

Transportation Assistance

Organization Name	Website	Contact
BATA	The Bay Area Transportation Authority BATA	(231) 941-2324
Up North Taxi	Up North Taxi Online	(231) 499-0269
Lyft	Lyft: A ride whenever you need one	*Have to contact/Request through app
Uber	https://www.uber.com	* Have to contact/Request through app
Greyhound	https://www.greyhound.com/en-us/bus-station-241098	(231) 946-5180
NMCAA	https://www.nmcaa.org/transportation	(660) 665-9855

General Resources

Organization Name	Website	Contact
Community Connections Program	Northern Michigan CHIR – Finding solutions to factors influencing health.	(231) 347-5041
Michigan Community Action Agency	https://micommunityaction.org/agency-services/	(517) 321-7500

Community Resource Guides

Guide Location	Guide Link
Traverse City	Guide #1; Guide #2
Benzie County	Guide
Wexford & Missaukee Counties	Guide #1; Guide #2
Crawford County	Guide #1; Guide #2
Kalkaska County & Surrounding Areas	Guide
Leelanau County	Guide
Roscommon County	Guide
Charlevoix County	Guide
Antrim County	Guide

Pharmaceutical Resources

Organization Name	Website	Contact
GoodRX	https://www.goodrx.com/	(855) 268-2822 or ada@goodrx.com
Walmart Pharmacy	Walmart Site	(231) 933-7095
Meijer Pharmacy	Meijer Site	(231) 933-1810
Walgreens Pharmacy	Walgreens Site	(231) 946-5840
MMAP	MMAP Inc. Let MMAP Be Your Guide	(800) 803-7174

Healthcare Resources

Organization Name	Website	Contact
MDHHS	https://www.michigan.gov/mdhhs/	(517) 241-3740
MI Enrolls	MI Enrolls Site	(800) 975-7630
Medicare	https://www.medicare.gov/	(800) 633-4227
WIC	WIC Info Site	(231) 995-6112
MediLodge	https://medilodgeoftraversecity.com/	(231) 947-9511
MedSafe	https://www.medsafe.com/	(781) 237-4488
GT Health Department	Health Department Site	(231) 995-6111
Five Wishes	Five Wishes Make Your Wishes Known	(850) 681-2010
Northwest MI Health Services	https://nmhsi.org/	(231) 947-0351
Munson Medical Center	https://www.munsonhealthcare.org/	(231) 935-5000

Dental

Organization Name	Website	Contact
MI Oral Health Coalition	https://mohc.org/	(517) 381-8000
Dental Clinics North	https://www.dentalclinicsnorth.org/	(877) 321-7070
MI Oral Health Directory	Directory	Multiple in Directory
MDHHS Oral Health Resources	Oral Health Site	Only by email: oralhealth@michigan.gov
United We Smile	https://uwsmile.org/	(231) 844-4601

Vision

Organization Name	Website	Contact
SVS Vision	Home - SVS Vision	(231) 486-0580
GT Ophthalmology Clinic	https://www.gtoc.net/	(231) 947-6246
Traverse City Eye	https://traversecityeye.com/	(231) 244-4456
Gilmartin Eye Care	https://www.gilmartineyecare.com/	(231) 946-6095
Good Eyes Optical	https://www.facebook.com/GoodEyesOptical	(231) 932-1520
Insight Optometry	https://visionsource-insightoptometry.com/	(231) 271-4544
Scarborough Family Eye care	https://www.scarboroughfamilyeyecare.com/	(231) 947-8667
Kalkaska Family Vision Care	https://kfvisioncare.com/	(231) 258-9781
Walmart Vision Center	https://www.walmart.com/cp/walmart-vision-centers/1078944	(231) 933-7195
Stewarts Family Eye Care	Website	(231) 929-7711

Financial Assistance

Organization Name	Website	Contact
Munson Medical	Financial Assistance site	(231) 935-7062 (800) 437-3615
Traverse Health clinic	Financial Assistance Site	231-642-5989
WIC	https://www.gtcountymi.gov/642/WIC	(231) 995-6112

