

# FOOD RESOURCES - PANTRIES & MEAL SITES

## **ACME CHRISTIAN THRIFT STORE FOOD PANTRY**

8925 M-72 E, Williamsburg MI 49690

231-267-3002

### **Pantry Hours**

Tuesday 5-7 pm

Wednesday 1-4 pm

Saturday 10 am – 1 pm

Pantry by appointment. Allowing 1 person to come into the pantry Effective June 1, 2021

*Usage: 2 times per month, servicing Antrim, Grand Traverse, and Kalkaska counties*

<https://www.acmechristian.org>

## **BAYVIEW WESLEYAN COMMUNITY MEAL**

720 Wayne St, Traverse City MI 49684

231-947-3792

### **Meal Hours—Take Out Only**

**Wednesdays** 5:00 pm – 6:00 pm

*Usage: 1 time per week*

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## **BUCKLEY TABERNACLE PANTRY**

205 Pine St., Buckley MI

231-633-4720

### **Pantry Hours**

Monday 9am-1pm

Wednesday 5 pm – 8 pm

Saturday 12pm-4pm

### **Meal Hours—Closed**

Buckley Tabernacle Community Meals are closed to the public until further notice due to the COVID-19 outbreak.

<https://thetabchurch.com/buckley-campus/>

## **CENTRAL UNITED METHODIST CHURCH OUTREACH MEALS**

222 Cass St, Traverse City MI 49684

231-946-5191

### **Breakfast Hours**

Monday – Friday: 8:30 am – 10:30 am, Inside the building

*Masks and social distancing required.*

### **Lunch Hours**

Thursday: 12 noon – 1 pm, “To Go” Meal served in the church parking lot (back of building) or inside meal.

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

## GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

### **CHRIST CHURCH FOOD PANTRY AND MEAL SITE**

430 Fair St, Traverse City MI

231-946-9451

#### **Pantry Hours**

Monday & Wednesday & Friday 11 am – 1 pm

#### **Meal Hours**

Saturday 5:30 pm

*Usage: 2 times per month*

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### **FAITH REFORMED CHURCH COMMUNITY MEAL**

1139 East Front St, Traverse City MI

231-947-7082

#### **Meal Hours—Take Out or Inside options**

Thursday 5:00 pm- 6:00 pm

*Usage: 4 times per month*

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### **FATHER FRED FOUNDATION**

826 Hastings St, Traverse City MI

231-947-2055

#### **Hours**

Tuesday & Thursday & Friday 10 am – 2 pm

Wednesday 10 am – 7 pm

Our pantry doors are OPEN for self-shopping. For those who are not comfortable coming inside, we can accommodate with a curbside pickup.

*Usage: 2 times per month*

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

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### **GOD'S ANAZAO HOUSE FOOD PANTRY**

4947 Church Road, Traverse City MI

269-303-8976 (ask for Pastor Bill)

**Special Announcement**-God's Anazao House Food Pantry is closed until further notice.

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### **GRACE EPISCOPAL FOOD PANTRY & COMMUNITY LUNCH**

341 Washington St, Traverse City MI

231-947-2330

#### **Food Pantry Hours**

Monday & Friday 12pm – 2pm

Walk-ups are welcome or call for reservations for Mondays & Fridays. Your choice of in-pantry shopping or pre-bagged groceries.

*Usage: Grand Traverse County residents*

#### **Meal Site – Take Away Only Sack Lunch**

As of August 2021 the meals are take-away or in person service based on the guest's comfort level.

*Masks for unvaccinated guests are required when they are not eating.*

**Meal Site Hours:** Friday 12:00pm and Sunday 1:00pm

[Visit our website](#)

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### **GRACE POINT CAFE AT CHURCH OF THE NAZARENE COMMUNITY MEAL**

1023 S Division St, Traverse City MI

231-947-5445

#### **Meal Hours—Take Out Only**

Tuesday 5 pm – 6:30 pm

# GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

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## **GRAND TRAVERSE BABY PANTRY**

c/o Bethlehem Lutheran Church  
1050 Peninsula Dr, Traverse City MI  
231-941-0655

Diaper only pick-ups. Please visit our facebook page for dates and times.

<https://www.facebook.com/BabyPantry/>

*Usage: Grand Traverse County families w/ child under 4 years old.*

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## **GRAND TRAVERSE BAND – GRAND TRAVERSE/ANTRIM**

845 Business Park Dr, Traverse City MI  
231-534-7760

**Special Announcement-**Grand Traverse Band locations are closed to the public until further notice due to the COVID-19 outbreak.

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## **IMMACULATE CONCEPTION FOOD PANTRY**

720 2nd St, Traverse City MI  
231-946-1205

### **Hours—Drive Up Only**

Tuesday & Thursday 7 pm – 8 pm

*Usage: 2 times per month*

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## **KANDU ISLAND FOOD PANTRY**

3003 S Garfield Ave, Traverse City MI  
231-932-1590

### **Hours**

Monday-Friday 11am-2pm

*Usage: 2 times per month*

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## **KINGSLEY BAPTIST CHURCH FOOD PANTRY**

7511 Blackman Rd, Kingsley MI  
231-632-0627

### **Hours**

2nd & 4th Thursday monthly, 1 pm – 3 pm

*Usage: 2 times per month*

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## **KINGSLEY UNITED METHODIST CHURCH FOOD PANTRY**

113 Blair St, Kingsley MI  
231-263-5278

### **Hours—Drive Up Only**

Monday – Friday 9 am – 12:30 pm

Monday & Wednesday 6 pm – 8 pm

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## **PRAAYERFYRE FOOD PANTRY**

4094 Coors Dr, Traverse City MI  
231-218-7191

### **Hours**

By appointment only, please call ahead.

*Usage: as needed*

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# GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

## **REDEEMER LUTHERAN OF INTERLOCHEN FOOD PANTRY**

1896 Rogers Rd, Grawn MI

231-276-6372

### **Hours**

Thursday 10am- 12pm

*Usage: 1 time per week*

<https://www.redeemerofinterlochen.com/>

## **SALVATION ARMY FOOD PANTRY AND FREE FOOD MARKET**

1239 Barlow St, Traverse City MI

231-946-4644

### **Pantry Hours**

Thursday 9:30 am – 11:30 am or 1 pm – 3 pm

*Pantry Usage: 1 time per month*

### **Outdoor Free Food Market Hours**

Monday & Wednesday 12 noon – 1 pm

<https://centralusa.salvationarmy.org/traversecity/>

<https://www.facebook.com/tsatraversecity>

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## **SAL'S KITCHEN MEAL SITE**

1239 Barlow St, Traverse City, MI

231-946-4644

### **Meal Hours—Take Out Only**

Monday & Wednesday & Friday 12 noon – 1 pm

*Usage: 32 times per month*

## **SEVENTH DAY ADVENTIST FOOD PANTRY**

2055 Four Mile Rd N, Traverse City MI

231-218-8351

### **Hours**

2nd & 4th Wednesday of each month, 12 noon – 2 pm

*Usage: 2 times per month*

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## **SPIRIT ISD FOOD PANTRY**

1100 Silver Drive, Traverse City MI

**Special Announcement-***Spirit Food Pantry is closed to the public until further notice due to the COVID-19 outbreak*

## **ST FRANCIS HIGH SCHOOL COMMUNITY MEAL**

123 E Eleventh St, Traverse City MI

231-946-8038

### **Meal Hours—Sack Lunch**

Saturday 11:30am-12:30pm

## **ST FRANCIS FOOD PANTRY**

1025 S. Union St, Traverse City MI 49684

231-947-4620

### **Hours**

Tuesday & Thursday 10am – 2pm. *Usage: 2 times per month*

# GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

## **ST MICHAELS FOOD PANTRY**

912 S Garfield Ave, Traverse City MI 49686  
231-947-5293

### **Hours**

Wednesday 1 pm – 3 pm

## **ST PATRICK CATHOLIC CHURCH FOOD PANTRY**

630 S West Silver Lake Rd, Traverse City MI 49685  
231-943-4633

### **Pantry Hours – Curbside Only**

Tuesday & Thursday Mornings 10am – 12 noon

We are curbside only. Please place an order at the window or by phone. Thank you for your understanding.

*Usage: 1 time per month*

<https://stpatricktc.org/food-pantry>

## **STEP UP NORTHERN MICHIGAN**

3159 Ogidaki Trail, Traverse City, MI 49686  
989-619-3657

### **Special Announcement**

*Step Up Northern Michigan is closed to the public until further notice.*

<http://www.stepupnm.com/>

## **TRAVERSE HOUSE CLUBHOUSE**

105 Hall St, Suite B, Traverse City MI  
231-922-2060

### **Pantry Hours**

Tuesday and Thursday, 1:30pm-3:00pm

*Usage: Members only, 3 days per week*

### **Meal Hours**

Monday-Friday, 12pm-1pm

*Usage: Members only, once per day*

Traverse House takes referrals for membership via Community Mental Health.

<https://traversehouse.org/>

## **TRINITY LUTHERAN FOOD PANTRY AND MEAL SITE**

1003 S Maple St, Traverse City MI  
231-946-2720

### **Pantry Hours—Drive Up Only**

Thursday 9 am – 12 noon

### **Meal Hours—Take Out Only**

Sunday 5 pm – 6 pm

*Usage: 2 times per month*

## **WEST BAY BABY PANTRY**

12720 S West Bay Shore Dr, Traverse City MI  
231-946-7947

### **Special Announcement**

The West Bay Baby Pantry is closed to the public until further notice due to the COVID-19 outbreak.

## GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

### **WOMEN'S RESOURCE CENTER**

720 S Elmwood Ave, Traverse City MI

231-941-1210

By appointment only, please call

### **KALKASKA AREA INTERFAITH RESOURCES (KAIR)**

324 S Cedar St, Kalkaska MI

231-258-0060

#### **Food Pantry Hours—Call First, Drive Up Only**

Monday – Friday, 10 am – 3 pm

Call 231-258-0060 ext 4 for curbside service and food will be pushed out of the food pantry door for you to pick up.

*Usage: 3 times per month (seniors 4 times per month)*

#### **Meal Site Hours—To-Go Only**

Monday and Wednesday, 11 am – 1 pm

#### **Thrift Store Hours**

Monday – Friday, 10 am – 4 pm

We ask that you wear a mask when entering our store due to COVID-19 regulations.

