

Great Start Tuscola  
**Resource Guide**  
*Find the Help You Need!*



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**Online Resource Information**

[www.211nemichigan.org](http://www.211nemichigan.org)  
[www.greatstarttuscola.org](http://www.greatstarttuscola.org)  
[www.greatstarttoquality.org](http://www.greatstarttoquality.org)

**Non-Emergency Phone Number**

**Dial 211**

**MIGRANT SERVICES**

Department of Health & Human Services	<a href="tel:989-673-9100">989-673-9100</a> <a href="http://www.michigan.gov/mdhhs">http://www.michigan.gov/mdhhs</a>
Reese Summer Migrant Program	<a href="tel:989-868-4502">989-868-4502</a> <a href="https://www.facebook.com/reesemigrant">https://www.facebook.com/reesemigrant</a>

**PARENTING CLASSES / SUPPORT**

Early Head Start	<a href="tel:989-672-1785">989-672-1785</a> <a href="http://www.hdc-caro.org/early-head-start.html">http://www.hdc-caro.org/early-head-start.html</a>
Family Planning Clinic	<a href="tel:989-673-8118">989-673-8118</a> <a href="https://www.tchd.us/programs/family-planning">https://www.tchd.us/programs/family-planning</a>
List Psychological	<a href="tel:989-673-5700">989-673-5700</a> <a href="https://listpsych.com">https://listpsych.com</a>
Michigan State University Extension <i>(MSU E)</i>	<a href="tel:989-672-3870">989-672-3870</a> <a href="https://www.canr.msu.edu/tuscola">https://www.canr.msu.edu/tuscola</a>
Positive Alternatives	<a href="tel:989-672-4673">989-672-4673</a> <a href="https://mypositivealternative.com">https://mypositivealternative.com</a>
Tuscola County Health Department Maternal Infant Health Services <i>(MIHP)</i>	<a href="tel:989-673-1740">989-673-1740</a> <a href="https://www.tchd.us/programs/maternal-infant-health">https://www.tchd.us/programs/maternal-infant-health</a>
Great Start Tuscola - Conscious Discipline	<a href="tel:989-673-2144">989-673-2144</a> ext.30302 <a href="http://www.greatstarttuscola.org/">http://www.greatstarttuscola.org/</a> <a href="http://www.tuscolaisd.org/special_education/early_childhood_services">http://www.tuscolaisd.org/special_education/early_childhood_services</a>
New Light Consultants	<a href="tel:989-871-6695">989-871-6695</a> <a href="https://newlightconsultants.net">https://newlightconsultants.net</a>
Early Head Start and/or Great Start Readiness	<a href="https://www.michigan.gov/mde/services/early-learners-and-care/gsrp">https://www.michigan.gov/mde/services/early-learners-and-care/gsrp</a>
• Caro/Mayville	<a href="tel:800-830-2216">800-830-2216</a>
• Cass City	<a href="tel:855-535-7290">855-535-7290</a>
• Kingston	<a href="tel:866-851-1674">866-851-1674</a>
• USA	<a href="tel:866-851-1672">866-851-1672</a>
• Vassar/Millington	<a href="tel:866-851-1675">866-851-1675</a>
MI Child Abuse Hotline	<a href="tel:855-444-3911">855-444-3911</a> <a href="https://www.michigan.gov/mdhhs/0,5885,7-339-73971_7119---,00.html">https://www.michigan.gov/mdhhs/0,5885,7-339-73971_7119---,00.html</a>
Parent Helpline	<a href="tel:800-942-4357">800-942-4357</a>
Youth/Adult Mental Health First Aid Curriculum TBHS	<a href="tel:989-673-6191">989-673-6191</a> <a href="https://tbhsonline.com">https://tbhsonline.com</a>

**RESPITE CARE**

The Fowler Center ( <i>ages 6+</i> )	<a href="tel:989-673-2050">989-673-2050</a> <a href="http://thefowlercenter.org">http://thefowlercenter.org</a>
McLaren Caro Region	<a href="tel:989-673-3141">989-673-3141</a> <a href="https://www.mclaren.org/caro-region/mclaren-caro-region-home">https://www.mclaren.org/caro-region/mclaren-caro-region-home</a>