Elderly

Organization Name	Website	Contact
Comfort Keepers	https://www.comfortkeepers.com/	(231) 222-5376
PACE North	https://www.pacenorth.org/	(833) 410-2086
Commission on Aging	https://www.gtcountymi.gov/2207/Commission-on-Aging	(231) 922-4688
Intelicare	https://www.residentialhealthcaregroup.com/intelicare/	(231) 421-5285
The Care Team	https://www.tctcares.com/	(231) 421-5285
Hospice of Michigan	https://www.hom.org/	(888) 247-5701
MMAP	https://mmapinc.org/	(800) 803-7174
Area Agency on Aging	https://www.aaanm.org/	(231) 947-8920 Or (800) 442-1713
National Institute on Aging	https://www.nia.nih.gov/health/topics#b	xxx-xxx-xxxx

Medical Supplies

Organization Name	Website	Contact
Assistive Technology Xchange	Welcome to The Michigan Assistive Technology Exchange (atxchange.org)	(800) 333-2477 (800) 578-1269
Rotech Michigan Medical Supply	Homepage - Rotech Healthcare	(407) 822-4600
Loan Closets & Rental Equipment Guide	Guide	Multiple on Guide

Mental Health

Organization Name	Website	Contact
NAMI	NAMI Grand Traverse - A family-based, grassroots support and advocacy organization. (namigt.org)	(231) 944-8448
Northern Lakes Community Mental Health Authority	https://www.northernlakescmh.org/	(800) 492-5742 or (231) 922-4850
Don't Deny Me	www.Dontdeny.me	Contact by email: Amber@TheKennedyForum.org

Counseling

Organization Name	Website	Contact
Munson Partial Hospitalization Program	Partial Hospitalization Behavioral Health Services Munson Healthcare northern Michigan	(231) 935-6880
Munson Behavioral Health Recovery Support	Substance Abuse Services Behavioral Health Services Munson Healthcare northern Michigan	(800) 662-6766
Traverse Health Clinic Behavioral Health	Behavioral Health (traversehealthclinic.org)	(231) 935-0799
Centra Wellness Network	Homepage : Centra Wellness Network	(877) 398-2013
Illuminate My Life Counseling	Psychotherapy in Traverse City - Illuminate My Life Counseling	(231) 570-0627
Child & Family Services Suicide Prevention	Suicide Prevention Child & Family Services of Northwestern Michigan (cfsnwmi.org)	(231) 946-8975
Michael's Place	Michaels Place – Grief Support – Grief- Bereavement – Childrens Grief (mymichaelsplace.net)	(231) 947-6453
Catholic Human Services	Family and Individual Counseling Services Catholic Human Services	(231) 947-8110

Northern Lakes	https://www.northernlakescmh.org/	(231) 922-4850
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Substance Misuse & Disorders

Organization Name	Website	Contact
Northern Michigan Regional Entity	https://www.nmre.org/	(231) 487-9144
The PORCH – Addiction Treatment Services	https://addictiontreatmentservices.org/porch	(800) 622-4810
Traverse Health Clinic Recovery Program	https://www.traversehealthclinic.org/care-and-services/recovery-program/recovery-program.html	(231) 935-0799
Munson Abuse Services	https://www.munsonhealthcare.org/services/behavioral-health/outpatient-behavioral-health-services/substance-abuse-services	(800) 662-6766
AA Meetings Schedule	https://nmcentraloffice.org/uploads/meetings.pdf	(231) 946-8823

Social Support & Shelters

Organization Name	Website	Contact
Central United Methodist Church	Outreach Program – Central United Methodist Church (tccentralumc.org)	(231) 946-5191
Grace Episcopal Church	Church Resource Extension	(231) 947-2330
Lake Ann Methodist Church	After-School Program lakeannumc	(231) 275-7236
NMCAA	https://www.nmcaa.net/quicklink.asp	(231) 947-3780
Agape Financial Group LLC	https://www.agapefinancial.net/	(636) 207-5700
Father Fred Foundation	https://www.fatherfred.org/	(231) 947-2055
Goodwill Inn	https://www.goodwillnmi.org/findinghome	(231) 922-4890
Women’s Resource Center	https://www.womensresourcecenter.org/	(231) 941-1210
Opportunities for Otsego	https://ofoinc.org/find-program/emergency-housing	(800) 986-5463
The Nehemiah Project	https://www.nehemiahshelters.org/	(231) 347-0363
Safe Harbor	http://www.gtsafeharbor.org/	(844) 900-0500

