



# SAGINAW COUNTY COMMUNITY RESOURCE GUIDE

2024

Linking families to community resources



# COMMUNITY RESOURCE GUIDE

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

The Community Resource Guide is a quick and simple way to search for programs, local organizations, and information.


This guide may be duplicated from the Saginaw County Health Department Website at <https://www.saginawpublichealth.org/>.


To add your program/organization or make changes, please contact Kassidy Natzel, Health Educator, by emailing [knatzel@saginawcounty.com](mailto:knatzel@saginawcounty.com) with program/organization details.

All information is subject to change.

## SOCIAL MEDIA

Find and interact with us on social media!

 @Saginaw County Health Department – SCHED

 @BWell Saginaw

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

 <https://bwellssaginaw.org/>

# USEFUL PHONE NUMBERS

## Non-Emergency Dispatch

Bay County Central Dispatch .....	(989) 892 – 9551
Saginaw County Central Dispatch .....	(989) 797 – 4580
Midland County Central Dispatch .....	(989) 839 – 6464
Tuscola County Central Dispatch .....	(989) 673 – 8738

## Local Tiplines & Hotlines

Arson Tipline .....	(800) 442 – 7766
Bureau of Alcohol, Tobacco, Firearms & Explosives (ATF).....	(800) 800 – 3855
Consumers Energy (Electric & Gas Emergency) .....	(800) 477 – 5050
Crisis Intervention Services.....	(800) 233 – 0022
Drug Enforcement Administration.....	(989) 754 – 2330
FBI – Bay City Office.....	(989) 892 – 6525
Child and Family Services of Saginaw Crisis Line .....	(989) 790 – 9118
Underground Railroad, Inc. 24 – Hour Helpline .....	(989) 755 – 0411

## National Tiplines & Hotlines

Center for Missing & Exploited Children .....	(800) 843 – 5678; *TTY (800) 826 – 7653
Domestic Violence Hotline .....	(800) 843 – 5678; *TTY (800) 787 – 3224
Human Trafficking Resource Center.....	(888) 373 – 7888
Parent Helpline .....	(855) 427 – 2736
Response Center (Oil & Toxic Chemical Spills).....	(800) 424 – 8802
Runaway Safe Line .....	(800) 786 – 2929
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\*TTY stands for teletypewriter, which is utilized by individuals with hearing or speech impairments.

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# NUMBER RESOURCES

## **120Fitness**

118 S Hamilton St, Saginaw, MI 48602

(989) 401 – 1898

*Hours of Operation:* Monday – Sunday (5:00am to 10:00pm)

120Fitness is a fitness facility that offers various exercise equipment, classes (e.g., cardio, Zumba, strength and conditioning, and circuit training), and personal training.

*Link to Website:* <https://120fitness.com/>

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# A RESOURCES

## **A & D Home Health Care**

3150 Enterprise Dr, Saginaw, MI 48603

(989) 249 – 0929

A & D Home Health Care provides services such as care management, community transition, hospice, and more.

*Link to Website:* <https://www.a-dhomecare.com/>

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## **A Place Called Home**

440 S 10<sup>th</sup> St, Saginaw, MI 48601

(989) 482 – 8989

2810 Hampshire St, Saginaw, MI 48601

A Place Called Home is an adult group home that provides services to individuals who are aged or have developmental disabilities and mental illnesses.

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# A RESOURCES

## **A Place for Grace**

4945 Gratiot Rd, Saginaw, MI 48638

(989) 355 – 1107

*Hours of Operation:* Monday – Friday (6:30am to 6:00pm)

A Place for Grace offers childcare services for children with special or traditional needs from ages birth to 18 years old. Special needs may include ADD/ADHD, developmentally delayed, cognitively impaired, autistic, emotionally impaired, and speech and language delayed.

*Link to Website:* <https://aplaceforgracechildcare.org/>

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## **A Touch of Faith AFC Home**

816 Forest St, Saginaw, MI 48602

(989) 501 – 9237

A Touch of Faith AFC Home is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities, mental illnesses, and Alzheimer's.

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## **ABC Childcare Learning**

3533 State St, Saginaw, MI 48602

(989) 792 – 2920

*Hours of Operation:* Monday – Friday (6:30am to 5:30pm)

ABC Childcare Learning offers childcare services for children ages infant to 12 years old.

*Link to Website:* <https://www.myabcchildcare.org/>

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## **AbleLight Thrift Shop**

5119 Gratiot Rd, Saginaw, MI 48638

(989) 792 – 0391

*Hours of Operation:* Monday – Saturday (10:00am to 5:00pm)

AbleLight Thrift Shop sells gently used items (e.g., clothing, household items, furniture, toys, etc.) at a discounted rate. The profit is directed towards assisting individuals with developmental disabilities by creating job opportunities and training within the store.

*Link to Website:* <https://ablelight.org/thrift-stores/saginaw/>

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# A RESOURCES

## **Adira Nursing & Rehab**

3200 State St, Saginaw, MI 48602

(989) 799 – 1902

Adira Nursing & Rehab provides subacute rehab for individuals recovering from illness or surgery to transition from the hospital to home and long-term care to residents by improving their quality of life.

*Link to Website:* <https://adiranar.com/>

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## **Adoption Associates, Inc.**

612 S Creyts Rd, Suite C, Lansing, MI 48917

(517) 327 – 1388

*Hours of Operation:* Monday – Friday (9:00am to 5:00pm)

Adoption Associates, Inc. assists birthing and adopting families with the adoption process. Services include adoption planning, home studies, resources, and more.

*Link to Website:* <https://adoptionassociates.net/>

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## **Adoption Partners of Michigan**

4371 State St, Suite B, Saginaw, MI 48603

(989) 793 – 0000

Adoption Partners of Michigan assists birthing and adopting families with the adoption process. Services include adoption planning, home studies, counseling, support, and more.

*Link to Website:* <https://adoptionpartnersmi.org/>

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## **Advanced Hospice Care**

4705 Towne Centre, Suite 001, Saginaw, MI 48604

(989) 341 – 1978

Advanced Hospice Care provides hospice care and other services, including a chaplain, social worker, hospice registered nurse, and hospice-certified nursing assistant.

*Link to Website:* <https://advancedhospicecarellc.com/>

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# A RESOURCES

## Alcoholics Anonymous

Various Locations

(989) 776 – 1241 (AA Hotline)

*Hours of Operation:* Varies by Location

Alcoholics Anonymous provides closed meetings to individuals who struggle with drinking habits or have a desire to stop drinking. Meeting locations are available on the website.

*Link to Website:* <https://www.saginawaa.org/>

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## Aleda E Lutz Department of Veterans Affairs Medical Center

1500 Weiss St, Saginaw, MI 48602

(989) 497 – 2500

*Hours of Operation:* Monday – Friday (7:00am to 7:00pm); Saturday and Sunday (7:00am to 5:00pm)

<i>Services:</i>	<i>Phone Number:</i>
Addiction and Substance Use Care	Ext. 11959
Dental/Oral Surgery	Ext. 11271
Homeless Veteran Care	Ext. 11773
LGBTQ+ Veteran Care	Ext. 13846
Mental Health Care	Ext. 11959
Pharmacy	Ext. 11705

Aleda E Lutz Department of Veterans Affairs Medical Center provides several other services. Details of the services and eligibility requirements are available on the website.

*Link to Website:* <https://www.va.gov/saginaw-health-care/locations/aleda-e-lutz-department-of-veterans-affairs-medical-center/>

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## All Valley Home Health & Hospice Care

3175 Christy Way, Suite 10, Saginaw, MI 48603

(989) 401 – 3019

All Valley Home Health & Hospice Care provides skilled nursing, certified nursing assistance, medical social work, spiritual counseling, bereavement services, community liaisons, and physical therapy.

*Link to Website:* <https://www.valleyhospicecareinc.com/>

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# A RESOURCES

## **Amara Hospice Michigan**

3085 Bay Rd, Suite 3, Saginaw, MI 48603

(989) 200 – 5000

Amara Hospice Michigan assists with activities of daily living, pain management, alternative therapies, recreation, psycho-social, and bereavement services.

*Link to Website:* <https://amarahospicemi.com/>

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## **Amazing Grace Animal Rescue**

3365 Freeland Rd, Saginaw, MI 48604

(989) 792 – 0346

*Hours of Operation:* Monday – Saturday (1:00pm to 5:00pm)

Amazing Grace Animal Rescue is a no-kill rescue for all breeds of cats and dogs. Animals can be surrendered and adopted at this organization.

*Link to Facebook Page:* <https://www.facebook.com/AmazingGraceAnimalRescue/>

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## **American Cancer Society**

2000 Town Ctr, Suite 1900, Southfield, MI 48075

1 (800) 277 – 2345

American Cancer Society provides support, transportation, advocacy, lodging, education, and prevention materials to individuals with cancer or those interested in learning more about cancer.

*Link to Website:* <https://www.cancer.org/>

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## **American Heart Association**

2469 Woodlake Cir, Suite 100, Okemos, MI 48864

1 (800) 242 – 8721

American Heart Association provides support, education, and prevention materials to individuals with cardiovascular disease or those interested in learning more about cardiovascular disease.

*Link to Website:* <https://www.heart.org/>

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# A RESOURCES

## **American Legion**

700 N Pennsylvania St, Indianapolis, IN 46206

1 (800) 433 – 3318 (*Customer Service*)

*Hours of Operation:* Monday – Friday (8:00am to 4:30pm)

The American Legion is a veteran’s organization that provides various programs, benefits, health centers, resources, and more. To find a post or service officer near you, visit the website.

*Link to Website:* <https://www.legion.org/>

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## **American Red Cross**

1401 S Grand Traverse St, Flint, MI 48503

(810) 232 – 1401

*Hours of Operation:* Monday – Friday (8:30am to 5:00pm)

American Red Cross provides CPR training, blood donation, training and certifications, and disaster relief and recovery services. Disaster relief and recovery services include temporary sheltering/housing, mental health assistance, financial assistance, and health services. Call (305) 644 – 1200 for disaster relief and recovery assistance.

*Link to Website:* <https://www.redcross.org/>

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## **Americans Home Health & Hospice Care**

2575 McLeod Dr N, Suite C, Saginaw, MI 48604

(989) 791 – 7951

Americans Home Health & Hospice Care provides home care services, including skilled nursing, physical therapy, occupational therapy, speech therapy, and more. It also offers hospice services tailored to the client’s specific needs.

*Link to Website:* <https://www.ahhcmi.com/>

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## **Annie’s Home Care**

514 N Warren Ave, Saginaw, MI 48607

(989) 401 – 7835

Annie’s Home Care is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities and mental illnesses.

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# A RESOURCES

## **APS Employment Services, Inc.**

1840 N Michigan Ave, Suite 3, Saginaw, MI 48602

1 (800) 926 – 2816

*Hours of Operation:* Monday – Friday (8:30am to 4:30pm)

APS Employment Services, Inc. assists job seekers with finding jobs that match their skills, experiences, and interests. Also, APS assists employers with locating the correct candidate for the position they wish to fill.

*Link to Website:* <https://www.apsemploymentservices.com/>

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## **Aspiring to Change Counseling Services**

1210 Salzburg Ave, Bay City, MI 48706

(989) 492 – 0404

Aspiring to Change Counseling Services provides individual, family, and group counseling and psychoeducation classes. The specialty areas include anxiety, depression, family conflict, behavioral issues, drug abuse, school issues, social anxiety, and more.

*Link to Website:* <https://www.aspiringtochange.com/>

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## **Autism Society**

6110 Executive Blvd, Suite 305, Rockville, MD 20852

1 (800) 328 – 8476

Autism Society provides education about autism, resources, policy change, justice, and more while encouraging meaningful change to support the autism community.

*Link to Website:* <https://autismsociety.org/>

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## **Autism Support of Michigan**

P.O. Box 45, Bannister, MI 48807

(517) 882 – 2800

*Hours of Operation:* Monday – Friday (9:00am to 4:00pm)

Autism Support of Michigan provides resources, educational materials, and support to individuals with autism and their families.

*Link to Website:* <https://autism-mi.org/>

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# A RESOURCES

## **Avista Nursing & Rehab**

2901 Galaxy Dr, Saginaw, MI 48601

(989) 777 – 5110

Avista Nursing & Rehab provides subacute rehab for individuals recovering from illness or surgery to transition from the hospital to home and long-term care to residents by improving their quality of life.

*Link to Website:* <https://avistanursingandrehab.com/>

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# B RESOURCES

## **Babions Foster Care LLC**

305 S Midland St, Merrill, MI 48637

(989) 643 – 5294

Babions Foster Care LLC is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities, mental illnesses, and Alzheimer's.

*Link to Facebook Page:* <https://www.facebook.com/Babions-Foster-Care-LLC>

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## **Barb Smith Suicide Resource & Response Network**

P.O. Box 6712, Saginaw, MI 48608

(989) 781 – 5260

Barb Smith Suicide Resource & Response Network provides a suicide loss support group, local outreach to suicide survivors (L.O.S.S.), and trainings. The suicide loss support group, for individuals who are 15 years and older, meets on the first and third Tuesday of the month from 6:30pm to 8:00pm.

*Link to Website:* <https://srrn.net/>

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# B RESOURCES

## **Barton Woods Assisted Living**

9472 Kochville Rd, Freeland, MI 48623

(989) 695 – 5380

Barton Woods Assisted Living provides 24-hour staffing and access to nurses/medical care, on-site nursing and therapy, medication administration, in-room amenities, facility conveniences, and more.

*Link to Website:* <https://bartonwoods.org/>

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## **Bay Area Pilates**

117 S Main St, Suite 5A, Freeland, MI 48623

(989) 573 – 8335

*Hours of Operation:* Monday – Friday (8:00am to 8:00pm)

Bay Areas Pilates offers various Pilates classes, which are available in private, online, and in-person formats.

*Link to Website:* <https://bayareapilates.net/>

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## **Bethany Lutheran Preschool**

5051 McCarty Rd, Saginaw, MI 48603

(989) 793 – 9579

*Hours of Operation:* Monday – Friday (8:15am to 3:15pm)

Bethany Lutheran Preschool offers preschool services.

*Link to Website:* <https://preschool.bethanysaginaw.com/>

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## **Bethlehem Little Stars Preschool**

2777 Hermansau Rd, Saginaw, MI 48604

(989) 755 – 1144

*Hours of Operation:* Monday – Friday (7:50am to 5:30pm)

Bethlehem Little Stars Preschool offers childcare services for children ages preschool to school age.

*Link to Website:* <https://www.bethlehemsaginaw.org/preschool>

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# B RESOURCES

## **Bethlehem Lutheran Church**

808 Weiss St, Saginaw, MI 48602

(989) 755 – 1144

*Hours of Operation:* Third Tuesday of the Month (10:00am to 11:00am)

Bethlehem Lutheran Church provides a food pantry. To receive food, enter the Weiss St parking lot and pull your vehicle to the church doors or join the line. Eligibility requirements include a form of identification, and no appointment is necessary.

*Link to Website:* <https://www.bethlehemsaginaw.org/care>

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## **Better Living Property Group LLC**

1007 S 26<sup>th</sup> St, Saginaw, MI 48601

(989) 890 – 6811

Better Living Property Group LLC is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities and mental illnesses.

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## **Bickford of Saginaw Township Senior Living**

5275 Mackinaw Rd, Saginaw, MI 48603

(989) 702 - 2815

Bickford of Saginaw Township Senior Living provides personalized assistance with activities of daily living, memory care for senior with dementia and Alzheimer's, and core services.

*Link to Website:* <https://bickfordseniorliving.com/branch/bickford-of-saginaw-township/services/>

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## **Bieri Hearing Specialists**

2650 McCarty Rd, Saginaw, MI 48603

(989) 793 – 2701

406 W Genesee St, Suite C, Frankenmuth, MI 48734

*Hours of Operation:* Monday – Friday (9:00am to 5:00pm)

Bieri Hearing Specialists offer hearing screenings, hearing aids, and other hearing instruments.

*Link to Website:* <https://www.bierihearing.com/>

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# B RESOURCES

## **Big Brothers Big Sisters of The Great Lakes Bay Region**

4600 Fashion Sq Blvd, Suite 203, Saginaw, MI 48604

(989) 755 – 6558

*Hours of Operation:* Monday – Friday (9:00am to 5:00pm)

Big Brothers Big Sisters provides community-based mentoring. Mentors are matched with a child to serve as a role model by interacting in activities typically two or three times a month. More information about the mentor application process is available on the website.

*Link to Website:* <https://bbbsgreatlakesbay.org/>

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## **Birch Run Fields Assisted Living**

12160 Ulmer Rd, Birch Run, MI 48415

(989) 244 – 6670

Birch Run Fields Assisted Living provides personalized services including medication management, specialized care, daily activities assistance, in-house podiatry and audiology care, and more.

*Link to Website:* <https://www.birchrunfields.com/>

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## **Birch Run Leaps & Bounds Learning Center**

12050 Church St, Birch Run, MI 48415

(989) 624 – 5031

*Hours of Operation:* Monday – Friday (6:30am to 6:00pm)

Birch Run Leaps & Bounds Learning Center offers childcare services for children ages infant to 12 years old.

## **Birch Run Township Park**

13001 Maple Rd, Birch Run, MI 48415

(989) 624 – 9773

*Hours of Operation:* Monday – Sunday (9:00am to 10:00pm)

*Link to Website:* <https://www.birchruntwp.com/township-park>

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# B RESOURCES

## **Brady Senior Center**

16020 Peet Rd, Oakley, MI 48649

(989) 845 – 7200

*Hours of Operation:* Monday – Friday (10:00am to 1:30pm)

Brady Senior Center offers meals, cards, checkers, puzzles, bingo, exercise, blood pressure screenings, special guest speakers, holiday events, and parties to seniors.

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## **Brookdale Senior Living**

2485 McCarty Rd, Saginaw, MI 48603

(989) 498 - 6942

Brookdale Senior Living provides assisted living for individuals needing assistance with medication management and daily living activities and memory care for individuals with dementia and Alzheimer's.

*Link to Website:* <https://www.brookdale.com/en/communities/brookdale-saginaw>

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## **Buena Vista Senior Center**

1940 S Outer Dr, Saginaw, MI 48601

(989) 752 – 1655

*Hours of Operation:* Tuesday – Thursday (10:00am to 2:00pm)

Buena Vista Senior Center offers meals, cards, bingo, special guest speakers, and parties to seniors.

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## **Building Blocks Childcare & Preschool Center**

1310 N Michigan Ave, Saginaw, MI 48602

(989) 752 – 1800

*Hours of Operation:* Monday – Friday (6:00am to 7:00pm)

Building Blocks Childcare & Preschool Center offers childcare services for children ages infant to 12 years old.

*Link to Website:* <https://www.buildingblocksmichigan.com/>

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## B RESOURCES

### **Busy Bee Day Care**

3821 State St, Bridgeport, MI 48722

(989) 777 – 3460

Busy Bee Day Care offers childcare services.

*Link to Facebook Page:* <https://www.facebook.com/people/Busy-Bees-Day-Care>

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## C RESOURCES

### **Cardinal Care AFC**

2700 Cecelia St, Saginaw, MI 48602

(989) 401 – 2802

Cardinal Care AFC is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities, mental illnesses, and traumatic brain injuries.

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### **Cardio Drumming with Kara**

6156 S Steel Rd, Merrill, MI 48637

(989) 791 – 1148

*Hours of Operation:* Varies by Class

Cardio Drumming with Kara offers various classes including cardio drumming, Pilates, and more.

*Link to Facebook Page:* <https://www.facebook.com/people/Cardio-Drumming-with-Kara>

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### **Careline Health Group**

4760 Fashion Sq Blvd, Suite L1, Saginaw, MI 48604

(989) 220 – 3643

Careline Health Group provides hospice and physician services for various complex health conditions.