**SENIOR SERVICES**

Adult Protective Services ( <i>DHHS</i> )	<a href="tel:855-444-3911">855-444-3911</a> <a href="https://www.michigan.gov/mdhhs/0,5885,7-339-73971_7119_50647---,00.html">https://www.michigan.gov/mdhhs/0,5885,7-339-73971_7119_50647---,00.html</a>
Connections Human Services	<a href="tel:989-672-1268">989-672-1268</a> <a href="https://connectionshumanservices.org">https://connectionshumanservices.org</a>
Adult Guardianship	<a href="tel:989-672-1268">989-672-1268</a> <a href="https://connectionshumanservices.org">https://connectionshumanservices.org</a>
Covenant Visiting Nurse Association	<a href="tel:989-799-6020">989-799-6020</a> <a href="https://www.covenanthealthcare.com/ch/visiting-nurse-association">https://www.covenanthealthcare.com/ch/visiting-nurse-association</a>
Department of Health and Human Services	<a href="tel:989-673-9100">989-673-9100</a> <a href="https://www.michigan.gov/mdhhs">https://www.michigan.gov/mdhhs</a>
Geriatric Clinic/Services	<a href="tel:989-673-8114">989-673-8114</a> <a href="https://www.tchd.us/programs/geriatric">https://www.tchd.us/programs/geriatric</a>
Home Delivered Meals & In Home Services	<a href="tel:800-843-6394">800-843-6394</a> <a href="https://www.michigan.gov/mdhhs/0,5885,7-339-71547_7774-13181--,00.html">https://www.michigan.gov/mdhhs/0,5885,7-339-71547_7774-13181--,00.html</a>
Foster Grandparent Program ( <i>HDC</i> )	<a href="tel:989-673-4121">989-673-4121</a> <a href="http://www.hdc-caro.org/employment---volunteer-opportunities.html">http://www.hdc-caro.org/employment---volunteer-opportunities.html</a>
Lakeshore Legal Aid	<a href="tel:989-673-5651">989-673-5651</a> <a href="https://lakeshorelegalaid.org">https://lakeshorelegalaid.org</a>
List Psychological	<a href="tel:989-673-5700">989-673-5700</a> <a href="https://listpsych.com">https://listpsych.com</a>
Region VII Area Agency on Aging	<a href="tel:800-858-1637">800-858-1637</a> <a href="https://region7aaa.org">https://region7aaa.org</a>
RSVP Volunteers	<a href="tel:989-673-4121">989-673-4121</a> <a href="http://www.hdc-caro.org/employment---volunteer-opportunities.html">http://www.hdc-caro.org/employment---volunteer-opportunities.html</a>
Senior Dining Centers ( <i>HDC</i> )	<a href="tel:989-673-4121">989-673-4121</a> <a href="http://www.hdc-caro.org/employment---volunteer-opportunities.html">http://www.hdc-caro.org/employment---volunteer-opportunities.html</a>

Senior Life Solutions	989-672-5757 <a href="https://www.mclaren.org/main/locations/senior-life-solutions-program-mclaren-caro-region-1183">https://www.mclaren.org/main/locations/senior-life-solutions-program-mclaren-caro-region-1183</a>
Thumb Area Psychological Services (TAPS)	989-872-1800 <a href="https://thumbpsychological.com">https://thumbpsychological.com</a>
TRIAD ( <i>Lakeshore Legal Aid</i> )	989-673-3188 <a href="https://lakeshorelegalaid.org">https://lakeshorelegalaid.org</a>
Tuscola Behavioral Health Systems (TBHS)	989-673-6191 <a href="https://tbhsonline.com">https://tbhsonline.com</a>

<b>ABUSE AND ASSAULT SERVICES</b>	
Adult & Children Protective Services	855-444-3911 <a href="https://www.michigan.gov/mdhhs/0,5885,7-339-73971_7119_50647---,00.html">https://www.michigan.gov/mdhhs/0,5885,7-339-73971_7119_50647---,00.html</a>
Department of Health & Human Services	989-673-9100 <a href="https://www.michigan.gov/mdhhs">https://www.michigan.gov/mdhhs</a>
Elder Advocacy Program	989-672-1790 <a href="https://www.hdc-caro.org">https://www.hdc-caro.org</a>
Thumb Area Assault Crisis Center	800-292-3666 <a href="http://www.hdc-caro.org/victim-advocacy---taacc.html">http://www.hdc-caro.org/victim-advocacy---taacc.html</a>
Tuscola County Prosecuting Attorney	989-672-3900 <a href="https://www.tuscolacounty.org/prosecutor">https://www.tuscolacounty.org/prosecutor</a>
Tuscola County Victim Services	989-673-8161 ext.2241 <a href="https://www.tuscolacounty.org/victim">https://www.tuscolacounty.org/victim</a>
National Child Abuse	800-422-4453 <a href="https://www.childhelp.org">https://www.childhelp.org</a>
National Domestic Abuse	800-799-7233 <a href="https://ncadv.org">https://ncadv.org</a>
National Sexual Assault	800-656-4673 <a href="https://www.rainn.org">https://www.rainn.org</a>
Child Advocacy Center	810-610-8071 <a href="http://cac-tuscola.com">http://cac-tuscola.com</a>
Michigan Family Violence Helpline	800-996-6228
National Human Trafficking Hotline	888-373-7888 <a href="https://humantraffickinghotline.org">https://humantraffickinghotline.org</a>

**ADOPTION AND FOSTER CARE**

Foster Care Closet of Tuscola	<a href="tel:800-554-4966">800-554-4966</a> ext.203 <a href="https://foster Closet of Michigan.org/tuscola-county">https://foster Closet of Michigan.org/tuscola-county</a>
Adoption & Foster Care Specialists, Inc.	<a href="tel:888-643-1530">888-643-1530</a> ext.101 <a href="https://www.adoption-specialists.org">https://www.adoption-specialists.org</a>
Catholic Family Services	<a href="tel:989-797-6638">989-797-6638</a> <a href="mailto:sr.monikamaryrsm@gmail.com">sr.monikamaryrsm@gmail.com</a>
Department of Health & Human Services	<a href="tel:989-673-9100">989-673-9100</a> <a href="https://www.michigan.gov/mdhhs">https://www.michigan.gov/mdhhs</a>
Holy Cross Children's Service	<a href="tel:989-799-2503">989-799-2503</a> <a href="https://holycrossservices.org">https://holycrossservices.org</a>
Michigan Adoption Resource Exchange	<a href="tel:800-589-6273">800-589-6273</a> <a href="https://www.mare.org">https://www.mare.org</a>
New Light Child & Family	<a href="tel:989-871-6695">989-871-6695</a> <a href="https://newlightconsultants.net">https://newlightconsultants.net</a>
Lutheran Child and Family Services of Michigan	<a href="tel:313-921-3740">313-921-3740</a> <a href="https://wellspringlutheran.com">https://wellspringlutheran.com</a>
Flint Child & Family Services	<a href="tel:810-743-0918">810-743-0918</a> <a href="https://www.wellspringlutheran.com">https://www.wellspringlutheran.com</a>