Housing Assistance

Organization Name	Website	Contact
Rental Resource Guide	Guide	XXX-XXX-XXXX
Traverse City Housing Commission	https://www.tchousing.org/	(231) 922-4915
The Northwest Michigan Coalition to End Homelessness	https://www.endhomelessnessmi.org/	(231) 499-1019
Habitat for Humanity	https://www.habitat.org/us-mi/traverse-city/grand-traverse-region-hfh	(231) 944-1182
Fair Housing Center of West Michigan	http://www.fhcwm.org/	(616) 451-2980
NMCAA Weatherization Assistance Program	https://www.nmcaa.net/energy.asp	(231) 346-2137
Bank Rate	Section 8 Housing Facts and Statistics Bankrate	Can submit Form on Website
Rental Assistance	Website	Multiple on Website

Veterans

Organization Name	Website	Contact
Goodwill Inn Patriot Place	https://www.goodwillmi.org/patriotplace	(989) 448-2260
Hospice of Michigan	https://www.hom.org/honor-veterans/	(888) 247-5701
MediLodge of GTC	https://medilodgeofgtc.com/	(231) 947-0506
Grand Traverse County Veterans Affairs	https://www.gtcountymi.gov/995/Veterans-Affairs	(231) 995-6070
Veterans Employment Services	https://www.michigan.gov/leo/bureaus-agencies/wd/panel-veterans	(800) 285-9675
VA Regional Office	https://www.benefits.va.gov/detroit/	(800) 698-2411
Veterans Crisis Line	https://www.veteranscrisisline.net/	(800) 273-8255

Pregnancy

Organization Name	Website	Contact
Michigan Family Independence Program	Program Site	(517) 373-0707
Financial Assistance for Pregnant Women	https://www.umwomenshealth.org/patient-resources/wm-financial-assistance	(734) 936-9758
AAA Pregnancy Resource Center	https://aaapregnancyinfo.org/	(734) 425-8060
PRC – Family Support Services	https://prcgr.org/	(616) 261-0014
Life Resources of Northern Michigan, Inc.	https://liferesourcesnm.org/	(231) 775-1545
Sister Friends Detroit	https://detroitmi.gov/departments/detroit-health-department/programs-and-services/sisterfriends-detroit	(313) 961-2229
Maternal & Child Health Services	Monroe County Health Department Site	(734) 240-7800
Kent County Maternal & Infant Health	Kent County Support Site	(616) 632-7058

Youth & Teen Support

Organization Name	Website	Contact
Doula Teen Parent Program	Program Site	(800) 554-4972 (231) 941-1210
Youth Work	https://www.cfsnwmi.org/youthwork	(231) 946-5975
Foster Youth in Transition	https://www.michigan.gov/fyit	(517) 373-9219
CARE: Student & Youth Services	https://www.careofsem.com/student-youth-services/	(586) 541-2273
Child & Family Services of Northwestern Michigan	https://www.cfsnwmi.org/	(231) 922-4800
Youth Health & Wellness Center	https://www.gtcountymi.gov/742/Youth-Health-Wellness-Center	(231) 922-6416
The Salvation Army Youth Programs	https://centralusa.salvationarmy.org/usc/empower-youth/	(231) 946-4644
SEEDS	https://www.ecoseeds.org/	(231) 947-0312
Fostering Success Michigan	http://fosteringuccessmichigan.com/	(269) 823-4104
4-H	https://mi4hfdtn.org/	(517) 353-6692

K-Town Youth Health Center	https://www.gtcountymi.gov/725/K-Town-Youth-Health-Center	(231) 263-5895
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Babies & Children

Organization Name	Website	Contact
NMCAA Early Head Start	https://www.nmcaa.net/early_head_start.asp	(231) 947-3780
Safe Kids North Shore	https://www.safekids.org/coalition/safe-kids-north-shore	(231) 947-3000
Mi Kids Matter Programs	https://www.michigan.gov/mikidsmatter/programs	(866) 990-3227
Michigan Alliance for Families	https://www.michiganallianceforfamilies.org/babies-and-toddlers/	(800) 552-4821
Great Start to Quality	https://greatstarttoquality.org/free-or-low-cost-programs/	(877) 614-7328
Early On Michigan	https://www.1800earlyon.org/	(800) 327-5966
Grand Traverse Baby Pantry	Baby Pantry Site	(231) 252-6064
Northwest Food Coalition	https://northwestmifoodcoalition.org/baby-pantries/	(231) 642-4702
GVSU	Local Community Baby & Children Resources List	Multiple on List
West Bay Baby Pantry	https://yellow.place/en/west-bay-baby-pantry-traverse-city-mi-usa	(231) 946-7947