*Link to Website:* <https://carelinehealthgroup.com/>

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# C RESOURCES

## **Carrollton Early Childhood Center**

3169 Carla Dr, Carrollton, MI 48604

(989) 754 – 0381

*Hours of Operation:* Monday – Friday (7:00am to 6:00pm)

Carrollton Early Childhood Center offers childcare services for children ages infant to school age.

*Link to Website:* <https://www.carrolltonpublicschools.org/choosing-carrollton-early-childhood-center/>

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## **Carrollton Senior Village**

3955 N Michigan Ave, Saginaw, MI 48604

(989) 753 – 7455

Carrollton Senior Village is a senior living community. Call for more information.

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## **Catholic Family Services**

710 N Michigan Ave, Saginaw, MI 48602

(989) 753 – 8446

*Hours of Operation:* Monday – Thursday (9:00am to 6:00pm)

Catholic Family Services provides outpatient counseling to address individual's physical, psychological, social, and spiritual needs. Topics that may be addressed during therapy include depression, anxiety, trauma, family/couple dysfunction, and more. Therapy sessions are available both in-person and virtual.

*Link to Website:* <https://catholicfamilyservice.net/>

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## **Center of HOPE Food Pantry**

723 Emerson St, Saginaw, MI 48607

dewburke@hotmail.com

*Hours of Operation:* Second and Fourth Wednesday of the Month (8:00am to 11:30am)

Center of HOPE Food Pantry provides an indoor food pantry during the hours above. An outdoor food giveaway is also provided on various dates and times, as indicated on the Facebook page.

*Visit the Facebook Page:* <https://www.facebook.com/SaginawMetroMinistriesFoodPantry/>

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# C RESOURCES

## **Che Ko Tae Kwon Do**

5126 Dixie Hwy, Saginaw, MI 48601

(989) 777 – 3630

*Hours of Operation:* Monday and Wednesday (4:00pm to 8:00pm); Tuesday (7:00pm to 8:00pm); Thursday (6:00pm to 8:00pm); Friday (5:00pm to 8:00pm)

14890 Gratiot Rd, Hemlock, MI 48626

(989) 280 – 3402

*Hours of Operation:* Tuesday and Thursday (4:00pm to 6:00pm)

4655 Fashion Sq Mall, Saginaw, MI 48604

(989) 280 – 3402

*Hours of Operation:* Monday, Wednesday, and Friday (5:35pm to 7:30pm); Tuesday and Thursday (5:00pm to 7:30pm); Saturday (10:00am to 1:00pm)

Che Ko Tae Kwon Do offers various Tae Kwon Do classes.

*Link to Website:* <https://www.chekomartialarts.com/>

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## **Chesaning Area Emergency Relief (CAER) Center**

218 Church St, Chesaning, MI 48616

(989) 845 – 6212

*Hours of Operation:* Monday – Friday (9:30am to 11:30am)

Chesaning Area Emergency Relief (CAER) Center provides free clothing, household items, and food to individuals in southwest Saginaw County.

*Link to Facebook Page:* <https://www.facebook.com/people/Caer-Chesaning>

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## **Chesaning Nursing & Rehabilitation Center**

201 S Frost St, Chesaning, MI 48616

(989) 845 – 6602

Chesaning Nursing & Rehabilitation Center provides 24-hour nursing care, physical therapy, occupational therapy, speech therapy, respite care, hospice care, dialysis transport, and more.

*Link to Website:* <https://chesaningnc.com/>

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# C RESOURCES

## Chesaning Senior Center

218 Church St, Chesaning, MI 48616

(989) 845 – 6565

*Hours of Operation:* Monday – Friday (9:30am to 1:00pm)

Chesaning Senior Center offers meals, bingo, exercise, choir, movies, blood pressure screenings, sewing, special guest speakers, trips, and parties to seniors.

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## Chesaning Union Schools Latchkey and Preschool

920 E Broad St, Chesaning, MI 48616

(989) 845 – 2430

*Hours of Operation:* Monday – Friday (6:00am to 6:00pm)

Chesaning Union Schools Latchkey and Preschool offers childcare services for children ages preschool to school age.

*Link to Website:* <https://www.chesaningschools.net/>

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## Child Abuse and Neglect (CAN) Council

1311 N Michigan Ave, Saginaw, MI 48602

(989) 752 – 7226

*Hours of Operation:* Monday – Friday (8:00am to 5:00pm)

<i>Services:</i>	
Child Advocacy Centers	Provides a safe environment for children who have witnessed or been physically or sexually abused to be interviewed or examined.
Child Abuse Prevention Education	Provides school-based, community, and professional development and parent support programs to prevent child abuse.
Court Appointed Special Advocates	Serves as a voice of children in the court system due to abuse and neglect, who stay until the case is closed.
Mobile Family Resource Center	Delivers resources and support to families where they work, live, worship, and gather.

*Link to Website:* <https://www.cancouncil.org/>

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# C RESOURCES

## Child and Family Services of Saginaw County

2838 Automotive Centre Rd, Saginaw, MI 48603

(989) 790 – 7500

*Hours of Operation:* Monday – Thursday (8:00am to 8:00pm); Friday (8:00am to 1:00pm)

<i>Services:</i>	
Counseling Center	Provides counseling to individuals and families ranging from children to seniors.
Employee Support	Assists employees with resolving stressors that affect their life or job satisfaction and performance.
Sexual Assault Center	Provides services for children, adults, and family survivors from sexual violence trauma. Crisis services include the crisis line, (989) 790 – 9118.
Sexual Assault Response Team (SART)	Provides care to victims of sexual assault including a confidential exam, treatment of STDs, and more.

*Link to Website:* <https://www.childandfamilysaginaw.org/>

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## Children’s Grief Center – Great Lakes Bay Region

4708 James Savage Rd, Midland, MI 48642

(989) 495 – 9335

*Hours of Operation:* Monday – Friday (9:00am to 3:00pm)

Children’s Grief Center provides free support groups in Bay City, Midland, and Saginaw to any child or teen (ages 5 to 18) who experienced the death of a parent, sibling, close family member, or friend. The accompanying parent or caregiver is encouraged to attend the parent/adult support group that meets simultaneously.

*Link to Website:* <https://childrensgriefglbr.org/>

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## Christ Image Child Development Center

5501 Gratiot Rd, Saginaw, MI 48638

(989) 759 – 9161

*Hours of Operation:* Monday – Friday (6:30am to 6:30pm)

Christ Image Child Development Center offers childcare services for children ages infant to school age.

*Link to Website:* <https://christimage.us/childcare/>

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# C RESOURCES

## **Christ Lutheran Church**

8101 Poellet St, Birch Run, MI 48415

(989) 624 – 9378

*Hours of Operation:* Tuesday, Wednesday, and Friday (10:00am to 1:00pm)

Christ Lutheran Church provides a baby pantry with diapers, wipes, blankets, clothing, shoes, and more.

*Link to Facebook Page:* <https://www.facebook.com/ChristLutheranBR/>

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## **City of Saginaw Assessor's Office**

1315 S Washington Ave, Saginaw, MI 48601

(989) 759 – 1470

*Hours of Operation:* Monday – Friday (8:00am to 4:00pm)

The Assessor's Office offers Hardship Property Tax Reductions to residents of the City of Saginaw for their homestead, who cannot pay property taxes. Information about eligibility requirements and the application process is available on the website.

*Link to Website:* <https://www.saginaw-mi.com/397/Assessing>

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## **City Rescue Mission**

1021 Burt St, Saginaw, MI 48607

(989) 752 – 6051

*Hours of Operation:* Monday – Friday (9:00am to 5:00pm)

City Rescue Mission is a faith-based emergency shelter for homeless men, women, children, intact families, and veterans.

*Link to Website:* <https://rescuemidmichigan.org/city-rescue-mission/>

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## **Close to Home Assisted Living Saginaw**

2142 N Center Rd, Saginaw, MI 48603

(989) 401 – 3581

2160 N Center Rd, Saginaw, MI 48603

(989) 778 – 2575

2168 N Center Rd, Saginaw, MI 48603

(989) 401 – 3581

Close to Home Assisted Living Saginaw is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities and traumatic brain injuries.

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# C RESOURCES

## CMU Health

1000 Houghton Ave, Saginaw, MI 48602

(989) 746 – 7500

*Hours of Operation:* Monday – Friday (8:00am to 5:00pm)

<i>Services:</i>	
Primary Care	Provides annual exams, routine physicals, screenings, chronic disease management, pediatric immunizations, well-check appointments, and more.
Specialty Care	Provides emergency medicine, endocrinology, genetics, infectious disease, psychiatry, psychological services, women’s health, OB/GYN, and more.
CenteringPregnancy	Provides a medical team that brings 8 to 12 pregnant women due around the same time together for routine prenatal care.
CenteringParenting	Provides care for the first two years of a child’s life when 6 to 8 parents and infants of the same age gather for care.

*Link to Website:* <https://www.cmuhealth.org/>

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## Comfort Care Senior Living

### Bavarian Comfort Care

5366 W Rolling Hills Dr, Bridgeport, MI 48722

(989) 777 – 7776

### Chesaning Comfort Care

1800 W Brady Rd, Chesaning, MI 48616

(989) 607 – 0011

### Great Lakes Rehab Center

4180 Tittabawassee Rd, Saginaw, MI 48604

(989) 607 – 1500

### Sheilds Comfort Care

9140 Gratiot Rd, Saginaw, MI 48609

(989) 607 – 0003

Comfort Care Senior Living provides memory care for individuals in various stages of dementia and assisted living for individuals in need of assistance with daily living activities.

*Link to Website:* <https://comfortcaresl.com/>

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# C RESOURCES

## Commission on Aging

2355 Schust Rd, Saginaw, MI 48603

(989) 797 – 6880

*Hours of Operation:* Monday – Friday (8:00am to 5:00pm)

<i>Services:</i>	
Meals on Wheels	Provides homebound older adults with a meal delivery two times a week. The suggested donation is \$2.25 per meal.
Transportation	Provides transportation for medical appointments, essential shopping, and other facilities. The cost each way is \$2.00.
Foster Grandparent Program	Provides tax-exempt stipends for adults (55+) who meet income guidelines and volunteer to work with special needs children.
Emergency Food Assistance	Provides one-time assistance with food purchases for qualifying, low-income seniors.
Legal Consultation	Provides free legal services. To schedule an appointment, call 1 (800) 858 – 1637 or (989) 893 – 4506.

*Link to Website:* <https://www.saginawcounty.com/departments/commission-on-aging/>

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## Community Village

3200 Hospital Rd, Saginaw, MI 48603

(989) 792 – 5442

*Hours of Operation:* Monday – Friday (9:00am to 5:00pm)

Community Village provides assisted living for residents to remain independent in their activities of daily living and respite care for short-term residents.

*Link to Website:* <https://communityvillage.org/>

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## Compassus

5889 Bay Rd, Suite 103, Saginaw, MI 48604

(989) 308 – 3674

Compassus provides hospice services including medical equipment, 24-hour access to care, pain management, spiritual care, ongoing grief counseling, and more.

*Link to Website:* <https://www.compassus.com/locations/michigan/saginaw/>

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# C RESOURCES

## Conquests AFC Home

1914 N Bond St, Saginaw, MI 48602

(989) 752 – 5811

Conquests AFC Home is an adult group home that provides services to individuals who are aged or have developmental disabilities, mental illnesses, and Alzheimer's.

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## Consumers Energy

2400 Weiss St, Saginaw, MI 48602

1 (800) 477 – 5050

*Hours of Operation:* Monday – Friday (9:00am to 1:00pm; 1:30pm to 4:30pm)

<i>Services:</i>	
The Care Program	Offers partial payment of the member's monthly bill, and any past due balances are forgiven over time as a reward for on-time payments.
The Budget Plan	Assists with avoiding high bills during times of higher use.
Shut-Off Protection Plan	Offers qualifying customers a year-round protection plan against shut offs. The plan spreads yearly energy costs into equal monthly payments.
Winter Protection Plan	Offers qualifying customers a plan to pay 7% of the estimated annual bill and past due amount from November through March.
Home Heating Credit	Assists with heating expenses to qualifying customers with an income at or below 110% of the federal poverty level.

*Link to Website:* <https://www.consumersenergy.com/residential>

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## Coop's Iron Works

3081 Bay Plaza Dr, Saginaw, MI 48604

(989) 401 – 7273

*Hours of Operation:* Monday (Opens at 5:00am); Tuesday – Friday (Open 24 hours); Saturday (Closes at 9:00pm); Sunday (8:00am to 8:00pm)

Coop's Iron Works offers indoor cycling, fitness classes, bodybuilding training, weight training, personal training, a turf training center, and a nutrition and supplement center.

*Link to Website:* <https://coopsiron.com/>

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# C RESOURCES

## **Core Fitness and Tanning**

625 W Broad St, Chesaning, MI 48616

(989) 845 – 6868

*Hours of Operation:* Monday – Thursday (10:00am to 7:00pm); Friday (10:00am to 5:00pm); Saturday (9:00am to 1:00pm)

Core Fitness and Tanning offers cardio drumming, circuit training, dance fitness, piyo, and a fitness facility with various exercise equipment.

*Link to Facebook Page:* <https://www.facebook.com/CoreFitnessAndTanning/>

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## **Cornerstone Caregiving**

4600 Fashion Sq Blvd, Suite 202, Saginaw, MI 48604

(989) 270 – 0636

Cornerstone Caregiving provides specialized care and basic care needs assistance with housework, exercise, transportation, personal care, and more.

*Link to Website:* <https://cornerstonecaregiving.com/locations/saginaw-mi>

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## **Cosens Martial Arts Saginaw, LLC**

5738 State St, Saginaw, MI 48603

(989) 401 – 5553

*Hours of Operation:* Monday – Thursday (12:00pm to 9:15pm); Friday (3:00pm to 8:00pm)

Cosens Martial Arts Saginaw offers mixed martial arts, Brazilian jiu-jitsu, and muay thai classes for individuals ages 3 and up.

*Link to Website:* <https://cosensmmasaginaw.com/>

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## **Covenant Glen of Frankenmuth**

1040 Covenant Dr, Frankenmuth, MI 48734

(989) 262 – 8340

Covenant Glen of Frankenmuth provides memory care for individuals with dementia and Alzheimer's and assisted living for individuals needing assistance with daily activities.

*Link to Website:* <https://covenantglen.com/>

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# C RESOURCES

## Covenant Healthcare

Various Locations

(989) 583 – 0000

*Hours of Operation: Varies by Location*

<i>Services:</i>	
Breast Health	Breast Health Center: (989) 583 – 5020 Breast Imaging Center ( <i>Saginaw</i> ): (989) 583 – 0115 Breast Imaging Center ( <i>Frankenmuth</i> ): (989) 583 – 6278
Diabetes Self-Management Program	(989) 583 – 5190
Emergency Care Center	(989) 583 – 6121
Maternity	Birth Certificate Registration: (989) 583 – 4797 Breastfeeding Support: (989) 583 – 4135 Maternity Services: (989) 583 – 4496

Covenant Healthcare provides several other services. Visit the website to learn more about those services.

*Link to Website:* <https://www.covenanthealthcare.com/>

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## Covenant Healthcare Children’s Center

1404 N Harrison St, Saginaw, MI 48602

(989) 583 – 4746

*Hours of Operation: Monday – Friday (5:45am to 6:30pm)*

Covenant Healthcare Children’s Center offers childcare services for children ages infant to 5 years old.

*Link to Website:* <https://www.childrenscenteratcovenant.com/>

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## Covenant Healthcare Visiting Nurse Association

515 N Michigan Ave, Saginaw, MI 48602

(989) 799 – 6020

Covenant Healthcare Visiting Nurse Association provides home health care, home medical equipment, home infusion pharmacy, palliative care, advanced care planning, and hospice care.

*Link to Website:* <https://www.covenanthealthcare.com/ch/visiting-nurse-association>

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# C RESOURCES

## **CrossFit Steel Courage**

301 E Broad St, Chesaning, MI 48616

(989) 225 – 4878

*Hours of Operation:* Monday (5:15pm to 8:00pm); Tuesday – Thursday (4:30pm to 8:00pm); Friday (8:30am to 6:00pm); Saturday (8:30am to 9:30am); Sunday (1:00pm to 3:00pm)

CrossFit Steel Courage offers various CrossFit fitness classes.

*Link to Facebook Page:* <https://www.crossfitsteelcourage.com/>

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## **CSL Plasma**

4596 State St, Saginaw, MI 48603

(989) 921 – 3301

*Hours of Operation:* Monday – Friday (7:00am to 7:00pm); Saturday (7:00am to 3:00pm); Sunday (8:00am to 3:00pm)

CSL Plasma is a center to donate plasma. An appointment is not necessary, however, bring a photo ID, proof of social security, and a proof of residency/current lease to the center.

*Link to Website:* <https://www.cslplasma.com/>

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# D RESOURCES

## **D.E.B. AFC Inc**

3197 Studor Rd, Saginaw, MI 48601

(989) 777 – 6903

3040 S Towerline Rd, Bridgeport, MI 48722

(989) 714 – 0793

901 S Fayette St, Saginaw, MI 48602

(989) 790 – 0882

821 S Fayette St, Saginaw, MI 48602

(989) 475 – 4034

D.E.B AFC Inc is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities and mental illnesses.

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# D RESOURCES

## Delta College

1961 Delta Rd, University Center, MI 48710

(989) 686 – 9000

319 E Genesee Ave, Saginaw, MI 48607

(989) 752 – 7500

*Hours of Operation: Varies by Program*

Delta College is a public community college that provides education in various topic areas. The Delta College Dental Clinic provides dental care to community members, completed by students. Dental services include teeth cleaning for children and adults, periodontal care, x-rays, and more. Also, Delta College provides a pool, weight room, cardio room, pickleball courts, and more.

*Link to Website:* <https://www.delta.edu/>

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## Department of Human Services

411 E Genesee Ave, Saginaw, MI 48607

(989) 758 – 1100

Department of Human Services assists with childcare, disability, food, housing, transportation, and heat and utility. Call for more information.

*Link to Website:* <https://www.michigan.gov/mdhhs/saginaw-county>

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## Disability Network of Mid-Michigan

1705 S Saginaw Rd, Midland, MI 48640

(989) 835 – 4041

*Hours of Operation: Monday – Friday (8:30am to 4:30pm)*

<i>Services:</i>	
Community/Youth Transition	Provides skills-based workshops and one-on-one activities designed to teach basic skill to become an independent adult for students.
Independent Living Skills	Assists with developing skills around budgeting, making meals, grooming, housekeeping, exercising, and more.
Community Engagement	Provides education on topics related to disability when requested a month in advance.

*Link to Website:* <https://www.dnmm.org/>

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# D RESOURCES

## **Diversified Fitness Club**

195 Mayer Rd, Frankenmuth, MI 48734

(989) 652 – 4067

*Hours of Operation:* Open 24/7

Diversified Fitness Club is a fitness facility that offers a gym, various classes (e.g., spinning, cycle and core, yoga, Silver Sneakers Classic, etc.), and more.

*Link to Website:* <https://www.diversifiedfitnessclub.com/>

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## **DOT Caring Centers, Inc.**

3190 Hallmark Ct, Saginaw, MI 48603

(989) 790 – 3366

*Hours of Operation:* Monday – Friday (8:00am to 5:00pm)

6840 Midland Rd, Freeland, MI 48623

(989) 692 – 2160

*Hours of Operation:* Open 24/7

<i>Services:</i>	
Education	Provides education programs, including First Offender Intensive Learning (FOILS), First Offender Referral Content Evaluation (FORCE), and First Alternative for the Super Drunk Ticket (FAST).
Outpatient Treatment	Provides individual therapy, group therapy, recovery coaching, medication-assisted treatment, and mental health services.
Residential Treatment	Provides detoxification and low and high-intensity residential treatment.