**BUDGETING CLASSES**

Consumer Credit Counseling Services	<a href="tel:800-431-8157">800-431-8157</a> <a href="https://credit.org">https://credit.org</a>
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**CHILD CARE**

Department of Health & Human Services	<a href="tel:989-673-9100">989-673-9100</a> <a href="https://www.michigan.gov/mdhhs">https://www.michigan.gov/mdhhs</a>
Great Start to Quality Resource Center	<a href="tel:877-614-7328">877-614-7328</a> <a href="http://greatstarttoquality.org">greatstarttoquality.org</a>
Car Seat Installation	<a href="tel:1-810-648-4098">1-810-648-4098</a> ext.155 <a href="https://www.sanilachealth.com/home">https://www.sanilachealth.com/home</a>

**CRISIS COUNSELING**

Boys Town National Hotline	<a href="tel:800-448-3000">800-448-3000</a> <a href="https://www.boystown.org/hotline/Pages/default.aspx">https://www.boystown.org/hotline/Pages/default.aspx</a>
Catholic Family Services	<a href="tel:989-673-5352">989-673-5352</a> <a href="mailto:sr.monikamaryrsm@gmail.com">sr.monikamaryrsm@gmail.com</a>
Family Planning	<a href="tel:989-673-8118">989-673-8118</a> <a href="https://www.tchd.us/programs/family-planning">https://www.tchd.us/programs/family-planning</a>

List Psychological Services	989-673-5700 <a href="https://listpsych.com">https://listpsych.com</a>
New Light Consultants	989-672-0784 <a href="https://newlightconsultants.net">https://newlightconsultants.net</a>
New Light Consultants ( <i>P</i> ) • Millington Office:	989-871-6695 <a href="https://newlightconsultants.net">https://newlightconsultants.net</a>
Dr. Arup Sarkar ( <i>Closed to Medicare; Call beforehand to make sure insurance is accepted!</i> )	989-823-5020 <a href="https://healthcare.ascension.org/locations/michigan/misag/vassar-ascension-medical-group-vassar-family-medicine">https://healthcare.ascension.org/locations/michigan/misag/vassar-ascension-medical-group-vassar-family-medicine</a>
Catholic Family Services, Saginaw	989-753-8446 <a href="https://www.saginaw.org/cfs">https://www.saginaw.org/cfs</a>
Catholic Family Services, Caro	989-673-5352 <a href="https://www.cmstchristopher.org">https://www.cmstchristopher.org</a>
Child & Family Services ( <i>P</i> ), Saginaw	989-790-7500 <a href="https://www.childandfamilysaginaw.org">https://www.childandfamilysaginaw.org</a>
Genesys Hillside Center ( <i>P</i> )	810-603-8800 <a href="https://healthcare.ascension.org/locations/michigan/migra/grand-blanc-ascension-genesys-hillside-center-for-behavioral-health">https://healthcare.ascension.org/locations/michigan/migra/grand-blanc-ascension-genesys-hillside-center-for-behavioral-health</a>
Tuscola Behavioral Health Systems ( <i>TBHS</i> )	989-673-6191 <a href="https://tbhsonline.com">https://tbhsonline.com</a>
Positive Alternatives ( <i>pregnancy options info</i> )	989-672-4673 <a href="https://mypositivealternative.com">https://mypositivealternative.com</a>
Thumb Area Psychological Services ( <i>TAPS</i> )	989-872-1800 <a href="https://thumbpsychological.com">https://thumbpsychological.com</a>

## DENTAL

Bay City Dental Center	(989) 200-5700 <a href="https://baycitydentalcenter.com">https://baycitydentalcenter.com</a>
Bay City Dental	989-892-7062 <a href="https://www.patientconnect365.com/Dentists/Michigan/BayCity/48708/BAY_CITY_DENTAL">https://www.patientconnect365.com/Dentists/Michigan/BayCity/48708/BAY_CITY_DENTAL</a>
Delta Dental Referral	800-482-8915 <a href="https://www.deltadentalmi.com/">https://www.deltadentalmi.com/</a>
Great Lakes Bay Health Center Thumb Area	989-623-0137 <a href="https://greatlakesbayhealthcenters.org/thumb-area/">https://greatlakesbayhealthcenters.org/thumb-area/</a>

