

Spring 2011

Community Resource Guide



Your Guide to
Community Services for
Children and Families in
Saginaw County



Resource Guide

The Resource Guide is a comprehensive directory of community resources for families and service providers in the Saginaw County area.

The Resource Guide includes resources for:

- abuse and neglect
- adoption
- childcare
- counseling
- education and training
- emergency services
- health information
- illness and special needs
- parenting classes
- prenatal classes
- recreation and education
- substance abuse
- support services
- transportation services

The Resource Guide is a fast and easy way to search for programs, local organizations, and information for children and families.

This guide may be duplicated off of our website:

www.saginawpublichealth.org
under our Library link: Publication heading

To add your program or organization or make changes to the Resource Guide, please call (989) 758-3853.

This information is subject to change.



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Toll-Free Resources

Alcohol Treatment Center	1-800-260-4014
Alcoholics & Narcotics Helpline	1-888-206-7272
Children's Special Health Care Services ..	1-800-359-3722
Innerlink for Runaway Youth.....	(989)752-3431
LEAD Hotline	1-800-MI-TOXIC
National Center for Missing & Exploited Children.....	1-800-843-5678
Parent Helpline	1-800-942-HELP
Poison Control.....	1-800-222-1222



A

Abortion Alternatives Information/Pregnancy Aid of Saginaw
705 Hoyt, Saginaw 48607 (989) 754-0091
Fax: (989) 754-3736

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 speaker bureau.

Action Thrift Store
2114 N. Michigan, Saginaw 48602 (989) 755-3333

Men's, Women's and Children's clothing and household items

Adoption Associates, Inc.- Corporate Office
1338 Baldwin, Jenison 49428(616) 667-0677
toll-free: 800-677-2367
www.adoptionassociates.net

Eastern Michigan
26105 Orchard Lake Rd., Ste. 301, Farmington Hills 48334
.....(248)474-0990
toll-free: 877.257.3591
e-mail: farmingtonhills@adoptionassociates.net

Central Michigan
800 Thomas L. Parkway #1, Lansing 48917
.....(517) 327-1388
toll-free: 877-869-4196
e-mail: lansing@adoptionassociates.net

Northeastern
PO Box 607, Freeland 48623.....(989) 497-5437
toll-free: 877-869-4196
e-mail: saginaw@adoptionassociates.net

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

AGES—Senior Health Care
1000 Houghton, Saginaw 48602 (989) 583-6936

AGES stands for Ambulatory Geriatric Evaluation Service which is part of Synergy Medical. Assessment by key focus of the AGES team, which consists of a physician, nurse, physical therapist, social worker and dietitian. The AGES team works together to provide patients with a comprehensive medical assessment. This is a free service for Saginaw County residents and referral 55 years or older.

Al Anon & Alateen
Saginaw..... (989) 695-2953
1-888-425-2666

Alano Club
1415 Williamson St., Saginaw 48601 (989) 771-9028

Unity Club
123 S. Niagara St., Saginaw 48602 (989) 793-9401

Support and referral service for families and friends affected by someone with an alcohol addiction.

Alcoholics Anonymous
321 N. Jefferson St., Bay City 48708 ... (989) 894-1949
www.baycountyyaa.org

Saginaw (989) 695-2975
www.saginawaa.org
(989) 776-1241

Aleta E. Lutz Care Center (Veterans Hospital)
1500 Weiss, Saginaw 48602 (989) 497-2500

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

Alzheimer's Association
Central Michigan Region
4604 N. Saginaw Rd., Suite F, Midland, 48640
..... (989) 839-9910
24 hour toll-free Helpline 1-800-272-3900

www.alz.org/gmc

Provide support and education to those affected by Alzheimer's Disease.



A

American Cancer Society
Bay Area Service Center
1480 W. Center Rd., Suite 1, Essexville 48732
..... (989) 895-1730
Toll free number 1-800-728-2323
National Helpline 1-800-227-2345
www.cancer.org

Provide support and education to those affected by cancer. Prevention materials.

American Heart Association
Bay City, Flint, Midland & Saginaw Region
24445 Northwestern Hwy., Southfield, 48075
..... (248) 827-4214
Fax... (248) 827-4234
Toll free number 1-800-242-8721

Provides support and education, prevention materials related to cardiovascular disease.

American Lung Association
Local Regional Office
12741 S. Saginaw St., Suite LL2, Grand Blanc 48439
..... (810) 953-3950
Fax... (810) 953-3940
Toll free number 1-800-586-4872

www.lungusa.org

Organization with a mission to save lives by improving lung health and preventing lung disease. Asthma, Tobacco control, environmental air quality health promotion emphysema/COPD.

American Red Cross
Saginaw County Chapter
1232 N. Michigan, Saginaw 48602..... (989) 754-8181
Fax: (989) 754-8333
www.redcross-saginaw.org

East Shoreline Chapter
Bay County
228 Washington, Bay City 48708 (989) 892-1541
www.redcross-esc.org

Midland County Chapter
220 W. Main St., suite 104, Midland 48640
..... (989) 631-3262
www.midland/gladwin.redcross.org

Provides relief to victims of disasters (flood, fire, 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, first aid & CPR classes and water safety.

Angel Food Ministries..... 1-877-Food- Ministry
(1-877-366-3646)
www.angelfoodministries.com

Non-profit, non-denominational organization dedicated to providing grocery relief.

Asthma Initiative of Michigan—AIM
Tri-County Asthma Coalition
4800 Fashion Square Blvd., Suite 529, Saginaw 48604
..... (989) 583-7713
Fax... (989) 583-7714
www.getastmahelp.org

Provides education to medical professionals, schools, and the public.

Autism Society
Saginaw/Bay Area Chapter
4649 Schauman Dr., Bay City 48706..... (989) 684-1962

Advocacy, support and education for those affected by autism.

Protect your child from scary diseases

A child needs vaccines at these ages:

- | | |
|------------|----------------|
| * Birth | * 12-15 months |
| * 2 months | * 18 months |
| * 4 months | * 4-6 years |
| * 6 months | * 11-12 years |

All children from 6 months through 18 years of age should get vaccinated against the flu every year.

Protect your baby

1. Be sure your baby gets all of her/his vaccines on time.
2. Get your vaccines on time, too, including flu vaccine every year.
3. Make sure that family members and other people who spend time with your child have gotten their vaccines.