*Link to Website:* <https://dotcaring.com/>

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# E RESOURCES

## **Eagle Express Daycare**

805 E Genesee St, Frankenmuth, MI 48734

(989) 502 – 1724

*Hours of Operation:* Monday – Friday (6:30am to 5:30pm)

Eagle Express Daycare offers childcare services for children ages toddler to school age and a before-and after-school program.

*Link to Website:* <https://fmuthschools.com/list-elementary/eagle-express/>

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## **East Side Soup Kitchen**

940 E Genesee Ave, Saginaw, MI 48607

(989) 755 – 3663

*Hours of Operation:* Monday – Friday (7:00am to 3:00pm)

East Side Soup Kitchen provides hot meals to all individuals. Other programs provided include dental services, HIV/AIDS counseling and testing, medical services, and food distribution. These programs are provided at various dates and times, which are indicated on the website.

*Link to Website:* <https://www.eastsidesoupkitchen.org/>

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## **Edgewood Assisted Living Center**

4850 Gratiot Rd, Saginaw, MI 48638

(989) 497 – 9970

Edgewood Assisted Living Center provides personal care, health and wellness activities, and specialized dementia care for individuals with memory impairment, dementia, or Alzheimer's.

*Link to Website:* <https://www.heritageseniorcommunities.com/edgewood-assisted-living-center/>

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## **Education & Training Connection**

Education & Training Connection provides adult education, English as a Second Language course, career and business training, and assessment management. Locations that Education & Training Connection provides services includes the Saginaw Michigan Works! Site, Saginaw – Delta College, and Saginaw – Adult Education and ESL.

*Link to Website:* <https://www.etc-1.com/>

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# E RESOURCES

## **EduPlay Discovery Center**

518 N Franklin St, Frankenmuth, MI 48734

(989) 652 – 0182

385 E Morley Dr, Saginaw, MI 48601

(989) 798 – 8641

*Hours of Operation:* Monday – Friday (6:30am to 6:00pm)

EduPlay Discovery Center offers childcare services for children ages infant to 12 years old.

*Link to Website:* <https://www.eduplaydiscoverycenter.com/>

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## **Emmaus House**

733 S 14<sup>th</sup> St, Saginaw, MI 48601

(989) 755 – 7538

*Hours of Operation:* Monday – Friday (8:30am to 4:00pm)

Emmaus House provides a sober living environment for individuals coming directly from jail, prison, or rehab. If an individual is not clean and sober during their stay, they will be assisted with entering rehab.

*Link to Website:* <https://emmaushousesaginaw.com/>

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## **Ennis Center For Children, Inc.**

3095 Cabaret Trail S Rd, Saginaw, MI 48603

(989) 558 – 0020

*Hours of Operation:* Monday – Friday (8:00am to 5:00pm)

<i>Services:</i>	
Foster Care & Adoption	Assists individuals with understanding the foster and adoption process including evaluations, licensing, placement, and more.
Outpatient Counseling	Provides individual therapy (children, teens, and adults), family therapy, grief groups, and more.
Regional Resource Team	Assists with community events, trainings, support groups, and answering inquiries.

*Link to Website:* <https://www.enniscenter.org/>

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# E RESOURCES

## **Express Employment Professionals**

5140 State St, Suite 205, Saginaw, MI 48603

(989) 832 – 6994

*Hours of Operation:* Monday – Friday (8:00am to 5:00pm)

Express Employment Professionals assists job seekers with finding job openings and learning about types of jobs, hiring processes, employee benefits, and career development. Also, employers are assisted with workforce solutions, candidate processes, workforce management tools, and employer resources.

*Link to Website:* <https://www.expresspros.com/us-michigan-saginaw>

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# F RESOURCES

## **Faith Lutheran Preschool**

4241 Williamson Rd, Bridgeport, MI 48722

(989) 777 – 2600

*Hours of Operation:* Monday – Friday (5:30am to 6:30pm)

Faith Lutheran Preschool offers childcare services for children ages infant to school age.

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## **Families Against Narcotics – Great Lakes Bay Region Chapter**

1961 Delta Rd, Room N-007, University Center, MI 48710

(989) 297 – 2763

*Hours of Operation:* Third Thursday of the Quarterly Month March, June, September, and December (6:00pm)

Families Against Narcotics (FAN) meets quarterly to discuss stigma reduction, education for communities about substance use disorder, and provide a welcoming space for everyone. Free Narcan training is available after every meeting.

*Link to Website:* <https://www.faceaddictionnow.org/support/great-lakes-bay-region>

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# F RESOURCES

## First Class Healthcare Staffing AFC Home

1006 Brockway St, Saginaw, MI 48602

(989) 249 – 3677

First Class Healthcare Staffing AFC Home is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities and mental illnesses.

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## First Presbyterian Church

121 S Harrison St, Saginaw, MI 48602

(989) 793 – 9890

*Hours of Operation:* Wednesday (10:00am to 11:00am)

First Presbyterian Church provides the Ecumenical Food Pantry via drive-thru or walk-up for one box per family. If an individual is picking up food for another family, a valid ID is required for each household.

*Link to Website:* <https://www.firstchurchsaginaw.org/>

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## First State Home Health & Hospice

4798 Wenmar Dr, Saginaw, MI 48604

(989) 771 – 2100

First State Home Health & Hospice provides health services including skilled nursing, caregiving support with daily living activities, managing medications, and more.

*Link to Website:* <https://firststatehomehealth.com/>

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## First Ward Community Center

1410 N 12<sup>th</sup> St, Saginaw, MI 48601

(989) 753 – 0411

*Hours of Operation:* Monday – Friday (9:00am to 3:00pm)

<i>Services:</i>	
Prevention	Provides drug prevention education to youth and adults in the Saginaw County area.
L.A.C.E.R.	Provides an after-school summer day camp that educates school-age youth in Saginaw County about drug prevention.
Work Force Solutions	Provides soft skills training, youth development, career connections, and work experience placement.

# F RESOURCES

Environmental Stewardship	Promotes the appropriate use and protection of the natural environment.
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*Link to Website:* <https://www.firstwardcs.org/>

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## **Food Bank of Eastern Michigan**

2300 Lapeer Rd, Flint, MI 48503

(810) 239 – 4441

*Hours of Operation:* Monday – Friday (8:00am to 4:30pm)

Food Bank of Eastern Michigan provides mobile distributions, food pantries (community and school-based), and programs to both adults and youth. Also, a “Food Distribution Calendar” is available on the website, which shows location, time, and requirements.

*Link to Website:* <https://www.fbem.org/>

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## **Frankenmuth Martial Arts**

244 Walnut St, Suite 4, Frankenmuth, MI 48734

(989) 297 – 0553

*Hours of Operation:* Monday – Thursday (4:00pm to 9:00pm)

Frankenmuth Martial Arts offers kids, teens, and adult Brazilian jiu-jitsu classes to the Frankenmuth, Birch Run, Clio, Millington, and Vassar communities.

*Link to Website:* <https://frankenmuthmartialarts.com/>

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## **Frankenmuth Senior Center**

240 W Genesee St, Frankenmuth, MI 48734

(989) 652 – 3430 Ext. 197

*Hours of Operation:* Tuesday – Thursday (10:00am to 2:00pm)

Frankenmuth Senior Center offers hot lunch, cards, blood pressure screenings, bingo, special guest speakers, holiday activities, and parties to seniors.

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# F RESOURCES

## **Freeland Cooperative Preschool**

545 S 7<sup>th</sup> St, Freeland, MI 48623

(989) 695 – 5260

*Hours of Operation:* Monday – Thursday (9:00am to 3:00pm)

Freeland Cooperative Preschool offers preschool services.

*Link to Website:* <https://freelandpreschool.com/>

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## **Freeland Lions Club**

710 Powley Dr, Freeland, MI 48623

(989) 493 – 3407

Freeland Lions Club provides food distribution several times throughout the year. The pick-up is located at the Freeland Elementary School on the corner of 7<sup>th</sup> St and Powley Dr. Date and time details for food giveaways are available on the website.

*Link to Website:* <http://www.freelandlionsclub.org/>

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## **Freeland SportsZone**

5690 Midland Rd, Freeland, MI 48623

(989) 695 – 2000

*Hours of Operation:* Monday – Friday (5:00am to 9:00pm); Saturday (6:00am to 8:00pm); Sunday (8:00am to 8:00pm)

Freeland SportsZone provides youth programs, adult fitness programs, group fitness classes, and personal training. Youth programs include sports, before and after school, summer day camps, and non-sport programs.

*Link to Website:* <https://www.freeland-sportszone.com/>

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## **Friendship Senior Center**

1915 Fordney St, Saginaw, MI 48601

(989) 797 – 6801

*Hours of Operation:* Monday – Friday (9:00am to 1:30pm)

Friendship Senior Center is located inside the YMCA and offers meals, bingo, crafts, euchre, puzzles, sing-along, chair exercises, special guest speakers, holiday activities, events, and parties to seniors.

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# F RESOURCES

## **Full Time Fitness**

901 W Broad St, Chesaning, MI 48616

(989) 845 – 1500

*Hours of Operation: Open 24/7 (Members Only); Monday, Tuesday, and Thursday (12:00pm to 7:00pm); Wednesday (9:00am to 3:00pm) (Staffed Hours)*

Full Time Fitness offers a gym facility with various exercise equipment.

*Link to Facebook Page: <https://www.facebook.com/chesaningfulltimefitness/>*

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# G RESOURCES

## **Geddes Home**

7741 Geddes Rd, Saginaw, MI 48609

(989) 781 – 3419

Geddes Home is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities and mental illnesses.

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## **Gentiva Hospice**

6270 State St, Saginaw, MI 48603

1 (888) 436 - 8482

Gentiva Hospice offers pain and symptom management, emotional support, spiritual care, respite care, and bereavement care.

*Link to Website: <https://www.gentivahs.com/>*

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## **Gideon Boxing Gym**

1209 Hancock St, Saginaw, MI 48602

(989) 245 – 2940

*Hours of Operation:* Monday, Wednesday, and Friday (3:00pm to 8:00pm); Tuesday and Thursday (3:00pm to 7:00pm)

Gideon Boxing Gym offers kids boxing programs, beginners boxing, competition training, and private training.

*Link to Website:* <https://www.gideoncorp.org/>

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## **Gold Medal Martial Arts**

220 N Hamilton St, Suite 200, Saginaw, MI 48602

(989) 233 – 7771

*Hours of Operation:* Monday and Wednesday (10:00am to 8:00pm); Tuesday (10:00am to 7:00pm); Thursday (10:00am to 7:30pm); Friday (10:00am to 6:00pm); Saturday (10:00am to 2:00pm)

Gold Medal Martial Arts offers martial arts, fitness, and ninja warrior training.

*Link to Facebook Page:* <https://www.facebook.com/Goldmedalsaginaw/>

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## **Good Shepherd Early Childhood Center**

5335 Brockway Rd, Saginaw, MI 48638

(989) 793 – 8252

*Hours of Operation:* Monday – Friday (6:30am to 6:00pm)

Good Shepherd Early Childhood Center offers childcare services for children ages infant to school age.

*Link to Website:* <https://www.goodshepherdsaginaw.com/ECC>

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## **GoodRx**

GoodRx offers prescription coupons at popular pharmacies (e.g., Meijer, Walgreens, Walmart, and CVS). To find a coupon, enter the medication you need in the search bar, and coupons for each available pharmacy will appear.

*Link to Website:* <https://www.goodrx.com/>

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# G RESOURCES

## Goodwill Industries

4675 Bay Rd, Saginaw, MI 48604

(989) 791 – 3408

*Hours of Operation:* Monday – Saturday (9:00am to 8:00pm); Sunday (10:00am to 7:00pm)

Goodwill Industries sells used clothing, houseware, and more at a discounted rate.

*Link to Website:* <https://www.goodwillmidmichigan.org/>

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## Grace Baptist Christian Preschool

4619 Mackinaw Rd, Saginaw, MI 48603

(989) 793 – 2129

*Hours of Operation:* Monday – Friday (6:30am to 6:00pm)

Grace Baptist Christian Preschool offers childcare services for children ages infant to school age.

*Link to Website:* <https://gracebaptistsaginaw.org/grace-christian-school>

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## Great Beginnings Christian Childcare Center

2839 Liberty Rd, Saginaw, MI 48604

(989) 754 – 6600

*Hours of Operation:* Monday – Friday (6:30am to 6:00pm)

Great Beginnings Christian Childcare Center offers childcare services for children ages infant to school age.

*Link to Website:* <http://www.greatbeginningsontheweb.com/>

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## Great Lakes Bay Health Centers

Various Locations

(989) 921 – 5377

*Hours of Operation:* Varies by Location

<i>Services:</i>	
Behavioral Health	Provides assessments, counseling, evaluations, and medication management. Call (989) 907 – 2761 for more information.
Dental Care	Provides cleanings, x-rays, restorations, oral surgeries, and more.
Vision	Provides eye exams, prescription and dispensing of glasses, and more.
Substance Use Disorder Treatment	Provides counseling, psychiatry, peer coaching, group sessions, and medication-assisted treatment.

# G RESOURCES

Maternal Infant Health Program	Provides a home visiting program to pregnant women and infants with Medicaid. Call (989) 907 – 2747 for more information.
Pharmacy	Provides free next-day delivery to Saginaw and Bay City residents. Also, a discount program is available for eligible individuals.
Transportation	Provides transportation for patients to get to and from their appointments at GLBHC. To schedule transportation, call (989) 921 – 5377.

Great Lakes Bay Health Centers provides several other services. Visit the website for more information.

*Link to Website:* <https://greatlakesbayhealthcenters.org/>

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## Great Lakes Bay Pride

909 Washington Ave, Suite 5, Bay City, MI 48708

(989) 203 – 2474

Great Lakes Bay Pride provides peer support groups for all LGBTQ+ and allies that are 18 and older, which occurs on the second Thursday of every month from 5:30pm to 7:30pm at the Hoyt Library (505 Janes Ave, Saginaw, MI 48607). Also, the Harmony Diversity Choir and a scholarship is provided.

*Link to Website:* <https://greatlakesbaypride.org/>

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## Great Lakes Program of All-Inclusive Care for the Elderly (PACE)

3378 Fashion Sq Blvd, Saginaw, MI 48603

(989) 272 – 7610

*Hours of Operation:* Monday – Friday (8:00am to 5:00pm)

Great Lakes PACE provides services, including an adult day health center, medical specialists, rehab and durable medical equipment, home health and care, transportation, end-of-life support, and more.

*Link to Website:* <https://greatlakespace.org/>

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## Great Lakes Yoga

6400 State St, Saginaw, MI 48603

(989) 799 – 9642

*Hours of Operation:* Varies by Class

Great Lakes Yoga offers yoga, meditation, aerial, events, workshops, trainings, private classes, and retreats.

*Link to Website:* <https://glyoga.com/>

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# G RESOURCES

## **Gregory Place AFC**

4631 N Gregory St, Saginaw, MI 48601

(989) 280 – 9104

Gregory Place AFC is an adult family home that provides services to individuals who are aged and physically handicapped or have developmental disabilities.

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## **Grifols Talecris Plasma Resources**

3740 Dixie Hwy, Saginaw, MI 48601

(989) 746 – 9447

*Hours of Operation:* Monday – Friday (6:00am to 6:30pm); Saturday (6:30am to 3:00pm)

Grifols Talecris Plasma Resources provides a safe and comfortable space for individuals to donate plasma. To donate, individuals must be 18 years old, weight at least 110lbs, be in generally good health, have a valid photo ID, proof of address, and social security number or border crossing card.

*Link to Website:* <https://www.grifolsplasma.com/saginaw-mi>

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## **Grind Fitness**

1215 Weiss St, Suite A, Frankenmuth, MI 48734

*Hours of Operation:* Varies by Class

Grind Fitness offers various CrossFit classes. A schedule of classes is available on the website. Memberships are not required to attend the classes, as drop-ins are welcome.

*Link to Website:* <https://www.grindfitmi.com/home>

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## **Growing Years Christian School**

2190 Wieneke Rd, Saginaw, MI 48603

(989) 792 – 8670

*Hours of Operation:* Monday – Friday (6:30am to 6:00pm)

Growing Years Christian School offers childcare services for children ages infant to school age.

*Link to Website:* <https://www.growingyearslearning.com/>

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# H RESOURCES

## Habitat for Humanity

315 W Holland Ave, Saginaw, MI 48602

(989) 753 – 5200

*Hours of Operation:* Tuesday – Friday (10:00am to 5:00pm); Saturday (10:00am to 2:00pm)

<i>Services:</i>	
Home Ownership Program	Assists individuals with moving into newly built or fully renovated homes.
Home Repair Program	Provides critical home repairs (e.g., roof, windows, gutters, etc.) for modest to low-income homeowners.
Financial Counseling	Assists individuals with managing credit, debt, budget, and more.
Veterans Initiative Program	Provides critical home repair to any individual who have served in a branch of the military.
Helping Neighbors Program	Provides an energy saving program for eligible consumers.

*Link to Website:* <https://www.sshfh.org/>

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## Hampton Manor of Merrill

400 N Midland St, Merrill, MI 48637

(989) 715 – 2060

Hampton Manor of Merrill provides residents assistance with daily living activities, health care, medication management, and daily activities.

*Link to Website:* <https://merrillassistedliving.com/>

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## Harmony Health Care Management

3061 Christy Way, Saginaw, MI 48603

(989) 264 – 6160

Harmony Health Care Management provides hospice, primary care, visiting physicians, senior living, assisted living, home health, and diagnostic services.

*Link to Website:* <https://harmonyvisiting.com/>

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# H RESOURCES

## HealthSource Saginaw

3340 Hospital Rd, Saginaw, MI 48603

(989) 790 – 7700

*Hours of Operation: Open 24/7*

<i>Services:</i>	
Inpatient Psychiatric Care	Provides child, adolescent, adult, and geriatric inpatient psychiatric care.
Adult Inpatient Chemical Dependency Treatment	Provides adults (18+) who need immediate assistance for detoxification treatment and to address chemical dependency and mental health needs.

HealthSource Saginaw provides several other services. More information about those services and eligibility requirements is available on the website.

*Link to Website:* <https://www.healthsourcesaginaw.org/>

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## Heart of Saginaw

730 S 14<sup>th</sup> St, Saginaw, MI 48601

(989) 284 – 4972

*Hours of Operation: Friday (10:00am to 1:00pm)*

Heart of Saginaw is a faith-based non-profit organization that works with children and teens living in the inner city of Saginaw by providing clothing, food, and activities.

*Link to Website:* <https://heartofsaginaw.wixsite.com/heart-of-saginaw>

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## Heart of the City Development Center

804 S Hamilton St, Saginaw, MI 48602

(989) 778 – 7899

Heart of the City Development Center provides an adult day support program for individuals ages 17 to 55 with intellectual and developmental disabilities. The program offers snacks, STEAM activities, job readiness, social activities, and more.

*Link to Website:* <https://www.heartofthecity989.com/>

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# H RESOURCES

## **Heart to Heart Hospice**

4901 Towne Centre Rd, Suite 120, Saginaw, MI 48604

(989) 412 – 3301

Heart to Heart Hospice provides hospice services, including medication and pain management, medical supplies and equipment, support with daily activities, and more.

*Link to Website:* <https://hearttohearthospice.com/>

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## **Helping Others Thrift Store**

1500 Gratiot Ave, Saginaw, MI 48602

(989) 493 – 1869

*Hours of Operation:* Tuesday – Saturday (11:00am to 5:00pm)

Helping Others Thrift Store sells used clothing, toys, collectibles, houseware, and more at a discounted rate.

*Link to Website:* <https://helpingotherssagin.wixsite.com/helping-others-sagin>

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## **Hemlock Early Childhood Center**

200 Wilson St, Hemlock, MI 48626

(989) 642 – 5221

*Hours of Operation:* Monday – Friday (6:00am to 6:00pm)

Hemlock Early Childhood Center offers childcare services for children ages infant to school age.

