:30 PM – 4:00 PM
Offering emergency food, prescription assistance, baby formula, diapers, utility bill assistance. Each service may be limited or have its own criteria.

SYNERGY GENERATIONS FAMILY CARE (Family Practice)
1575 Tittabawassee  Suite 1  Saginaw 48604

PHONE: (989) 583-6800
Medical clinics. Specializes in complete family care. Call for appointment. Accepts various insurances, Medicaid, sliding scale for uninsured.

SYNERGY MEDICAL EDUCATION ALLIANCE
1000 Houghton  Saginaw 48602

PHONE: (989) 583-6800
HOURS: Monday-Friday 9:00 AM – 5:00 PM
Medical clinics, Information Resource Department and medical education for area physicians. OB, internal medicine, endocrine, surgery, AGES – Senior Health Care, homecare physicians. Accepts various insurances, Medicaid, sliding scale for uninsured.
TEEN CHALLENGE (MID-MICHIGAN TEEN CHALLENGE, INC)
818 S. Michigan  Saginaw 48602

PHONE:  (989) 249-8818

A Christian centered residential program for men and women, age 18-55 years, with problems of substance abuse.

TEEN PARENT SERVICES OF SAGINAW COUNTY
1630 Gratiot Saginaw 48602

PHONE:  (989) 792-6789
HOURS:  Monday-Friday 8:30 AM – 5:30 PM

Teen Parent provides a comprehensive continuum of care services for teenage parents. Services include: outreach, assessment, home visitation, transportation, 24-hour crisis intervention, parent education, ages & stages developmental testing, play groups, life skills group, food pantry, emergency needs assistance, homeless outreach, transitional housing program and other support services.

Teen Parent Services operates its transitional housing program for homeless teen mothers, age 17-20 years, at St. Rita’s, 1419 Veterans Memorial Parkway.

Teen Parent Services – Provides parenting education through the Birth through Five, Proud Father-Proud Parent’s Program, Strong Families/Safe Children Program.

TRANSPORTATION PHONE NUMBERS (Medicaid Health Plans)

<table>
<thead>
<tr>
<th>Company</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Community Choice</td>
<td>1-877-892-3990</td>
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<tr>
<td>Health Plus</td>
<td>1-800-345-9956</td>
</tr>
<tr>
<td>Great Lakes</td>
<td>1-877-892-3995</td>
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<tr>
<td>Molina</td>
<td>1-877-490-8681</td>
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UNDERGROUND RAILROAD
PO Box 2451  Saginaw 48605

PHONE:  (989) 755-0411
        1-888-399-8385

HOURS:  24/7

Shelter for individuals and their children who are in a situation where they have experienced, or fear experiencing domestic violence, from current spouse, partner, former spouse or former partner. Thirty day residency limit, 24 hour crisis hotline, walk-in counseling, support groups, legal and financial, housing, and transportation.
UNITED WAY OF SAGINAW COUNTY
100 S. Jefferson - 6th Floor Saginaw 48607

PHONE: (989) 755-0505

HOURS: Monday-Friday 8:00 AM – 12:00 Noon
1:00 PM – 5:00 PM

*First Call for Help* (989) 758-HELP or (989) 758-4357

Links people in-need to more than 320 community resources offering assistance. Supports health and human service programs, in Saginaw County, through fund raising. Christmas Wish List.

VALLEY URGENT CARE
3020 Boardwalk Saginaw MI 48603

PHONE: (989) 791-3888

HOURS: Monday-Friday 8:00 AM – 8:00 PM
Saturday 10:00 AM – 4:00 PM

Walk-in urgent care services. Accepts most insurance plans and straight Medicaid. Uninsured must be able to pay basic office fee of $65.00 at time of services. Sport and school physicals $30.00 each.

VISITING NURSE ASSOCIATION SPECIAL SERVICES
502 S. Hamilton Saginaw 48602

PHONE: (989) 797-0828

HOURS: Monday-Friday 8:00 AM – 4:30 PM

Provides intermittent or continuous home health care services, personal care, homemaking services, respite care, and companionship. Services delivered by an RN, LPN, home health aide, or homemaker companion. Influenza, pneumonia, meningitis vaccine clinics offered seasonally.

V.O.I.C.E. (For the hearing impaired)
4274 State Street Saginaw 48603

PHONE: (989) 497-7111
TTY: (989) 497-7112
FAX: (989) 497-9060

*EMERGENCIES:* Please page (989) 730-7357

V.O.I.C.E. has interpreters available 24 hours/day, seven days a week. Provides supportive services for speech and hearing impaired, including interpreting services, information, networking, civil rights, advocacy, and employment support.
**WESTLUND CHILD GUIDANCE CLINIC**  
3253 Congress  Saginaw 48602

PHONE:  (989) 793-4790  
HOURS:  
Monday and Friday 8:00 AM – 5:00 PM  
Tuesday and Wednesday 8:00 AM – 8:00 PM  
Thursday 8:00 AM – 7:00 PM  

Provides psychiatric, psychological, and social work services for the diagnosis and treatment of behavioral disorders of persons under the age of 18 years.  Family counseling available.  Sliding fee scale.  Insurance accepted.  Accepts Medicaid health plans but not Medicaid.

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**YMCA**  
1915 Fordney  Saginaw 48601

PHONE:  (989) 753-7721  
FAX:  (989) 755-9329  
HOURS:  
Monday-Thursday 5:30 AM – 9:40 PM  
Friday 5:30 AM – 9:25 PM  
Saturday 7:00 AM – 7:00 PM  
Sunday 12:45 PM – 6:25 PM  

Provides recreational and educational programs for all ages.  Programs include camping, swimming, fitness classes, athletic rehab classes, walking programs and martial arts.  Call for fees.