People's Clinic	810-985-4747 <a href="https://www.mylakehuron.com/lake-huron-foundation/peoples-clinic-for-better-health/">https://www.mylakehuron.com/lake-huron-foundation/peoples-clinic-for-better-health/</a>
Medicaid Hotline	888-367-6557
Health Plan Of MI	888-437-0606 <a href="https://www.mimeridian.com/">https://www.mimeridian.com/</a>
Health Plus Partners, Inc.	800-332-9161
McLaren Health Plan & Health Advantage	888-327-0671 <a href="https://www.mclarenhealthplan.org/">https://www.mclarenhealthplan.org/</a>
Molina Healthcare of MI	888-898-7969 <a href="https://www.molinahealthcare.com/">https://www.molinahealthcare.com/</a>
PHP Family Care	800-562-6197 <a href="https://www.phpmichigan.com/">https://www.phpmichigan.com/</a>
Priority Health Govt. Programs, Inc.	888-975-8102 <a href="https://www.priorityhealth.com/">https://www.priorityhealth.com/</a>
Wadsworth Dental Center	989-754-7771
United Healthcare Community Plan	800-903-5253 <a href="https://www.uhccommunityplan.com/mi">https://www.uhccommunityplan.com/mi</a>

#### DOMESTIC VIOLENCE GROUPS

Bay Area Women's Center	989-686-4551 <a href="https://www.bawc-mi.org/">https://www.bawc-mi.org/</a>
Thumb Area Assault Crisis Center	800-292-3666 <a href="http://www.hdc-caro.org/victim-advocacy--taacc.html">http://www.hdc-caro.org/victim-advocacy--taacc.html</a>
List Psychological	989-673-5700 <a href="https://listpsych.com">https://listpsych.com</a>
Saginaw Underground Railroad	989-755-0411 <a href="https://undergroundrailroadinc.org/">https://undergroundrailroadinc.org/</a>

#### EMPLOYMENT

GST Michigan Works!	989-673-8103 <a href="https://gstmiworks.org/">https://gstmiworks.org/</a>
Social Security Adm.	800-772-1213 <a href="https://www.ssa.gov/">https://www.ssa.gov/</a>
Social Security Claims Referral Line	800-431-2804 <a href="https://nosscr.org/">https://nosscr.org/</a>
CornerStone Staffing, Caro	989-672-4500

MI Employment Security Commission: <i>(Unemployment Agency)</i>	800-638-3994 <a href="https://www.michigan.gov/leo/bureaus-agencies/uia/uia-resources-for-claimants/advocacy/unemployed-worker-advocacy-program">https://www.michigan.gov/leo/bureaus-agencies/uia/uia-resources-for-claimants/advocacy/unemployed-worker-advocacy-program</a>
Michigan Unemployment	Apply online at <a href="http://www.Michigan.gov">www.Michigan.gov</a> 1-866-500-0017
Michigan Rehab Services - disability only, Caro	<a href="tel:989-673-7793">989-673-7793</a>

## EDUCATION

Caro Alternative High School	<a href="tel:989-673-6845">989-673-6845</a> <a href="https://www.carok12.org/car-alternative-high-school/">https://www.carok12.org/car-alternative-high-school/</a>
Early Childhood Hotline	<a href="tel:989-672-6930">989-672-6930</a>
Early Head Start	<a href="tel:989-672-1785">989-672-1785</a> <a href="http://www.hdc-caro.org/early-head-start.html">http://www.hdc-caro.org/early-head-start.html</a>
Early On	<a href="tel:989-672-6930">989-672-6930</a>
Head Start & GSRP ( <i>Caro</i> )	<a href="tel:989-672-2880">989-672-2880</a>
Head Start & GSRP ( <i>Kingston &amp; Cass City</i> )	<a href="tel:989-683-2824">989-683-2824</a>
Head Start & GSRP ( <i>Akron-Fairgove</i> )	<a href="tel:989-691-5141">989-691-5141</a>
Head Start & GSRP ( <i>Millington</i> )	<a href="tel:866-871-6450">866-871-6450</a>
Highland Pines School ( <i>Special Education</i> )	<a href="tel:989-673-5200">989-673-5200</a> <a href="https://www.tuscolaisd.org/special_education/highland_pine_school">https://www.tuscolaisd.org/special_education/highland_pine_school</a>
Michigan Rehabilitation Services ( <i>Job Prep</i> )	<a href="tel:989-894-6300">989-894-6300</a>
Child Find/Build Up Michigan	<a href="tel:989-672-6930">989-672-6930</a> <a href="https://www.michiganallianceforfamilies.org/child-find/">https://www.michiganallianceforfamilies.org/child-find/</a> <a href="https://www.buildupmi.org/">https://www.buildupmi.org/</a>
Tuscola Technology Center ( <i>Includes GED</i> )	<a href="tel:989-673-5300">989-673-5300</a> <a href="https://www.tuscolaisd.org/life_long_learning_ged">https://www.tuscolaisd.org/life_long_learning_ged</a>
Tuscola Intermediate School District	<a href="tel:989-673-2144">989-673-2144</a> <a href="https://www.tuscolaisd.org/">https://www.tuscolaisd.org/</a>
TISD ( <i>speech therapy &amp; educational services</i> )	<a href="tel:989-673-2144">989-673-2144</a> <a href="https://www.tuscolaisd.org/special_education/itinerant_services/speech_therapy">https://www.tuscolaisd.org/special_education/itinerant_services/speech_therapy</a>
Tuscola Transition Network	<a href="tel:989-672-6952">989-672-6952</a> <a href="mailto:aball@tuscolaisd.org">aball@tuscolaisd.org</a>