*Link to Website:* <https://www.hemlockps.com/o/elementary-early-childhood-center>

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## **Hemlock Senior Center**

218 S Elm St, Hemlock, MI 48626

(989) 642 – 2610

*Hours of Operation:* Monday, Wednesday, and Friday (10:00am to 2:00pm)

Hemlock Senior Center offers lunch, cards, bingo, trivia, special guest speakers, holiday activities, and parties to seniors.

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# H RESOURCES

## **Hidden Harvest**

940 E Genesee Ave, Suite 2, Saginaw, MI 48607

(989) 753 – 4749

Hidden Harvest provides healthy food to agencies that address hunger relief in the Great Lakes Bay Region. To find help, visit the website to view the food access calendar, which shows the organizations providing meals or grocery distributions for the month with details of locations, hours, and eligibility requirements.

*Link to Website:* <https://hiddenharvestshares.org/>

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## **H.I.S. Restoration Ministries**

1501 Weiss St, Saginaw, MI 48602

(989) 327 – 1086

H.I.S. Restoration Ministries provides a home for adult pregnant women experiencing temporary homelessness. During their stay, individuals can grow their faith, take classes about parenting, budgeting, life skills, and cooking, set goals, receive a mentor, and discuss adoption assistance.

*Link to Website:* <https://hisrm.us/>

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## **Holiday Winter Village**

255 Mayer Rd, Frankenmuth, MI 48734

(989) 262 – 9355

*Hours of Operation:* Monday – Sunday (7:30am to 7:30pm)

Holiday Winter Village provides residents with skilled medical care, non-clinical care, 24/7 support, therapies, and various amenities.

*Link to Website:* <https://holidayseniorliving.com/holiday-winter-village-frankenmuth-mi/>

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## **Holt Transportation Services**

1575 Concentric Blvd, Suite 2, Saginaw, MI 48604

(989) 860 – 1004

*Hours of Operation:* Monday – Friday (7:00am to 5:00pm); Saturday (10:00am to 5:00pm)

Holt Transportation Services provides handicap transportation services. Available services include wheelchair transportation, ambulatory non-emergency medical transport, and gurney alternative services. Call to schedule a ride or learn more about the estimated cost.

*Link to Website:* <https://holttransport.com/>

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# H RESOURCES

## Holy Cross Lutheran Preschool

610 Court St, Saginaw, MI 48602

(989) 793 – 9795

*Hours of Operation:* Monday – Friday (8:00am to 6:00pm)

Holy Cross Lutheran Preschool offers childcare services for children ages preschool to school age.

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## Holy Cross Services

1030 N River Rd, Saginaw, MI 48609

1 (855) 384 – 3278

*Hours of Operation:* Monday – Friday (9:00am to 5:00pm)

<i>Services:</i>	
Family Strengthening & Empowerment	Assists families to gain skills, support, and resources to keep their children safe.
Foster Care & Adoption	Assists with the reunification of children within foster care. If the children cannot return to their families, they are assisted with finding permanent parents through adoption.
Youth Transition	Provides independent living programs for youth within or formerly in foster care.

*Link to Website:* <https://holycrossservices.org/>

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## Home Away from Home AFC

1122 Hoyt St, Saginaw, MI 48601

(989) 213 – 2251

Home Away from Home AFC is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities, mental illnesses, and Alzheimer's.

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## Hometown Gym LLC

16625 Gratiot Rd, Hemlock, MI 48626

[hometowngymllc@gmail.com](mailto:hometowngymllc@gmail.com)

*Hours of Operation:* Open 24/7

Hometown Gym LLC is a fitness facility that offers a gym with various equipment, classes, and more.

*Link to Facebook Page:* <https://www.facebook.com/hometowngymllc/>

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# H RESOURCES

## **HomeTown Hustle**

12200 Beyer Rd, Suite E, Birch Run, MI 48415

(989) 349 – 5013

*Hours of Operation:* Monday – Sunday (4:00am to 12:00am) (*Members Only*)

HomeTown Hustle is a fitness facility that offers a gym with various equipment, classes, and more.

*Link to Facebook Page:* <https://www.facebook.com/HTHustle/>

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## **Hoornstra AFC Home**

704 S Michigan Ave, Saginaw, MI 48602

(989) 790 – 4679

Hoornstra AFC Home is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities and mental illnesses.

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## **Hope AFC**

720 Hancock St, Saginaw, MI 48602

(989) 790 – 3056

Hope AFC is an adult family home that provides services to individuals who are aged or have developmental disabilities and mental illnesses.

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## **Hospital Hospitality House of Saginaw**

604 Emerson St, Saginaw, MI 48601

(989) 907 – 8986

1701 N Michigan Ave, Saginaw, MI 48602

(989) 583 – 0155

*Hours of Operation:* Varies by Location

Hospital Hospitality House of Saginaw provides a place to stay for guests who live outside of Saginaw and are either a patient or have a loved one receiving medical treatment at a local hospital. A room rate is \$40 per night, however, an application for a reduced rate is available for those unable to pay the full price.

*Link to Website:* <https://www.hhhofsaginaw.org/>

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# H RESOURCES

## Houghton-Jones Neighborhood Association

1708 Johnson St, Saginaw, MI 48601

(989) 752 – 1660

*Hours of Operation:* Monday – Thursday (12:30pm to 6:00pm)

<i>Services:</i>	
Community Enrichment	Hosts community meetings every other month on the 2 <sup>nd</sup> Thursday at 6:00pm to discuss needs and safety.
Community Garden	Provides two community gardens to teach gardening skills and expose the community to healthier foods.
Summer Youth Enrichment Program	Provides a day camp that covers STEM challenges, creative arts, and team-building activities.
Boys to Men Empowerment Workshop	Provides interactive discussion, hands-on activities, mentorships, and assists with developing essential life skills, resilience, and strength.

Houghton-Jones Neighborhood Association provides several other services. Visit the website for more information.

*Link to Website:* <https://www.houghtonjones.org/>

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## Hoyt Nursing & Rehab Center

1202 Weiss St, Saginaw, MI 48602

(989) 754 – 1419

Hoyt Nursing & Rehab Center provides short-term rehabilitation and long-term care for residents.

*Link to Website:* <https://nexcarehealth.com/search-locations/hoyt/>

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## Human Kind

9790 Gratiot Rd, Suite 5, Saginaw, MI 48609

(989) 249 – 3671

*Hours of Operation:* Monday – Friday (8:00am to 8:00pm); Saturday (9:00am to 1:00pm)

Human Kind provides counseling for anger management, depression, peer relationships, divorce adjustment, eating disorders, family conflict, first responder's trauma, internet addiction, and more.

*Link to Website:* <https://humankindsaginaw.com/>

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# H RESOURCES

## **Hundred Acre Woods**

755 E Washington Rd, Freeland, MI 48623

(989) 695 – 6450

*Hours of Operation:* Monday – Friday (7:00am to 5:30pm)

Hundred Acre Woods offers childcare services for children ages infant to school age.

*Link to Website:* <https://hundredacrewoodschildcarecenter.com/>

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## **Hunter AFC**

2312 Owen St, Saginaw, MI 48601

(989) 755 – 5079

Hunter AFC is an adult group home that provides services to individuals who are aged or have developmental disabilities.

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# I RESOURCES

## **Immanuel Lutheran Preschool & Childcare**

8220 E Holland Rd, Saginaw, MI 48601

(989) 272 – 2340

*Hours of Operation:* Monday – Friday (6:00am to 6:00pm)

Immanuel Lutheran Preschool & Childcare offers childcare services for children ages infant to school age.

*Link to Website:* <https://frankentrost.org/childcare/>

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## **In Ebony's Care**

1258 Scofield Dr, Saginaw, MI 48601

(989) 401 – 0758

In Ebony's Care is an adult family home that provides services to individuals who are aged or have developmental disabilities.

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# I RESOURCES

## **Independence Village of Saginaw (Wescourt)**

4141 McCarty Rd, Saginaw, MI 48603

(989) 847 – 6232

Independence Village of Saginaw provides independent living with 24-hour care and other amenities.

*Link to Website:* <https://www.storypoint.com/community/saginaw-mi/>

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## **Iowa's Place**

2308 Iowa Ave, Saginaw, MI 48601

(989) 737 – 4010

Iowa's Place is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities and mental illnesses.

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## **Iyana's AFC Inc**

1117 Adams St, Saginaw, MI 48602

(989) 332 – 4130

Iyana's AFC Inc is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities, Alzheimer's, and traumatic brain injuries.

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# J RESOURCES

## **J & M Family Group LLC**

1517 Wadsworth Ave, Saginaw, MI 48601

(989) 522 – 0764

J & M Family Group LLC is an adult group home that provides services to individuals who are aged or have developmental disabilities and mental illnesses.

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# J RESOURCES

## **Janai's Home LLC**

3226 Lapeer Ave, Saginaw, MI 48601

(989) 355 – 1945

Janai's Home LLC is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities, mental illnesses, and Alzheimer's.

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## **Jennifer Clor Yoga & Wellness**

(989) 295 – 7034

*Hours of Operation: Varies by Class*

Jennifer Clor Yoga & Wellness offers yoga classes that focus on body, mind, and energy with a specialization in children and at-risk youth.

*Link to Website:* <https://yogawellbeingwithjen.com/>

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## **Juvenile Detention Center**

3360 Hospital Rd, Saginaw, MI 48603

(989) 799 – 2821

The Juvenile Detention Center provides 24-hour secure detention for children who are considered at risk to themselves or the community or awaiting placement.

*Link to Website:* <https://www.saginawcounty.com/courts-public-safety/juvenile-detention-center/>

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# K RESOURCES

## **K & K Adult Foster Care Services**

2202 Burt St, Saginaw, MI 48601

(989) 401 – 6897

K & K Adult Foster Care Services is an adult family home that provides services to individuals who are aged and physically handicapped or have developmental disabilities, mental illnesses, and Alzheimer's.

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# K RESOURCES

## **Kaleidoscope Traces Childcare North**

2740 McCarty Rd, Saginaw, MI 48603

(989) 355 – 1158

Kaleidoscope Traces Childcare North offers childcare services.

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## **Karens AFC Home**

10015 E Washington Rd, Reese, MI 48757

(989) 753 – 1368

Karens AFC Home is an adult group home that provides services to individuals who are aged or have developmental disabilities and mental illnesses.

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## **Kheila's Beauty Boutique**

12010 Church St, Birch Run, MI 48415

(989) 624 – 5595

*Hours of Operation: Varies by Class*

Kheila's Beauty Boutique offers various fitness classes including cardio drumming, yoga, and more.

*Link to Facebook Page: <https://www.facebook.com/mainstreettanning/>*

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## **Kid's Kourt Activity Center**

12400 Church St, Birch Run, MI 48415

(989) 624 – 6229

*Hours of Operation: Monday – Friday (6:00am to 6:00pm)*

Kid's Kourt Activity Center offers childcare services before and after school.

*Link to Website: <https://www.birchrunschoools.org/page/kids-kourt/>*

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## **Kingdom of Care Childcare & Preschool Center**

260 W Genesee Ave, Saginaw, MI 48602

(989) 401 – 5747

Kingdom of Care Childcare & Preschool Center offers childcare services.

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# K RESOURCES

## **Kneaded Angels Adult Living Home**

2 Five Oaks Dr, Saginaw, MI 48638

(989) 245 – 2089

231 S 10<sup>th</sup> St, Saginaw, MI 48601

3824 King Rd, Saginaw, MI 48601

3367 King Rd, Saginaw, MI 48601

Kneaded Angels Adult Living Home is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities and mental illnesses.

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## **Kochville Township Parks and Recreation Committee**

5851 Mackinaw Rd, Kochville, MI 48604

(989) 792 – 7596

*Hours of Operation:* Monday – Friday (8:00am to 12:00pm; 12:30pm to 4:30pm)

### *Elmer Lange Memorial Park*

5851 Mackinaw Rd, Kochville, MI 48604

### *Rainbow's End Playground at Krossroads Park*

5650 Bay Rd, Saginaw, MI 48603

### *Kochville Multi-Use Pathway*

Various entrance points are available on the seven-mile pathway.

*Link to Website:* [https://www.kochvilletwp.com/government/parks\\_and\\_recreation\\_committee/](https://www.kochvilletwp.com/government/parks_and_recreation_committee/)

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## **Krasinski AFC Home**

1002 Court St, Saginaw, MI 48602

(989) 793 – 2447

Krasinski AFC Home is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities and mental illnesses.

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# L RESOURCES

## Lakeshore Legal Aid

16250 Northland Dr, Suite 363, Southfield, MI 48075

(248) 443 – 8068

*Hours of Operation:* Monday, Tuesday, and Thursday (9:00am to 5:00pm); Wednesday (9:00am to 6:00pm); Friday (9:00am to 1:00pm)

Lakeshore Legal Aid provides a range of free civil legal services to people who are low-income, older adults, and survivors of domestic violence and sexual assault. Services include family law, protection from abuse, public benefits, income tax, estates and guardianships, and more.

*Link to Website:* <https://lakeshorelegalaid.org/>

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## LanguageLine Solutions

1 (800) 752 – 6096

LanguageLine Solutions provides interpretation services on demand, in person, and telehealth.

LanguageLine offers more than 240 languages for phone and more than 40 for video interpreting (e.g., American Sign Language, Arabic, French, Korean, Mandarin, Polish, Spanish, etc.). For more information, visit the website.

*Link to Website:* <https://www.languageline.com/>

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## Legal Services of Eastern Michigan

301 E Genesee Ave, 5<sup>th</sup> Floor, Saginaw, MI 48607

1 (800) 322 – 4512

*Hours of Operation:* Monday – Friday (9:00am to 5:00pm)

Legal Services of Eastern Michigan assist clients who are low-income, facing foreclosure, discriminated against in housing, or seniors (60+ years old) regardless of income with free legal assistance.

*Link to Website:* <https://lsem-mi.org/>

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## Libraries of Saginaw County

### *Bridgeport Public Library*

3399 Williamson Rd, Saginaw, MI 48601

(989) 777 – 6030

*Hours of Operation:* Monday – Thursday (9:00am to 7:00pm); Friday (9:00am to 5:00pm); Saturday (9:00am to 2:00pm)

# L RESOURCES

## Butman-Fish Library

1716 Hancock St, Saginaw, MI 48602

(989) 799 – 9160

*Hours of Operation:* Monday – Thursday (11:00am to 7:00pm); Friday and Saturday (9:00am to 5:00pm)

## Fleschner Memorial Library

11935 Silver Creek Dr, Birch Run, MI 48415

(989) 624 – 5171

*Hours of Operation:* Monday, Wednesday, and Friday (9:00am to 5:00pm); Tuesday and Thursday (12:00pm to 7:00pm)

## Hoyt Library

505 Janes Ave, Saginaw, MI 48607

(989) 755 – 0904

*Hours of Operation:* Monday – Thursday (9:00am to 8:00pm); Friday and Saturday (9:00am to 5:00pm)

## James E. Wickson District Library

359 S Franklin St, Frankenmuth, MI 48734

(989) 625 – 8323

*Hours of Operation:* Monday – Thursday (9:00am to 7:00pm); Friday (9:00am to 5:00pm); Saturday (10:00am to 2:00pm)

## Merrill District Library

321 W Saginaw St, Merrill, MI 48637

(989) 643 – 7300

*Hours of Operation:* Monday and Wednesday (11:00am to 6:00pm); Tuesday and Thursday (11:00am to 4:30pm); Saturday (11:00am to 1:00pm)

## Rauchholz Memorial Library

1140 N Hemlock Rd, Hemlock, MI 48626

(989) 624 – 8621

*Hours of Operation:* Monday, Tuesday, and Friday (9:00am to 5:00pm); Wednesday and Thursday (1:00pm to 8:00pm)

## River Rapids District Library

227 E Broad St, Chesaning, MI 48616

(989) 845 – 3211

*Hours of Operation:* Monday (10:00am to 6:00pm); Tuesday and Thursday (10:00am to 8:00pm); Saturday (10:00am to 2:00pm)

# L RESOURCES

## Ruth Brady Wickes Library

1713 Hess St, Saginaw, MI 48601

(989) 752 – 3821

*Hours of Operation:* Monday – Thursday (12:00pm to 6:00pm)

## St Charles District Library

132 S Saginaw St, St Charles, MI 48655

(989) 865 – 9451

*Hours of Operation:* Monday (10:00am to 6:30pm); Tuesday – Thursday (10:00am to 5:00pm); Friday (10:00am to 4:00pm)

## Taymouth Township Library

2361 E Burt Rd, Burt, MI 48417

(989) 770 – 4651

*Hours of Operation:* Monday and Thursday (1:00pm to 8:00pm); Tuesday (10:00am to 6:00pm); Friday (9:00am to 4:00pm)

## Thomas Township Library

8207 Shields Dr, Saginaw, MI 48609

(989) 781 – 3770

*Hours of Operation:* Monday – Thursday (10:00am to 7:00pm); Friday (10:00am to 5:00pm); Saturday (10:00am to 4:00pm)

## Zaue Memorial Library

3100 N Center Rd, Saginaw, MI 48603

(989) 799 – 2771

*Hours of Operation:* Monday, Tuesday, and Thursday (9:00am to 9:00pm); Wednesday (12:00pm to 9:00pm); Friday and Saturday (9:00am to 5:00pm)

*Link to Website:* <https://www.saginawlibrary.org/>

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## **Life Changing Fitness**

2525 Hospital Rd, Saginaw, MI 48603

(989) 401 – 4996

*Hours of Operation:* Monday (8:00am to 7:00pm); Tuesday and Thursday (6:30am to 7:30pm); Wednesday (7:00am to 7:00pm); Friday (7:00am to 1:00pm)

Life Changing Fitness offers personal training and group fitness classes, including barre and balance, cardio drum fit, powerball pump, kickboxing life, and more.

*Link to Website:* <https://www.lifechangingfitness.org/home>

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# L RESOURCES

## LifeClinic Community Resources

4364 State St, Saginaw, MI 48603

(989) 754 – 0091

*Hours of Operation:* Tuesday – Thursday (9:00am to 4:00pm)

<i>Services:</i>	
Pregnancy Testing & Ultrasounds	Provides free lab-quality pregnancy testing and ultrasound procedures.
Pregnancy Option Education	Provides free medically accurate information on pregnancy options including abortion, adoption, and parenting.
Support for Students	Provides free and confidential (even if a minor) services.
STI Testing & Treatment	Provides free testing and treatment for Gonorrhea and Chlamydia.
Parenting Classes	Provides hour-long sessions that cover topics of the first trimester, emotions, labor 101, breastfeeding, single parenting, and more.
For Men	Provides understanding of how to be a good father, what it looks like, your role, helping your partner, and more.

LifeClinic Community Resources provides several other services. More information about those services is available on the website.

*Link to Website:* <https://lifeclinic.org/>

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## List Psychological Services

5024 N Center Rd, Saginaw, MI 48604

(989) 790 – 3130

*Hours of Operation:* Monday – Thursday (8:00am to 9:00pm); Friday (8:00am to 5:00pm)

List Psychological Services provides children, adolescents, adults, LGBTQIA+, seniors, abuse survivors, and more with services. The services address depression, anxiety, relationship issues, substance abuse/addiction, post-traumatic stress, and more through various strategies, including therapy, counseling, support groups, and more. More information about the services is available on the website.

*Link to Website:* <https://listpsych.com/>

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## Little People’s Day Care

741 Shattuck Rd, Saginaw, MI 48604

(989) 755 – 2173

Little People’s Day Care offers childcare services.

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# L RESOURCES

## **Little Rascal's Child Care Center**

220 Church St, Freeland, MI 48623

(989) 695 – 5644

Little Rascal's Child Care Center offers childcare services.

