

HEALTH AND COMMUNITY RESOURCES

Health Services • Medical Expense Assistance

Resource	Overview	Location/Phone Number
Grand Traverse County Health Department	Reproductive Health • Immunizations • Maternal Infant Health Program • Children's Special Health Care Services • WIC • Environmental Health • Emergency Management • Animal Control	2600 LaFranier Rd, Suite A Traverse City • 231-995-6111
Benzie-Leelanau District Health Department	Personal Health • Dental Clinic • Environmental Health • Emergency Preparedness	(B) 6051 Frankfort Hwy #100 Benzonia • 231-882-4409 (L) 7401 E Duck Lake Rd #A Lake Leelanau • 231-256-0200
Traverse Health Clinic	Primary Care • Pediatrics • Women's Health • Behavioral Health • Recovery Program • Translation and Interpretation Services	1719 S. Garfield Ave Traverse City • 231-935-0799
Youth Health and Wellness Center (for ages 10-21)	Limited Primary Care • Minor Illness Treatment • Immunizations • Sports Physicals • Behavioral Counseling Services • Education • Support Programs	TBAISD Career Tech Center 880 Parsons Traverse City • 231-922-6416
KTown Youth Care (for ages 10-21)		112 S. Brownson Ave Kingsley • 231-263-5895
Northwest Michigan Health Services, Inc. (NMHSI)	Medical and Dental Services • Bilingual Services Available	10767 Traverse Highway, Suite B Traverse City • 231-947-1112
Thomas Judd Care Center	Medical Care • Support Services • Prevention Services For people living with HIV/AIDS or those at risk	3529 W. Front St Traverse City • 231-935-7548
Planned Parenthood	Birth Control • Family Planning Information and Services • Pregnancy Counseling and Services	1135 E. 8 th St Traverse City • 231-929-1844
Dental Clinics North	Dental services for children & adults on Medicaid, Delta Dental or Northern Dental Plan	2600 LaFranier Rd, Suite B Traverse City • 877-321-7070
Munson Medical Center	Emergency and Hospital Care	1105 6 th Street Traverse City • 231-935-5000
Veterans Administration	Assistance for all veterans	2650 LaFranier Rd Traverse City • 231-995-6070
Addiction Treatment Services	Detox Program • Residential Services • Recovery Residencies • Outpatient Services • Treatment Groups • Therapy	1010 Garfield Ave Traverse City • 231-346-5216
Catholic Human Services	Family Counseling Services • Drug Treatment Services	1000 Hastings Traverse City • 231-947-8110 catholichumanservices.org
Munson Behavioral Health	Identification and treatment of behavioral and substance abuse disorders	5041 N Royal Dr #1 Traverse City • 231-935-6382
Pine Rest Christian Mental Health Services	Onsite and virtual Mental Health Services	1050 Silver Dr Traverse City • 231-947-2255
Northern Lakes Community Mental Health	Mental Health Services • Crisis Center	105 Hall St Suite A Traverse City • 231-922-4850
Prescription Assistance	Discount Drug & Assistance Programs • Price Comparison	michigandrugprices.com
MI Bridges	Healthcare Coverage • Food Assistance Program • Child Development & Care • Cash Assistance • WIC • State Emergency Relief • State & Local Resources	newmibridges.michigan.gov
Michigan Department of Health and Human Services Free/ Low Cost Health Insurance	Information and phone numbers for places with low cost or free health care, or help with health insurance	michigan.gov/healthcarehelp
Affordable Health Care	Private Health Insurance Plans • Medicaid Signup	healthcare.gov

Michigan Department of Health & Human Services

Beneficiary Help Line	Medicaid questions or problems • MiHealth Card Questions • Card Replacement	800-642-3195
Grand Traverse/Leelanau County Office		701 S. Elmwood Avenue, Suite 19 Traverse City • 231-941-3900
Benzie County Office		448 Court Place Beulah • 231-882-1330
Antrim County Office	Child Support • Abuse & Neglect • Healthy Michigan Plan & Applying for Benefits • Childcare • Medical Assistance • Food Assistance	203 E. Cayuga St Bellaire • 231-533-8664
Wexford/Missaukee County Office		10641 W. Watergate Rd Cadillac • 231-779-4500
Kalkaska County Office		503 N. Birch St Kalkaska • 231-258-1200