You can keep your child healthy!

For more information call your doctor, your local health department, 1-888-76-SHOTS or visit www.vaccinateyourbaby.org

Michigan Department of Community Health

B

Bethesda Thrift Shop
5119 Gratiot, Saginaw 48638 (989) 792-0391

Men's, Women's and Children's clothing and household items.

Big Brothers Big Sisters of Saginaw Bay Area
1910 Fordney, Saginaw 48601 (989) 755-6558
Fax: (989) 755-1808

Big Brothers Big Sisters of Saginaw Bay Area Inc
1308 Columbus Ave., Suite 106, Bay City 48708
..... (989) 894-0614

Recruits men and women volunteers for one-to-one friendship and guidance relationships with boys and girls ages 5-18 years.

Birth to 5 (School District of the City of Saginaw)
224 N. Elm, Saginaw 48602 (989) 399-6850

Supports families with children, birth through 5 years, who live within the Saginaw city limits. Educates on tracking childhood development using the Ages & Stages questionnaire, encourages learning activities, home visits, newsletter, parent support groups, playgroups. Also helps with community resources, parenting classes.

Bridgeport Community Church
3821 State St., Bridgeport 48722 (989) 777-1840

—**Bridgeport Area Food Pantry**
For Bridgeport/Spaulding residents. Non-perishable food at pantry and shopper assigned for fresh food. Requires income and address verification. Must call first on Tuesday or Thursday. Assistance once every 6 months. Orders filled Wednesdays and Fridays.

C

Calvary Community Church
2895 East Moore Rd., Saginaw 48602... (989) 777-4190

Food Pantry. No ID requirements or restrictions

“Tummy Time”

- “Tummy Time” should be introduced right after your baby is born.
- First introduction to “Tummy Time” can easily be done while holding your baby to your chest while you are lying on your back, which is sometimes called “Cuddle Time”.
- Try carrying your baby tummy side down. This will encourage your baby to lift their head and legs against gravity.
- Get down on the floor and play with your baby face to face.
- Start “Tummy Time” early and often (several times daily). Once your baby learns to roll over it will be harder to keep baby on his stomach, so provide tummy experiences early.

Tummy Tips

- Always supervise your baby during “tummy time” play.
- Place toys on the floor in front of your child and change toys frequently.
- Lie on your back and place your baby on your stomach. This position is ok for baby to take short naps.
- Avoid bulky blankets that may bunch up and restrict motion or block airway.
- Don't let your baby sleep on his/her stomach.





"Great Beginnings for a healthy baby begins with Healthy Start"

Healthy Start services are provided to clients through home visiting with a nurse and an advocate. The most frequently offered Healthy Start services are:

- ✧ Information about having a healthy pregnancy (planning for pregnancy, pregnancy spacing, family planning, etc.)
- ✧ Information on how to take care of your baby after delivery
- ✧ Transportation to doctor appointments and health department services
- ✧ Parenting education and support
- ✧ Links to other services in the community
- ✧ Someone to talk to about your problems.

Healthy Start services are offered to pregnant women and infants and toddlers through the child's second birthday.

Learn more about the services and programs that will help keep you and your baby healthy throughout your pregnancy. If you are referred, a Healthy Start nurse or advocate will explain the program more and answer your questions. They will help you decide what you and your baby need, and find services in the area to help you.

Contact... Saginaw County Department of Public Health
1600 N. Michigan
Saginaw, Michigan 48602
989-758-3850 for more information



C

Catholic Family Services—Administration
5800 Weiss St., Saginaw 48603 (989) 797-6636

710 N. Michigan, Saginaw 48602 (989) 753-8446
Fax: (989) 753-2582
www.cfssite.org

915 Columbus Ave., Bay City 48708 (989) 892-2504

Outpatient mental health counseling for individuals and families of all ages and faiths. Divorce, family violence, anxiety, depression and marriage counseling. Services to victims of child abuse. Sliding fee scale available. Adoption & guardianship services in Bay City location.

Chesaning Area Emergency Relief – CAER
218 Church St., Chesaning 48616 (989) 845-6212

Emergency food assistance. Serves residents of Chesaning/St. Charles; must bring picture ID; assist max 1 time every 6 months

Child Abuse and Neglect Council of Saginaw County (CAN Council)
1311 N. Michigan, Saginaw 48602 (989) 752-7226
Fax: (989) 752-2777
www.cancouncil.org

Prevention of child abuse and neglect through education, awareness, advocacy and intervention, including CASA (Court Appointed Special Advocates) of Saginaw County and Children's Advocacy Center. Baby Think It Over Program, Baby Basics and Safe Baby Program offered.

Child and Family Services of Saginaw County
2806 Davenport, Saginaw 48602 (989) 790-7500
Fax: (989) 790-8037
Employee assistance..... (989) 790-8766
Sexual Assault Program (989) 790-9118
www.childandfamilysaginaw.com

Outpatient individual family, couple and group counseling. Substance abuse screening, assessment and referral. Services for victims of sexual assault and their families, comprehensive employee assistance program.

Christ Deliverance Church
5584 Dixie Hwy., Bridgeport 48601..... (989) 777-0041

Emergency food assistance. Bring ID and attend a 15 minute service; can come each week

C

Church of Christ
1325 N. Center, Saginaw 48601 (989) 790-2707

Emergency food assistance. Bring ID, social security card or social security # for each member of the family, and income information for household; without food completely-no restriction. 1 time per month

Circle of Love
1809 Durand St., Saginaw 48602 (989) 921-0569
FAX: (989) 754-1654

www.circleoflovecdc.org

Agency working with eligible families to provide necessary counseling services to empower them to become home owners.

City Rescue Mission of Saginaw
PO Box 548, Saginaw 48606-0548
1021 Burt St., Saginaw 48601 (989) 752-6051
Fax: (989) 752-1748

Temporary shelter for women, men, and children who are homeless. Meals, clothing, referral provided. Food basket assistance.

Commission on Aging
2355 Schust, Saginaw 48603..... (989) 797-6880
Fax: (989) 797-6882

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.

Community Prescription Support Program
CRxSP
100 S. Jefferson, Suite 101
Saginaw 48607 (989) 752-6000
Fax: (989) 752-6060

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.