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## **Lollipop's Child Care Center**

3076 Kochville Rd, Saginaw, MI 48604

(989) 791 – 1400

*Hours of Operation:* Monday – Friday (6:30am to 6:00pm)

Lollipop's Child Care Center offers childcare services for children ages infant to 12 years old.

*Link to Website:* <https://www.lollipopschildcare.com/>

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# M RESOURCES

## **Magline Whitley AFC Home**

914 Lapeer Ave, Saginaw, MI 48607

(989) 989 – 2808

Magline Whitley AFC Home is an adult group home that provides services to individuals who are aged or have developmental disabilities and mental illnesses.

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## **Manna from Heaven**

1629 Brady St, Chesaning, MI 48616

mannafromheaven501@gmail.com

Manna from Heaven provides grocery distribution monthly in partnership with Trinity United Methodist Church. More information about dates, times, eligibility requirements, and the registration process is available on the Facebook Page.

*Link to Facebook Page:* <https://www.facebook.com/people/Manna-from-Heaven/>

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# M RESOURCES

## **Maple Grove Senior Center**

4017 Peet Rd, Chesaning, MI 48616

(989) 845 – 7444

*Hours of Operation:* Monday – Friday (9:30am to 2:30pm)

Maple Grove Senior Center offers lunch, square dancing, line dancing, bingo, euchre tournaments, special guest speakers, holiday activities, events, and parties to seniors.

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## **Marie Davis Senior Center**

233 N 2<sup>nd</sup> Ave, Saginaw, MI 48607

(989) 758 – 2441

*Hours of Operation:* Monday (9:00am to 2:00pm); Tuesday – Friday (9:00am to 3:00pm)

Marie Davis Senior Center offers lunch, bingo, cards, pool, darts, checkers, dominos, blood pressure screenings, line dancing, special guest speakers, holiday activities, and parties to seniors.

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## **Mary Free Bed Rehabilitation at Covenant Healthcare**

700 Cooper Ave, Suite 1100, Saginaw, MI 48602

(989) 583 – 2729 (*Inpatient*); 6386 (*Outpatient*)

*Hours of Operation:* Monday – Thursday (8:00am to 5:00pm); Friday (8:00am to 3:00pm)

Mary Free Bed Rehabilitation provides rehabilitation services for amputation, cancer, orthopedic, pain, post-concussion, spinal cord injury, sports, and more. Other services include autism evaluation and therapy, balance and fall prevention, wheelchair evaluation, and more. Additional information about those services is available on the website.

*Link to Website:* <https://maryfreebedatcovenant.com/>

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## **McCall Cottages LLC**

735 Rustic Dr, Saginaw, MI 48604

(989) 906 – 5165

McCall Cottages LLC is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities, mental illnesses, Alzheimer's, and traumatic brain injuries.

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# M RESOURCES

## McLaren Health Plan

G-3245 Beecher Rd, Flint, MI 48532

(888) 327 – 0671

McLaren Health Plan is a health maintenance organization (HMO) insurance provider. If you are a member of the HMO, contact them to schedule transportation services.

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## Medilodge of Frankenmuth

500 W Genesee St, Frankenmuth, MI 48734

(989) 652 – 6101

Medilodge of Frankenmuth provides various services, including short- and long-term care, respite care, respiratory therapy, palliative care, infusion therapy, wound care, nutrition management, and more.

*Link to Website:* <https://medilodgeoffrankenmuth.com/>

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## Meijer Clinical Service Pharmacists

<i>Services:</i>	
Immunizations	Administers vaccinations including COVID-19, flu (influenza), RSV, Herpes Zoster (Shingles, Hepatitis A, Hepatitis B, and more.
Employer and Community Group Vaccine Clinics	Offers on-site clinics to help businesses and community groups administer vaccines.
Health Screenings	Offers walk-in cholesterol testing (\$30), blood glucose testing (\$4), blood pressure testing, BMI testing, and diabetes risk assessment.
Drug Take Back	Offers a spot to dispense of unwanted or expired medication for free.
Naloxone	Offers naloxone and no prescription is needed.

Contact the nearest Meijer pharmacy or visit the website to learn more about the services offered.

*Link to Website:* <https://www.meijer.com/services/pharmacy/pharmacy-services>

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## Meiser AFC Home

4764 W Burt Rd, Montrose, MI 48657

(989) 770 – 4650

Meiser AFC Home is an adult group home that provides services to individuals who are aged or have developmental disabilities and mental illnesses.

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# M RESOURCES

## **Meridian Health Plan**

777 Woodward Ave, Suite 700, Detroit, MI 48226

(888) 437 – 0606

Meridian Health Plan is a health maintenance organization (HMO) insurance provider. If you are a member of the HMO, contact them to schedule transportation services.

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## **Michigan Child Care Centers, Inc.**

511 S Center Rd, Saginaw, MI 48638

(989) 793 – 9200

1000 Tuscola St, Saginaw, MI 48607

(989) 399 – 8778

8800 Carter Rd, Freeland, MI 48623

(989) 695 – 5388

Michigan Child Care Centers, Inc. offers childcare services for children ages infant to school age.

*Link to Website:* <https://www.michiganchildcarecentersinc.com/>

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## **Michigan Martial Arts Training Center**

7679 Gratiot Rd, Saginaw, MI 48609

(989) 781 – 9000

*Hours of Operation:* Monday – Friday (5:00pm to 9:00pm); Saturday (10:00am to 4:30pm)

Michigan Martial Arts Training Center offers classes for mixed martial arts, jiu-jitsu, youth, adults, personal training, and more.

*Link to Website:* <http://www.michiganmartialarts.net/index.php/en/>

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## **Michigan Ombudsman Program**

*Region VII Area Agency on Aging*

1615 S Euclid Ave, Bay City, MI 48706

(989) 450 – 8632

*Hours of Operation:* Monday – Friday (8:30am to 4:00pm)

Michigan Ombudsman Program works to improve the quality of care and life of residents who live in licensed long-term care facilities. The Region VII Area Agency on Aging is the local ombudsman.

*Link to Website:* <https://mltcop.org/>

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## Michigan Poison and Drug Information Center

1 (800) 222 – 1222

The Michigan Poison and Drug Information Center provides safety education and professional resources.

*Link to Website:* <https://www.poison.med.wayne.edu/>

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## Michigan Reconnect

*Hours of Operation:* Tuesday (12:00pm to 2:00pm); Thursday (5:00pm to 7:00pm) (*Online Office Hours*)

Michigan Reconnect pays for individuals to attend their in-district community college (tuition-free) or offers a large tuition discount if they attend an out-of-district community college. Eligibility requirements include being at least 21 years old (when applying), living in Michigan for a year or more, have a high school diploma, GED, or certificate of completion, and not yet received a college degree (associate or bachelor's).

*Link to Website:* <https://www.michigan.gov/reconnect>

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## Michigan State University Extension

723 Emerson St, Saginaw, MI 48607

(989) 907 – 6500

*Hours of Operation:* Monday, Wednesday, and Friday (9:00am to 4:00pm); Tuesday and Thursday (9:00am to 12:00pm; 1:00pm to 4:00pm)

Michigan State University Extension provides various free education events, 4H youth programs, agriculture, community and economic development, and housing to improve Saginaw County.

*Link to Website:* <https://www.canr.msu.edu/saginaw/index>

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## Michigan Unemployment Insurance Agency

515 N Washington Ave, Suite 100, Saginaw, MI 48607

(989) 638 – 3993

*Hours of Operation:* Monday – Friday (8:00am to 5:00pm)

The Michigan Unemployment Insurance Agency provides temporary financial assistance to individuals who become unemployed through no fault of their own.

*Link to Website:* <https://www.michigan.gov/leo/bureaus-agencies/uia>

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## **Michigan Works! Great Lakes Bay Region**

312 E Genesee Ave, Saginaw, MI 48607

(833) 531 – 1945

*Hours of Operation:* Monday – Friday (8:00am to 5:00pm)

Michigan Works! Great Lakes Bay Region assists job seekers and employers with preparing and connecting with the workforce. Services include training, workshops, posting job openings, job fairs, and more. Additional information about those services is available on the website.

*Link to Website:* <https://www.michiganworks.org/>

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## **Mid-Michigan Adult and Teen Challenge**

818 S Michigan Ave, Saginaw, MI 48602

(989) 249 – 8818

*Hours of Operation:* Monday – Friday (8:00am to 4:30pm)

503 N Jefferson Ave, Saginaw, MI 48607

(989) 759 – 9505

Mid-Michigan Adult and Teen Challenge provides a 12-month residential program for individuals overcoming issues such as drugs, alcoholism, self-harm, eating disorders, pornography, and more.

*Link to Website:* <http://www.atc-saginaw.com/>

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## **Mid Michigan PreLoved Project**

12265 Church St, Birch Run, MI 48415

(989) 746 – 2489

*Hours of Operation:* First Wednesday of the Month (3:00pm to 5:00pm); Third Saturday of the Month (10:00am to 12:00pm)

Mid Michigan PreLoved Project provides individuals with one extra-large bag to fill with chosen items. Items provided include used baby items, household items, hygiene products, animal supplies, small appliances, and more.

*Link to Facebook Page:* <https://www.facebook.com/groups/MidMichiganPrelovedProject>

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# M RESOURCES

## **Molina Healthcare of Michigan**

880 W Long Lake Rd, Troy, MI 48098

(855) 735 – 5604

Molina Healthcare of Michigan is a health maintenance organization (HMO) insurance provider. If you are a member of the HMO, contact them to schedule transportation services.

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## **Ms. C and T's Learning Place**

2513 E Genesee Ave, Saginaw, MI 48601

(989) 401 – 2276

2114 N Michigan Ave, Saginaw, MI 48602

(989) 759 – 9010

*Hours of Operation:* Monday – Friday (5:30am to 7:30pm)

Ms. C and T's Learning Place offers childcare services for children ages infant to 9 years old.

*Link to Website:* <https://www.mctlp.com/>

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## **Mustard Seed Shelter**

1325 Cherry St, Saginaw, MI 48601

(989) 755 – 4741

*Hours of Operation:* Open 24/7

Mustard Seed Shelter provides shelter to single women with children experiencing homelessness. There is no limit to how long guests can stay, however, on average, guests stay 3 to 6 months. During their stay, they are assisted with obtaining all identification, setting goals to leave their crisis, and referrals. Referrals to services include recovery and crisis resolution support groups, individuals counseling sessions, life skills support groups, and parenting skills training.

*Link to Website:* <https://themustardseedshelter.org/>

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## **My Angel Adult Foster Care**

3561 S Washington Rd, Saginaw, MI 48601

(989) 401 – 8598

My Angel Adult Foster Care is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities, mental illnesses, Alzheimer's, and traumatic brain injuries.

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# M RESOURCES

## **My Angel Christian Child Care**

2405 Bay St, Saginaw, MI 48602

(989) 790 – 8444

My Angel Christian Child Care offers childcare services.

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## **My Community Dental Centers of Saginaw**

185 N Frost Dr, Saginaw, MI 48638

(989) 792 – 6621

*Hours of Operation:* Monday – Thursday (8:00am to 5:00pm)

My Community Dental Centers of Saginaw provides dental services including bridges, cavity fillings, cleaning and oral exams, crowns, dentures, emergency dental care, mouthguards, nightguards, sports guards, pediatric dentistry, periodontal treatment, tooth removal, and wisdom teeth extraction.

*Link to Website:* <https://www.mydental.org/clinic-location/saginaw/>

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## **Mya’s Angels**

610 Miller St, Saginaw, MI 48602

(989) 912 – 9628

Mya’s Angels is a 24-hour residential treatment and outreach program for homeless, pregnant mothers. During the program, staff teach participants basic life skills, self-help courses, parenting classes, and assistance with earning a high school diploma or GED. The standard length of the program is six months.

*Link to Website:* <https://myasangels.weebly.com/>

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## **MyMichigan Laboratory Services**

4599 Towne Centre Rd, Saginaw, MI 48604

(989) 497 – 3020

800 S Washington Ave, Saginaw, MI 48601

(989) 907 – 8230

3570 Shattuck Rd, Saginaw, MI 48603

(989) 792 – 5353

*Hours of Operation:* Varies by Location (*Call for Daily Hours*)

MyMichigan Laboratory Services provides various lab testing.

*Link to Website:* <https://www.mymichigan.org/locations/>

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# M RESOURCES

## **MyMichigan Medical Center Saginaw**

800 S Washington Ave, Saginaw, MI 48601

(989) 907 – 8000

*Hours of Operation: Open 24/7*

MyMichigan Medical Center Saginaw provides services including an emergency department, comprehensive stroke center, cancer care, heart care, weight management – bariatrics, diabetes education, laboratory services, primary care, women’s health, and more. Additional information about the various services is available on the website.

*Link to Website:* <https://www.mymichigan.org/locations/profile/medical-center-saginaw/>

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# N RESOURCES

## **Narcotics Anonymous**

Various Locations

1 (800) 230 – 4085 (*Michigan Region Helpline*)

*Hours of Operation: Varies by Location*

Narcotics Anonymous provides closed meetings to individuals who struggle with the use of narcotics or have the desire to stop using narcotics. Meeting locations are available on the website.

*Link to Website:* <https://michigan-na.org/saginaw-bay-area/meetings/>

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## **National Home Health Care Agency**

3055 Hallmark Ct, Saginaw, MI 48603

(989) 790 – 2013

National Home Health Care Agency provides home health aide, nursing, and physical therapy, occupational therapy, and social workers to their residents.

*Link to Website:* <https://national-homehealthcare.com/>

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# N RESOURCES

## Nativity Lutheran Church

625 W Clinton St, St Charles, MI 48655

(989) 865 – 9964

*Hours of Operation:* Monday and Wednesday (9:00am to 12:00pm); Thursday (4:00pm to 7:00pm); Saturday (8:00am to 11:00am)

Nativity Lutheran Church has a market that provides fresh produce, canned goods, dairy products, and baby items such as formula, pureed foods, and diapers.

*Link to Website:* <https://www.nativitystc.com/>

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## New Heart Mission Church

1802 W Michigan Ave, Saginaw, MI 48602

(989) 792 – 4689

*Hours of Operation:* Varies by Program

<i>Services:</i>	
Food Pantry	Provides a free food pantry every Wednesday from 10:00am to 12:00pm. A valid government ID is required to receive access.
Breakfast Church	Provides a free community breakfast every Wednesday from 10:00am to 12:00pm while listening to a Biblical devotion.
Children's Clothing Closet	Provides a variety of sizes of clothing from infant to youth every Wednesday from 10:30am to 12:00pm.
Bicycle Repair Shop	Provides free bicycle repairs. For more information, call (989) 992 – 9344.
Jacob's Ladder	Provides home repairs for low-income individuals, elderly, and widows. For more information, call (989) 792 – 0533.

*Link to Website:* <https://newheart.tithelysetup.com/>

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## Next Level Fitness

6285 Bay Rd, Saginaw, MI 48604

*Hours of Operation:* Monday, Wednesday, and Friday (5:00am to 7:00am; 4:00pm to 6:30pm); Tuesday (6:00am to 7:00am; 4:00pm to 6:30pm); Thursday (3:00pm to 7:00pm); Saturday (9:00am to 10:00am)

Next Level Fitness offers various classes, movements, and workouts designed to match your current fitness level.

*Link to Website:* <https://www.nlfhq.com/>

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# O RESOURCES

## Old Town Christian Outreach Center

600 Gratiot Ave, Saginaw, MI 48602

(989) 249 – 8696

*Hours of Operation: Varies by Program*

<i>Services:</i>	
Soup Kitchen	Provides a meal on Monday, Wednesday, and Friday from 11:00am to 12:30pm.
Furniture Corner	Provides various types of furniture and household items on Monday, Wednesday, and Friday.
Food Pantry	Provides food distribution every Saturday from 10:00am to 12:00pm.
Clothing Closet	Provides clothing on Monday, Wednesday, and Friday from 11:00am to 3:30pm and Saturday from 10:00am to 12:00pm.
Baby Pantry	Provides baby items to mothers. Appointments are available on Wednesday from 11:00am to 3:00pm.

*Link to Website:* <https://www.oldtown.online/>

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## Once Upon a Child

2936 Tittabawassee Rd, Saginaw, MI 48604

(989) 791 – 0029

*Hours of Operation:* Monday – Saturday (9:00am to 8:00pm); Sunday (11:00am to 6:00pm)

Once Upon a Child sells used baby and children’s clothing and items including books, toys, strollers, highchairs, furniture, and more.

*Link to Website:* <https://onceuponachild.com/>

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## Optalis Health and Rehabilitation at St Francis

915 N River Rd, Saginaw, MI 48609

(989) 781 – 3150

Optalis Health and Rehabilitation at St Francis provides rehabilitation, therapy, skilled nursing, respiratory therapy, and long-term, respite, hospice, and managed care services.

*Link to Website:* <https://www.optalishealthcare.com/location/st-francis/>

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# O RESOURCES

## **Optum Perks**

Optum Perks provides free drug coupons to assist individuals with finding the best deals. To get a coupon, search for your prescription or condition, locate pharmacies near you to compare discounts, and print, text, or email the coupon to show your pharmacist.

*Link to Website:* <https://perks.optum.com/>

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# P RESOURCES

## **PAN Foundation**

PAN Foundation provides financial assistance for out-of-pocket medication costs, insurance premiums, and transportation expenses. To see if you qualify, search your disease name or prescription on this website.

*Link to Website:* <https://www.panfoundation.org/>

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## **Parents of Murdered Children – Saginaw County Chapter**

Parents of Murdered Children – Saginaw County Chapter provides ongoing emotional support to assist parents and other survivors in promoting healthy resolutions, dealing with their acute grief, and navigating the criminal justice system. The Facebook page has more information about meetings and groups.

*Link to Facebook Page:* <https://www.facebook.com/groups/ParentsofMurderedChildrenSaginawChapter>

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# P RESOURCES

## **PartnerShift Network**

1 Tuscola St, Suite 100A, Saginaw, MI 48607

(989) 399 – 0016

*Hours of Operation:* Monday – Friday (8:30am to 4:30pm)

PartnerShift Network assists with budget development, skills training, auto purchase/auto-related expenses, childcare, public transportation, housing, clothing, career exploration and advancement, substance use counseling, and financial literacy.

*Link to Website:* <https://partnershiftnetwork.com/>

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## **Peace Lutheran Child Care**

3161 Lawndale Rd, Saginaw, MI 48603

(989) 792 – 2581

*Hours of Operation:* Monday – Friday (7:00am to 6:00pm)

Peace Lutheran Child Care offers childcare services for children ages infant to school age.

*Link to Website:* <https://peacesaginaw.org/child-care/>

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## **Peace of Mind**

3932 N Center Rd, Saginaw, MI 48603

(989) 387 – 9308

Peace of Mind is an adult family home that provides services to individuals who are aged.

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## **Peace of Mind Child Development Center**

10995 Canada Rd, Birch Run, MI 48415

(989) 624 – 0298

Peace of Mind Child Development Center offers childcare services for children ages infant to 12 years old.

*Link to Website:* <https://www.peaceofmindbirchrun.org/>

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# P RESOURCES

## Peer 360 Recovery Alliance

503 N Euclid Ave, Suite 12, Bay City, MI 48706

(989) 778 – 3144

*Hours of Operation:* Monday – Thursday (10:00am to 4:00pm); Friday (10:00am to 3:00pm)

Peer 360 Recovery Alliance provides peer support, expungement clinics, and support groups for individuals facing substance use.

*Link to Website:* <https://www.peer360recovery.org/>

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## Pet Angel Adoption and Rescue, Inc.

380 List St, Frankenmuth, MI 48734

(989) 652 – 0552

*Hours of Operation:* Tuesday – Friday (11:00pm to 5:00pm) (*Appointment Only*)

<i>Services:</i>	
Community Food Bank	Provides a community pet locker for donated food.
Rent-A-Cat Program	Provides elderly citizens in assisted living homes with a cat for a short time.
Adoption and Rescue	Provides adoption and rescue of cats.

