


## ***MATERNAL INFANT HEALTH PROGRAM RESOURCES TO MEET YOUR NEEDS***

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| <p><b>Do you need help to quit smoking?</b><br/>MI Tobacco Quitline</p>   | <p><b>800-784-8669</b></p>   | <p><b>Breastfeeding</b><br/>Do you have questions or need help with breastfeeding?<br/>TCHD/WIC</p>  | <p><b>989-673-1749</b></p>  |
| <p><b>MI Enrolls</b><br/>Information about your Medicaid HMO</p>  | <p><b>800-642-3195</b></p>   | <p><b>Do you need help monitoring WIC benefits?<br/>There is an app for that</b></p>   | <p><b>WIC CONNECT</b><br/></p> |
| <p><b>U.S. Consumer Product Safety Commission</b><br/>Check for recalls on cribs, car seats, and other baby items</p>   | <p><a href="http://www.cpsc.gov">www.cpsc.gov</a></p>  | <p><b>WIC Online Class/Education</b></p>   | <p><a href="http://www.wichealth.org">www.wichealth.org</a></p>   |
| <p><b>Child Car Seat Inspection Station</b><br/>Call for Appointments</p>   | <p><b>810-648-4098<br/>Ext 155</b></p>   | <p><b>Dial 2-1-1</b><br/>Call to get help with resources you need</p>  | <p><b>211 or<br/>888-636-4211</b></p>   |
| <p><b>Tuscola County DHHS</b><br/><br/><b>What is MI Bridges?</b> A Web portal for clients and community partners to access DHHS programs and apply for food assistance (FAP), as well as State Emergency Relief (SER) for energy-related utilities.</p>        | <p><b>989-673-9100</b><br/><br/><a href="http://www.michigan.gov/mibridges">www.michigan.gov/mibridges</a></p> | <p><b>Text4baby</b> (Text <b>BABY</b> to <b>511411</b>)<br/>Get FREE text messages to help you through your pregnancy and your baby's first year</p>   | <p><a href="http://www.text4baby.org">www.text4baby.org</a></p>   |
| <p><b>Healthy Michigan Plan</b><br/>Provides insurance for low-income Michigan residents age 19-64<br/><a href="http://www.healthymichiganplan.org">www.healthymichiganplan.org</a></p>   | <p><b>855-789-5610</b></p>   | <p><b>Do you have infant and toddler developmental concerns?</b><br/>TISD Early ON Program</p>   | <p><b>989-672-6930</b></p>  |
| <p><b>Pregnancy Center</b><br/><br/>Positive Alternatives -STEPS Parenting Program, free pregnancy testing, maternity/baby clothes and baby furnishings<br/>1596 E. Caro Rd Caro<br/>1037 S Van Dyke Rd, Bad Axe<br/>Monday-Thursday hours vary, call ahead</p> | <p><b>CARO</b><br/><b>989-672-4673</b><br/><br/><b>BAD AXE</b><br/><b>989-269-6760</b></p>                     | <p><b>Community of Christ Church/Baby Pantry</b><br/><br/>5448 Shabonna Rd, Decker MI<br/>Open 1st and 3rd Mondays 10am-3pm<br/><br/>309 N Outer Dr, Bad Axe MI (George E. Green School)<br/>Open 2nd and 4th Thursdays 10am-3pm</p> | <p><b>989-658-8625</b><br/><br/><b>810-710-0037</b></p>   |