TISD Homeless Student Education	989-673-2144 ext.30426 <a href="https://www.tuscolaisd.org/instructional_services/mc_kinney-vento/homeless_liaison_forms_and_guidance">https://www.tuscolaisd.org/instructional_services/mc_kinney-vento/homeless_liaison_forms_and_guidance</a>
GST Michigan Works!	989-673-8103 <a href="https://gstmiworks.org/">https://gstmiworks.org/</a>
Great Start Readiness Program	989-673-2144 <a href="https://www.michigan.gov/mde/services/early-learners-and-care/gsrp">https://www.michigan.gov/mde/services/early-learners-and-care/gsrp</a>

### **GRIEF, LOSS, AND BEREAVEMENT**

Barb Smith Suicide Resource & Response Net.	989-781-5260 <a href="https://srrn.net/">https://srrn.net/</a>
Covenant Visiting Nurse Association	989-799-6020 <a href="https://www.covenanthealthcare.com/ch/visitingnursesassociation">https://www.covenanthealthcare.com/ch/visitingnursesassociation</a>
Grief Support <i>(Hospice/Marlette Hospital)</i>	800-635-7490 <a href="https://marletteregionalhospital.org/hospice/">https://marletteregionalhospital.org/hospice/</a>
Hospice of Michigan	888-247-5701 <a href="https://www.hom.org/">https://www.hom.org/</a>
Precious Reflections Support Group	989-894-3015 <a href="https://greatlakesbaymoms.com/place/precious-reflections-infant-loss-support-group/">https://greatlakesbaymoms.com/place/precious-reflections-infant-loss-support-group/</a>
Thumb Area Companions	989-872-2855 <a href="https://www.facebook.com/groups/2265993557058411/">https://www.facebook.com/groups/2265993557058411/</a>

### **HEALTH SERVICES AND INSURANCE INFORMATION**

Department of Health & Human Services	989-673-9100 <a href="https://www.michigan.gov/mdhhs">https://www.michigan.gov/mdhhs</a>
MiBridges	<a href="https://Michigan.gov/mibridges">Michigan.gov/mibridges</a> 844-799-9876
Tuscola County Health Department	989-673-8114 <a href="https://www.tchd.us/">https://www.tchd.us/</a>
Medicaid Help Line-MI ENROLLS	800-642-3195 <a href="https://www.michigan.gov/mdhhs/assistance-programs/healthcare/beneficiary-support">https://www.michigan.gov/mdhhs/assistance-programs/healthcare/beneficiary-support</a>

Prescription Discount Card	877-321-2652 <a href="http://www.nacorx.org/">http://www.nacorx.org/</a>
McLaren Caro Region	989-673-3141 <a href="https://www.mclaren.org/caro-region/mclaren-caro-region-home">https://www.mclaren.org/caro-region/mclaren-caro-region-home</a>
Caro Quick Care	989-672-5151 <a href="https://www.mclaren.org/main/locations/mclaren-caro-quick-care-251">https://www.mclaren.org/main/locations/mclaren-caro-quick-care-251</a>
Hills & Dales Hospital	989-872-2121 <a href="https://hdghmi.org/">https://hdghmi.org/</a>
Positive Alternatives	989-672-4673 <a href="https://mypositivealternative.com">https://mypositivealternative.com</a>

<b>FREE/LOW-COST PRESCRIPTIONS</b>	
<b>MDCH</b>	
• Michigan Prescription Drug Discount Card	866-755-6479 <a href="https://www.mihealth.org/mirx/">https://www.mihealth.org/mirx/</a>
• Needy Meds:	<a href="http://www.needymeds.org">www.needymeds.org</a>
• Partnership for Prescription Assistance: \$4/\$10	888-477-2669 <a href="https://medicineassistancetool.org/">https://medicineassistancetool.org/</a>
<b>GENERICS</b>	
• Wal-Mart, Caro	989-673-7922 <a href="https://www.walmart.com/store/1798-caro-mi/pharmacy?">https://www.walmart.com/store/1798-caro-mi/pharmacy?</a>
• Kroger, Frankenmuth	989-652-0621 <a href="http://www.kroger.com/stores/grocery/mi/frankenmuth/frankenmuth/018/00436">www.kroger.com/stores/grocery/mi/frankenmuth/frankenmuth/018/00436</a>
• Good Samaritan Fund	989-673-6929 <a href="https://www.caroumc.org/">https://www.caroumc.org/</a>
<b>FREE ANTIBIOTICS/PRENATAL VITAMINS</b> <i>Ask your primary health care provider for free samples</i>	
• Meijer, Birch Run	989-624-1610 <a href="https://www.meijer.com/shopping/store-locator/213.html?">https://www.meijer.com/shopping/store-locator/213.html?</a>
• Meijer, Essexville	989-891-1564 <a href="https://www.meijer.com/shopping/store-locator/187.html?">https://www.meijer.com/shopping/store-locator/187.html?</a>