*Link to Website:* <https://petangeladoption.com/>

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## PFLAG Great Lakes Bay

4790 Gratiot Rd, Saginaw, MI 48638

(989) 714 – 9001

*Hours of Operation:* Sunday (January 21<sup>st</sup>, February 18<sup>th</sup>, March 17<sup>th</sup>, April 21<sup>st</sup>, May 19<sup>th</sup>, and June 23<sup>rd</sup>) (2:00pm to 3:30pm)

PFLAG Great Lakes Bay focuses on supporting families, allies, and people who are LGBTQ+, educating others about the challenges people who are LGBTQ+ face, advocating for change, and creating policies and laws in our community to achieve full equality for people who are LGBTQ+. Also, a resource library offering LGBTQ+ literature is available.

*Link to Website:* <https://www.pflagglb.com/>

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# P RESOURCES

## Pine Haven Assisted Living

515 Brennan Rd, Hemlock, MI 48626

(989) 295 - 6632

Pine Haven Assisted Living provides assisted living and respite care which assists residents with completing daily living activities and more.

*Link to Website:* <https://pinehavenassistedliving.com/>

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## Planet Fitness

4572 State St, Suite 1, Saginaw, MI 48603

(989) 799 – 1300

2270 Tittabawassee Rd, Saginaw, MI 48604

(989) 321 – 9350

*Hours of Operation:* Monday (5:00am to 12:00am); Tuesday – Thursday (Open 24 Hours); Friday (12:00am to 10:00pm); Saturday and Sunday (6:00am to 10:00pm)

Planet Fitness is a fitness facility that offers various exercise equipment, small group training sessions, and designed exercise programs.

*Link to Website:* <https://www.planetfitness.com/gyms/saginaw-mi>

*Link to Website:* <https://www.planetfitness.com/gyms/saginaw-north-mi>

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## Precious Memories Child Care Center

2100 W Michigan Ave, Saginaw, MI 48638

(989) 401 – 6827

Precious Memories Child Care Center offers childcare services.

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## Pregnancy Care Center

916 Gratiot Ave, Saginaw, MI 48602

(989) 752 – 7664

*Hours of Operation:* Monday, Tuesday, and Friday (10:00am to 3:00pm)

<i>Services:</i>	
Education	Provides information on topics including pregnancy, prenatal development, parenting, adoption, abortion procedures and risks, and more.
Maternity and Baby Items	Provides free gently used items like maternity clothes, baby clothes, car seats, cribs, strollers, highchairs, changing tables, swings, and more.

*Link to Website:* <https://www.saginawpcc.org/index.php/saginaw-center>

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# P RESOURCES

## **Prem Yoga & Wellness**

204 S Michigan Ave, Saginaw, MI 48602

(989) 341 – 3258

*Hours of Operation: Varies by Class*

Prem Yoga & Wellness offers yoga, meditation, pranayama, health workshops, community projects, yoga teacher school, private lessons, yoga therapy, and ayurvedic consultation.

*Link to Website:* <https://www.premacommunityyoga.com/home>

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## **Premier Care Assisted 8**

3810 King Rd, Saginaw, MI 48601

(989) 401 – 1389

Premier Care Assisted 8 is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities and mental illnesses.

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## **Professional Psychological & Psychiatric Services**

4015 State St, Saginaw, MI 48603

(989) 372 – 0490

Professional Psychological & Psychiatric Services provides opioid addiction treatment, outpatient substance use treatment, outpatient mental health counseling, anger management counseling, family counseling, domestic violence counseling, sexual offender counseling, and more.

*Link to Website:* <https://www.pppshealthcare.com/>

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## **Promise Land**

1629 N Carolina St, Saginaw, MI 48602

(989) 482 – 6575

Promise Land is an adult family home that provides services to individuals who are aged or have developmental disabilities and mental illnesses.

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# P RESOURCES

## Pure Barre

4882 Gratiot Rd, Suite 11, Saginaw, MI 48638

(989) 793 – 2673

*Hours of Operation:* Monday – Thursday (8:00am to 10:00am; 4:00pm to 6:30pm); Friday and Saturday (8:00am to 10:00am)

Pure Barre offers four group class formats for total-body workout. Visit the website to view the class schedule.

*Link to Website:* <https://www.purebarre.com/location/saginaw-mi>

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## Pure Nrgy Fitness

4367 Bay Rd, Saginaw, MI 48603

(989) 401 – 5567

*Hours of Operation:* Monday – Thursday (5:00am to 10:00pm); Friday (5:00am to 9:00pm); Saturday (7:00am to 8:00pm); Sunday (7:00am to 6:00pm)

Pure Nrgy Fitness offers a fitness facility with various exercise equipment and fitness classes (e.g., body sculpt, power hour, strength and conditioning, etc.)

*Link to Website:* <https://www.purenrgyfitness.com/>

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# Q RESOURCES

## Quest Diagnostics

487 Main St, Suite E, Frankenmuth, MI 48734

(989) 326 – 7678

*Hours of Operation:* Monday – Friday (7:00am to 4:00pm)

2062 N Center Rd, Saginaw, MI 48603

(989) 574 – 5287

*Hours of Operation:* Monday – Friday (6:00am to 4:00pm); Saturday (8:00am to 12:00pm)

Quest Diagnostics provides a variety of lab testing. To contact customer service, call (866) 697 – 8378.

*Link to Website:* <https://www.questdiagnostics.com/locations/search>

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# R RESOURCES

## Radiant Church of God

708 W Genesee Ave, Saginaw, MI 48601

(989) 401 – 2134

*Hours of Operation:* Varies by Program

Radiant Church of God provides food distributions on most Fridays a noon. For details on how to register to receive food, visit the Facebook page. Also, free summer lunches are available for all kids under 18 years old, Monday through Thursday from 12:00pm to 1:00pm.

*Link to Facebook Page:* <https://www.facebook.com/RadiantChurchOfGodSaginaw/>

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## READ Association of Saginaw County

100 S Jefferson Ave, Suite 203, Saginaw, MI 48607

(989) 755 – 8402

*Hours of Operation:* Tuesday – Thursday (9:00am to 3:00pm)

<i>Services:</i>	
READ Mentor Program	Provides children weekly reading time with a volunteer mentor. The mentors are positive role models who teach values and ethics.
Raising Readers Academy	Provides a program for parents and their children to share and support reading activities. The program meets for 6 to 12 weeks.
The Carolyn R Otto Family Literacy Center	Offers free tutoring for children with reading difficulties, parent workshops, and story time for young children and their parents.
READing STARS	Connects students and nursing home residents to read together for practice and pleasure.

*Link to Website:* <https://www.readsaginaw.org/>

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## Recovery Pathways

500 Hancock St, Saginaw, MI 48602

(989) 928 – 3566

*Hours of Operation:* Monday and Wednesday (8:00am to 7:00pm); Tuesday and Thursday (8:00am to 5:00pm); Friday (8:00am to 6:00pm)

<i>Services:</i>	
Outpatient	Offers substance use disorder treatment, mental health disorder treatment, individual counseling, group and family therapy, and more.
Medication-Assisted Treatment	Provides suboxone (buprenorphine/naloxone) or vivitrol (naltrexone) treatment to help manage withdrawal symptoms or reduce cravings.

# R RESOURCES

Saginaw County Community Mental Health Authority serves as the off-site location of recovery pathways.

*Link to Website:* <https://recoverypathwaysllc.com/>

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## **Reis AFC Home**

715 S Michigan Ave, Saginaw, MI 48602

(989) 790 – 1187

Reis AFC Home is an adult group home that provides services to individuals who are aged or have developmental disabilities and mental illnesses.

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## **Residential Health Care Group**

4800 Fashion Sq Blvd, Suite 310, Saginaw, MI 48604

Residential Health Care Group provides home health, palliative care, and residential hospice services.

*Link to Website:* <https://residentialhealthcaregroup.com/locations/michigan-home-healthcare/>

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## **Restoration Community Outreach**

1205 Norman St, Saginaw, MI 48601

(989) 753 – 1886

*Hours of Operation:* Open 24/7

<i>Services:</i>	
Emergency Shelter	Provides short-term (up to 90 days) shelter for men. The most basic needs are met immediately with a detailed intake system to identify the cause of homelessness.
House Planning	Provides transitional housing, permanent supportive housing, and rapid re-housing to homeless individuals.
LifeSkills Courses	Provides job training, resume building, emotional health and cultural competency training, cooking and budgeting workshop, and health and wellness workshop.

*Link to Website:* <https://www.rcoshelter.org/>

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# R RESOURCES

## Right to Life

3195 Christy Way S, Suite 8, Saginaw, MI 48603

(989) 799 – 4464

*Hours of Operation:* Monday – Friday (9:00am to 1:00pm)

Right to Life advocates for and educates others on the restoration of legal protection to individuals on topics including abortion, infanticide, or euthanasia.

*Link to Website:* <https://scrtlmi.org/>

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# S RESOURCES

## Sacred Heart Rehabilitation Center

301 E Genesee Ave, Saginaw, MI 48607

(989) 776 – 6000

*Hours of Operation:* Monday – Friday (9:00am to 5:00pm)

<i>Services:</i>	
Outpatient	Provides outpatient services both in-person and telehealth with a blend of group therapy, specialty groups, and more.
Women’s Specialty	Provides services to women, pregnant persons, primary caregivers, and those needing to bring their children to treatment.
Prevention	Provides prevention services through education, awareness, and early prevention.
HIV/AIDS Care	Provides HIV/AIDS case management, early intervention, access to needs (e.g., food, transportation, etc.), and more.

*Link to Website:* <https://sacredheartcenter.com/index.html>

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# S RESOURCES

## **Saginaw Athletic Club**

6125 Gratiot Rd, Saginaw, MI 48638

(989) 401 – 5009

*Hours of Operation:* Monday – Thursday (5:00am to 10:00pm); Friday (5:00am to 9:00pm); Saturday (8:00am to 5:00pm); Sunday (9:00am to 5:00pm)

Saginaw Athletic Club offers a fitness facility with various fitness equipment, a professional weight training room, tennis courts, an indoor training facility for sports, and personal or group fitness training.

*Link to Website:* <https://saginawathleticclub.com/#fitness>

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## **Saginaw Boxing Club**

604 Oak St, Saginaw, MI 48602

(989) 964 – 1561

*Hours of Operation:* Monday – Friday (6:00pm to 8:00pm)

Saginaw Boxing Club offers boxing class. For more information, visit the Facebook page.

*Link to Facebook Page:* <https://www.facebook.com/people/Saginaw-Boxing-Club/>

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## **Saginaw Community Food Club & Kitchen**

1910 Fordney St, Saginaw, MI 48601

Saginaw Community Food Club & Kitchen is in the process of completing construction and development. The food club will act as a grocery store based on points rather than money. Healthier food options (e.g., fruits and vegetables) are labeled with lower points, while snacks and processed foods have higher points. More information and progress updates are available on the website.

*Link to Website:* <https://saginawfoodclub.org/>

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## **Saginaw County Animal Care and Control Department**

5615 Bay Rd, Saginaw, MI 48604

(989) 797 – 4500

*Hours of Operation:* Monday – Friday (8:00am to 5:00pm)

Saginaw County Animal Care and Control Department provides licensing, reclaims, drop-off of strays, owner surrenders, and adoptions.

*Link to Website:* <https://www.saginawcounty.com/departments/animal-care-control/>

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# S RESOURCES

## Saginaw County Community Action Center

2824 Perkins St, Saginaw, MI 48601 (Main Office)

(989) 753 – 7741

Hours of Operation: Monday – Thursday (8:00am to 5:30pm); Friday (8:00am to 12:00pm)

Services:	
Emergency Food Assistance Program	Provides quarterly food distribution to supplement groceries but not to substitute regular grocery shopping.
Community Housing Development Organization	Provides rental housing with 2- and 3-bedroom unit options for low-income Saginaw City residents.
Leaders Exploration Development	Provides adult basic education and GED preparation classes to address barriers to family self-sufficiency and employment.
Weatherization Assistance	Provides free weatherization to low-income homeowners and renters in Saginaw County.
Steps to Financial Fitness	Provides financial education classes and counseling related to financial capability, home buying, mortgage, financial management, and foreclosure prevention.
Literacy+1	Provides a year-round after-school and summer program for students to engage in STEM-based learning activities.

Saginaw County Community Action Center provides several other services. Additional information about those services and eligibility requirements are available on the website.

Link to Website: <http://www.saginawcac.org/>

## Saginaw County Community Mental Health Authority

500 Hancock St, Saginaw, MI 48602

(989) 797 – 3400

Hours of Operation: Monday – Thursday (7:00am to 7:00pm); Friday (7:00am to 6:00pm)

Services:	
Crisis Intervention	Provides help 24/7 to individuals having a mental health crisis.
Adults with Mental Illness	Provides therapy, case management, rehabilitation services, peer support, and more.
Children & Adults with Intellectual & Development Disabilities	Provides case management, psychiatric services, therapy, respite services, supported living, employment services, and specialized group home services.
Person with a Primary Substance Use Disorder	Provides outpatient treatment, medication for addiction treatment, sub-acute detoxification, residential treatment, and recovery support services.

# S RESOURCES

Saginaw County Community Mental Health Authority provides several other services. More information about those services is available on the website.

Visit the Website: <https://www.sccmhami.com/>

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## Saginaw County Health Department

1600 N Michigan Ave, Saginaw, MI 48602

(989) 758 – 3800

Hours of Operation: Monday – Friday (8:00am to 5:00pm)

Services:	
Blood Lead Testing (Ext. 3733)	Provides free testing for children ages 1 to 5. Call to schedule an appointment.
Children’s Special Healthcare Services (Ext. 3845)	Provides a supplemental governmental insurance program for families with children ages birth to 26 years old that have special health needs (e.g., cancer, hearing loss, etc.).
Environmental Health (Ext. 3686)	Provides inspections on various facilities (e.g., food service, body art, swimming pools, etc.), well permits, solid and hazardous waste, radon testing, wastewater management, soil evaluations, and more.
Hearing and Vision (Ext. 3890)	Provides free hearing and vision screenings for individuals 18 and younger. Call to schedule an appointment.
Immunizations (Ext. 3840)	Provides TB testing and several immunizations (e.g., COVID-19, tetanus, diphtheria, polio, RSV, seasonal influenza, varicella, etc.).
Laboratory (Ext. 3825)	Provides testing for water quality, urine drugs of abuse, spore strips, STDs, COVID-19 PCR tests, pregnancy, and foodborne illness.
Nurse Family Partnership (Ext. 3845)	Provides free partnership of a nurse and a pregnant person until the child’s second birthday. Call to learn more.
WIC/Nutrition (Ext. 3733)	Provides nutrition education, supplemental foods, breastfeeding promotion and support, and more for mothers, infants, and children up to age 5. Call to learn more about eligibility.
Room 202 – Harm Reduction (Ext. 3802)	Provides a safe, judgement free space to ask questions and pick up free supplies (Narcan, pipes, syringes, wound care supplies, etc.)
Personal Health Center (Ext. 3870)	Provides family planning services and STI testing and treatment. Call to schedule an appointment.

Saginaw County Health Department provides several other services. Additional information about those services and eligibility requirements are available on the website.

Link to Website: <https://www.saginawpublichealth.org/>

# S RESOURCES

## **Saginaw County Parks and Recreation**

111 S Michigan Ave, Saginaw, MI 48602

(989) 790 – 5280

*Hours of Operation:* Monday – Friday (8:00am to 5:00pm)

### *Imerman Memorial Park*

3495 Midland Rd, Saginaw, MI 48603

### *Price Nature Center*

6685 Sheridan Rd, Bridgeport, MI 48601

### *Ringwood Forest*

Ring Rd, St Charles, MI 48655

### *William H Haithco Recreation Area*

2121 Schust Rd, Saginaw, MI 48603

### *Veteran's Memorial Park*

1543-1701 Bay City Rd, Saginaw, MI 48604

### *Saginaw Valley Rail Trail*

6225 Strobel Rd, Saginaw, MI 48609; 2998 Van Wormer Rd, Saginaw, MI 48609; 401 E Water St, St Charles, MI 48655

### *Saginaw River Headwaters Rec Area*

77 W Center St, Saginaw, MI 48602

Saginaw County Parks and Recreation operates 7 parks in the county. A yearly calendar of events taking place at the parks is available on the website.

*Link to Website:* <https://www.saginawcounty.com/departments/parks-recreation/>

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## **Saginaw County School Districts**

### *Ashley Community Schools*

104 New St, Ashley, MI 48806

(989) 847 – 4000

### *Bay City School District*

601 Blend St, Bay City, MI 48706

(989) 686 – 9700

# S RESOURCES

## Birch Run Area School District

12450 Church St, Suite 2, Birch Run, MI 48415 (989) 624 – 9307

## Breckenridge Community Schools

700 Wright St, Breckenridge, MI 48615 (989) 842 – 3182

## Bridgeport-Spaulding Community School District

4691 Bearcat Blvd, Bridgeport, MI 48722 (989) 777 – 1770

## Carrollton School District

3211 Carla Dr, Saginaw, MI 48604 (989) 754 – 1475

## Chesaning Union Schools

850 N 4<sup>th</sup> St, Chesaning, MI 48616 (989) 845 – 8099

## Clio Area School District

1 Mustang Dr, Clio, MI 48420 (810) 591 – 0500

## Frankenmuth School District

525 E Genesee St, Frankenmuth, MI 48734 (989) 652 – 9958

## Freeland Community School District

710 Powley Dr, Freeland, MI 48623 (989) 695 – 5527

## Hemlock Public School District

733 N Hemlock Rd, Suite 100, Hemlock, MI 48626 (989) 642 – 5282

## Merrill Community Schools

555 W Alice St, Merrill, MI 48637 (989) 643 – 7261

## Montrose Community Schools

300 Nanita Dr, Montrose, MI 48457 (810) 591 – 8800

## New Lothrop Area Public Schools

9285 Easton Rd, New Lothrop, MI 48460 (810) 638 – 5091

## Ovid-Elsie Area Schools

8989 E Colony Rd, Elsie, MI 48831 (989) 834 – 2271

# S RESOURCES

## Reese Public Schools

1696 Van Buren Rd, Reese, MI 48757 (989) 868 – 9864

## Saginaw Township Community Schools

3465 N Center Rd, Saginaw, MI 48603 (989) 797 – 1800

## Saginaw City School District

550 Millard St, Saginaw, MI 48607 (989) 399 – 6500

## St Charles Community Schools

891 W Walnut St, St Charles, MI 48655 (989) 865 – 9961

## Swan Valley School District

8380 O' Hern Rd, Saginaw, MI 48609 (989) 921 – 3701

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## **Saginaw Housing Commission**

1803 Norman St, Saginaw, MI 48601 (989) 755 – 8183

*Hours of Operation:* Monday – Friday (8:00am to 12:00pm; 1:00am to 5:00pm)

Saginaw Housing Commission provides low-income public housing within the City of Saginaw, housing choice vouchers (Section 8) within Saginaw County, and a family self-sufficiency program. The family self-sufficiency program assists participants with setting and achieving goals and connecting them with community resources.

*Link to Website:* <https://www.saginawhousing.org/>

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## **Saginaw Intermediate School District**

3933 Barnard Rd, Saginaw, MI 48603 (989) 399 – 7473

<i>Services:</i>	
Millet Learning Center	Provides individualized educational programs and services to students (ages 3 to 25) with moderate to severe performance challenges.
Birth to 5	Provides home visiting services to families to ensure school readiness and tools to enter preschool.
Early On	Provides coordination of early intervention services for children (ages birth to 3) who may have a developmental delay or medical condition that could delay readiness.

# S RESOURCES

Michigan Adolescent Parenting and Pregnancy	Provides free care and support for expecting and parenting adolescents up to 21 years old in Saginaw County.
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Saginaw Intermediate School District provides several other services. More information about those services is available on the website.