Consumers Energy
2400 Weiss, Saginaw 48603..... 1-800-477-5050
404 W Hart St, Bay City(989) 684-4580

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

Starting Good Dental Habits Early

Why is a healthy mouth important?

Dental health is an important part of a child's health. A child's ability to talk, eat, smile, and feel confident about themselves can be affected by dental health.

Tips for a healthy mouth:

- Clean your baby's mouth using a wet cloth or rub the gums gently after each feeding
- If you must send your baby to bed with a bottle, make sure it is only filled with water.
- Avoid sharing silverware or chewing food for your baby. Bacteria from your mouth can be harmful to theirs.
- Take your child for a dental screening by age 1.
- Help your child brush and floss his or her teeth until they are 8 years old.
- When your child begins school, ask your dental provider about fluoride varnish and dental sealants. These can protect your child's dental health.



For more information or help finding a dentist, please contact:

The Michigan Oral Health Program
517-335-8879
or
SCDPH Dental Clinic
989-758-3835
www.michigan.gov/oralhealth

C

Covenant HealthCare System

(989) 583-7000

Information Line..... 1-866-COVENANT
(1-866-268-3626)

Childbirth Education • Community Education Seminars
Physicians Referral Line
www.covenanthealthcare.com

Harrison Campus

1447 N. Harrison, Saginaw 48602(989) 583-4000
Emergency Room(989) 583-4444
Maternity, Labor & Delivery, Pediatrics

Irving Campus

600 Irving Ave, Saginaw 48602.....(989) 583-6130
Outpatient services, occupational health

Cooper Campus

700 Cooper, Saginaw 48602.....(989) 583-6000
Admitting (989) 583-6111
Cardiovascular surgery, Medical cardiology, Orthopedics

800 Cooper, Saginaw 48602

Laboratory services, professional medical offices

Emergency Care Center

900 Cooper, Saginaw 48602(989) 583-6121
Emergency Care, Center for the heart, Medical Records

Houghton Campus

1000 Houghton, Saginaw 48602(989) 583-6742
Laboratory services, Synergy Medical Education Alliance

Mackinaw Campus

5400 Mackinaw Rd., Saginaw 48602.....(989) 583-2701
Laboratory, x-ray, outpatient surgery, physical/
occupational therapy, diabetes self-care management,
Breast Health Center, Cancer Care & Infusion Therapy

Michigan Campus

515 N. Michigan, Saginaw 48602.....(989) 583-8100
Inpatient physical & medicine rehabilitation,
transitional care, physical/occupational therapy, sleep
disorder center

Breastfeeding Support..... 1-888-848-2229

Breastfeeding Supplies\ Lactation Consultant
..... (989)583-4429

Diabetes Self-Management Program.....(989) 583-5190

Nurturing Notions (989) 583-4419

Nutritional Counseling (989) 583-5190

Visiting Nurse Association -VNA & Hospice

500 S. Hamilton, Saginaw 48602..... (989) 799-6020
Home Health Care Services (989) 797-0828
Toll free number..... 1-800-862-4968

MedExpress Urgent Care Center

5462 State St., Saginaw, 48603.....(989) 583-0100
600 N. Main, Frankenmuth, 48734.....(989) 652-1320
2970 Pierce Rd, Saginaw 48604(989) 583-0287
2919 East Wilder, Bay City, 48706 (989) 671-5700

D

Delta College-Dental Clinic

1961 Delta Rd, University Center 48710

..... (989) 686-9469

Delta College Main # (989) 686-9000

During the academic school year provides dental exams,
cleaning of teeth, fluoride treatments by dental hygiene
students at a low cost.

Department of Human Services (DHS)

411 E. Genesee, Saginaw 48607 (989) 758-1100

Fax: (989) 758-1874

Alcohol and Drug Abuse 24/7 Action Help Line

and Treatment (800) 234-0420

Child Abuse (help for parents) (800) 942-4357

Emergency Shelter (800) A-SHELTER

Family Violence Prevention (800) 996-6228

Home Heating-Energy Assistance Hotline

..... (800) 292-5650

Medicaid Beneficiary Helpline (800) 642-3195

Social Security (800) 772-1213

Runaway Assistance Program (800) 292-4517

Sexual Assault Hotline (800) 666-3267

Vulnerable Adults (800) 996-6228

Welfare Fraud(800) 222-8558

Abuse/Neglect Reporting Children

or Adult-24/7 (989) 754-4011

Children's Protective Service -Day (989) 758-1791

After hours (989) 754-4011

Adult Protective Service-Day (989) 758-1788

After hours (989) 754-4011

Help individual and families meet basic needs. Offers
programs that provide services in an emergency situation
and assists with medical needs.

DOT Caring Center, Inc. -Saginaw

3190 Hallmark Court, Saginaw 48603... (989) 790-3366

Fax: (989) 790-5027

Outpatient substance abuse services include dual
diagnosis treatment, first offender education and evalu-
ations, intervention services and family counseling.

DOT Caring Center, Inc.—Freeland

6840 Midland Rd., Freeland 48623..... (989) 692-2160

Residential substance abuse services include dual
diagnosis treatment and traditional treatment.

INTERNET SAFETY TIPS

Almost any child that has access to a computer has equal access to the dangers of the Internet. Recent events in the news highlight these dangers. That's why it is imperative that you be informed on how to protect your children when they're online.

The following tips are excerpts from *20 Internet Safety Tips for Parents* provided by Lynette A. Battaglia, United States Attorney for the District of Maryland:

Internet Safety Tips for Parents

- Become computer literate and be actively involved in your children's online experiences.
- Place computers in high-traffic areas, not a child's room.
- Use screening software.
- Read unfamiliar e-mails. Monitor telephone and modem changes. Check out unfamiliar phone numbers and e-mail addresses.
- Don't allow children to spend long periods of time on the computer, especially at night.
- Help children understand that online users may not be who they claim to be or who they seem to be. Get to know your children's Internet friends.
- Tell children to report anything they come across online that seems strange or makes them uncomfortable especially if they are ever asked personal questions or invited to personal meetings.
- Tell children to report to you suggestive, obscene or threatening e-mail or bulletin board messages. Forward copies to your ISP (Internet Service Provider) and insist they help deal with the problem.
- Be concerned if children mention adults you don't know, become sensitive, or appear to have inappropriate sexual knowledge.
- Post the Internet Safety Rules for Kids by your computer.