<b>HOUSING SERVICES</b>	
Department of Health & Human Services	<a href="tel:989-673-9100">989-673-9100</a> <a href="https://www.michigan.gov/mdhhs">https://www.michigan.gov/mdhhs</a>
Habitat for Humanity	<a href="tel:989-325-1807">989-325-1807</a> <a href="http://www.lapeerhabitat.org/">http://www.lapeerhabitat.org/</a>
Home Weatherization ( <i>HDC</i> )	<a href="tel:989-673-4121">989-673-4121</a> <a href="http://www.hdc-caro.org/home-rehabilitation---weatherization.html">http://www.hdc-caro.org/home-rehabilitation---weatherization.html</a>
Homeless Coalition	<a href="tel:989-672-7674">989-672-7674</a> <a href="http://tuscolahomelesscoalition.org/">http://tuscolahomelesscoalition.org/</a>
Homeless Students Assistance	<a href="tel:989-673-2144">989-673-2144</a> ext.30426 <a href="https://www.tuscolaisd.org/instructional_services/mc_kinney_vento">https://www.tuscolaisd.org/instructional_services/mc_kinney_vento</a>
Human Development Commission	<a href="tel:989-673-4121">989-673-4121</a> <a href="http://www.hdc-caro.org/">http://www.hdc-caro.org/</a>
Lead Abatement Program	<a href="tel:800-843-6394">800-843-6394</a> <a href="http://www.hdc-caro.org/home-rehabilitation---weatherization.html">http://www.hdc-caro.org/home-rehabilitation---weatherization.html</a>
Mid-Michigan CAA	<a href="tel:989-386-3805">989-386-3805</a> <a href="https://www.mmcaa.org/">https://www.mmcaa.org/</a>
Rural Development ( <i>weatherizing homes</i> )	<a href="tel:989-673-8171">989-673-8171</a> <a href="https://www.fsa.usda.gov/state-offices/Michigan/index">https://www.fsa.usda.gov/state-offices/Michigan/index</a>
Section 8 Rental Assistance Program	<a href="tel:517-241-8986">517-241-8986</a> <a href="https://www.michigan.gov/mshda">https://www.michigan.gov/mshda</a>
U.S Agriculture & Rural Development	<a href="tel:989-673-8171">989-673-8171</a> <a href="https://www.fsa.usda.gov/state-offices/Michigan/index">https://www.fsa.usda.gov/state-offices/Michigan/index</a> <a href="https://www.fsa.usda.gov/state-offices/Michigan/index">https://www.fsa.usda.gov/state-offices/Michigan/index</a>
Veteran's Services ( <i>Saginaw</i> )	<a href="tel:800-406-5143">800-406-5143</a> <a href="https://www.va.gov/saginaw-health-care/">https://www.va.gov/saginaw-health-care/</a>
Real Estate One: Caro Location	<a href="tel:989-553-2428">989-553-2428</a> <a href="https://www.realestateone.com/vp/AgentServlet?ScreenID=OFFICE_DETAIL_P&amp;SITE=REO&amp;A_CD_COMPANY">https://www.realestateone.com/vp/AgentServlet?ScreenID=OFFICE_DETAIL_P&amp;SITE=REO&amp;A_CD_COMPANY</a>
Consumer Credit Counseling Services	<a href="tel:800-431-8157">800-431-8157</a> <a href="https://credit.org/cccs/">https://credit.org/cccs/</a>
HUD Housing Counsel & Referral	<a href="tel:800-569-4287">800-569-4287</a> <a href="https://www.hud.gov/program_offices/housing/">https://www.hud.gov/program_offices/housing/</a>

MI State Housing Development Authority	<a href="tel:866-946-7432">866-946-7432</a> <a href="https://www.stepforwardmichigan.org/en/contact-us/">https://www.stepforwardmichigan.org/en/contact-us/</a>
Mortgage Hope Crisis Hotline	<a href="tel:888-388-4673">888-388-4673</a>

### INFORMATION AND REFERRAL

Non-emergency Needs	<a href="tel:211">211</a>
Emergency Number	<a href="tel:911">911</a>
National Suicide Prevention Line	<a href="tel:1-800-273-8255">1-800-273-8255</a> <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
National Human Trafficking	<a href="tel:1-888-373-7888">1-888-373-7888</a> <a href="https://humantraffickinghotline.org">https://humantraffickinghotline.org</a>
Safelink Phone ( <i>services for disabled</i> )	<a href="tel:800-723-3546">800-723-3546</a> <a href="https://www.safelinkwireless.com/">https://www.safelinkwireless.com/</a>

### SHELTERS

Innerlink Runaway and Homeless Youth Shelter	<a href="tel:989-753-3431">989-753-3431</a> <a href="https://www.yppcares.org/sheltering-runaways-homeless-youth/">https://www.yppcares.org/sheltering-runaways-homeless-youth/</a>
Thumb Area Assault Crisis Center	<a href="tel:800-292-3666">800-292-3666</a> <a href="http://www.hdc-caro.org/victim-advocacy---taacc.html">http://www.hdc-caro.org/victim-advocacy---taacc.html</a>
Human Development Commission ( <i>HDC</i> )	<a href="tel:989-673-4121">989-673-4121</a> <a href="http://www.hdc-caro.org/">http://www.hdc-caro.org/</a>
MI Department of Human Services ( <i>DHS</i> )	<a href="tel:989-673-9100">989-673-9100</a> <a href="https://www.michigan.gov/mdhhs">https://www.michigan.gov/mdhhs</a>
Safe Horizons ( <i>Port Huron</i> )	<a href="tel:888-985-5538">888-985-5538</a> <a href="https://bluewatersafehorizons.org/">https://bluewatersafehorizons.org/</a>
2 Shelters for Homeless Individuals and or Victims of Domestic and or Sexual Violence:	
• Pathway ( <i>Men, Women, &amp; Children</i> )	<a href="tel:810-982-1020">810-982-1020</a> <a href="https://drmm.org/about-us/locations/">https://drmm.org/about-us/locations/</a>
• Carolyn's Place ( <i>Women &amp; Children</i> )	<a href="tel:810-985-5538">810-985-5538</a> <a href="https://bluewatersafehorizons.org/services/">https://bluewatersafehorizons.org/services/</a>
<b>FOR WOMEN FROM REHAB/JAIL/PRISON</b>	
• Emmaus House, Saginaw	<a href="tel:989-755-7538">989-755-7538</a> <a href="https://www.emmaushousesaginaw.com">https://www.emmaushousesaginaw.com</a>