Link to Website: <https://www.sisd.cc/>

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## **Saginaw Intermediate School District Saginaw County Head Start**

### Adams Avenue

3427 Adams St, Saginaw, MI 48603

(989) 790 – 5865

*Hours of Operation:* Monday – Thursday (8:00am to 4:30pm)

### Birch Run Annex

12400 Church St, Birch Run, MI 48415

(989) 624 – 9011

*Hours of Operation:* Monday – Thursday (8:45am to 3:45pm)

### Brucker Preschool

6005 Fort Rd, Birch Run, MI 48415

(989) 777 – 5521

*Hours of Operation:* Monday – Thursday (8:00am to 4:00pm)

### Brunkow Preschool

3000 S 24<sup>th</sup> St, Saginaw, MI 48601

(989) 399 – 3432

*Hours of Operation:* Monday – Thursday (8:00am to 4:00pm)

### Chesaning Middle

431 N 4<sup>th</sup> St, Chesaning, MI 48616

(989) 845 – 7040

*Hours of Operation:* Monday – Thursday (8:00am to 4:00pm)

### Claytor Preschool

3200 Perkins St, Saginaw, MI 48601

(989) 752 – 2193

*Hours of Operation:* Monday – Thursday (8:00am to 4:00pm)

### Hemmeter

1890 Hemmeter Rd, Saginaw, MI 48638

(989) 399 – 8338



# S RESOURCES

*Hours of Operation:* Monday – Thursday (8:00am to 4:00pm)

*Jerome Preschool*

1301 Division St, Saginaw, MI 48602

(989) 272 – 0900

*Hours of Operation:* Monday – Thursday (8:00am to 4:00pm)

*Merrill Elementary*

345 W Alice St, Merrill, MI 48637

(989) 643 – 7283

*Hours of Operation:* Monday – Thursday (8:00am to 4:00pm)

*Murphy Farm*

13240 W Townline Rd, St Charles, MI 48655

(989) 399 – 7496

*Hours of Operation:* Monday – Thursday (8:00am to 4:00pm)

*Saginaw Career Complex*

2102 Weiss St, Saginaw, MI 48601

(989) 399 – 6241

*Hours of Operation:* Monday – Thursday (8:00am to 4:00pm)

*St Peter & Paul*

4735 W Michigan Ave, Saginaw, MI 48638

(989) 799 – 9006

*Hours of Operation:* Monday – Thursday (8:00am to 4:00pm)

*Valley Preschool*

1815 Tittabawassee Rd, Saginaw, MI 48604

(989) 758 – 0221

*Hours of Operation:* Monday – Thursday (8:00am to 4:00pm)

Saginaw Intermediate School District Saginaw County Head Start provides other services at varying locations. For additional information about the other services, visit the website.

*Link to Website:* <https://www.sisd.cc/o/ecs/page/locations>

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## **Saginaw Landlords Association**

120 N Michigan Ave, Suite 310, Saginaw, MI 48602

(989) 249 – 0977

*Hours of Operation:* Monday – Friday (9:00am to 3:00pm)

# S RESOURCES

Saginaw Landlords Association assists landlords conduct their business by screening tenants, completing background and credit checks, helping with leases, court papers, and recovery of money owed. Also, meetings are held several times a year.

*Link to Website:* <https://web.saginawchamber.org/Saginaw-County-Landlords-Association-7670>

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## **Saginaw Odyssey House**

### *Residential*

128 N Warren Ave, Saginaw, MI 48607

(989) 754 – 8598

### *Adult Outpatient*

1241 N Michigan Ave, Saginaw, MI 48202

(989) 401 – 5430

<i>Services:</i>	
Residential	Provides substance use and mental health treatment for men, women, couples, parenting women and men, and families.
Adult Outpatient	Provides services to individuals with substance use disorders or dual diagnosis who do not require medical withdrawal management. Day treatment, intensive outpatient, and outpatient services are offered.
Recovery Housing	Provides recovery housing options that support a lasting recovery with a stay of up to 12 months.

*Link to Website:* <https://www.odysseyvillage.com/>

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## **Saginaw Partnership Center**

2115 Ring St, Saginaw, MI 48638

(989) 401 – 7239

*Hours of Operation:* Monday – Friday (9:00am to 4:00pm)

Saginaw Partnership Center provides the Nest Program (Neighbors Enabling Success Together). The Nest Program provides household items, including dishes, linens, kitchen equipment, and cleaning supplies for individuals in the community who are in need.

*Link to Website:* <https://saginawpartnershipcenter.org/>

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## **Saginaw Police Department Victim Services Division**

612 Federal Ave, Saginaw, MI 48607

(989) 759 – 1260

# S RESOURCES

*Hours of Operation:* Monday – Thursday (9:00am to 4:00pm)

Saginaw Police Department Victim Services Division assists with exercising constitutional and/or statutory rights, establishing and maintaining personal safety, crime victim compensation, referrals to community agencies, and education and emotional support through the criminal justice process.

*Link to Website:* <https://www.saginaw-mi.com/350/Victim-Services-Division>

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## **Saginaw Psychological Services, Inc.**

2100 Hemmeter Rd, Saginaw, MI 48603

(989) 799 – 2100

*Hours of Operation:* Monday – Thursday (8:00am to 6:30pm); Friday (8:00am to 5:30pm)

<i>Services:</i>	
Psychological Evaluations and IQ Testing	Covers ADHD, Autism Spectrum Disorder, bariatric surgery, fitness for duty, guardianship, IQ testing, and more.
Individual Psychotherapy	Provides therapy for behavior problems, children and families, couples, EMDR, gambling addiction, LGBTQ, substance use disorder, and more.
Group Psychotherapy	Covers anger management, love and logic parenting classes, and substance use disorder.
Medical Clinic	Provides assisted recovery, medication administration, and medication management services.

*Link to Website:* <https://www.sagpsych.com/>

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## **Saginaw Public Schools Before and After the Bell Program**

(989) 399 – 6500

*Hours of Operation:* Varies by School

Saginaw Public Schools Before and After the Bell Program offers childcare services before and after school.

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## **Saginaw Recovery House**

1506 Mackinaw St, Saginaw, MI 48602

(989) 607 – 1188

*Hours of Operation:* Thursday (1:00pm to 9:00pm); Friday (1:00pm to 3:00pm); Saturday (7:00pm to 9:00pm)

# S RESOURCES

Saginaw Recovery House provides safe and drug/alcohol-free rooms that are available for rent. Call for additional information about services.

*Link to Website:* <https://saginawrecoveryhouse.org/>

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## **Saginaw Senior Care & Rehab Center**

4322 Mackinaw Rd, Saginaw, MI 48603

(989) 792 – 8729

Saginaw Senior Care & Rehab Center provides short-term rehabilitation and long-term care.

*Link to Website:* <https://nexcarehealth.com/search-locations/saginaw/>

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## **Saginaw Township Community Schools After School Activities Clubs**

(989) 797 – 1800

*Hours of Operation:* Varies by School

Saginaw Township Community School After School Activities Clubs offers childcare services for after school.

*Link to Website:* <https://www.stcs.org/page/after-school-activities-clubs>

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## **Saginaw Transit Authority Regional Services (STARS)**

615 Johnson St, Saginaw, MI 48607

(989) 907 – 4000

*Hours of Operation:* Monday – Friday (8:00am to 5:00pm)

<i>Services:</i>	
Primary Routes	Provides 10 routes across the city of Saginaw. Fares for general riders cost \$1.00 and \$0.50 for seniors (60+) and ADA riders. 30 day passes for general riders cost \$40.00 and \$20.00 for seniors (60+) and ADA riders.
Lift	Provides transportation for persons with disabilities, who cannot board, ride, or disembark from a STARS bus, even with a wheelchair lift. Fare is \$2.00.
Rides to Wellness	Provides non-emergency transportation to medical appointments for partners agencies, which will cover the costs. Call for more information.

*Link to Website:* <https://saginaw-stars.com/>

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# S RESOURCES

## **Saginaw Valley Rehabilitation Center Industries, Inc. (SVRC)**

919 Veterans Memorial Pkwy, Saginaw, MI 48601

Saginaw Valley Rehabilitation Industries, Inc. offers the Empowered Voices program, which provides community living support, skills building for the workforce, Meals and Wheels to individuals with a disability, and more.

*Link to Website:* <https://www.svrcindustries.com/empowered-voices>

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## **Saginaw Valley State University**

7400 Bay Rd, University Center, MI 48710

(989) 964 – 4000

*Hours of Operation:* Varies by Program

Saginaw Valley State University is a public university that provides education about various topic areas. Also, SVSU offers a fitness center, aquatics center, and athletic complex and facility.

*Link to Website:* <https://www.svsu.edu/>

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## **Saginaw Valley United Pentecostal Church**

7877 Bell Rd, Birch Run, MI 48415

(989) 777 – 8700

*Hours of Operation:* Second Sunday of the Month (3:30pm to 6:30pm)

Saginaw Valley United Pentecostal Church provides free clothing for all ages. Also, a hot meal is provided during the closet's hours of operation.

*Link to Website:* <https://www.svupc.com/>

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## **Saginaw Vet Center**

5360 Hampton Ave, Suite 200, Saginaw, MI 48604

(989) 321 – 4650

*Hours of Operation:* Monday – Friday (8:00am to 4:30pm)

Saginaw Vet Center provides confidential help to veterans, service members, and their families at no cost in a non-medical setting. The offered services include counseling for conditions like depression, PTSD, and more. Also, veterans will be connected to resources in the community or the VA.

*Link to Website:* <https://www.va.gov/saginaw-vet-center/>

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# S RESOURCES

## Salvation Army

2030 N Carolina St, Saginaw, MI 48602

(989) 401 – 7881

*Hours of Operation:* Monday – Friday (9:00am to 4:00pm); Sunday (9:45am to 12:00pm)

<i>Services:</i>	
Empower Youth	Provides a literacy course to learn/improve reading and youth character-building groups.
Fight Hunger	Provides a food pantry and meals daily.
Community Center	Provides a space for physical activity, physical education classes for homeschool families, open gyms, AAU/youth leagues, and gym rentals.
Disaster Survivors	Provides emergency preparedness, immediate emergency response, long-term disaster recovery, and spiritual and emotional care.
Combat Addiction	Provides a free substance use residential program for men with a 6-to-12-month duration with a spiritual content.

The Salvation Army provides several other services. Information about those other services is available on the website.

*Link to Website:* <https://centralusa.salvationarmy.org/saginaw/>

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## Sara M Fredricks

3806 Studor Rd, Saginaw, MI 48601

(989) 332 – 2291

Sara M Fredricks is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities, mental illnesses, and Alzheimer's.

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## Sarah Fechter Fitness

6315 State St, Saginaw, MI 48603

(989) 790 – 7222

*Hours of Operation:* Monday (6:00am to 8:00pm); Tuesday – Thursday (5:00am to 8:00pm); Friday (5:00am to 7:00pm); Saturday (9:00am to 11:00am); Sunday (9:00am to 6:00pm)

Sarah Fechter Fitness offers in-person training and an online coaching method. Some classes offered include strength and conditioning, spin, and bike, bells, and boxing.

*Link to Website:* <https://www.sarahfechter.com/>

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# S RESOURCES

## **Schiavone AFC Home**

1610 Gratiot Rd, Saginaw, MI 48602

(989) 791 – 8031

1690 N Center Rd, Saginaw, MI 48638

(989) 992 – 9400

Schiavone AFC Home offers both an adult medium and small group home that provide services to individuals who are aged, developmentally disabled, mentally ill, and physically handicapped.

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## **Select Specialty Hospital – Saginaw**

1447 N Harrison St, 8<sup>th</sup> Floor, Harrison Campus, Saginaw, MI 48602

(989) 583 – 4850

Select Specialty Hospital provides services and programs related to cardiac conditions, infectious diseases, medically complex care, neurologic conditions, pulmonary/ventilator liberation, renal disorders, wound care, and brain injury.

*Link to Website:* <https://www.selectspecialtyhospitals.com/mi/saginaw/saginaw/>

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## **Senior Fitness Health Club**

4032 Bay Rd, Saginaw, MI 48603

(989) 790 – 5788

*Hours of Operation:* Monday and Friday (7:00am to 4:00pm); Tuesday – Thursday (7:00am to 5:00pm)

Senior Fitness Health Club is a fitness facility exclusively for the senior community. Services provided include strength training, tai chi classes, yoga classes, dance classes, one-on-one coaching, diet goal setting, and more.

*Link to Facebook Page:* <https://www.facebook.com/Senior-Fitness-Health-Club>

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## **Seung-ni Fit Club**

6700 Weiss St, Saginaw, MI 48603

(989) 799 – 3040

*Hours of Operation:* Varies by Class

Seung-ni Fit Club is a fitness facility that offers classes (body sculpt, kickboxing, cycling, infrared sauna, red light therapy, etc.)

*Link to Website:* <https://seungni.com/>

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# S RESOURCES

## **Sisters in Recovery**

124 N Woodbridge St, Saginaw, MI 48602

(989) 472 – 7750

Sisters in Recovery assists women adjusting to living clean from drugs and alcohol, creating routine and stability, and attending a 12-step recovery meeting.

*Link to Website:* <https://sistersinrecovery.org/>

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## **Sloan Home**

2480 E Sloan Rd, Birch Run, MI 48415

(989) 746 – 9002

Sloan Home is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities and mental illnesses.

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## **Solutions Behavioral Health**

1010 N Niagara St, Suite 2, Saginaw, MI 48602

(989) 401 – 5563

*Hours of Operation:* Monday – Thursday (9:00am to 7:00pm); Friday (9:00am to 1:00pm)

Solutions Behavioral Health provides outpatient therapy and counseling services for adolescents, adults, couples, families, and groups. Topics addressed may include anxiety, grief, trauma, addiction, and more.

*Link to Website:* <https://www.yoursbh.org/>

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## **South Colony Senior Center**

180 S Colony Dr, Saginaw, MI 48638

(989) 790 – 3289

*Hours of Operation:* Monday – Friday (10:30am to 1:30pm)

South Colony Senior Center offers lunch, blood pressure screenings, bingo, tai chi class, chapel, meals and manicure, special guest speakers, holiday activities, and parties to seniors.

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## **Sparck's AFC**

7827 Moorish Rd, Bridgeport, MI 48722

(989) 746 – 0454

Sparck's AFC is an adult family home that provides services to individuals who are aged or have developmental disabilities and mental illnesses.

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# S RESOURCES

## **Spaulding Township Park**

5825 Cole Rd, Saginaw, MI 48601

(989) 777 – 0950

*Hours of Operation:* Monday – Sunday (Sunrise to Dusk)

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## **SS Francis and Clare Parish**

12157 Church St, Birch Run, MI 48415

(989) 624 – 9098

*Hours of Operation:* Thursday (10:00am to 12:00pm)

SS Francis and Clare Parish provides a motherhood support group for mothers and mothers-to-be to discuss resources and community tools, participate in group outings, and join new friendships.

*Link to Facebook Page:* <https://www.facebook.com/Ss.francisandclare/>

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## **St Charles Children’s Center**

801 W Walnut St, St Charles, MI 48655

(989) 865 – 7961

*Hours of Operation:* Monday – Friday (6:30am to 6:00pm)

St Charles Children’s Center offers childcare services for children ages infant to school age.

*Link to Website:* <https://www.stccs.org/page/bulldog-kids-care>

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## **St Charles Home**

820 Walnut St, St Charles, MI 48655

(989) 865 – 8151

St Charles Home is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities, mental illnesses, and Alzheimer’s.

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## **St Charles Parks and Recreation**

110 W Spruce St, St Charles, MI 48655

(989) 865 – 8287

*Hours of Operation:* Monday – Friday (8:00am to 5:00pm)

### *Coal Miners’ Park*

200 Pkwy, St Charles, MI 48655

# S RESOURCES

## Lumberjack Park

400 Block E Water St, St Charles, MI 48655

## Waterfowl Park

225 E Spruce St, St Charles, MI 48655

Link to Website: <https://stcmi.com/parks-and-recreation/>

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## **St Francis Nursing Home of Saginaw**

915 N River Rd, Saginaw, MI 48609

(989) 781 – 3150

St Francis Nursing Home of Saginaw provides skilled nursing, rehab care, and long-term care.

Link to Website: <https://stfrmi.org/>

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## **St Lorenz Lutheran School**

140 Churchgrove Rd, Frankenmuth, MI 48734

(989) 652 – 6141

*Hours of Operation:* Monday – Friday (6:30am to 6:00pm)

St Lorenz Lutheran School offers childcare services for children ages infant to 8<sup>th</sup> grade.

Link to Website: <https://school.stlorenz.org/preschool-childcare/childcare>

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## **St Mark Early Childhood Center**

2565 N Miller Rd, Saginaw, MI 48609

(989) 781 – 3205

*Hours of Operation:* Monday, Wednesday, and Friday (8:30am to 3:30pm); Tuesday and Thursday (8:30am to 12:00pm)

St Mark Early Childhood Center offers preschool services and childcare services before and after school.

Link to Website: <https://stmarksaginaw.com/>

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# S RESOURCES

## **St Paul Christian Daycare**

120 N 15<sup>th</sup> St, Saginaw, MI 48601

(989) 752 – 7520

*Hours of Operation:* Monday – Friday (6:00am to 6:30pm)

St Paul Christian Daycare offers childcare services for children ages infant to school age.

*Link to Facebook Page:* <https://www.facebook.com/St-Paul-Christian-DaycarePreschool/>

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## **St Peter Lutheran School**

2440 N Raucholz Rd, Hemlock, MI 48626

(989) 642 – 5659

*Hours of Operation:* Monday – Friday (7:00am to 5:30pm)

St Peter Lutheran School offers childcare services for children ages infant to school age.

*Link to Website:* <https://www.stpeterhemlock.org/>

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## **Steps Ahead Learning Center**

3130 Boardwalk Dr, Saginaw, MI 48603

(989) 401 – 4488

Steps Ahead Learning Center offers childcare services.

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## **Steps Montessori of Saginaw**

4046 Vera St, Saginaw, MI 48603

(989) 792 – 3499

*Hours of Operation:* Monday – Friday (7:00am to 5:30pm)

Steps Montessori of Saginaw offers childcare services for children ages preschool to school age.

*Link to Website:* <https://www.stepsmontessori.org/>

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# S RESOURCES

## **Stone Crest Assisted Living**

255 N Main St, Freeland, MI 48623

(989) 695 – 5035

*Hours of Operation:* Monday – Friday (8:30am to 5:00pm)

Stone Crest Assisted Living provides support, memory, and respite care.

*Link to Website:* <https://stonecrestassistedliving.org/>

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## **STRONGirl Performance**

120 E Saginaw St, Merrill, MI 48637

(989) 239 – 4762

*Hours of Operation:* Varies by Class

STRONGirl Performance offers various classes for general fitness, sports performance, and youth fitness. General fitness classes include women’s beginner MMA conditioning and functional mobility and strength for active agers. Sports performance classes include stabilization training, flexibility and balance training, strength training, and speed/agility and quickness training.

*Link to Website:* <https://strongirlperformance.com/>

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## **Studio Align**

4882 Gratiot Rd, Suite 12, Saginaw, MI 48638

(989) 327 – 1407

*Hours of Operation:* Varies by Class

Studio Align offers various Pilates classes including mat Pilates, Pilates reformer work, and Pilates Cadillac work.

*Link to Website:* <https://www.studioalignpilates.com/>

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## **Sunnyside Home**

3025 Birch Run Rd, Burt, MI 48417

(989) 770 – 4760

Sunnyside Home is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities, mental illnesses, and traumatic brain injuries.