Internet Safety Rules for Kids

Never give out personal information, such as your name, address, school name or address, or parents' or teachers' names or addresses.

Never create online profiles.

Never visit chat rooms or join an IRC (Internet Relay Chat) without permission.

Never go to private chat rooms or meet online friends in a private online setting.

Never go to new Web sites without permission.

Never respond to rude or offensive e-mail, instant messages or postings.

Never post, send or receive pictures (usually files that end with GI, jpg, jpeg, or tiff).

Never meet online friends in person without a parent present.



E

East Side Soup Kitchen (Hunger Solution Center)
940 E. Genesee, Saginaw 48601 (989) 755-3663

Hot lunch served Monday through Friday.

Education & Training Connection—ETC
310 Johnson 2nd Floor, Saginaw 48607
..... (989) 753-2376
Fax: (989) 753-2595

Provides GED preparation and testing center.

Eastern Regional Resource Center
MSU Extension Saginaw County
One Tuscola St., Suite 100, Saginaw 48607
..... (989) 758-2500
877-679-7222

Childcare referrals using computerized database of licensed or registered childcare centers, preschools, family and group daycare in Arenac, Bay, Genesee, Huron, Lapeer, Saginaw, St. Clair, Sanilac and Tuscola counties.

Emerson House
604 Emerson, Saginaw 48601 (989) 907-8986

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, guideline, but individual circumstances will be assessed. Meals and laundry available.

Emmaus House
733 S. 14th, Saginaw 48601 (989) 755-7538

Provides a Christian, family-like home for women coming from jail, prison, or rehab. Support and guidance, networking in developing goals and life plans. Support for neighborhood for those in need.



F

First Ward Community Center
1410 N. 12th St., Saginaw 48601 (989) 753-0411
Fax: (989) 753-0360

Cathedral Youth Center
612 Millard, Saginaw 48607 (989) 755-6514

Assists families and individuals to achieve a greater degree of self-sufficiency. Summer and after school programs, food program, emergency food assistance, parenting education and support services. Social development, substance abuse prevention, youth and senior citizens services.

WIC helps Women, Infants and Children

WIC may help if you:

- ☞ Are pregnant or breastfeeding.
- ☞ Have an infant or children up to age 5.
- ☞ Want to improve your family's health with good nutrition.

The Women, Infants and Children Program (WIC) may be able to help with the right food and advice on nutrition, health care and immunizations.

WIC supports every mother's choice to breastfeed.

WIC helps working families, too.

Call today 1-800-26-BIRTH

Michigan Department of Community Health
Michigan WIC Program

www.michigan.gov/wic • www.wichealth.org

G

Gleaning for Jesus
517 N. Hamilton Saginaw 48602..... (989) 754-6706

Provides essential household items and appliances, resulting from public donations. Must call first to make an appointment.

Good Neighbors Mission
1318 Cherry, Saginaw 48606 (989) 399-9919

Assistance with emergency food and personal needs; require ID verification for all members of household; 1x per 3 months

Satellites of Good Neighbors Mission:
SS. Peter & Paul Church
4735 W. Michigan Ave., Saginaw 48603
.....(989)799-5448

First Presbyterian Church
121 S. Harrison, Saginaw 48602(989) 793-9890

Goodwill Industries
405 S. Michigan Ave, Saginaw 48602 ... (989) 799-4144

Goodwill Optical (989) 799-5417

Goodwill Industries of Mid-Michigan Inc.
3081 Bay Plaza, Saginaw 48604 (989) 791-4453

A nonprofit provider of education, training, and career services for people with disabilities.
Clothing and household goods donated and sold

Great Lakes Health Plan
17117 W. 9 Mile Rd., Suite 1600, Southfield 48075
Customer Service.....1-800-903-5253
Transportation1-877-892-3995
www.glhp.com

Insurance provider network HMO.

Greenhouse Center of Hope/Partnership Center
723 Emerson, Saginaw 48601..... (989) 907-8775
Partnership Center (989) 907-5610

Community health education & wellness programs, assistance/counseling regarding prescription medication for Saginaw County residents without prescription coverage.

Greenpath Debt Solutions
4600 Fashion Square Blvd. Suite 202, Saginaw 48604
..... (989) 793-5623
Toll free1-800-718-7077
www.GreenPath.com

Non-profit consumer credit counseling agency. Debt management program credit report review.

H

Habitat for Humanity
315 W. Holland, Saginaw 48602 (989) 753-5200

ReStore (989) 754-9435

Habitat for Humanity
1106 S. Madison Ave, Bay City 48708 ... (989) 895-0980

Habitat ReStore
1465 W. Center Rd., Essexville 48732..(989) 894-0415

Head Start
3200 Perkins, Saginaw 48601 (989) 752-2193
Fax: (989) 921-7146

Early Head Start Administration Bld. .. (989) 752-2193

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

Hugs and smiles are encouraging!

H

Health Delivery, Inc.
Administrative Offices (989) 759-6400
David R. Gamez Community Health Center
501 Lapeer, Saginaw 48601..... (989) 753-6000

Bayside Health Center
3884 Monitor Rd., Bay City 48706(989) 671-2000

Bridgeport Community Health Center
6297 Dixie Hwy., Saginaw 48601.....(989) 777-2151

Janes Street Academic Community Health Center
1522 Janes, Saginaw 48607..... (989) 755-0316

HDI Express
1522 Janes, Saginaw 48607..... (989) 907-2766
**walk-in services 8-8: 7 days/week

HDI OB-GYN & Midwifery Services
3175 W. Professional Dr, Bay City 4870
.....(989) 667-3377

Hearth Home
732 Hoyt St., Saginaw 48601..... (989) 753-9011
HIV/AIDS testing, support & counseling

Roosevelt Ruffin Community Health Center
229 Gallagher, Saginaw, 48601..... (989) 755-3619

Health Delivery Dental Center
Community Based Oral Health Program
501 Lapeer, Saginaw 48601.....(989) 759-6432
Mobil dental services to schools

Wadsworth Dental Center
2308 Wadsworth, Saginaw 48601(989) 758-7771

TRANSPORTATION TO HDI CLINIC..... (989) 755-2053
(requires 48 hour notice prior to appointment)