Tuscola Homeless Coalition <i>DHS and HDC (above) must be contacted prior to contacting the Tuscola Homeless Coalition for assistance.</i>	989-672-7674 <a href="http://tuscolahomelesscoalition.org/">http://tuscolahomelesscoalition.org/</a>
Tuscola Peer Center	989-673-0273 <a href="https://tbhsonline.com/index.php/mental-health-first-aid/tuscola-peer-center">https://tbhsonline.com/index.php/mental-health-first-aid/tuscola-peer-center</a>

### LEGAL SERVICES

Lakeshore Legal Aid	888-783-8190 <a href="https://lakeshorelegalaid.org/">https://lakeshorelegalaid.org/</a>
Legal Services - Eastern Michigan	800-322-4512 <a href="https://www.lsem-mi.org/">https://www.lsem-mi.org/</a>
Tuscola County Probate Court	989-672-3850 <a href="https://www.tuscolacounty.org/courts/probate.php">https://www.tuscolacounty.org/courts/probate.php</a>
Tuscola County Friend of the Court	989-673-4848 <a href="https://www.tuscolacounty.org/foc">https://www.tuscolacounty.org/foc</a>
Tuscola County Victim Services	989-673-8161 <a href="https://www.tuscolacounty.org/sheriff/">https://www.tuscolacounty.org/sheriff/</a>
Center for Civil Justice	800-724-7441 <a href="http://www.ccj-mi.org/">http://www.ccj-mi.org/</a>
Legal Hotline for Michigan Seniors	800-347-5297
State Legal Hotline	800-347-5297
Friend of the Court Tuscola County Probate Court	989-672-3850 989-673-4848 <a href="https://www.tuscolacounty.org/courts/friend-of-the-court.php">https://www.tuscolacounty.org/courts/friend-of-the-court.php</a>
Tuscola County Sheriff's Dept.	989-673-8161 <a href="https://www.tuscolacounty.org/sheriff/">https://www.tuscolacounty.org/sheriff/</a>

### ASSISTANCE/SUICIDE PREVENTION 24 HOUR SERVICE

Barb Smith Suicide Resource & Response Net.	989-781-5260 <a href="https://srrn.net/">https://srrn.net/</a>
TBHS – Community Mental Health	989-673-6191 <a href="https://tbhsonline.com">https://tbhsonline.com</a>
Thumb Area Assault Crisis Center	800-292-3666 <a href="http://www.hdc-caro.org/victim-advocacy--taacc.html">http://www.hdc-caro.org/victim-advocacy--taacc.html</a>
List Psychological	989-673-5700 <a href="https://listpsych.com">https://listpsych.com</a>

Emergency 24-hour	<a href="tel:911">911</a>
Suicide Prevention Text Line	<a href="tel:741741">741741</a>

### **SOCIAL SECURITY**

Social Security Administration	<a href="tel:800-772-1213">800-772-1213</a> <a href="https://www.ssa.gov/">https://www.ssa.gov/</a>
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### **SUBSTANCE MISUSE**

A Chance to Change	<a href="tel:248-763-8132">248-763-8132</a> <a href="https://testingatctc.com/">https://testingatctc.com/</a>
Al-Anon	<a href="tel:800-356-9996">800-356-9996</a> <a href="https://al-anon.org/">https://al-anon.org/</a>
List Psychological Services	<a href="tel:989-673-5700">989-673-5700</a> <a href="https://listpsych.com">https://listpsych.com</a>
Sacred Heart ( <i>Bay City</i> )	<a href="tel:989-894-2991">989-894-2991</a> <a href="http://www.sacredheartcenter.com/index.html">http://www.sacredheartcenter.com/index.html</a>
Thumb Area Psychological Services ( <i>TAPS</i> )	<a href="tel:989-872-1800">989-872-1800</a> <a href="https://thumbpsychological.com">https://thumbpsychological.com</a>
Tuscola Behavioral Health System	<a href="tel:989-673-6191">989-673-6191</a> <a href="https://tbhsonline.com">https://tbhsonline.com</a>
Narcotics Anonymous	<a href="tel:248-544-2010">248-544-2010</a> <a href="https://na.org/">https://na.org/</a>