<http://www.kalkaskakairs.com/>

### **KALKASKA BABY PANTRY**

1725 W Kalkaska Rd, Kalkaska MI

231-258-4739 or 231-258-9441

#### **Special Announcement**

The Kalkaska Baby Pantry is closed to the public until further notice due to the COVID-19 outbreak.

### **NEW HORIZONS CLUB HOUSE**

7167 Rapid City Rd, Rapid City MI

231-331-4821

#### **Food Pantry Hours**

Monday-Friday, 10 am – 2 pm

*Food Pantry Usage: New Horizons Clubhouse members and North Country Community Mental Health clients only*

#### **Meal Site Hours**

Monday-Friday, 12 noon – 1 pm

Dinners 1-3 times monthly, as noted on monthly calendar

*Meal Site Usage: New Horizons Clubhouse members only*

### **RAPID CITY FOOD PANTRY & COMMUNITY MEAL**

9456 Valley Rd NW, Rapid City MI

231-392-6091

#### **Hours**

Friday 11 am – 1:30 pm

*Usage: 1 time per week*

We are currently allowing only one client in the pantry at a time and ask clients to wait outside to be called in.

We offer pick your own shopping style pantry so you can only take what your family will use and enjoy. Meals can be taken to go or enjoyed in the dining area where there will be limited seating. We are also offering classes for preserving fresh produce as products come available. We most recently tried orange jelly from an abundance of clementine's. Very delicious! See Pastor Chris for information.

# GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

## **EMPIRE AREA FOOD PANTRY**

4902 W MacFarlane Rd, Glen Arbor MI  
231-735-6085

### **Hours—Drive Up**

Tuesday 4:30-5:30 PM

*Usage: 4 times per month*

## **MEAL SITES**

### **SUNDAY**

Lunch: Grace Episcopal Church, Washington Street 12 pm

Dinner: Trinity Lutheran Church on South Maple 5-6 pm

### **MONDAY**

Breakfast: Central Church **8:30-10:30 am** In the building. Showers.

Lunch: Salvation Army 1239 Barlow 12 noon TO GO

Dinner: 5 Loaves, 2 Fish, Veteran's Memorial Park near the Hospital at 5 pm

### **TUESDAY**

Breakfast: Central Church **8:30-10:30 am** In the building. **Mail Distribution.** Showers. Bus Tickets.

Lunch: Friends Church (Unitarian Team), 5th & Oak Streets 11:30 am TO GO

Dinner: Church of the Nazarene, 1023 S. Division **5:00 pm**

### **WEDNESDAY**

Breakfast: Central Church **8:30-10:30 am** In the building. **Mail Distribution.** Showers. Bus Tickets.

Lunch: Salvation Army 1239 Barlow 12 noon TO GO

### **THURSDAY**

Breakfast: Central Church **8:30-10:30 am** In the building. Seating 30 people at a time. **Mail Distribution.** Showers. Bus Tickets.

Lunch: **Central Church**, Parking Lot off of alley 12 -1 pm TO GO or Inside 12-1pm **Mail Distribution**

Dinner: Faith Reformed 1139 E. front St. 5:00 pm TO GO

### **FRIDAY**

Breakfast: Central Church **8:30-10:30 am** In the building. **Mail Distribution.** Showers.

Lunch: **Grace Church** on Washington 12-1pm **Clothing/Soap etc.**

### **SATURDAY**

Lunch: St Francis High School 11:30-12:30 TO GO

Dinner: Christ Church, 430 Fair Street 5:30 pm

### **Contact Information:**

Salvation Army: 1239 Barlow St, 231-946-4644

First Church of the Nazarene: 1023 S. Division, 231-947-5445

Bayview Wesleyan Church: 720 Wayne St, 231-947-3792

Central United Methodist Church: 222 Cass St, 231-946-5191

Faith Reformed Church: 1139 E Front St, 231-947-7082

Grace Episcopal Church: 341 Washington St, 231-947-2330

St. Francis High School Cafeteria: 123 E 11th St, 231-946-8038

Christ Church: 430 Fair St, 231-946-9451

# FOOD RESOURCES – OTHER RESOURCES

## **DHHS FOOD ASSISTANCE PROGRAM**

### **(FAP)/BRIDGE CARD**

701 S. Elmwood Avenue, Traverse City, MI 49684

M-F 8am-5pm

(231) 941-3900

Apply online through MIBRIDGES or Complete a paper SER Application available at the DHHS office.

[https://newmibridges.michigan.gov/s/isd-landing-page?language=en\\_US](https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US)

## **WOMEN INFANTS & CHILDREN (WIC)**

Grand Traverse WIC. Office is located at the Grand Traverse County Health Department.

2600 Lafranier Rd., Traverse City, MI 49684

(231) 995-6112

Apply online at MIBRIDGES or Contact the WIC Office

<https://www.gtcountymi.gov/642/WIC>

## **MUNSON MEDICAL CENTER FRUIT AND VEGETABLE PRESCRIPTION PROGRAM**

Munson Medical Center's Fruit & Vegetable Prescription program helps connect patients with chronic diseases to local farmers markets. Patients are encouraged to purchase fresh fruits and vegetables using their prescriptions and receive nutritional counseling and education. Participants receive up to \$100 in vouchers to spend at a farmers' market to purchase fresh, local fruits and vegetables.

You can sign up for this program with your doctor if they are part of Munson Medical Center. Munson Family Practice is a participating provider of the program. Ask your doctor if they participate in this program and if they do they will help you to complete the application.

## **PROJECT FRESH**

WIC Project FRESH helps to provide healthy and nutritious produce to Michigan WIC clients.

2600 Lafranier Rd., Traverse City, MI 49684

(231) 995-6112

Apply online for WIC at MIBRIDGES and tell your WIC nurse you are interested in Project Fresh Coupons once enrolled in WIC.

<https://www.gtcountymi.gov/642/WIC>



# CLOTHING RESOURCES

## **GRAND TRAVERSE BABY PANTRY**

c/o Bethlehem Lutheran Church

1050 Peninsula Dr, Traverse City MI

231-941-0655 or 231-252-6064 email: gtbabypantry@gmail.com

Inside shopping & curbside. 2nd Thursday of the month 10 am - 4 pm also, Visit our Facebook Page for dates and times. <https://www.facebook.com/BabyPantry/>

*Usage: Grand Traverse County families w/ child under 4 years old.*

## **FATHER FRED FOUNDATION**

826 Hastings St, Traverse City MI

231-947-2055

Guest services hours for clothing and household goods are:

Tuesday & Thursday & Friday 10 am – 2 pm

Wednesday 10 am – 7 pm

For those who are not comfortable coming inside, we can accommodate with a curb-side pickup. Call

231-947-2055 if you would like this service.

*Usage: 2 times per month*

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

## **SALVATION ARMY**

1239 Barlow St, Traverse City MI

231-946-4644 Retail Store Open Tuesday - Saturday 10 am - 6 pm

Can provide vouchers for clothing at the Salvation Army Thrift Store

**Call to speak with a community services specialist to apply for the voucher.**

## **WOMEN'S RESOURCE CENTER THRIFT STORE**

3030 US-31, Traverse City, MI

231-946-4180

Can provide up to 2 \$20 vouchers for clothing or household needs per year

**Speak to the manager on duty at the WRC thrift store location.**

## **Acme Christian Thrift Store and Pantry**

8925 M72 East, Acme MI

231-938-2990 (thrift) 231-267-3002 (pantry) [www.acmechristian.org](http://www.acmechristian.org)

Tuesday - Friday 10 am - 5 pm. Saturday 10 am - 3 pm. Pantry- by appointment Tuesday, Wednesday & Saturday

# TRANSPORTATION RESOURCES

## **BATA-BAY AREA TRANSPORTATION AUTHORITY**

Bus service serving the Grand Traverse Area

Maps and schedules are located on BATA Online. <https://www.bata.net/>

BATA Customer Service | 231.941.2324

### ***Bayline and City Loops***

The Bayline bus runs seven days a week from 9am-6pm daily, with buses every 15 and 17 minutes and free rides.

### ***Village Loops***

The Village Loop services connect outlying villages and towns in Grand Traverse Counties and Leelanau Counties to downtown Traverse City. Six different routes connect Traverse City to Suttons Bay, Glen Arbor/Empire, Interlochen, Kingsley, Acme/Williamsburg, and Old Mission Peninsula.

### ***Village Link***

Helps rural area riders connect point to point within the county or connects to Village Loop routes for travel to and from Traverse City. BATA dispatch service helps riders schedule pick-ups and connections.

Cost is \$3.00 one-way for advanced reservations (includes direct Link/Loop connections)

### ***Link On-Demand***

Link On-Demand is a ride providing services similar to UBER or Lyft which delivers rides as they are requested.

Cost is \$6.00 one-way for advanced reservations.

*Reduced fares are available for Seniors, Students, Children, and Individuals with Disabilities.*

## **TO SCHEDULE A RIDE OR MAKE A RESERVATION**

Reservations are taken by Dispatch Services at BATA transfer stations (at 115 Hall St. and 3233 Cass Rd.) or by phone at **(231)941-2324** during 9am-5pm daily.

To ensure transportation needs are met, please call the Village Link no later than the day before the needed reservation date and time.

## **MEDICAL TRANSPORTATION**

### ***BATA- BAY AREA TRANSPORTATION AUTHORITY***

Having trouble finding a ride to your next medical appointment?

Bay Area Transportation provides fare-free transportation to and from select medical locations in Traverse City.

### **For More Information:**

Call BATA Customer Service | 231.941.2324

Visit BATA Online <https://www.bata.net/maps-schedules/link-on-demand/link-on-demand-nemt.html>

### ***Medicaid***

Medicaid can help you arrange a ride to your medical appointment. Each type of Medicaid plan has a different number to call to arrange for the transportation. You can call the number for member services on the back of your Medicaid card if you wish to speak to someone and get more information on how to arrange for a ride.

Additionally, many doctor's offices have a social worker on staff that can help you to arrange for medical transportation if you need it.

Please use the link below for information on Medicaid Transportation Reimbursement.

<https://www.michigan.gov/mdhhs/doing-business/providers/providers/medicaid/billingreimbursement/non-emergency-medical-transportation>

# GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

## **Gas Cards for Traveling to Long Distance Appointments**

At times area organizations may be able to provide a gas card for long-distance medical appointments. Documentation of the Medical appointment is required.

These organizations may be able to assist.