Healthy Futures Clinics

Offices housed in Greenhouse Center of Hope
Hotline (989) 907-8408
Social Services (989) 907-8340
Clinic Services (989) 907-5650

To schedule for Anderson Eye Mobile Clinic, Chesaning
Adult Dental Clinic or hours for Rapha's Clinic
..... (989) 907-8775

Chesaning Area

Chesaning Clinic
Rehman Health Center
147 S. Saginaw, Chesaning 48616
2nd & 4th Tuesday
Adult dental clinic -1st & 3rd Tuesdays of each month
Must have no insurance coverage or be a documented
Healthy Futures client as of 6/1/08. For appointments
call: 907-8775

East Side

Naseau Clinic
Located at the East Side Soup Kitchen
940 E. Genesee
Every Wednesday 9:00 am-12:00 pm

Family Life Clinic
New Life Ministries
217 S. 7th St.
2nd Saturday 10:00 am -3:00 pm

Self Reliance Clinic
St. Paul's Episcopal Church
720 Tuscola
Last Sunday of the month 1:00 pm-3:00 pm
Meals served also

West Side

Rapha's Clinic
Living Faith Ministries
1902 Stone
Every 3rd Sunday 1:00 pm-3:00 pm

Anderson Eye Mobile Clinic

Vision exams for uninsured-to schedule call 907-8775

A network of free clinics assisting the uninsured or
underinsured and homeless population of Saginaw County
to obtain health care.

Call Hotline for current status of other
Healthy Futures Clinics

H

Health Plan of Michigan
777 Woodward Ave., Suite 600, Detroit, MI 48226
Customer Service 1-888-437-0606
Transportation 1-800-821-9369
www.hp mich.com
Insurance provider network HMO.

HealthPlus
Flint Office
2050 S. Linden Rd., Flint 48532 810-230-2000

Saginaw Office
5454 Hampton Place, Saginaw 48604..... 989-797-4000

Troy Office
101 W. Big Beaver Rd., Troy 48084 248-687-1420

Customer Service for Flint & Troy 1-800-332-9161
Customer Service for Saginaw 1-800-942-8816
TDD line for the Deaf 1-800-992-5070

Insurance provider network HMO/PPO

HealthSource
3340 Hospital Rd., Saginaw 48603 (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.

Behavioral Professional Services (989) 790-7742
Long Term Care Center (989) 790-7865
Medical Rehabilitation Center (989)790-7815
Pathways Chemical Dependency Center (989)790-7750
White Pine Mental Health Center (989) 790-7745

Hemlock United Methodist Church
Corner of M-46 and Maple, Hemlock 48626
..... (989) 642-5932

Emergency food assistance for residents of Hemlock/
Merrill area. Call first.

Holy Cross Children's Services
925 N. River Rd, Saginaw 48603

St. Vincent Home (989) 781-2780

In-home crisis intervention and family education program. Deals with child and family therapy. Residential treatment program for female adolescents ages 12-17.

Humane Society of Saginaw
123 S. Niagara, Saginaw 48602 (989) 797-2482

Help low-income families with spay and neutering costs for their cats/dogs. Adoption of animals. Non-profit which is funded solely on donations.

I

Insight Recovery Center-Saginaw
3216 Christy Way Suite 5, Saginaw 48603
..... (989) 792-0150

Outpatient substance abuse services which include: psychological testing, psychiatric evaluations, individual, family & group counseling and urinalysis screens.

Innerlink Runaway & Homeless Youth Shelter
1110 Howard, Saginaw 48601..... (989) 753-3431
Fax: (989) 752-5178

Innerlink Transitional Living Program
Innerlink Supportive Services- Prescott Program
House to Home

www.scypc.org

Innerlink is a voluntary agency providing crisis counseling, temporary shelter, medical care, food, transportation, educational programming and referral services for youth between the ages of 12 years to 17 years. Innerlink also provides short-term emergency shelter care for teen mothers 17 and under and their children. Services are available 24/7 for both males and females. Innerlink also provides services to youth and families who are in crisis.

K

Kairos Healthcare
1321 S. Fayette, Saginaw 48602..... (989) 792-8000

Residential and outpatient substance abuse programs for male and female young adults 18- 25 yrs and adults 25 +

Kairos Healthcare
6379 Dixie Highway, Bridgeport 48722...(989)777-4357

Residential and outpatient substance abuse programs for adolescents ages 12-17 years.

L

Lakeshore Longterm Care
 Ombudsman Program
 Lakeshore Legal Aid
 429 N. State St., Suite 108, Caro, MI 48723
 (989) 9733188
 1-866-485-9393

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. Assist with legal documents, housing, consumer fraud, credit issues affecting seniors. Serves Region 7 area on aging.

Legal Services of Eastern Michigan
 320 S. Washington 3rd Floor, Saginaw 48607
 (989) 755-4465
 1-800-322-4512
 Fax: (989) 755-2161

Provides free legal assistance to clients who meet certain income and residency requirements for civil disputes. Serves Saginaw, Bay and Arenac counties. No assistance for criminal or traffic violations.

Displaying children’s artwork promotes self-esteem.



Libraries

- Bridgeport Public Library
3399 Williamson, Bridgeport (989) 777-0231
- Chesaning Public Library
227 E. Broad, Chesaning (989) 845-3211
- Fleshner Memorial Library
11935 Silvercreek Dr., Birch Run (989) 624-5171
- Merrill District Library
136 N. Midland, Merrill(989) 643-7300
- Raucholz Memorial Library
1140 N. Hemlock Rd., Hemlock (989) 642-8621
- St. Charles District Library
104 W. Spruce, St. Charles(989) 865-9451
- Taymouth Twsp. Library
2361 E. Burt Rd., Burt(989) 770-4651
- Thomas Twsp. Library
8207 Shields Dr., Saginaw (989) 781-3770
- Wickson James E. Memorial Library
359 S. Franklin, Frankenmuth (989) 652-8323

Public Libraries of Saginaw

www.saginawlibrary.org

- Administrative Offices
505 Janes, Saginaw 48607(989) 755-9833
- TDD Services—Speech & Hearing Impaired
..... (989) 755-9831
- Children’s Services (989) 755-9826
- Butman-Fish
1716 Hancock (989) 799-9160
- Archer A. Claytor Library
1410 N. 12th St..... (989) 753-5591
- Hoyt Main Library
505 Janes..... (989) 755-0904
- Ruth Brady Wickes Library
1713 Hess (989) 752-3821
- Rudolph C. Zauel Memorial Library
3100 N. Center.....(989)799-2771

L

List Psychological Services PLC
3741 E. Wilder Rd., Bay City 48706..... (989) 460-1000

www.listpsych.com

126 Washington Ave., Bay City (989) 684-7977
5024 N. Center Rd., Saginaw (989) 790-3130
651 North State St., Caro (989) 673-5700
350 North Court St.—Suite #205, Lapeer
..... (810) 667-4500

List Psychological Services offers outpatient mental health and substance abuse services as well as treatment in a group environment.