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# S RESOURCES

## **Swan Valley Learning Center**

8400 O' Hern Rd, Saginaw, MI 48609

(989) 921 – 2461

*Hours of Operation:* Monday – Friday (6:30am to 6:00pm)

Swan Valley Learning Center offers childcare services before and after school.

*Link to Website:* <https://www.swanvalleyschools.com/o/svlc>

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## **Swanhaven Manor Retirement Community**

300 Kennely Rd, Saginaw, MI 48609

(989) 781 – 6909

*Hours of Operation:* Monday – Friday (9:00am to 5:00pm)

Swanhaven Manor Retirement Community offers amenities including a convenience store, beauty/barber salon, mini-theater, activities and art room, and more.

*Link to Website:* <https://swanhavenmanor.com/>

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## **Swartz Adoption Agency**

4371 State St, Saginaw, MI 48603

(989) 793 – 0000

*Hours of Operation:* Open 24/7

Swartz Adoption Agency assists birth and adoptive parents with the process of adoption. For birth parents, free counseling, medical, legal and other services are provided as allowed by law.

*Link to Website:* <https://www.swartzadoption.com/>

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## **Sweet Angels Childcare**

1527 E Genesee Ave, Saginaw, MI 48607

(989) 522 – 3582

Sweet Angels Childcare offers childcare services.

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# T RESOURCES

## **Taymouth Township Park**

2360 E Burt Rd, Burt, MI 48417

(989) 624 – 4159

*Hours of Operation:* Monday – Sunday (8:00am to 9:00pm)

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## **Ten16 Recovery Network**

3023 Davenport Ave, Saginaw, MI 48602

(989) 907 – 2761

*Hours of Operation:* Monday (8:30am to 5:00pm); Tuesday – Friday (8:30am to 4:30pm)

Ten16 Recovery Network provides outpatient counseling, recovery centers, and outreach. Outpatient counseling assists individuals with getting access to quality treatment services and maintaining responsibilities at home and work. Recovery centers offer a free, safe, and sober place for individuals to go if they are pursuing a life free from substances.

*Link to Website:* <https://1016.org/>

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## **The Care Team Home Health & Hospice**

3232 Fashion Sq Blvd, Saginaw, MI 48603

(989) 341 – 4920

The Care Team Home Health & Hospice provides home health care for individuals recovering from illness, injury, or a hospital stay or who are chronically or terminally ill and hospice care.

*Link to Website:* <https://www.tctcares.com/>

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## **The Caring Closet**

6045 Mackinaw Rd, Saginaw, MI 48604

saginawcaringcloset@gmail.com

*Hours of Operation:* First and Third Saturday of the Month (10:00am to 12:00pm)

The Caring Closet provides free food, clothing, and household items to individuals in need. Visit the Facebook page for more information.

*Link to Facebook Page:* <https://www.facebook.com/saginawcaringcloset/>

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# T RESOURCES

## The Hope Assisted Living

11930 Dixie Hwy, Birch Run, MI 48415

(810) 990 – 2202

The Hope Assisted Living provides independent living, assisted living, and memory assisted living.

*Link to Website:* <https://thehopeassistedliving.com/>

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## The Humane Society of Saginaw County

P.O. Box 1823, Saginaw, MI 48605

(989) 501 – 8672

<i>Services:</i>	
Trap-Neuter-Return	Provides trapping, transporting to a veterinary clinic to be fixed, vaccinated, and treated, and returned to their outside home.
Rescue	Provides rescue for the most neglected, suffering, homeless, and abandoned animals from the outdoors.
Adoption	Provides adoption of cats or kittens (\$50) and puppies or dogs (\$125).
Pet Food and Supplies	Provides free pet food and supplies to households experiencing financial difficulties.
Application for Assistance	Assists with TNR, fixing your dog or cat, adoption, and pet food. The application is available on the website.

*Link to Website:* <https://www.humanesocietyofsaginawcounty.org/>

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## The Neighb

3145 Russell St, Saginaw, MI 48601

(989) 401 – 1335

<i>Services:</i>	
Soup Kitchen	Provides meals to individuals and families daily.
Health and Nutrition	Provides individuals with food to prevent malnourishment.
Career Assistance and Job Training	Assists individuals with preparing a job application and enhancing their skills and knowledge to pursue their careers.
Financial Literacy	Assists individuals and families to acquire skills and knowledge needed to understand financial management.

The Neighb provides several other services. Additional information about those services and eligibility requirements are available on the website.

*Link to Website:* <https://theneighb.org/>

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# T RESOURCES

## **The Roosevelt House**

17935 Roosevelt Rd, Hemlock, MI 48626

(989) 642 – 4663

The Roosevelt House is an adult group home that provides services to individuals who are aged and physically handicapped or have Alzheimer's.

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## **The Trevor Project**

P.O. Box 69232, West Hollywood, CA 90069

(212) 695 – 8650

The Trevor Project provides information, resources, and support to LGBTQ+ young people 24/7.

*Link to Website:* <https://www.thetrevorproject.org/>

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## **The Village of Chesaning Park System**

218 N Front St, Suite A, Chesaning, MI 48616

(989) 845 – 3800

*Hours of Operation:* Monday – Friday (8:00am to 4:30pm)

### *Cole Park*

N Canal St, Chesaning, MI 48616

### *Showboat Park*

100 S Saginaw St, Chesaning, MI 48616

### *Birding and Nature Trail Park*

Approximately 0.3 miles south of the Baldwin Rd and Sharon Rd intersection in Chesaning, MI 48616

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## **The Well of Saginaw**

2709 Julius St, Saginaw, MI 48601

(989) 355 – 1427

The Well of Saginaw provides semi-private shelter to up to 10 single men (ages 18+). Along with shelter, individuals will be provided with meals, laundry facilities, hygiene supplies, transportation to appointments, case management, employment resources, and support and therapy.

*Link to Website:* <https://thewellofsaginaw.org/>

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# T RESOURCES

## **Thomas Township Parks and Recreation**

249 N Miller Rd, Saginaw, MI 48609

(989) 781 – 0151

*Hours of Operation:* Monday – Friday (8:00am to 5:00pm)

### Roberts Community Park

455 S Miller Rd, Saginaw, MI 48609

### Roethke Park

400 Leddy Rd, Saginaw, MI 48609

### Community Park

249 N Miller Rd, Saginaw, MI 48609

### Day Park

700 S River Rd, Saginaw, MI 48609

### Thomas Trail

The trail begins north along the Consumer right of way and ends at Miller Rd.

*Link to Website:* <https://www.thomastwp.org/departments-services/parks-recreation/>

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## **Timeless Treasures Thrift and Resale Store**

427 Atwater St, Saginaw, MI 48601

(989) 401 – 7313

*Hours of Operation:* Tuesday – Wednesday (11:00am to 4:00pm)

Timeless Treasures Thrift and Resale Store sells used clothing and household items at a discounted rate. This store is cash only.

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## **Traditions of Saginaw**

3785 N Center Rd, Saginaw, MI 48603

(989) 702 – 2568

5155 McCarty Rd, Saginaw, MI 48603

Traditions of Saginaw provides independent, assisted, and memory assisted living for residents.

*Link to Website:* <https://www.traditionsofsaginaw.com/>

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# T RESOURCES

## **Training & Treatment Innovations, Inc.**

3665 Bay Rd, Saginaw, MI 48603

(989) 799 – 0066

Training & Treatments Innovations provides services including case management, nursing, medication management, transitional case management, psychiatric services, substance use treatment, and more.

*Link to Website:* <https://ttiinc.org/saginaw>

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## **TRICAP**

2300 Veterans Memorial Pkwy, Saginaw, MI 48601

(989) 752 – 0800

*Hours of Operation:* Monday – Friday (9:00am to 4:00pm)

TRICAP is a probation residential center (PRC) that offers an alternative placement option to male or female offenders within Michigan rather than going to jail or prison. Residents of TRICAP receive support, educational services, and 24-hour supervision. Also, the residential program provides drug and alcohol screening and substance abuse and mental health counseling.

*Link to Website:* <https://www.tricap.net/>

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## **Trinity Blessings**

650 Weadock Ave, Saginaw, MI 48607

(989) 501 – 3882

Trinity Blessings is an adult group home that provides services to individuals who are aged or have developmental disabilities and mental illnesses.

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# U RESOURCES

## UAW Legal Service Plan

1 Tuscola St, Morley Building, Saginaw, MI 48607

(810) 510 – 4485

UAW Legal Service Plan is a program with the sole purpose of providing personal legal services to eligible participants for legal problems arising out of laws in the United States or Canada. Eligible participants include UAW employees, retirees, spouses, and surviving spouses.

*Link to Website:* <https://www.uawlegalservices.com/>

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## Underground Railroad, Inc.

5647 State St, Suite A, Saginaw, MI 48603

(989) 755 – 0413

*Hours of Operation:* Monday – Friday (8:30am to 4:30pm)

<i>Services:</i>	
24-Hour Helpline	Provides confidential help to victims/survivors to discuss options, prepare safety plans, provide referrals, and more.
Emergency Response Program	Provides 24-hour coverage to assist survivors who report an assault to a hospital, clinic, or law enforcement staff.
Emergency Shelter	Provides emergency shelter for survivors of abuse.
Therapy/Support Groups	Provides therapists that support the client to process trauma, develop coping skills, counsel for mental health, and more.
Underground Railroad Resale	Sells household items and clothing and the proceeds directly benefit the survivors that are served at the Underground Railroad.

Underground Railroad provides several other services. Additional information about those services is available on the website.

*Link to Website:* <https://undergroundrailroadinc.org/>

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## Union Courts Assisted Living

302 Fulton St, St Charles, MI 48655

(989) 865 – 8100

244 Elwyn Dr, Chesaning, MI 48616

(989) 607 – 2866

Union Courts Assisted Living provides assisted living, supportive care, and memory care to residents.

*Link to Website:* <https://unioncourtstcharles.org/>

*Link to Website:* <https://unioncourtchesaning.org/>

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# U RESOURCES

## United Healthcare

(877) 824 – 3210

United Healthcare is a health maintenance organization (HMO) insurance provider. If you are a member of the HMO, contact them to schedule transportation services.

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## United Way of Saginaw County

100 S Jefferson Ave, 3<sup>rd</sup> Floor, Saginaw, MI 48607

(989) 755 – 0505

Services:	
Community Impact Grants	Provides funding to non-profit organizations that aligns with the impact model and mission of United Way.
Homelessness Prevention	Serves as the HARA and LEAD agency to provide direct support to individuals who are facing homelessness or to remain stably housed.
211	Call 211 to receive information on resources for childcare, utilities, and more.

Link to Website: <https://www.unitedwaysaginaw.org/>

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# V RESOURCES

## Versatile Fitness and Training

46 N Center Rd, Saginaw, MI 48638

*Hours of Operation: Varies by Class*

Versatile Fitness and Training offers a variety of fitness classes (e.g., yoga, low impact weight, HIIT, etc.) and personal training.

Link to Facebook Page: <https://www.facebook.com/groups/VersatileFitnessandTraining>

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# V RESOURCES

## **Versiti Blood Centers of Michigan**

1771 Tittabawassee Rd, Saginaw, MI 48604

(989) 642 – 5663

*Hours of Operation:* Monday, Wednesday, and Friday (7:00am to 2:00pm); Tuesday and Thursday (11:00am to 6:00pm); Saturday and Sunday (7:00am to 1:00pm)

Versiti Blood Centers of Michigan provides whole blood, double red, and platelet donations.

*Link to Website:* <https://www.versiti.org/saginaw-blood-donation-center>

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## **Vet4Warriors**

(855) 838 – 8255

*Hours of Operation:* Open 24/7

Vet4Warriors offers 24/7 confidential peer support staffed by veterans, which is immediate and ongoing to every member of the U.S. military community.

*Link to Website:* <https://vets4warriors.com/>

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## **Veterans Crisis Line**

988 (*Then press 1*)

*Hours of Operation:* Open 24/7

The Veterans Crisis Line provides confidential crisis support that connects you with helpful resources.

*Link to Website:* <https://www.veteranscrisisline.net/>

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## **Victory AFC Inc**

2525 Mackinaw St, Saginaw, MI 48602

(989) 971 – 9333

Victory AFC Inc is an adult group home that provides services to individuals who are aged and physically handicapped or have developmental disabilities, mental illnesses, Alzheimer's, and traumatic brain injuries.

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# V RESOURCES

## Victory Clinical Services

508 Shattuck Rd, Saginaw, MI 48604

(989) 752 – 7867

*Hours of Operation:* Monday – Friday (6:00am to 2:00pm); Saturday (6:00am to 9:00am)

Victory Clinical Services provides medication-assisted treatment programs including comprehensive medical and psychological assessment, methadone maintenance treatment, methadone detoxification treatment, buprenorphine treatment, vivitrol treatment, counseling, addiction education, and more.

*Link to Website:* <https://www.victoryclinic.com/>

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## Visiting Angels

527 N Franklin St, Suite C, Frankenmuth, MI 48734

(989) 652 – 6435

Visiting Angels provides care for Alzheimer’s, dementia, end-of-life, palliative, personal, respite, fall prevention, and more.

*Link to Website:* <https://www.visitingangels.com/greatlakesbay/home>

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## V.O.I.C.E, Inc.

3200 James Savage Rd, Suite 1, Midland, MI 48642

(989) 497 – 7111

<i>Services:</i>	
Interpreting	Provides ASL, Spanish, and other language option interpretation services in medical, legal, government, and workplace settings.
In-Home Care	Assists individuals with disabilities experiencing short-or-long-term changes to their independence.
Payee Services	Provides personal debit card management, monthly budget meetings, budget and spending reconciliation, and more.

*Link to Website:* <https://voicemi.org/>

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# V RESOURCES

## **Volunteers of America Thrift Store**

5204 Bay Rd, Saginaw, MI 48604

(989) 252 – 7408

*Hours of Operation:* Monday – Saturday (9:00am to 9:00pm); Sunday (10:00am to 7:00pm)

<i>Services:</i>	
Cars Helping People	Collects used, unwanted, non-working, or junk cars to provide meals, housing, and supportive services to veterans and others in the community.
Permanent Supportive Housing	Provides permanent affordable housing for seniors ages 62 and older, families, or persons with disabilities.
Thrift Store	Sells gently used clothing, household items, and more at a reduced rate.

*Link to Website:* <https://www.voami.org/>

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# W RESOURCES

## **Wee Care Christian Children’s Center**

1605 Amanda Dr, Saginaw, MI 48638

(989) 797 – 7529

*Hours of Operation:* Monday – Friday (6:30am to 6:15pm)

Wee Care Christian Children’s Center offers childcare services for children ages infant to school age.

*Link to Website:* <http://www.weecarepreschooldaycare.net/index.html>

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## **Wellspring Lutheran Services**

725 W Genesee St, Frankenmuth, MI 48734

(989) 652 – 9951

100 Mayer Rd, Frankenmuth, MI 48734

(989) 652 – 4663

6 Flora Ct, Frankenmuth, MI 48734

(989) 326 – 7379

5935 Shattuck Rd, Saginaw, MI 48603

(989) 792 – 7979

# W RESOURCES

Wellspring Lutheran Services provides independent living, assisted living, memory care, and long-term care for residents.

*Link to Website:* <https://wellspringlutheran.com/>

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## **Westfall AFC**

14298 East Rd, Montrose, MI 48457

(586) 212 – 1819

Westfall AFC is an adult group home that provides services to individuals who are aged and physically handicapped.

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## **Westlund Guidance Clinic**

203 S Washington Ave, Suite 330, Saginaw, MI 48607

(989) 793 – 4790

*Hours of Operation:* Monday – Friday (8:00am to 5:00pm)

<i>Services:</i>	
Counseling	Provides counseling for various areas including depression, anxiety, trauma, ADHD, substance use, eating disorder, and more.
Children’s Case Management	Assists families and children facing emotional or behavioral changes.
School-Based Mental Health	Provides individual therapy, family, therapy, group sessions, and more at various schools in Saginaw County.

*Link to Website:* <https://www.westlundguidanceclinic.org/>

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## **Whip Fitness**

3085 Bay Rd, Suite 1B, Saginaw, MI 48603

(989) 525 – 6838

*Hours of Operation:* Varies by Class

Whip Fitness offers CrossFit classes, onboarding, personal training, nutrition coaching, and InBody scans.

*Link to Website:* <https://www.crossfitwhip.com/>

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# W RESOURCES

## Women of Colors, Inc.

3057 Davenport Ave, Saginaw, MI 48602

(989) 988 – 2083

*Hours of Operation:* Monday – Saturday (9:00am to 4:00pm)

<i>Services:</i>	
Students and Future Technology	Provides advanced STEM training to 2 <sup>nd</sup> through 12 <sup>th</sup> grade students in the Saginaw area.
Warm a Child for Winter	Provides coats, gloves, and other winter necessities for children under 16.
Youth Protection Life Skills	Provides coaches to work with youth in group sessions to address topics including life skills, self-image, problem-solving, and more.

*Link to Website:* <https://womenofcolors.org/>

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# Y RESOURCES

## YMCA

1915 Fordney St, Saginaw, MI 48601

(989) 753 – 7721

*Hours of Operation:* Monday – Thursday (5:00am to 8:00pm); Friday (5:00am to 7:00pm); Saturday (8:00am to 4:00pm); Sunday (10:00am to 4:00pm)

YMCA provides programs and classes including adult lunch and learns/enrichment, basketball, martial arts, family swim, group exercise, personal training, swim lessons, youth programs, and more.

*Link to Website:* <https://saginawymca.org/>

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## Yoga by Kathryn

1600 Midland Rd, Saginaw, MI 48638

(404) 539 – 2147

*Hours of Operation:* Varies by Class

# Y RESOURCES

Yoga by Kathryn offers yoga for everyone, including classes that are private, in-home, private groups, events, workshops, birthday parties, and bachelor or bachelorette parties. Special classes include prenatal yoga, office yoga, and yoga in the park.

*Link to Website:* <https://www.yogabykathryn.com/>

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## Youth Protection Council

2806 Davenport Ave, Saginaw, MI 48602

(989) 755 – 0937

*Hours of Operation:* Monday – Friday (9:00am to 5:00pm)

<i>Services:</i>	
Innerlink	Provides emergency shelter to teens between 12 and 17 years old, teen parents, and their children.
Non-Residential Program	Provides crisis intervention for runaway and homeless youth.
Rapid Re-Housing	Provides youth between 18 and 24 years old with permanent housing and rental assistance for 3 to 24 months.
Long-Term Housing	Provides homeless teens and young parents between 17 and 21 years old with long-term housing.
Prevention and Youth Services	Provides drug and life skill education, parent education, and youth and tobacco education.

*Link to Website:* <https://www.ypccares.org/>

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# Z RESOURCES

## Zilwaukee Parks and Recreation

319 Tittabawassee Rd, Saginaw, MI 48604

(989) 755 – 0931

### Fireman's Park

419 W Cornell St, Saginaw, MI 48604

### Zilwaukee Memorial Park

610 Jones St, Saginaw, MI 48604

# Z RESOURCES

## Zilwaukee Riverfront Park

100 E Johnson St, Saginaw, MI 48604

*Link to Website:* <https://www.zilwaukeemichigan.gov/community/parks-recreation/>

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## **Zion Ev Lutheran Preschool**

796 E Hampton St, Chesaning, MI 48616

(989) 845 – 2377

*Hours of Operation:* Tuesday and Thursday (8:00am to 11:30am)

Zion Ev Lutheran Preschool offers preschool services.

*Link to Website:* <http://www.zionlutheranwels.com/>

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## **Zion Missionary Baptist Church**

721 Johnson Ave, Saginaw, MI 48607

(989) 754 – 9621

*Hours of Operation:* Second Saturday of the Month (11:00am)

Zion Missionary Baptist Church provides a meal every second Saturday of the month at 11:00am. During the time meals are provided, packets containing hygiene supplies and gently used clothing are available.

*Link to Website:* <http://www.zmbc-saginaw.org/>

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