**Father Fred** (231) 947-2055 Tues, Thurs, & Friday 10am-2pm, Weds 10am-7pm

**Love Thy Neighbor** (231) 943-5683 Mon-Thurs 10am-2pm

## **CAR REPAIRS**

### **DHHS State Emergency Relief Funds**

701 S. Elmwood Avenue, Traverse City, MI 49684

M-F 8am-5pm

(231) 941-3900

Apply online through MIBRIDGES or Complete a paper SER Application available at the DHHS office.

[https://newmibridges.michigan.gov/s/isd-landing-page?language=en\\_US](https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US)

### **FATHER FRED FOUNDATION**

826 Hastings St, Traverse City MI

231-947-2055

#### **Hours**

Tuesday & Thursday & Friday 10 am – 2 pm

Wednesday 10 am – 7 pm

Father Fred may have funding available for car repairs. Submit your request for funding with an intake specialist.

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

# SAFETY RESOURCES

## CHILD PROTECTIVE SERVICES-MDHHS

855-444-3911

Call this number to report harm or threatened harm to a child's health or welfare that occurs through non-accidental physical or mental injury, sexual abuse, sexual exploitation, or maltreatment, by a parent, a legal guardian, or any other person responsible for the child's health or welfare. Including harm by a teacher, a teacher's aide, or member of the clergy

[.https://www.michigan.gov/mdhhs/0,5885,7-339-73971\\_7119\\_50648---,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-73971_7119_50648---,00.html)

## ADULT PROTECTIVE SERVICES

855-444-3911

Michigan Department of Health and Human Services. The goal of Adult Protective Services is to assist vulnerable persons age 18 and older who are unable to take the steps necessary to protect themselves from abuse, neglect or exploitation.

<https://www.michigan.gov/mdhhs/adult-child-serv/abuse-neglect/adult-ps>

## THE WOMEN'S RESOURCE CENTER

720 S. Elmwood, Ste 2, Traverse City, MI 49684

231-941-1210

800-554-4972-24 hr hotline

The mission of the Women's Resource Center is to protect, shelter, and empower people impacted by domestic and sexual violence. We're here 24 hours a day, seven days a week to provide individual and group support and emergency shelter. Support victims of domestic violence, rape and sexual assault, stalking. Assistance with completing a safety plan, computer safety education. WRC also provides counseling and therapy services. WRC can assist in completing petitions for Personal Protective Orders. They also offer a MENS PROGRAM-Men Exploring Non-Violent Solutions. It is a program designed for individuals seeking to change their behavior and promote healthy relationships.

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

## EMERGENCY DISPATCH

Call 911 If you have an emergency that is potentially life-threatening or you need support from the police or fire department.

## COMMUNITY MENTAL HEALTH FAST (FAMILY ASSESSMENT & SAFETY TEAM)

**FAMILY ASSESSMENT & SAFETY TEAM OR FAST**...is a mobile mental health crisis response team for children and families. FAST adds an extra level of support for families with children ages 0 through 20 years in behavioral health crisis in NLCMH's six counties. The FAST team is available to support you and your child through a mental health crisis while working to stabilize your situation. The team can be deployed to a home or school setting, and is available all hours Monday through Friday, evenings and weekends. Follow up care can last up to 90 days or until services are in place. **If the situation is potentially life-threatening, get immediate help by calling 911**

## CONCERNS OF SUICIDE OR SELF HARM

Call Northern Lake Community Mental Health Crisis Hotline- 1-833-295-0616

**If the situation is potentially life-threatening, get immediate help by calling 911**

**National Suicide Hotline-** 1-800-273-8255

**The Lifeline 988**-when people call, text, or chat **988**, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

# GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

## **TRAVERSE BAY ADVOCACY CENTER**

2000 Chartwell Drive #3, Traverse City, MI 49686

231-929-4250 [traversebaycac.org](http://traversebaycac.org)

Traverse Bay Children's Advocacy Center provides support for children and families in the Grand Traverse region as they deal with consequences of trauma. Counseling, family advocacy and more at no cost.

## **SAFE FAMILIES FOR CHILDREN**

1055 Carriage Hill Drive #2, Traverse City, MI 48686

Phone: 231-421-6494 [safe-families.org](http://safe-families.org)

Email: [sffctraversecity@bethany.org](mailto:sffctraversecity@bethany.org)

Safe Families for Children (SFFC) hosts vulnerable children and creates extended family-like support for families facing a crisis through a community of compassionate volunteers to keep children safe and families together.

## **SALVATION ARMY**

Emotional and Spiritual Care: You are not alone, 231-946-4644

## **CAR SEAT SAFETY CHECKS**

Have your child's car seat inspected by a certified Child Passenger Safety Technician for recalls, proper installation, and other safety concerns.

## Locations & Times

2nd Friday	Traverse City Fire Department Station #2 1313 East Eight Street Traverse City, MI 49686	10 a.m. - 3 p.m.	231-947-3000 ext. 1234
4th Friday	Grand Traverse Metro Emergency Services Authority - Station 11 3000 Albany Drive Traverse City, MI 49684	10 a.m. - 3 p.m.	231-947-3000 ext. 1234

# HEALTH SERVICES – PHYSICAL HEALTH

## MEDICAID HEALTH INSURANCE

For information about Medicaid

[www.mi.gov/medicaid](http://www.mi.gov/medicaid)

Apply online at MIBRIDGES. This is the direct Link to MI Bridges Application Page  
[https://newmibridges.michigan.gov/s/isd-landing-page?language=en\\_US](https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US) Look for register button.

- -Replace a lost or stolen card **1-800-642-3195** **\*\* Report Immediately\*\***
- -Report name and address changes to your MDHHS Worker
- **-MI ENROLLS:** enroll, change or check the status of your health or dental plan at **1-888-367-6557** or online at **healthcare4mi.com** use myHealthButton and the myHealthPortal.
- -Beneficiary helpline **1-800-642-3195**. Call Center Hours are 8:00am-7:00pm
- -Order MI Health Cards **1-800-642-3195**
- -Speech/Hearing impaired **1-888-263-5897**

## MI CHILD HEALTH INSURANCE

MIChild is a health insurance program for uninsured children of Michigan's working families. MIChild services are provided by many HMOs and other health care plans throughout Michigan.

For program information and to apply go to this website.

[https://www.michigan.gov/mdhhs/0,5885,7-339-71547\\_2943\\_4845\\_4931---,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71547_2943_4845_4931---,00.html)

For program information you can also call 1-888-988-6300

## TRAVERSE HEALTH CLINIC

1719 S. Garfield Avenue

Traverse City, MI 49686

PHONE

231-935-0799 or 1-866-483-6987

Traverse Health Clinic is a Community Health Center that is large enough to offer comprehensive services and still small enough to provide personal care. Their primary care, behavioral health, and support services all work together to help you achieve your best health possible. They provide primary care to patients of all ages from infants to senior citizens and everyone in between. On-site therapists offer behavioral health/counseling services to adults and adolescents ages 12 and up. If someone in your family is dealing with a substance use disorder or addiction, They offer a team-based approach to recovery. Whether you have private insurance, Medicare, Medicaid, the Healthy Michigan Plan, or no health insurance, they will work with you to manage your health care needs.<https://www.traversehealthclinic.org/about/>

## NORTHWEST MI HEALTH SERVICES

10767 Traverse Highway, Traverse City, MI 49684

231-947-0351 <https://www.nmhsi.org/>

NW MI Health Services provides a full range of integrated health care services including medical, behavioral health, and dental care for patients of all ages. They offer a sliding scale for all our services to put quality healthcare within reach for everyone, regardless of income, occupation, or nationality. Full-service pharmacy stocks prescription and over-the-counter medications, vaccines, insulin, and other products. If you don't have insurance, they will still ensure that you have access to the medicine you need. Their pharmacy offers medications at discounted prices through the 340B Program to assist patients who need help with prescription affordability.

# GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

## GRAND TRAVERSE COUNTY HEALTH DEPT

2600 Lafranier Rd., Traverse City, MI 49686

231-995-6112 [www.gtcountymi.gov](http://www.gtcountymi.gov)

### **PROGRAMS**

Some programs are scheduling appointments, other services may still be offered through phone or video appointments. This includes WIC, Family Planning, Children's Special Health Services, Community Connections, and other Community Health programs. For questions, please call specific programs for more information:

- **WIC:** 231-995-6112 Monday - Friday 8 am - 4 pm Serves- Pregnancy through 5 years old
- **Immunizations:** 231-995-6131
- **Family Planning/Reproductive Health:** 231-995-6113
- **Children's Special Health Care and Maternal Infant Health Program:** 231-995-6130 (Mom & Infants on Medicaid)
- **Community Health General Number:** 231-995-6111
- **Environmental Health Main Number:** 231-995-6051
- **Breastfeeding Support:** 231-409-9046
- **Doula Teen Parent Program:** 231-947-0067
- **Healthy Futures:** 231-935-5640 or 888-403-8468 Free program through a partnership with Munson Medical Center. They will help connect you to trustworthy information and local resources (Pregnant moms and children up to 2 years) [www.healthyfuturesonline.org](http://www.healthyfuturesonline.org)

### **COVID INFORMATION-TESTING/VACCINATIONS**

<https://www.gtcountymi.gov/2231/COVID-19-Novel-Coronavirus>

GTCHD is now offering free COVID-19 testing in the Logan Place West business plaza: 3287 B Racquet Club Dr., Traverse City, MI.

- Monday and Wednesdays 9:00 am - 12:00 pm and 1:00 pm - 4:00 pm
- Free and No appointment needed
- No Doctor referral is necessary.
- Drive-thru, wear mask and bring your ID

### **COMMUNITY CONNECTIONS PROGRAM**

A FREE program offering connections to community resources for adults, children, and families. Services are provided through phone calls, home visits, and office visits.

Services are delivered by a Community Health Worker, a Registered Nurse, and/or a Social Worker. 1-800-432-4121 <http://nwhealth.org/cc.html>

## **GOODWILL OPTICAL**

2279 S. Airport Rd. W., Traverse City, MI 49684

(231) 932-1520 Tuesday - Friday 10 am - 5:30 pm (Meridian and Straight Medicaid)

Services Provided: Quality eye care and glasses at affordable prices.

## GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

### **MUNSON IMMUNIZATION CLINIC**

Pediatric Specialty Clinic

106 S. Madison

Traverse City, MI 49684

231-935-8125 [www.munsonhealthcare.org](http://www.munsonhealthcare.org)

Hours Mon. and Wed. 5-8pm; Sat. 9am-1pm

Our Pediatric Specialty Clinic in Traverse City offers immunizations for children, with convenient hours for working parents. Appointments are prioritized to ensure added safety and allow for social distancing. The Children's Immunization Clinic welcomes infants, children, and teens age 18 and under for many vaccinations, including the flu shot. They accept most insurance providers and Medicaid. Cash payments are not accepted. No child will be turned away. The COVID-19 vaccine is available.

### **PLANNED PARENTHOOD OF NORTHERN MICHIGAN**

1135 E. 8th Street

Traverse City, MI 49686

(231) 929-1844 Monday, Tuesday and Thursday 9 am - 5 pm

Services Provided: Counseling, support, referral, STD and AIDS testing, pregnancy testing and counseling, well woman checkups, birth control.

<https://www.plannedparenthood.org/> (can book online)

### **Thrive Medical Clinic (PREGNANCY CARE CENTER)**

[www.thrivemedicalclinic.org](http://www.thrivemedicalclinic.org)

121 South Garfield Road, Suite C

P.O. Box 5363, Traverse City, MI 49686

(231) 929-3488 Monday, Tuesday & Thursday 10 am - 2 pm \*after hours upon request

Services Provided: Client assistance, free pregnancy testing, free maternity clothes and baby clothes, baby furniture, food pantry, diapers.



## GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

### PEDIATRICIAN OFFICE LISTING-TRAVERSE CITY AREA

Traverse Area Pediatric and Adolescent Clinic [www.tapactc.com](http://www.tapactc.com)

4020 W. Royal Drive  
Traverse City, MI 49684  
Ph: (231) 421-8099  
Fax:(231) 421-8599

Kids Creek Clinic [www.kidscreekcc.com](http://www.kidscreekcc.com)

5024 W. Royal Drive  
Traverse City, MI 49684  
Ph: (231) 935-0555  
Fax:(231) 935-0562

Grand Traverse Children's Clinic [www.gtchildrens.com](http://www.gtchildrens.com)

3537 W. Front Street, Suite G  
Traverse City, MI 49684  
Ph: (231) 935-8822  
Fax:(231) 935-8837

Crystal Lake Clinic [www.crystallakehealthcenters.com](http://www.crystallakehealthcenters.com)

(231) 275-7965 Interlochen 1975 Stirling Dr.  
(231) 263-0700 Kingsley 2283 East M113  
(231) 922-0067 Traverse City 5191 Rosewood Dr.  
(231) 642-5660 Chums Corner 4025 Chums Village

West Front Primary Care [www.westfrontprimarycare.com](http://www.westfrontprimarycare.com)

4290 Copper Ridge Dr Suite 200 Building F  
Traverse City, MI 49684  
Ph: (231) 935-8930  
Fax:(231) 935-8811

Partners in Family Practice [www.pifptc.com](http://www.pifptc.com)

3601 West Front Street  
Traverse City, MI 49684  
Ph: (231) 946-1120  
Fax:(231) 946-8943

Northern Michigan Medicine and Pediatric [www.nmimed.com](http://www.nmimed.com)

3643 West Front St., Suite, C  
Traverse City, MI 49684  
Ph: (231) 935-0614  
Fax:(231) 935-0832

Munson Family Practice

1400 Medical Campus Drive  
Traverse City, MI 49684  
Ph: 935-8000  
Fax: 935-8099

# HEALTH SERVICES – MENTAL HEALTH

## NORTHERN LAKES COMMUNITY MENTAL HEALTH

105 Hall Street Suite A, Traverse City, MI 49684

231-947-0351 [www.northernlakescmh.org](http://www.northernlakescmh.org)

Northern Lakes Community Mental Health Authority (NLCMHA) serves adults with mental illness, persons with intellectual and developmental disabilities, and children with serious emotional disturbance (as defined by the Michigan Mental Health Code) in six counties: Crawford, Grand Traverse, Leelanau, Missaukee, Roscommon, and Wexford. They also coordinate the Home and Community Based Services for the Elderly and Disabled Waiver Program (also known as the MI Choice Waiver Program), in ten counties: Antrim, Emmet, Charlevoix Grand Traverse, Kalkaska, Leelanau, Missaukee, and Wexford. Through this program, eligible adults who meet income and asset criteria may receive Medicaid-covered services like those provided by nursing homes, but can stay in their own home or another residential setting. Our MI Choice Waiver Program is called Northern Health Care Management (NHCM).

## MENTAL HEALTH CRISIS SERVICES

**Call Northern Lake Community Mental Health Crisis Hotline- 1-833-295-0616, 24 hrs. a day, 7 days a week**

**If the situation is potentially life-threatening, get immediate help by calling 911**

**What to do in a Crisis**- If you have a mental health crisis, you should seek help right away.

If the situation is potentially life-threatening, get immediate help by calling 911.

If the situation is NOT life-threatening, it is not always necessary to go to the Emergency Department. You can receive crisis services by calling 1-833-295-0616 at any time, 24 hours a day, and seven days a week, without prior authorization for payment. (If you have insurance, this may be billed. However, there will be no out-of-pocket costs to you.)

Call us if...

- An individual is experiencing out-of-control behaviors that place him/herself at risk of harming self or others.
- An individual is expressing thoughts of suicide.
- An individual is experiencing severe stress that is resulting in a significant decline in daily and/or family functioning.
- You just don't know what else to do.

## COMMUNITY MENTAL HEALTH FAST (Family Assessment & Safety Team)

FAST...is a mobile mental health crisis response for children and families. FAST adds an extra level of support for families with children age 0 through 20 years that are experiencing a behavioral health crisis in NLCMHA's six counties.

The FAST team is available to support you and your child through a mental health crisis while working to stabilize your situation. The team can be deployed to a home or school setting, and is available all hours Monday through Friday, evenings and weekends. **If the situation is potentially life-threatening, get immediate help by calling 911.**

## GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

### **Reining Liberty Ranch- Military and families, disabled or at-risk individuals welcome**

4656 Silver Pines Rd., Traverse City

Phone: 231-421-3958 [www.reininglibertyranch.org](http://www.reininglibertyranch.org)

Offers a community based program that focuses on human-horse relationship. Opportunities to connect with others facing similar challenges.

### **Grand Traverse Veterans Affairs**

2650 Lafranier Rd., Traverse City, MI

231-995-6069 [www.gtcveterans.com](http://www.gtcveterans.com) to talk directly to a rep. Traverse City Vet Center (Doctor's office Chums)

231-935-0051 Other helpful website including a crisis hotline: [www.mentalhealth.va.gov](http://www.mentalhealth.va.gov)

### **PINE REST CHRISTIAN MENTAL HEALTH SERVICES**

Traverse City Clinic

1050 Silver Drive, Traverse City, MI 49684

Phone: 231.947.2255 <https://www.pinerest.org/locations/northern-michigan/traverse-city>

Pine Rest's Traverse City Clinic is here to help you, your family, and friends through complicated or difficult times. Their clinicians serve people of all ages and treat a variety of mental health issues. Our staff of highly trained psychiatrists, psychologists and social workers provides quality, professional services in a timely, comprehensive, compassionate, professional, and Christian manner.

### **THIRD LEVEL YOUTH SERVICES**

Third Level's Youth Services support youth and their families as they overcome various challenges.

We believe in flexibility! That's why we meet you where you are – in schools, at community resource centers, or right here at Child and Family Services. Our programs are designed to improve youth development, strengthen family functioning, and reunite families. Our youth counselors work with any youth who have run away, have threatened to run away, are in need of protection, may be at risk of homelessness, or that are experiencing family conflict that makes it difficult to be at home.

We are here to talk 24/7. **Call us at 231-922-4800 if you need help.**

### **THIRD LEVEL YOUTH EMPOWERMENT FOR SUCCESS (YES!) PROGRAM**

231-922-4800 to learn more. Call 24/7 to talk 231-922-4800. <https://www.cfsnwmi.org/yes>

For youth/young adults ages 12-20 who want to: Increase self-awareness, Increase resilience, Learn about your strengths, Learn new ways to deal with stress, Create supportive social relationships.

YES! is a program intended to reduce and prevent substance use by focusing on Trauma Informed Care, uses Solution Focused Brief Therapy, Motivational Interviewing, Positive Youth Development, and Animal Assisted Therapy (among other approaches) in a 10 session, semi-structured framework.

Youth and young adults ages 12-20 in Grand Traverse and Leelanau Counties can self-refer, or be referred by parents, coaches, teachers and school personnel, physicians or other concerned adults.

When services are complete (upon termination by the client or after 10 sessions) referrals for other mental health care and SUD prevention services will be made available when appropriate.

This is a FREE, 10 week, semi-structured program. Services are offered one-on-one through texting, phone calls, video calls, or in person at socially distanced approved locations.

# HEALTH SERVICES – SUBSTANCE ABUSE TREATMENT

## **ADDICTION TREATMENT SERVICES**

1010 S. Garfield Avenue, Traverse City, MI 49684

Phone: 1.800.622.4810 or (231) 346-5216 <https://addictiontreatmentservices.org/>

Help for those who have a substance use disorder or other behavioral health issues. From acute detox and residential rehab programs to recovery homes and long-term outpatient & mental health services, they offer the safe support someone needs to work through the root of addiction and find their own recovery lifestyle.

## **TRAVERSE HEALTH CLINIC**

Contact information listed above in the Mental Health section.

## **PINE REST CHRISTAIN MENTAL HEALTH**

Contact information listed above in the Mental Health section.

## **NORTHERN LAKES COMMUNITY MENTAL HEALTH**

Contact information listed above in the Mental Health section.

# HEALTH SERVICES – DENTAL HEALTH

## MICHIGAN MEDICAID DENTAL HEALTH PLANS

### **Blue Cross Blue Shield of Michigan**

Beneficiaries: 800-936-0935

Providers: 844-876-7917

[www.bcbm.com/healthykids](http://www.bcbm.com/healthykids)

### **Delta Dental of Michigan**

Contact: 866-696-7441

[www.deltadentalmi.com](http://www.deltadentalmi.com)

## **Dentists that take MiBridges Dental**

### **NORTHERN MICHIGAN PEDIATRIC DENTISTRY PC**

1241 E Eighth St

Traverse City, MI 49686

(231) 947-4566

### **NW MI HEALTH SERVICES**

10767 Traverse Highway, Traverse City, MI 49684

231-947-0351 [www.nmhs.org](http://www.nmhs.org)

Provide preventative and restorative dental services and can bill Medicaid for treatment.