Lutheran Child and Family Service of Michigan-
Administrative & Regional Service Office
6019 West Side Saginaw Rd, Bay City 48706
PO Box 48, Bay City 48707..... (989) 686-7650
Fax: (989) 686-7688
Email—admin@lcfsmi.org Website—www.lcfsmi.org

Lutheran Child and Family Adoption Service
6019 West Side Saginaw Road,
P.O. Box 48 Bay City 48707..... (989) 686-3170
Fax: (989) 686-7683

Neighborhood House
3145 Russell, Saginaw 48601(989) 752-5805
Fax: (989) 752-2566

Michigan Childcare Center, Inc.-Corporate Office
280 S. Main, Freeland 48623..... (989) 695-2151
Fax: (989) 695-5488

Non-profit agency with 7 full service daycare centers in the Saginaw and Midland counties, serving children two weeks to 12 years of age. State funded school readiness program. Contracts with Head Start in some location.

8800 Carter Rd., Freeland (989) 695-5388
511 S. Center Rd., Saginaw (989) 793-9200
928 Ardussi, Frankenmuth (989) 652-3345
915 Federal, Saginaw (989) 753-0192
1504 W. Thomas, Bay City..... (989) 686-9666

Michigan Blood
Saginaw Location
1771 Tittabawassee Rd., Saginaw 48604
.....(989) 755-5387
1-866-642-5663

Bay City Location
1017 N. Johnson, Bay City 48708(989) 892-2551

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

Michigan State University— MSU Extension
One Tuscola—Suite 100, Saginaw 48607
..... (989) 758-2500
Fax: (989) 758-2509
www.msue.msu.edu

Educates and helps people to identify problems and find solutions to improve homes, families and businesses. Programs include: Agriculture, Child Care and Individual Development Accounts, Housing and Land Use, Horticulture/Master Gardener, Nutrition and Health, Parenting, Sugarbeet Advancement, 4-H.

Michigan Works—Saginaw—Midland—Bay
Administrative Office
1600 N. Michigan, Saginaw 48602..... (989) 754-1144
Fax: (989)754-1439

Service Centers -
3875 Bay Rd., Saginaw (989) 249-5232
614 Johnson, Saginaw (989) 776-1511
4061 N. Euclid, Bay City (989) 667-0500
102 W. Belle, St. Charles (989) 865-2477

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

M

McLaren Health Plan
G-3245 Beecher Rd, Suite 200 Flint 48532

Mailing address: PO Box 1511, Flint 48501-1511

Customer Service..... 1-888-327-0671

Insurance provider network HMO

McNally House
1701 N. Michigan, Saginaw 48602 (989) 583-0155
Fax (989) 583-0155

Any families that need a place to stay while a loved one is at any hospital in Saginaw County. 16 rooms available and a 24 hour reservation is required. Must be from a distance of 20 miles or greater. Limit of 2 rooms per family.

M

Millet Learning Center
3660 Southfield, Saginaw 48601..... (989) 777-2520
Fax: (989) 399-7479

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

Molina Healthcare of Michigan
100 W. Big Beaver Rd., Ste. 600, Troy 48084

Main 1-248-925-1700
Toll Free 1-888-898-7969

Providing quality healthcare to those who depend on government assistance.

Mustard Seed House
1325 Cherry, Saginaw 48601..... (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.

N

Neighborhood House
3145 Russell, Saginaw 48601..... (989) 752-5805
Fax..... (989) 752-2566

Neighborhood Renewal Services
427 Atwater, Saginaw 48601..... (989) 753-8545

Rental housing units, credit counseling.

O

Odyssey House
127 Weadock, Saginaw 48607..... (989) 754-8598
Fax: (989) 754-5154

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 (989) 249-8696

Provides assistance with baby items, clothing, food and pregnancy education.

**Old Town Soup Kitchen-Old Town Christian Outreach
Master's Court Ministries**
600 Dearborn, Saginaw 48602 (at S. Harrison)
.....(989) 797-6882

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

Parenting is for a lifetime

Good parenting includes:

1. Showing kids love, concern and respect at all times.
2. Giving kids a safe place to live and play
3. Listening to what your kids are saying
4. Helping your kids express all their feelings appropriately.
5. Giving your kids appropriate choices whenever possible.
6. Having reasonable rules that are understood by all.
7. Being and responsible and teaching your kids to be responsible.
8. Spending time together with your kids
9. Setting an example by what you say and do.
10. Asking for help when you need it.

The Michigan Foundation for Education Leadership (MFEL) is a nonprofit organization established in 1990 to receive, hold, invest and administer funds and to make expenditures to aid in the fulfillment of educational needs and create new avenues for educational excellence throughout the State of Michigan.



P

Parent Resource Center (City of Saginaw School System)
1505 Ottawa Blvd., Saginaw 48602..... (989) 399-6900

The 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/Center of Hope
723 Emerson, Saginaw 48601
Community Assistance (989) 907-5610
Fax: (989) 907-7702

Provides assistance with emergency utility services: Consumer shut-offs, Water shut-offs, Court Ordered Evictions, ID's & Birth Certificates if born in Saginaw county.

Planned Parenthood
Administrative Office
3371 Beecher Rd., Flint 48532 (810) 238-3631
Fax: (810) 234-5956

Tri-Cities Health Center
2650 N. McLeod Dr., Po Box 5877, Saginaw 48604
..... (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.

Poison Control Center—Children's Hospital of Michigan
..... 1-800-222-1222

24 hour telephone service for first aid advice in the event of poisoning.