Family

Organization Name	Website	Contact
Pathway of Hope	https://centralusa.salvationarmy.org/emi/pathway-of-hope/	(248) 443-5500
Adopt a Family	https://aaf.voami.org/	(248) 353-4862
Michigan Family Independence Program	https://www.benefits.gov/benefit/1220	(855) 275-6424
Michigan Alliance for Families	https://www.michiganallianceforfamilies.org/financial-resources/	(800) 552-4821
United Way Southeastern Michigan	https://unitedwaysem.org/get-help/community-resources/	(313) 226-9200
Michigan Assistance Programs & Services	https://helpingamericansfindhelp.org/michigan/	Multiple on list

Food

Organization Name	Website	Contact
NMCAA Meals on Wheels	https://www.nmcaa.net/senior.asp	(231) 947-3780
Taste the Local Difference	https://www.localdifference.org/	(877) 562-2539
Northwest Food Coalition	https://northwestmifoodcoalition.org/find-food/	(231) 642-4702
GT Safe Harbor Meal Schedule	https://www.gtsafeharbor.org/community-resources/community-meals.html	(844) 900-0500
CACFP	https://www.michigan.gov/mde/services/food/cacfp	(833) 633-5788
Mid-Michigan Child Care Food Program	https://www.midmichigancc.com/	(800) 742-3663
Find a Food Bank	https://www.fbcmich.org/resources/find-a-food-bank/ & https://www.fbem.org/where-to-get-food/find-a-food-pantry/	(1 st site) (517) 485-1202 or (2 nd Site) (810) 239-4441
Michigan Food Assistance Program	https://www.benefits.gov/benefit/1222	(855) 275-6424
Michigan Food Pantries	https://www.foodpantries.org/st/michigan	Multiple on list
Food Corps	https://foodcorps.org/apply/where-youll-serve/michigan/	(212) 596-7045
MiCAP	https://www.michigan.gov/mdhhs/0,5885,7-339-71547_7774-213851--,00.html	(877) 522-8050
Feeding America	https://www.feedingamerica.org/	(616) 784-3250

Support Groups

Organization Name	Website	Contact
Teter Amputee Support Group	https://www.teterop.com/	(616) 834-1048 or (616) 292-7906
The Revive Course	https://www.revivecourse.org/	Can only contact through email: info@singlemomm.org
NMC Voices	Group site	Only through email: nmcvoices@gmail.com
Munson Healthcare Support Groups	https://www.munsonhealthcare.org/cancer/support-services/support-groups-cancer-support	Multiple on Website

Single MOMM	https://www.singlemomm.org/	(231) 944-1710
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Transportation

Organization Name	Website	Contact
Medicaid Health Plans	Transportation Packet Link	Multiple in Packet
BATA	https://www.bata.net/	(231) 941-2324
Workers on Wheels	Main Goodwill Inn Site	(231) 995-7718
Recycle a Bike	Program Site	(231) 649-3443
Grand Traverse Rides	Website Link	(231) 620-4815
Traverse City Taxi Cab	http://tctaxicab.com/	(231) 944-8325
Safe Harbor Transportation Guide	Guide	Multiple on Website

Legal Services

Organization Name	Website	Contact
Child & family Services Free Legal Aid Clinic	https://www.cfsnwmi.org/flac	(231) 922-4800 Or (800) 442-7315
Michigan Indian Legal Services	https://www.mils3.org/	(231) 947-0122
Legal Services of northern Michigan	http://lsnm.org/	Multiple on Website
EQMI	https://equalitymi.org/	(313) 537-7000

Employment & Education

Organization Name	Website	Contact
Goodwill Inn Jobs	https://www.goodwillnmi.org/jobs	(231) 922-4805
Michigan Works	https://www.nwmiworks.org/	(231) 922-3700
SOS Learning Lab, LLC	https://www.soslearninglab.com/	(231) 331-5065
MI Student Aid	https://www.michigan.gov/mistudentaid/	(888) 447-2687
Michigan Works Learning Labs	Learning Labs Site	Multiple on Website
Grand Traverse Area Literacy Council	Council Site	(231) 922-6940
Arts For All	https://www.artsforallnmi.org/	(231) 947-1278

Disability

Organization Name	Website	Contact
ACORN Health	https://acornhealth.com/	(231) 272-2472
Social Security Counseling Center	https://www.sshelpcenter.com/	(248) 281-4247
Disability Network	https://www.dnmm.org/	(989) 835-4041 Or (800) 782-4160
Michigan Disability Resources	https://www.michigan.gov/disabilityresources/state-prog	Multiple on Website