### **DENTAL CLINICS NORTH-GRAND TRAVERSE COUNTY HEALTH DEPT**

2600 Lafranier Rd. City, MI 49686

231-932-7316 or Emergencies: 877-321-7070

M-F 8:00am-4:00pm

Accept most insurances including Medicaid, MI Child, Healthy Kids and Delta Dental. **NO DENTAL INSURANCE?**

The Northern Dental Plan provides access to a sliding fee scale at Dental Clinics North locations. The Northern

Dental Plan is for clients with no dental insurance. Call us today to see what discount you qualify for.

# PHYSICAL ACTIVITY

**GRAND TRAVERSE BAY YMCA-FINANCIAL ASSISTANCE** (for membership)

3700 Silver Lake Rd. Traverse City, MI 49684

Phone: 231-933-YMCA (9622).

In order to extend participation to more of the community, the GT Bay YMCA assists those in financial need. Financial assistance application- <http://www.gtbayymca.org/financial-assistance-application/>

# PARENTING RESOURCES/SOCIAL CONNECTIONS

## **5toONE NEIGHBORHOOD NETWORK AND PLAYGROUPS**

Connections to early childhood resources such as playgroups, parent meetings, parenting resources, child care, developmental concerns.

Playgroup schedules and events are posted on their

**Facebook page:** [5 to ONE Neighborhood Network - Home | Facebook](#)

**Calendar:** <https://5toone.org/Learn/Calendar>

**Website:** <https://5toone.org>

## **SINGLE MOMM**

1748 S. Garfield Avenue, Traverse City, MI 49686

231-929-4250

Join us! A community of single moms who are walking through our stories, embracing the mess, uncovering our greatness, and courageously moving forward. They provide mentorship, courses to strengthen single moms and their families, support with legal document organization for custody/divorce, event nights, housing support through a restorative residence program, connections to community resources for needs that arise. Single MOMM works with women who have never married, are divorced or widowed, single moms from all economic and social classes, and single moms who want to move forward.

<https://www.singlemomm.org/together>

## **POST ADOPTION RESOURCE CENTER/ADOPTIVE PARENT SUPPORT GROUP**

Bethany Christian Services

1055 Carriage Hill Drive, Ste 2, Traverse City MI 49686

(231)995-0870

Provides a wide range of support services to help families who have adopted children or their grandchildren.

Professionals (some of which have adopted children themselves) work with families to identify their individual needs, find services and resources in the community, and provide opportunities to connect with other adoptive families in the area. See their website/facebook page for a list of events, support groups, and community resources by area.

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

<https://www.facebook.com/PostAdoptionResourceCenterOfNorthernMi>

## **NMCAA NEIGHBORHOOD MEETINGS**

The neighborhood meeting is a group that meets monthly and provides opportunities in a casual, relaxed setting for community members to share skills and experiences and learn about community resources from agency representatives. The discussions are confidential. Light meals are provided at each meeting. This is an opportunity for community members to support one another in moving out of poverty. Please contact

[tnm@nmcaa.net](mailto:tnm@nmcaa.net) or call 231-947-3780 if you plan to attend.

Meetings are held at NMCAA

3963 Three Mile Rd. North, Traverse City, MI 49684

## GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

### **GENERATIONS AHEAD TEEN AND YOUNG PARENT PROGRAM**

3962 Three Mile Rd., Traverse City, MI 49686

231-360-0053

Services Provided: Counseling and support, home visits, encounter groups for married and unmarried teenagers, prenatal support, and mentoring. Can participate if you are a teen expectant mother or were a teen when you had your child. Serve up to age 21. Call 231-360-0053 for more information.

<https://generationsahead.org/>

### **DIVORCE CARE SUPPORT GROUP**

Connect with a Divorce Care group either in person or online. You'll find caring people who understand the issues you face and practical counseling for decision-making and managing stress. The Divorce Care Divorce Recovery groups meet weekly in Traverse City.

<https://www.divorcecare.org/healing>

### **MICHAELS'S PLACE-GRIEF SUPPORT CENTER**

1212 Veterans Dr., Traverse City, MI 49684

Message [GoodGrief@MyMichaelsPlace.net](mailto:GoodGrief@MyMichaelsPlace.net) **or call at 231.947.6453**

Located in Traverse City, Michigan, Michael's Place serves grieving children, teens, adults and families throughout northern Michigan with innovative and compassionate support programs designed to ease the impact of loss. Michael's Place mission is to provide support and advocacy to children, teens, and adults grieving the death of a loved one, and serve the bereavement needs of the community.

### **KANDU ISLAND**

3003 S. Garfield Rd., Suite B

Traverse City MI 49686

(231) 932-1590

Kandu Island is located two blocks south of Cherryland Center at the corner of Garfield and Oak Terrace, across from GT Cycle, in Traverse City. Kandu Island is a Drop-In Center for those who have experienced mental health problems. It is a nonprofit consumer-run program which offers a safe haven for people to go and experience life free from stigma, where people can help each other by sharing their knowledge and networking as they travel the road to recovery. It's a place to go, a place to be. One is able to relax, enjoy, and just experience. You can play pool or watch a little TV. We even have sewing machines and crafts. Computers are available to check your e-mail or to look for a job. There are laundry facilities available if you need to wash clothes. Kandu Island is also home to the Third Meal Pantry.

Hours: Monday thru Friday 10am to 4pm

Food Pantry: Monday thru Friday 10am to 2pm



# CHILD BEHAVIOR AND DEVELOPMENTAL SUPPORTS

## BEHAVIOR AND SOCIAL-EMOTIONAL SUPPORTS

### CONSCIOUS DISCIPLINE

Resources to handle the upset and conflict that comes your way. You can access free resources that give you strategies for discipline, supporting your child's emotional wellbeing. There are free webinars and articles provided. To access resources go to:

<https://consciousdiscipline.com/about/parents/>

Or you can have a free membership account to access more resources here. You will find many tools that your child's teacher uses in the Head Start Classroom to support children with managing emotions and conflict.

<https://consciousdiscipline.com/free-resources/>

### DEVEREUX CENTER FOR RESILIENT CHILDREN

Since **everyone** faces adversity at some point in life, DCRC's mission is to promote protective factors and strengthen resilience for all children and the adults who support them. Promoting resilience involves reducing risk factors and strengthening protective factors at the environmental, familial, and within-person levels. Use this site to learn more about Resilience, which is "**the ability to recover from or adjust easily to misfortune or change.**" There are videos and information that can show you how you can support resilience with you and your child. The Head Start Program uses activities from the "Your Journey Together Curriculum" to help you grow resilience in you and your child. Follow the link on their site to learn more about it.

<https://centerforresilientchildren.org/home/about-resilience/>

There is a free webinar and resources on **the FLIP IT! Strategy that helps you address challenging behaviors with your child.** <https://centerforresilientchildren.org/dcrc-shop/flip-it/>

Visit their YouTube channel for some great tips and tools on how you can promote resilience in your child.

[https://www.youtube.com/channel/UCyZCHBkG99VMB4xBI\\_85EA](https://www.youtube.com/channel/UCyZCHBkG99VMB4xBI_85EA)

### MIND YETI

Mind Yeti is a library of research-based guided mindfulness sessions that help kids and their adults calm their minds, focus their attention and connect to the world around them. Created by nonprofit Committee for Children. Visit their Youtube Channel:

<https://www.youtube.com/playlist?list=PLiaUKiwbiHMQDQLCxoPaMMYotldKIUQCw>

Link to Mind Yeti and other social emotional supports on:

<https://www.secondstep.org/covid19support>

### SESAME STREET FAMILY RESOURCES: LITTLE CHILDREN, BIG CHALLENGES

Everyday challenges are part of life. Providing your love and support is the most important step in helping children develop the confidence to overcome anything they face. The Committee for Children has collaborated with Sesame Workshop to bridge the divide between what children learn in school and what they learn at home with their families. Sesame Street's Little Children, Big Challenges initiative provides tips and strategies to help adults and children (ages 2 to 5) navigate challenges and build lifelong skills for resilience.

<https://www.cfchildren.org/resources/sesame-street-little-children-big-challenges/>

# GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

## **ZERO TO THREE**

Our mission is to ensure that all babies and toddlers have a strong start in life. At ZERO TO THREE, we envision a society that has the knowledge and will to support all infants and toddlers in reaching their full potential. During the first three years of life, emotionally nourishing relationships lay the foundation for lifelong health and well-being. By supporting the caring adults who touch the lives of infants and toddlers, we hope to maximize our long-term impact in ensuring all infants and toddlers have a bright future. There is no such thing as a perfect parent. Parenting is an ongoing process of learning who your individual child is and what he needs to thrive. The resources are designed to help you tune in to what makes your child tick, and to guide you in thinking about the best way to meet your child's individual needs. Parenting Resources:  
<https://www.zerotothree.org/resources/series/parent-favorites>

## **DEVELOPMENTAL SUPPORTS**

### **EARLY ON**

1101 Red Dr., Traverse City MI 49686  
Phone 231- 922-6397 | 800-327-5966

Early On is Michigan's educational support system that helps infants and toddlers who may be delayed in their development. Early On listens to parents and caretakers concerns and guides families toward local supports and services that will help their child develop and learn. Free evaluation, resources and referrals.

**For a free assessment if you have suspect your child has a developmental delay complete the online referral form or call 1-800-EARLY ON**

[https://1800earlyon.org/online\\_referral.php](https://1800earlyon.org/online_referral.php)

### **NORTHWEST EDUCATION SERVICES PRESCHOOL ASSESSMENT (AGES 3 TO 6)**

*FORMERLY CALLED TBAISD*

1101 Silver Drive, Traverse City MI 49684  
Phone 231-922-6288

Provides developmental assessments and service coordination for children age 3 to 6. This service is provided at no cost to families.

### **CHILDREN'S SPECIAL HEALTHCARE SERVICES**

Grand Traverse County Health Department  
2600 Lafranier Rd., Traverse City MI 49684  
Phone 231- 995-6130

Children's Special Health Care Services (CSHCS) is a program within the Michigan Department of Community Health for children and some adults with special health care needs and their families to join, children must have a qualifying medical condition and be 20 years old or under.