Pregnancy Counseling Center
916 Gratiot Ave., Saginaw 48602..... (989) 752-7664

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

Prevention and Youth Services
1226 N. Michigan, Saginaw 48602..... (989) 755-0937
Fax: (989) 755-0152

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

Probate Court—Juvenile Detention Facility
3360 Hospital Rd., Saginaw 48603..... (989) 799-2821

The Juvenile Detention Facility provides secure detention on a 24 hour basis. Children housed in the facility are considered to be a risk to the community, or to themselves or are awaiting placement. Also, on an available space basis, children from other counties are housed there. During school months, the facility provides a full time school program and a recreational program in the summer. The Detention Center is capable of housing up to 42 boys and 14 girls.

Professional Psychological & Psychiatric Services
1600 N. Michigan, Saginaw 48602..... (989) 755-8225

Substance abuse, mental health outpatient counseling.

Project Find
224 N. Elm, Saginaw 48602 (989) 399-6851
Fax: (989) 399-6865

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

R

Restoration Community Outreach
1205 Norman, Saginaw 48602 (989) 753-1886
Fax: (989) 753-2880

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



S

Sacred Heart Rehabilitation Center
301 E. Genesee, Saginaw 48607..... (989) 776-6000
Fax: (989) 776-1710

Outpatient Substance Abuse
1106 N. Washington, Bay City 48708.....(989) 776-6000

www.sacredheartcenter.com

Provides comprehensive early intervention and treatment of substance abuse disorders and quality HIV case management services, and HIV screenings. Program include outpatient, intensive outpatient & residential treatment and HIV/AIDS care services. All program service fees are assessed to clients on a sliding fee scale.

Safe Haven
621 S. Fayette, Saginaw 48602 (989) 921-7233

Emergency shelter for women with children.

Saginaw Community Action Committee (CAC)
- Community Program
2824 Perkins, Saginaw 48601 (989) 753-7741
Fax..... (989) 753-2439

The Saginaw County Community Action Committee, Inc., better known as the CAC, is the Community Action Agency (CAA) for Saginaw County and operates a multi-purpose center. Weatherization program, Dental Care program, Community Service programs, Emergency Services/Housing, Food & Nutrition services, Minor Home Repair, Minority Senior Outreach & Advocacy program.

MIC (Mothers, Infant, Children)

Need proof of income and residency. ID, Social Security card; WIC referral accepted; postpartum moms 6 to 12 months; children 5 to 6 years of age—1x per month.



Warning!

Babies are dying because they are put to sleep in places that are not safe. Babies always need a safe sleep place.

Parents whose babies have died want other parents to know:

- Babies are not safe sleeping on a couch, pillow or anything
- Babies are not safe sleeping with other children, adults or pets.
- Adult beds are not safe for babies. If you feed your baby in bed, put your baby back into his/her crib to sleep.

Safe Sleep Steps

1. Baby sleeps by him/herself in a crib, portable crib or bassinet.
2. Always put baby to sleep on his/her back even when he can roll over.
3. Nothing in sleep area. No pillows, blankets, comforters, stuffed animals or other soft things.
4. Keep baby's face uncovered during sleep for easy breathing. Use a sleeper instead of a blanket.
5. Don't allow anyone to smoke anything around your baby.
6. Don't overheat they baby. Dress the baby in as much or as little clothing as your are wearing.
7. Use a firm mattress with a tight-fitting sheet.

Make sure whoever takes care of your baby has a crib or portable crib for your baby to sleep. Talk to grandparents, babysitters, child care, neighbors and anyone who cares for your baby about the safest way for your baby to sleep.

S

Saginaw Community Mental Health Authority
 500 Hancock, Saginaw 48602 (989) 797-3400
 1-800-258-8678
 Fax: (989) 799-0206
 www.sccmha.org

24 hour crisis Hot Line..... 1-800-233-0022
(989) 792-9732

Access Center (989) 797-3559
 (Central intake number for any mental health concerns)

Bayside Lodge
 2700 W. Genesee, Saginaw 48602 (989) 799-1266
 Fax..... (989) 799-1548

A psycho-social rehabilitation clubhouse. Focus on relationship building and work ethic goals for those with a history of mental illness.

Saginaw County Animal Care Center
 1312 Gratiot Ave, Saginaw 48604(989) 797-4500
 Fax: (989) 797-4509

Saginaw County Animal Care Center has a primary responsibility for enforcement of state and county animal control laws. Pet adoption, lost pets, stray animals, animal complaints, bite reporting. An after hours service is provided to ensure 24 hour coverage of animal related emergencies and to assist public health and safety agencies.

Saginaw County Commission on Aging
 2355 Schust, Saginaw 48603 (989) 797-6880
 Fax: (989) 797-6882

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.



Saginaw County Department of Public Health
 1600 N. Michigan, Saginaw 48602..... (989) 758-3800

Administrative Services (989) 758-3820
 Children’s Special Health Care Services..(989) 758-3845
 Communicable Disease and Tuberculosis
(989) 758-3885
 Community Resource Nurse (989) 758-3675
 Dental Services (989) 758-3835
 Early-on Services (989) 758-3806
 Environmental Health Services (989) 758-3830
 “Great Beginnings” Healthy Start (989) 758-3850
 Toll Free 1-866-449-2229
 Health Promotion and Communication ... (989) 758-3805
 Healthy Homes & Lead Hazard Control .. (989) 758-3745
 Hearing and Vision (989) 758-3890
 Immunization Program (989) 758-3840
 Laboratory Services (989) 758-3825
 Personal Health Care Centers 1 & 3
 Family Planning (989) 758-3670
 STD & HIV Clinic (989) 758-3880
 Saginaw Health Plan (989) 758-3855
 (989) 755-3929
 Treatment and Prevention Services (TAPS)
 (989) 758-3781
 WIC (989) 758-3733

Satellite Clinic Locations

Birch Run
 Edward McNamara Health Center
 8425 Main St., Birch Run (989) 624-9664

Chesaning
 Rehmann Health Center
 147 S. Saginaw, Chesaning (989) 845-3911

Frankenmuth
 Covenant HealthCare Building
 600 N. Main, Frankenmuth (989) 758-3840

Hemlock
 West Saginaw County Health Center
 529 W. Saginaw St., Hemlock (989) 758-3840

St. Charles
 St. Charles Health Center
 120 N. Vine St., St. Charles (989) 865-9400

S

Saginaw County Parks and Recreation Commission
111 S. Michigan LL012, Saginaw 48602
..... (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
Prosecutor's Office
111 S. Michigan, Saginaw 48602 (989) 790-5561

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

Saginaw County Youth Protection Council
1110 Howard, Saginaw 48601 (989) 753-3431

www.scypc.org

The Saginaw County Youth Protection Council is a non-profit organization with many agencies.