Pregnancy, Parenting & School Support Programs

Grand Traverse County Health Department	Maternal Infant Health Program • WIC • Breastfeeding Support • Healthy Futures	2600 LaFranier Rd, Suite A Traverse City • 231-995-6111
Healthy Futures (Munson Medical Center & GTCHD)	Local resources and support from a Registered Nurse for mothers and babies during pregnancy and after delivery	231-935-564 • 888-403-8468 healthyfuturesonline.org 121 S Garfield Ave, Suite C Traverse City • 231-929-3488 pregnancycarecentertc.org
Pregnancy Care Center	Pregnancy Decision Support	
Munson Medical Center Breastfeeding Support & Education	Lactation Consultants • Breastfeeding Education Classes • Breastfeeding Support Groups	231-935-2591
Child & Family Services of Northwestern Michigan	Child Welfare Programs • Third Level Youth Services • YouthWork • Behavioral Health Services	3785 Veterans Dr Traverse City • 231-946-8975 cfsnwmi.org
Generations Ahead (Doula Program) (For Teen & Young Parents)	Counseling Services • Play Groups • Mentoring Program • Parent Education Classes • Baby Pantry • Summer Internships	3962 Three Mile Rd N Traverse City • 231-360-0053
Single MOMM	Partnering with single-mom families for spiritual, emotional and personal development	1748 S Garfield Ave Traverse City • 231-944-1710 singlemomm.org
Great Start Readiness Program TBAISD	Free preschool services for at-need students to ensure school readiness	231-922-6437 email: Iniem@tbaisd.org
Early On	Early intervention services for infants and toddlers birth to 3 years of age with developmental delay(s) and/or disabilities and their families	1101 Red Dr Traverse City • 231-922-6397 1800earlyon.org
Head Start (NMCAA)	Early education program • Preschool assistance	3963 Three Mile Rd Traverse City • 231-947-3780
Traverse City High School	Alternative high school	3962 Three Mile Rd Traverse City • 231-933-5860

Physicians • Pediatricians • OBGYN

Munson Physician Referral Service	Provides information and assistance in finding a medical provider	231-935-5886 www.munsonhealthcare.org/find-a-doctor/find-a-doctor
Munson Family Practice		1400 Medical Campus Dr Traverse City • 231-935-8000
West Front Primary Care	Primary Care	3537 W Front St Traverse City • 231-935-8930
Northern Michigan Medicine & Pediatrics		3643 W Front St, Suite C Traverse City • 231-935-0614
Grand Traverse Children's Clinic		3537 W Front St, Suite G Traverse City • 231-935-8822
Kids Creek Children's Clinic	Pediatricians	5024 N Royal Dr Traverse City • 231-935-0555
Traverse Area Pediatric & Adolescent Clinic		4020 W Royal Dr Traverse City • 231-421-8099
Grand Traverse Women's Clinic		1200 6 th St, Suite 400 Traverse City • 231-392-0650
Northwood Obstetrics & Gynecology	OBGYN	3960 W Royal Dr Traverse City • 231-947-0404