### **CHILDREN'S THERAPY CORNER**

Children's Therapy Corner  
1810 Chartwell Dr, Traverse City 49696  
Phone 231-929-2354

Consultation and therapy for Autism, Sensory Processing Disorders, Occupational Therapy, Speech Therapy, and Physical Therapy.

### **GRAND TRAVERSE DYSLEXIA SERVICES AND TUTORING**

9938 E. Valley Hills Dr., Traverse City MI 49684  
Phone 231- 929-7485

# GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

## **HEAD START-NMCAA**

3963 3 Mile Rd. N, Traverse City MI 49686

Apply by phone:(231) 632-7334

Apply online at: [https://www.nmcaa.net/child\\_devel.asp](https://www.nmcaa.net/child_devel.asp)

NMCAA Head Start offers several different program options designed to meet family needs. Each option may have a different look such as traditional preschool classroom setting or a childcare partnership, but all share the common goal of assisting parents to be their child's first and most important teacher. Parent Involvement is the key factor in producing long term outcomes for families enrolled in the program. Each child enrolled is assessed individually in all developmental domains to foster the greatest possibility for later school success. Families with children of all abilities are encouraged to apply.

[https://www.nmcaa.net/head\\_start.asp](https://www.nmcaa.net/head_start.asp)

## **EARLY HEAD START-NMCAA**

Early Head Start

3963 3 Mile Rd. N, Traverse City MI 49686

Apply by phone: 231-632-7334

Apply online at: [https://www.nmcaa.net/child\\_devel.asp](https://www.nmcaa.net/child_devel.asp)

NMCAA Early Head Start we give parents the skills and support to make the most of the first three years in their child's life. Families with children ages birth to 3 are enrolled, sometimes even before the baby is born. The NMCAA Early Head Start program is a year round home visiting program, with opportunities for families to attend socialization experiences at a variety of area Family Development Centers.

[https://www.nmcaa.net/early\\_head\\_start.asp](https://www.nmcaa.net/early_head_start.asp)

## **MUNSON PEDIATRIC FEEDING CLINIC**

Early intervention is vital to the success of feeding therapy. As soon as possible after an issue with feeding behavior is identified, contact one of our team members at **231-935-7620** or we're happy to help process a referral from your child's pediatrician. Through our pediatric feeding therapy program, pediatric therapists at Munson Healthcare provide objective assessments of feeding behaviors, feeding skills, oral motor and sensory evaluation, and parent/child interaction. We work with parents and physicians to find the underlying causes of any feeding issue, so your child can thrive.

## **MUNSON PEDIATRIC THERAPY**

1101 Red Dr., Traverse City MI 49686

Phone 231- 922-6397 | 800-327-5966

Munson Healthcare offers pediatric therapy for children of all ages - for any need. Their multidisciplinary team of physical, occupational, and speech therapists creates an environment that encourages learning while still allowing children to play and have fun. They work closely with parents and caregivers to help every child reach his or her unique goals. Including parents and caregivers as an integral part of the team means children receive more opportunities — with home activities and exercises — to reach their highest potential. Their highly trained and experienced pediatric therapy team has years of experience improving the lives of children with conditions such as: Apraxia, Articulation/ phonology deficits, Auditory processing disorders, Autism spectrum disorders, Cerebral palsy, Cognitive impairments, Developmental delays, Down syndrome, Dysarthria, Expressive/receptive language disorders, Feeding disorders, Genetic syndromes, Neurological problems, Orthopedic problems, Pediatric cognitive disorders, Pediatric feeding therapy, Pediatric traumatic brain injury, Sensory disorders, Spasticity, Speech and language delays, Tongue thrusting, Torticollis, Voice and resonance disorders, Weakness/hypotonia

<https://www.munsonhealthcare.org/services/pediatric-care/pediatric-therapy>

## GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

### **ACORN HEALTH (FORMERLY AUTISM CENTER OF MICHIGAN)**

1363 Douglas Drive, Suite 104, Traverse City, Michigan 49686

Phone 866-330-3457

It is our mission to ensure that all families feel supported from the onset of services and have a strong sense of what their child's treatment will look like and how we can work together as a team to help achieve your child's goals.

You will start your journey, accessing the #1 evidence-based treatment for ASD, with one of our Board Certified Behavior Analysts (BCBA) or Board Certified Assistant Behavior Analysts (BCaBA), who will complete a skills-based assessment and functional behavior assessment. Treatment can occur in a variety of environments – in-home, in our center, in the community, or in a combination of environments.

<https://acornhealth.com/locations/traverse-city-mi/>

### **CHILDREN'S SPECIAL HEALTHCARE SERVICES**

Phone 231- 995-6130

Children's Special Health Care Services (CSHCS) is a program within the Michigan Department of Health and Human Services (MDHHS). It is for children and some adults through the age of 21 with special health care needs as well as their families. They can help families to obtain equipment they need such as wheelchair ramps, van lifts, specialized tricycles, and air conditioning. They can help to pay for specialty medical bills, find specialty services and support the coordination of services.

<https://www.gtcountymi.gov/604/Childrens-Special-Health-Care-Services-C>

### **DIAGNOSIS AND SUPPORT FOR AUTISM SPECTRUM DISORDER OR PERVASIVE DEVELOPMENTAL DISORDER**

Northern Lakes Community Mental Health

105 Hall Street, Traverse City MI 49684

Phone 231- 922-4850

Autism Spectrum Disorders (ASD): Children between the ages of 18 months through 5 years old with a diagnosis of Autistic Disorder, Asperger's Disorder, or Pervasive Developmental Disorder – Not Otherwise Specified (PDD-NOS) who have Medicaid or MiChild are eligible to receive services through the Michigan Medicaid/MiChild ASD Benefit.

### **SUPPORT FOR INTELLECTUAL AND DEVELOPMENTAL DISABILITIES**

Northern Lakes Community Mental Health

105 Hall Street, Traverse City MI 49684

231-922-4850

Northern Lakes Community Mental Health provides a variety of individualized services and supports to persons with intellectual and developmental disabilities and their families. We focus on promoting individual choice, opportunities for community inclusion, innovation, effectiveness, and efficiency, using the Culture of Gentleness approach in all practice.

A treatment team will help you and your chosen support system – including family, guardians, or friends – design a Person-Centered Plan which will guide the services and supports needed to reach your goals.

## GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

### LIFE SKILLS AND PARENTING CLASSES

#### **LOVE THY NEIGHBOR**

As of 08/30/21 Love Thy Neighbor will be returning to in-person classes. Classes are FREE. Current classes offered are Budget Basics, Healthy/Positive Communication, Healthy Cooking on a Budget Moving from Stress to Peace and Growth, Boundaries, and Who am I.

Important: For the safety of everyone, participants in our IN-PERSON fall classes must be vaccinated and will be required to wear a face mask. Unvaccinated participants interested in taking classes in a ZOOM platform, please contact the office. 231-941-5683

Register online here: <https://www.lovethyneighborgt.org/classes>

#### **CHILD & FAMILY SERVICES OF NW MI**

Child & Family Services of Northwestern Michigan serves more than 20 counties, with offices in Harbor Springs and Traverse City, by providing support services and educational programs to promote the well-being of children, adolescents, adults, and families in times of crisis, challenge, and life transition.

3785 Veterans Drive

Phone: (231) 946-8975

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

#### **HEALTHY FUTURES**

Find a local class through Munson Healthcare

- **Childbirth Preparation** classes get you ready for a positive birth experience. Knowing what to expect during delivery can help you and your support person make informed decisions and consider your options ahead of time.
- **Breastfeeding Education** classes help new parents learn the skills and techniques to be successful in breastfeeding. While instinct plays a role in this natural process, time-tested lessons and techniques can help you get started in breastfeeding with confidence.
- **Baby Care** classes prepare you for your new routine of feeding, diapering, bathing, soothing and loving your new family member. When it comes to caring for your baby and keeping him or her safe, there is a lot of information “out there.” Unfortunately, some of the information is not reliable or accurate. A baby care class can help you prepare for your new routines and give you peace of mind as you focus on caring for your baby.

Phone: (231) 925-5640 or (888) 403-8468

<https://healthyfuturesonline.org/>

# ADULT EDUCATION AND CAREER PLANNING

## **NORTHWEST MI WORKS**

1209 S. Garfield Avenue, Suite C, Traverse City, MI 49686-4330

Phone: (231) 922-3700 or 1-800-442-1074

Hours: Mon - Fri: 8:00 a.m. to 5:00 p.m.

High School Completion, English as a Second Language, Computer Skills, GED Preparation, Career Exploration, Create a Resume, Job Search, Career Advising, and Networking.

# LEGAL AID

## **FREE LEGAL AID CLINIC-THIRD LEVEL CHILD AND FAMILY SERVICES**

The Child and Family Services Free Legal Clinic is an opportunity for individuals to receive private, free, and confidential legal advice and problem clarification from attorneys from the Grand Traverse-Leelanau-Antrim Bar Association.

Our Free Legal Clinic is held every Tuesday at 3785 Veterans Drive, Traverse City. Please note: *Services are provided on a first-come, first-served basis to the first 15 people registered. Sign up by telephone begins at 5:00 pm on Tuesdays by calling (231) 922-4800 or (800) 442-7315.*

**YOU MUST CALL AHEAD TO REGISTER.** After registering, please drive to the lower-level parking lot at CFS, you will have a virtual consultation with an attorney from your car. Technology will be provided when you arrive. For more information about our Legal Aid Clinic or to register, please contact Third Level at (231) 922-4800 or toll-free at (800) 442-0292 or via e-mail at [info@thirdlevel.org](mailto:info@thirdlevel.org). Third Level is open 24 hours a day, 7 days a week. <https://www.cfsnwmi.org/flac>

## **LEGAL SERVICES OF NORTHERN MI**

*Please call ahead to go through a screening process: Phone: (231) 941-0771 or Toll-free: (888) 941-9599  
Weekdays, 8-12 and 1-4 pm.*

221 Garland Street Suite H Traverse City, MI 49684

Legal Services of Northern Michigan provides a full range of legal services in most areas of civil law for people who meet Federal poverty guidelines or who are 60 years of age or older. These services include: basic discussion of client rights; counseling; preparation of letters, documents, deeds, and pleadings; negotiations; administrative hearings; trials; and, in some cases, appeals, and community legal education presentations. Legal Services of Northern Michigan offers a new online legal aid and legal help website. Access the web site at [lsnmirp.org](http://lsnmirp.org) for a one on one dialog with an attorney. Intake is currently done by phone only.