Saginaw Housing Commission
PO Box 3225, Saginaw 48605
1803 Norman, Saginaw 48601 (989) 755-8183
Fax:(989) 754-3139

www.saginawhousing.org

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

Saginaw Landlords Association
120 N. Michigan, Saginaw 48602 (989) 249-0977

Offer support and guidance to landlord membership.

Saginaw Psychological Services, Inc.
2100 Hemmeter Rd, Saginaw 48603 (989) 799-2100

www.sagpsych.com

Mental health and substance abuse outpatient services.

Saginaw Transit Authority Regional Services—STARS
615 Johnson, Saginaw 48607

Scheduling Information (989) 907-4000
Lift Service Information (989) 753-9527
TDD Access (989) 753-5859
Fax (989) 753-0144

Routes run Monday thru Saturday throughout most of Metro Saginaw between the hours of 6:00 am — 7:20 pm
And Saturday hours between 8:00—5:00 pm.

Saginaw Valley Rehabilitation Center
—SVRC Industries, Inc.
919 Veterans Memorial Parkway, Saginaw 48601
..... (989) 752-6176
Fax (989) 752-3111

www.svrcindustries.com

SAID—Saginaw Advocacy for Individuals with Disabilities (989) 752-6104

SVRC Industries, Inc. creates and sustains opportunities and support systems for a person with disabilities and other barriers to employment and community access. A school to work transition service.

St. Mary's of Michigan
800 S. Washington, Saginaw 48601

www.stmarysofmichigan.org

Information Line (989) 907-8000
Emergency Department (989) 907-8200
Physician Referral 800-786-2797

Specility programs, including neurological, cancer, heart, brain and trauma, rehabilitation, diabetes and self management.

Towne Centre
4599 Towne Centre, Saginaw 48604
Information Line (989) 497-3000
Emergency Care Center (989) 497-3200
Laboratory Services (989) 497-3020

Seton Cove Spirituality Center
1647 S. Washington Ave., Saginaw(989) 907-8213



S

St. Paul's Episcopal Church
720 Tuscola, Saginaw 48607 (989) 755-3449

Food Pantry: Must have an emergency need and a referral from an agency or another church.

Salvation Army
2030 N. Carolina, Saginaw 48602 (989) 793-8371
Fax..(989) 793-9978

Emergency Assistance (989) 793-8371
Gym-Community Center (989) 793-8371
Kids Korner (989) 793-6095

Church Office
401 10th, Bay City (989) 893-3043

Welfare Office
401 10th, Bay City (989) 893-3041

Thrift Store
601 N. Euclid Ave., Bay City (989) 686-4162

Thrift Store
530 W. Genesee, Saginaw (989) 754-9151

Seventh Day Adventist Church
2755 N. Center Rd., Saginaw 48603..... (989) 799-5670

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

Synergy Medical Education Alliance
1000 Houghton, Saginaw 48602 (989) 583-6800

www.synergymedical.org

Medical clinics, Information Resource Department and medical education for area physicians. OB, internal medicine, endocrine, surgery, AGES—Senior Health Care (see page 1) , homecare physicians. Accepts various insurances, Medicaid, sliding scale for uninsured.

T

Teen Challenge—Mid-Michigan Teen Challenge, Inc.
818 S. Michigan, Saginaw 48602 (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 (989) 753-4245

St. Rita's
1419 Veterans Memorial Parkway, Saginaw 48601
.....(989)753-4245

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.

Tomorrow's Child—SIDS
112 East Allegan, Lansing 48933 (517) 485-7437
1-800-331-7437

www.tomorrowchildmi.org

Resource for grief support, risk reduction, and community education, leading the effort to provide information and assistance to families and the medical community. Related to SIDS and other causes of infant death.

U

Underground Railroad
PO Box 2451, Saginaw 48605(989) 755-0413
Fax(989) 755-3006

24 hour crisis intervention – TDD (989) 755-0411
.....1-888-399-8385

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/partner. Thirty day residency limit, 24 hour crisis hotline, walk-in counseling, support groups, legal and financial, housing and transportation.

U

Under the Rainbow Thrift Store
5647 State St., Saginaw 48603..... (989) 249-1924

Former Mannion Brothers Hardware. Store is sponsored by Underground Railroad.

United Way of Saginaw County
100 S. Jefferson Ave., Saginaw 48607...(989) 755-0505

First Call for Help..... (989) 758-HELP (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.

V

Valley Urgent Care
3020 Boardwalk, Saginaw 48603.....989) 791-3888

Walk-in urgent care services. Accepts most insurance plans and straight Medicaid. Uninsured must be able to pay basic fee. Sport and school physicals.

V.O.I.C.E. – for the hearing impaired
4274 State St., Saginaw 48603.....(989) 497-7111
Fax.... (989) 497-9060

TTY (989) 497-7112
EMERGENCIES—please page (989)730-7357

V.O.I.C.E. has interpreters available 24/7. Provides supportive services for speech and hearing impaired, including interpreting services, information, networking, civil rights, advocacy, and employment support.

W

Westlund Child Guidance Clinic
3253 Congress, Saginaw 48602 (989) 793-4790

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.

West Side Urgent Care
2060 N. Center Rd., Saginaw 48603.....(989) 791-4100

Walk-in urgent care services. Accepts most insurance plans and straight Medicaid. Uninsured must be able to pay basic fee. Sport, school and employment physicals.

Y

YMCA
1915 Fordney, Saginaw 48601 (989) 753-7721
Fax.... (989) 755-9329

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.



Community Matters.

This Resource Guide has been developed through funds provided by the Saginaw County Department of Public Health's Healthy Start "Great Beginnings" Program, which is a collaborative effort targeting a decrease in the current racial disparity seen between our African American and Caucasian infant mortality rates. Funding is provided by project Number 2H49MC00058 of the Healthy Start Initiative of the Maternal and Child Health Bureau Division of the Health Resource and Service Administration, Department of Health and Human Services.