Baby Items • Clothing • Food • Household • Other

WIC Food Supplemental Program GTCHD	Nutritional program for pregnant & postpartum women, infants and children under 5 years of age	2600 LaFranier Rd, Suite A Traverse City • 231-995-6112
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Grand Traverse Baby Pantry Bethlehem Lutheran Church	Baby clothing • disposable diapers • baby food • toys & books 2nd & 4th Thursday of the month from 10am to 4pm	1050 Peninsula Dr Traverse City • call 231-947-9880 or text 231-252-6064
West Bay Baby Pantry West Bay Covenant Church	Food, clothing and other items for families and caregivers of children, prenatal through three years old Every Wednesday 10am-2pm	12720 South West Bay Shore Rd Traverse City • 231-946-7947
Father Fred Foundation	Food • Clothing • Household goods • Financial Assistance Tuesdays, Thursdays and Fridays 10am-2pm Wednesdays 10am-7pm	826 Hastings St Traverse City • 231-947-2055
Love Thy Neighbor Grand Traverse Region	Hygiene pantry • Crib Referrals • Transportation Assistance • Adopt-A-Family Christmas Program • Medical Equipment Loans • Crisis Resource Referrals • Household Appliance Ministry • Life Skills Classes & Parenting Tips •	1139 E. Front St Traverse City • 231-941-5683
Salvation Army Community Center	Community Meals • Food Pantry • Utility & Emergency Need Assistance • Youth Programs • Holiday Assistance • No-Fee Residential Treatment Facilities Food Market-Mondays and Wednesdays from noon-1pm	1239 Barlow St Traverse City • 231-946-4644
Goodwill- Traverse City		2279 W. South Airport Rd Traverse City • 231-922-4826
Goodwill- Acme		3922 M-72 Williamsburg • 231-938-7042
Salvation Army Thrift Store		1225 W. South Airport Rd Traverse City • 231-946-5194
Women's Resource Center Thrift Store	Used clothing, furniture, books, toys, and household items	1331 W. South Airport Rd 231-421-3033 3030 US-31 South 231-946-4180
Double Edge Resale Supporting TC Christian School		1781 S. Garfield Ave Traverse City • 231-421-5757
St. Vincent de Paul Society Thrift Store		1207 Woodmere Ave Traverse City • 231-947-8466
Acme Christian Thrift Store & Food Pantry	Used clothing, furniture, books, toys, and household items. Food pantry by appointment 231-267-3002	8955 M-72 Williamsburg • 231-938-2990 Food pantry 231-267-3002
The Laundry Project	Free use of washers & dryers at participating laundromats Traverse City Laundry- 1st & 3rd Thursdays 8:30-11:30am Eastfield Laundry- 2nd & 4th Thursdays 8:30-11:30am	231-649-8334 Facebook: The Laundry Project
Other Support Programs		
2-1-1	Housing & Utility Support • Financial & Employment Assistance • Food • Disaster Services • Healthcare • Transportation	mi211.org call 2-1-1, available 24/7
Community Connections	Free program connecting adults, children, and families to community resources for food, housing, utility assistance, education, transportation, translation & medical care	Northernmichiganchir.org/ linking-people/community-connections-hub/
Women's Resource Center	24/7 individual/group support & emergency shelter for people impacted by domestic and sexual violence	800-554-4972 womensresourcecenter.org
Traverse Attorney Referral Service	Provides information and free referrals for individuals needing to retain an attorney	328 Washington St Traverse City • 231-922-4713
Legal Services of Northern Michigan		221 Garland St Traverse City • 231-947-0771
Jubilee House Grace Episcopal Church	Laundry • Showers • Coffee • PO Box • Internet Access • Local Phone Calls • Mail & Message Center • Hygiene Pantry Monday-Friday 10am-2pm	325 S. Washington St Traverse City • 231-947-3305
Safe Harbor	Emergency Winter Shelter • Community Resources	844-900-0500
Northwest Michigan Works	Unemployment insurance services • Job seeker & employer assistance	1209 S Garfield Ave, Suite C Traverse City • 231-922-3700
BATA	Local Public Transportation	115 Hall St Traverse City • 231-941-2324
Safe Kids North Shore Grand Traverse Metro Fire Dept.	Care Seat Checks • Safety Tips & Resources • Sports Clinics Call to schedule virtual car seat checks	231-947-3000 ext. 1234
Friend of the Court	Child Custody Services	328 Washington St Traverse City • 231-922-4660
HelpLink Grand Traverse	Free service that connects people to a range of options for assistance in the five county area (Antrim, Benzie, Grand Traverse, Kalkaska, and Leelanau)	1105 E. Front St Traverse City • 231-946-6278
Poison Control		800-222-1222
National Suicide Prevention Lifeline		800-273-8255

Housing Assistance

Shelter

Northwest Michigan Coalition to End Homelessness	Address housing issues to those who are homeless or at risk of becoming homeless <i>Call center hours are 7 days/week 24 hours/day</i>	call: 1-844-900-0500 email: homeless@nmcaa.net
Women's Resource Center	Emergency shelter for women and their children impacted by domestic and sexual violence	800-554-4972 womensresourcecenter.org
Goodwill Inn	Year round emergency shelter with food and other basic needs. Includes dormitory-style rooms as well as family suites	call: 844-900-0500 email: homeless@nmcaa.net web: goodwillnmi.org/goodwillinn
Pete's Place	Provides temporary shelter/transitional living, food, transportation, community resource access and voluntary counseling to runaway youth	2943 N Keystone Rd Traverse City • 231-922-4800 cfsnwm.org/petesplace
<i>Homeowner Assistance/Utilities/Household Needs</i>		
Northern Michigan Community Action Agency (Benzie, Grand Traverse, Kalkaska and Leelanau Counties)	Foreclosure Prevention • Homeownership Counseling • Homebuyer Education • Homeless Prevention • Supportive Services for Veteran Families • Down Payment Assistance	3963 Three Mile Rd Traverse City • 231-947-3780
Father Fred Foundation	Financial service staff members available to advise or assist with utility bills as able	826 Hastings St Traverse City • 231-947-2055
Habitat for Humanity Grand Traverse Region	Home Building/Homeownership Assistance • Priority Home Repair Program	2487 Rice St Traverse City • Office 231-941-4663 • Restore 231-944-1182
ReStore Habitat for Humanity Grand Traverse Region	Appliances • Furniture • Cabinets • Housewares • Flooring • Lamps • Building Materials • Fixtures • Tools	
Freedom Builders	Ministry connecting families with volunteer opportunities serving housing repairs and renovations	250 E Front St #415 Traverse City • 231-941-4171
Salvation Army	Phone appointments for utility assistance <i>Call Monday-Friday 9am-4pm</i>	231-946-4644
<i>Other</i>		
STEP Program (Students in Transition Empowerment Program)	Program serving students between ages 3-20 in all schools throughout the Traverse City Area Public School district, who lack a regular and adequate residence at any time during the school year. Offers services needed in order to stay in school	3962 3 Mile Rd Traverse City • 231-933-8991