<http://lsnm.org/>

## **MICHIGAN LEGAL HELP**

Michigan Legal Help is for people who are handling their legal problems without a lawyer. It can help you learn about your legal problems and get ready for court. There are many Do-It-Yourself tools to help you create court forms. The website does not give legal advice, and it is not a substitute for having a lawyer. If you need more help, search the website for a lawyer, community services, or a Self-Help Center nearby. The website does not cover all areas of law, but we add new topics all the time.

<https://michiganlegalhelp.org/>

## **SINGLE MOMM**

1748 S Garfield Ave, Traverse City MI 49686

Phone: (231) 944-1710

Email: [info@singlemomm.org](mailto:info@singlemomm.org)

Provide a service called the “No More Crazy Process”. This legal organizational tool is designed for women going through a contested custody dispute or divorce. When trauma has been present recalling the details of a situation can be fragmented and hard to follow. This tool helps women organize their stories, concerns, proofs, and thoughts in a way the courts can understand. Single MOMM does not give legal advice but rather helps organize details to be presented to an attorney. Over the years this tool has been used in sex tracking cases, child abuse cases, and domestic violence cases.

<https://www.singlemomm.org/contact>

## **RENTERS RIGHTS**

Legal Services of Northern MI- <http://lsnm.org/rentersrights.html>

A practical guide for tenants and landlords- <https://www.legislature.mi.gov/Publications/tenantlandlord.pdf>

# GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

## **BANKRUPTCY EDUCATION**

NORTHWEST MICHIGAN COMMUNITY ACTION AGENCY

3963 Three Mile Rd., Traverse City, MI 49686

(231) 947-3780

(800) 632-7334

fax: (231) 947-4935

<https://www.nmcaa.net/services.asp>

## **MEDIATION-CONFLICT RESOLUTION SERVICES**

Our office is located at the corner of Airport and Wysong Roads in the Boardman Highlands building. Please contact us at:

2240 S. Airport Rd., West, Unit D

Traverse City, MI 49684

Phone: 231.941.5835

Facsimile: 231.941.4530

E-mail: [info@crsmediationtc.org](mailto:info@crsmediationtc.org)

Mediation is a process that allows disputing parties to meet in a private setting and confidentially work out a solution to their mutual problem. CRS handles many issues including, divorce, parenting time, custody, guardianship, grandparenting time, landlord/tenant, consumer merchant, Fees range from \$65-\$125

<https://crsmediationtc.org/>

<https://crsmediationtc.org/>

## **EVICTION DIVERSION**

Father Fred Foundation

826 Hastings St, Traverse City MI

231-947-2055

**Hours:** Tuesday, Thursday & Friday 10 am – 2 pm Wednesday 10 am – 7 pm

The Eviction Diversion program is a collaboration of the 86th District Court, Dept. of Health & Human Services, Northwest Michigan Community Action Agency, The Father Fred Foundation, Salvation Army, St. Vincent de Paul, Legal Services of Northern Michigan, and other community partners.

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

## **APPLY FOR CHILD SUPPORT**

Information on how to apply for child support is on the Michigan Department of Health and Human Services Website.

[https://www.michigan.gov/mdhhs/0,5885,7-339-73971\\_5528-135867--,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-73971_5528-135867--,00.html)

## **NORTHWEST MI WORKS -MICHIGAN CLEAN SLATE PROGRAM**

1209 S. Garfield Avenue, Suite C, Traverse City, MI 49686-4330

Phone: (231) 922-3700 or 1-800-442-1074

Hours: Mon - Fri: 8:00 a.m. to 5:00 p.m.

Recent laws make it easier to have certain felonies and misdemeanors set aside, which would clear your public criminal record. To start the process, please complete the online Request for Services. After this information is submitted, a program representative will contact you with more details on your eligibility.

<https://www.nwmiworks.org/job-seeker/clean-slate/>



# FINANCIAL EDUCATION/ASSET BUILDING

## **NORTHWEST MICHIGAN COMMUNITY ACTION AGENCY**

3963 Three Mile Rd., Traverse City, MI 49686

(231) 947-3780

(800) 632-7334

fax: (231) 947-4935

<https://www.nmcaa.net/services.asp>

Financial and Asset Building Services Offered:

- o Homebuyer Education Classes
- o Individual Development Accounts (matched savings for education expenses, down payment to buy a home, or growing your own business)
- o Bankruptcy Counseling
- o Free Tax Prep
- o Money Management Workshops
- o Budget Coaching
- o

Visit their webpage or facebook page to learn more:

<https://www.nmcaa.net/services.asp>

<https://www.facebook.com/nmcaa>

## **MSU EXTENSION**

MSU Extension provides resources and education on money management, foreclosure prevention, buying your own home, retirement planning and more to help you and your family be more financially healthy.

Website: <https://www.canr.msu.edu/mimoneyhealth/>

## **MI FINANCIAL EMPOWERMENT**

MI Financial Empowerment is a collaboration of State of Michigan agencies, educators, community partners, businesses, and non-profits to begin a statewide conversation about the importance of financial empowerment for Michiganders at all stages of life. MI Financial Empowerment provides information and resources on banking basics, budgets, credit and debt, utility charges, mortgages, college costs, investment and retirement planning, and protecting yourself from financial scams and fraud.

Website: <https://www.michigan.gov/finlit>

# UTILITY ASSISTANCE

## MDHHS TEMPORARY HEAT AND UTILITY ASSISTANCE

701 S. Elmwood Avenue, Traverse City, MI 49684

M-F 8am-5pm

(231) 941-3900

Temporary heat and utility assistance may be available for eligible low-income families and individuals when heating or electric service has been or will be shut off.

Payments may include the amount needed to restore or continue the service for at least 30 days. Assistance may also be available to provide payment for necessary charges to deliver a 30-day supply of a deliverable fuel.

Apply online through MIBRIDGES or Complete a paper SER Application available at the DHHS office.

[https://newmibridges.michigan.gov/s/isd-landing-page?language=en\\_US](https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US)

## NORTHWEST MICHIGAN COMMUNITY ACTION AGENCY

3963 Three Mile Rd., Traverse City, MI 49686

(231) 947-3780

(800) 632-7334

fax: (231) 947-4935

Northwest Michigan Community Action Agency (NMCAA) offers Emergency Utility Assistance as grant funds are available.

If you have met your assistance cap through SER with DHHS or need help with a co-pay to qualify for SER, you can reach out to a current Michigan Energy Assistance Program (MEAP) grantee such as True North (<http://tnempower.org/apply/>) or the Salvation Army in your area.

## SALVATION ARMY

1239 Barlow Street

Traverse City, MI 49686

M-F 9:00am-4:00pm

(231) 946-4644

Email: [wmitraversecity@usc.salvationarmy.org](mailto:wmitraversecity@usc.salvationarmy.org)

The Salvation Army's Energy Assistance Services (EAS) seeks to walk alongside low-income households to address energy crises. In this process an applicant may be offered bill payment assistance, energy company subsidy program enrollment, and case management services. The goal of these services is to support household financial stability and support the customer in achieving goals they have set for themselves. In most situations, an EAS Case Specialist will meet with an applicant one on one to determine eligibility and to assess the need or opportunity for additional supports.

**STEP ONE**-Apply online to MI BRIDGES STATE EMERGENCY RELIEF

[https://newmibridges.michigan.gov/s/isd-landing-page?language=en\\_US](https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US)

**STEP TWO** -(IF APPROVAL RECEIVED IN STEP ONE) = Apply online to Salvation Army for energy assistance.

<https://sawmni.org/wmni/meap-self-sufficiency-plan-application>

**ALTERNATE STEP TWO:** (For Michigan gas utility customers)

<https://sawmni.org/wmni/michigan-gas-utility-customers-assistance>

Once your STEP TWO application is submitted, you will receive a phone call within 1-2 business days. If you need immediate assistance, please call the location listed below nearest you.

## GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

### **TRUE NORTH EMPOWER ENERGY ASSISTANCE**

6308 S. Warner Avenue | P.O. Box 149

Fremont, MI 49412

Phone: 231.355.5880

Please contact emPower via their contact form: <https://tnempower.org/contact-us/>

Since 1972, **TrueNorth Community Services** has strived to keep people safe during the heating seasons while they work toward the goal of self-sufficiency.

These are the steps to discover success by gaining **emPower's** assistance through our Self-Sufficiency Services:

1. Complete and be approved for **Michigan Department of Health and Human Services' State Emergency Relief (SER)** assistance. Apply through **MI Bridges**. If you have already applied for an **SER** since October 1, please visit **emPower's** website [helpforheat.com](http://helpforheat.com) and [complete a self-sufficiency plan](#). You may also call 231-355-5880.
2. Choose **TrueNorth Community Services** as your referral partner
3. Get contacted by **emPower** to start your self-sufficiency journey

Email: [info@truenorthservices.org](mailto:info@truenorthservices.org)

Website: [helpforheat.com/](http://helpforheat.com/)

# HOME REPAIR PROGRAMS

## **NMCAA WEATHERIZATION PROGRAM**

For program information, contact Emily Bronkema at (231) 947-3780 or (800) 632-7334 or visit the website <https://www.nmcaa.net/energy.asp>

The Weatherization Assistance Program is funded by the Federal Department of Energy (DOE) and administered by the Michigan Department of Health and Human Services (DHHS). The program provides **free** energy conservation services for eligible low-income households. DHHS contracts with Northwest Michigan Community Action Agency (NMCAA) to operate the program in our service area. The Agency determines applicant eligibility, performs the necessary inspections and weatherization and contracts with mechanical contractors to complete mechanical work.

Services may include: Home Energy Audit, Weather-stripping, caulking, general air sealing, Window/door repair or replacement, addition of insulation, Programmable thermostat installation, Furnace, water heater, refrigerator tune-up or replacement. Homeowners and renters can apply.

## **NORTHWEST MICHIGAN COMMUNITY ACTION AGENCY HOME REPAIR PROGRAM**

NMCAA offers funding for home repairs for lower income households. There may be a wait for this program due to funding availability. The home must be owner occupied and be up to date on taxes and insurance. Contact Leslie Cassleman to prescreen for qualification before submitting an application.

Phone: 231-947-3780

## **USDA 504 LOAN PROGRAM OR 504 GRANT PROGRAM**

USDA offers home improvement loans and grants for very low income and elderly who qualify, to make your existing home safe and sanitary.

<https://www.rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-repair-loans-grants>

For more information contact:

### **USDA Traverse City Area Office**

1501 Cass St., Suite A  
Traverse City, MI 49684  
231-941-0951 Ext. 4

## **GRAND TRAVERSE REGION HABITAT FOR HUMANITY**

Habitat for Humanity partners with low-income homeowners who live in Grand Traverse, Kalkaska, and Leelanau Counties to make exterior and interior home repairs that alleviate critical health, life, and safety issues. Projects that may qualify are roof, heating and cooling, handicap accessibility, plumbing, foundation, septic, electric, and weatherization. Families must fall below 60% of area median income, have owned their home for at least 12 months, be current on their mortgage, taxes, and homeowners insurance, and demonstrate a challenging circumstance (such as such as limited income, disability, illness, or age) that prevents them from making repairs.

Visit <https://www.habitatgr.org/home-repair/> to apply.

Phone: 231-941-4663 x. 321

Email: [homeservices@habitatgr.org](mailto:homeservices@habitatgr.org)

## **FATHER FRED**

Father Fred can consider Tier II requests for home repair once state and federal funds have been accessed (NMCAA, DHS, VA). Types of home repair include, furnaces, roofs, pump outs, etc. All requests must be accompanied by a quote. They are not able to assist with repairs after they have already been completed.

## GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

Requests for assistance must be made in person at 826 Hastings Street.

Phone: 231-947-2055

Hours are Tuesday, Thursday, and Friday from 10am-2pm, and Wednesday from 10am-6:30pm

### **MDHHS HOME REPAIR PROGRAM**

State Emergency Relief assists with home repairs to correct unsafe conditions and restore essential services. Eligible home repairs may include repair or replacement of a non-functioning furnace, hot water heaters or septic systems. Check for eligibility and apply online using MIBRIDGES.

[https://newmibridges.michigan.gov/s/isd-landing-page?language=en\\_US](https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US)

Payments are made only if the repair(s) is essential to remove a direct threat to health or safety or is required by law or a mobile home park regulation. The repair(s) must restore the home to a safe, livable condition. This does not pay for improvements or nonessential repairs. In addition, the requirements listed below must be met.

Energy-Related Furnace Repairs: Repairs are available with a lifetime maximum of \$4,000 per family group. All energy-related repairs approved since 1/1/1978 count toward this maximum.

Non-Energy-Related Repairs: All home repairs, except furnace repair or replacement, including hot water heaters and septic systems for client-owned housing, have a lifetime maximum of \$1,500 per family group. All non-energy-related repairs approved since 12/1/1991 count toward this maximum.

### **FREEDOM BUILDERS**

P.O. Box 309 Traverse City, MI 49685

**Phone: 231-941-4171**

Website: <http://www.fbmissions.org/>

Freedom Builders connects volunteers within the local church to neighbors in need of home repairs. Call volumes are extremely high and may not be returned immediately.

“In the 17 years the organization has served the Grand Traverse Region we have completed projects ranging from pouring a foundation to replacing a roof, and everything in between. In the first years of our existence we accomplished 40-50 projects per year, but in the last several years that number has grown to over 300 projects a year. Each year a few of our projects would qualify as complete home makeovers, where the home is really uninhabitable and we bring the people and the resources together to accomplish a major renovation, and not just a few repairs.”

### **UNITED WAY OF NORTHWEST MICHIGAN - TUESDAY TOOLMAN**

Our Tuesday Toolmen are a small group of volunteers that work to help keep seniors and families safe in their homes. The Tuesday Toolmen focus on home safety repairs for low-income neighbors. These repairs may include installing smoke detectors, working on minor plumbing, installing grab bars and handrails, weatherization, and more.

To apply, download the service request form at

[https://www.unitedwaynwmi.org/\\_files/ugd/6bfc58\\_d51d1d84b6764a90a4b2e827a9b6ba7e.pdf](https://www.unitedwaynwmi.org/_files/ugd/6bfc58_d51d1d84b6764a90a4b2e827a9b6ba7e.pdf)

and submit to [tuesdaytools@unitedwaynwmi.org](mailto:tuesdaytools@unitedwaynwmi.org)

# HOUSING RESOURCES-HOMEOWNERSHIP

## **USDA 502 DIRECT LOAN PROGRAM**

Also known as the Section 502 Direct Loan Program, this program assists low- and very-low-income applicants obtain decent, safe and sanitary housing in eligible rural areas by providing payment assistance to increase an applicant's repayment ability. Payment assistance is a type of subsidy that reduces the mortgage payment for a short time. The amount of assistance is determined by the adjusted family income.

<https://www.rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-direct-home-loans/mi>

For more information contact:

**USDA Traverse City Area Office**

1501 Cass St., Suite A

Traverse City, MI 49684

231-941-0951 Ext. 4

## **GRAND TRAVERSE REGION HABITAT FOR HUMANITY**

Families and individuals in need of decent, affordable housing apply for homeownership with their local Habitat for Humanity.

Each local Habitat's family selection committee selects homeowners based on three criteria:

- The applicant's level of need.
- Their willingness to partner with Habitat.
- Their ability to repay a mortgage through an affordable payment plan.

As part of their willingness to partner, Habitat's homebuyers invest hundreds of hours of their own labor, called sweat equity, working alongside volunteers and other Habitat homeowners.

Visit <https://www.habitatgtr.org/homeownership/> to apply.

## **HOMEBUYER EDUCATION CLASSES OR COACHING**

Northwestern MI Community Action Agency

Phone: 231-947-3780

More information at: <https://www.nmcaa.net/homebuyerclasses.asp>

## **DOWNPAYMENT ASSISTANCE**

Northwestern MI Community Action Agency

Phone 231-947-3780

More information at: <https://www.nmcaa.net/downpayment.asp>

# HOUSING RESOURCES-HOMELESS PREVENTION

## HOMELESS ASSISTANCE INTAKE

*If you or someone you know is facing homelessness, please call 844-900-0500 (7 days/week 24 hr/day)*

Visit <https://www.endhomelessnessmi.org/help> or

Email [homeless@nmcaa.net](mailto:homeless@nmcaa.net) for help.

NMCAA is the Housing Assessment and Resource Agency (HARA) for the 10 county region of northern Michigan (Emmet, Charlevoix, Antrim, Kalkaska, Grand Traverse, Leelanau, Benzie, Manistee, Wexford, and Missaukee). As the HARA, NMCAA provides centralized intake and housing assessment for individuals and families who are homeless or who are at risk of homelessness, thereby assuring a comprehensive community-wide service and housing delivery system. Residents of the 10 county region listed above may call Centralized Intake for housing assessment and assistance, information and/or referral. [https://www.nmcaa.net/homeless\\_prevent.asp](https://www.nmcaa.net/homeless_prevent.asp)

\*Please note: There is a shortage of housing resources in certain areas of this region and NMCAA is not able to help all people experiencing a housing crisis with immediate housing access.

## NMCAA-SUPPORTIVE SERVICES FOR VETERAN FAMILIES

Veterans can apply by contacting Centralized Intake at (844) 900-0500.

Supportive Services for Veteran Families (SSVF) strives to improve the housing stability of Veteran Families. Veteran Housing Resource Specialists work with Veterans and their families who are homeless or who are at-risk of becoming homeless throughout a 23 county region (Alpena, Alcona, Antrim, Benzie, Charlevoix, Cheboygan, Crawford, Emmet, Grand Traverse, Iosco, Kalkaska, Leelanau, Manistee, Mason, Missaukee, Montmorency, Oceana, Ogemaw, Oscoda, Otsego, Presque Isle, Roscommon, Wexford).

SSVF Housing Resource Specialists are able to provide outreach and case management services, and can assist participants in obtaining VA benefits and other public benefits, which may include:

Rental Assistance

Utility Payment Assistance

Deposits

Moving Costs

Purchase of Emergency Supplies

Transportation Assistance

Child Care Assistance

## THE GOODWILL INN

The Goodwill Inn is a year-round, 120-bed emergency shelter that includes 11 suites for families. We provide safe, supportive shelter with food and other basic needs for adults and families experiencing homelessness, while we support their efforts to find safe, permanent housing solutions.

## GRAND TRAVERSE COUNTY RESOURCE DIRECTORY

*For Head Start and Early Head Start Families*

### **PETE'S PLACE**

2943 N Keystone Rd, Traverse City, MI 49686

Hours: Open 24 hours

Phone: (231) 922-4800

Pete's Place is a free, safe place for youth age 12-17 who may be kicked out, running away, couch surfing, or feeling unsafe at home. Pete's Place is available to provide non-judgmental, compassionate, and immediate support to you and your family.

**The first step to staying at Pete's Place is to give us a call.** You can call us anytime (we really mean anytime!) at 231-922-4800. Someone will talk to you and answer any questions you may have.

It is best to call first, because someone may not be at Pete's Place (we might be taking someone to school, work, etc). If you come to Pete's and no one is there, there is a call box inside the front door.

Teens receive shelter, food, someone to talk to, access to community resources, and support from a caring team of professionals. Give us a call today. We're here to answer any questions and explain how everything works.

<https://www.cfsnwmi.org/petesplace>

[https://www.facebook.com/petesplacetc/?ref=page\\_internal](https://www.facebook.com/petesplacetc/?ref=page_internal)

### **THIRD LEVEL YOUTH SERVICES**

Youth Services offer youth, ages 12-20, and their families several alternatives for sorting out different problems they may be facing. We can help you deal with conflict at home, help find temporary or long term housing, and provide ongoing counseling and support to help you achieve your goals.

We are here to talk 24/7. Call us now at 231-922-4800 if you need help.



# HOUSING RESOURCES-RENTAL RESOURCES

## **RENTAL RESOURCE GUIDE GRAND TRAVERSE AND SURROUNDING AREAS:**

The guides can be found on this webpage:

[https://www.nmcaa.net/homeless\\_prevent.asp](https://www.nmcaa.net/homeless_prevent.asp)

**Download the Grand Traverse County guide here:**

[https://www.nmcaa.net/downloads/2020\\_grand\\_traverse\\_rental\\_resource\\_guide\\_1\\_1.pdf](https://www.nmcaa.net/downloads/2020_grand_traverse_rental_resource_guide_1_1.pdf)