### **SUPPORT GROUPS**

Caregivers Support Coping with Chronic Illness	<a href="tel:800-843-6394">800-843-6394</a> <a href="http://www.hdc-caro.org/caregiver-support.html">http://www.hdc-caro.org/caregiver-support.html</a>
Diabetic Support Group ( <i>Hills &amp; Dales</i> )	<a href="tel:989-912-6365">989-912-6365</a> <a href="https://hdghmi.org/services/classes-support-groups/">https://hdghmi.org/services/classes-support-groups/</a>
Dementia Related Support Group ( <i>HDC</i> )	<a href="tel:989-673-4121">989-673-4121</a> <a href="http://www.hdc-caro.org/">http://www.hdc-caro.org/</a>
Domestic Violence Support Group	<a href="tel:800-292-3666">800-292-3666</a> <a href="http://www.hdc-caro.org/victim-advocacy---taacc.html">http://www.hdc-caro.org/victim-advocacy---taacc.html</a>
Parkinson's Support Group	<a href="tel:800-843-6394">800-843-6394</a> <a href="http://www.hdc-caro.org/">http://www.hdc-caro.org/</a>
Stroke Support Group ( <i>McLaren-Flint</i> )	<a href="tel:810-342-5350">810-342-5350</a>
Thumb Area Psychological Services ( <i>TAPS</i> )	<a href="tel:989-872-1800">989-872-1800</a> <a href="https://thumbpsychological.com">https://thumbpsychological.com</a>

New Light Consultants	<a href="tel:989-871-6695">989-871-6695</a>
Thumb Area Companions	<a href="tel:989-872-2855">989-872-2855</a> <a href="https://www.facebook.com/groups/2265993557058411/">https://www.facebook.com/groups/2265993557058411/</a>
Divorce Care Group	<a href="tel:989-635-4348">989-635-4348</a> <a href="https://marletteregionalhospital.org/provider-directory/melanie-campbell-rn-cde/">https://marletteregionalhospital.org/provider-directory/melanie-campbell-rn-cde/</a>
Stroke Support Group	<a href="tel:810-342-4220">810-342-4220</a> <a href="https://www.mclaren.org/main/events/stroke-education-and-support-mclaren-flint-36107">https://www.mclaren.org/main/events/stroke-education-and-support-mclaren-flint-36107</a>
Al-Anon ( <i><a href="mailto:mithumbareaafg@yahoo.com">mithumbareaafg@yahoo.com</a></i> )	<a href="tel:989-912-5478">989-912-5478</a> <a href="https://miafg.org/meetings">https://miafg.org/meetings</a>
Alcoholics Anonymous	<a href="tel:989-776-1241">989-776-1241</a> <a href="https://www.aa.org/">https://www.aa.org/</a>
Co-Parenting List Psychological	<a href="tel:989-673-5700">989-673-5700</a> <a href="https://listpsych.com/">https://listpsych.com/</a>
Early Childhood Opportunities	<a href="tel:989-672-6930">989-672-6930</a> <a href="http://www.greatstarttuscola.org">http://www.greatstarttuscola.org</a>
Alzheimer's Family Support Group	<a href="tel:989-673-4121">989-673-4121</a> <a href="http://www.hdc-caro.org/">http://www.hdc-caro.org/</a>
American Chronic Pain Association	<a href="tel:913-991-4740">913-991-4740</a> <a href="https://www.theacpa.org/">https://www.theacpa.org/</a>
GLBT National Youth	<a href="tel:800-246-7743">800-246-7743</a> <a href="http://www.glbthotline.org/talkline">http://www.glbthotline.org/talkline</a>

## TRANSPORTATION

Thumbody Express	<a href="tel:989-673-8488">989-673-8488</a> <a href="http://www.hdc-caro.org/thumbody-express.html">http://www.hdc-caro.org/thumbody-express.html</a>
Senior Medical Transportation	<a href="tel:989-672-1730">989-672-1730</a> <a href="http://www.hdc-caro.org/in-home-services.html">http://www.hdc-caro.org/in-home-services.html</a>
DHS ( <i>Medicaid Clients only</i> )	<a href="tel:989-673-9100">989-673-9100</a> <a href="https://www.michigan.gov/mdhhs">https://www.michigan.gov/mdhhs</a>

## YOUTH PROGRAMS

The Fowler Center	<a href="tel:989-673-2050">989-673-2050</a> <a href="http://thefowlercenter.org/">http://thefowlercenter.org/</a>
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Girl Scouts Heart of Michigan	800-497-2688 <a href="https://www.gshom.org/">https://www.gshom.org/</a>
MSU Extension 4-H	989-672-3870 <a href="https://www.canr.msu.edu/tuscola/4-h/">https://www.canr.msu.edu/tuscola/4-h/</a>

### YOUTH RUNAWAYS

Innerlink, Saginaw	989-753-3431 <a href="https://www.yppcares.org/">https://www.yppcares.org/</a>
National Runaway Hotline	1-800-786-2929 <a href="https://www.1800runaway.org/">https://www.1800runaway.org/</a>

### VETERANS SERVICES

List Psychological	989-673-5700 <a href="https://listpsych.com">https://listpsych.com</a>
Veteran's Affairs ( <i>TCHD</i> )	989-673-8148
Veteran's Medical ( <i>Saginaw</i> )	800-406-5143 <a href="https://www.va.gov/saginaw-health-care/">https://www.va.gov/saginaw-health-care/</a>
Veteran's Crisis Line	800-273-8255 Press 1 <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
American Red Cross	989-892-1541 <a href="https://www.redcross.org">https://www.redcross.org</a>
Aleda E. Lutz VA Medical Center of Saginaw	989-497-2500 800-406-5143 <a href="https://www.va.gov/saginaw-health-care/locations/aleda-e-lutz-department-of-veterans-affairs-medical-center/">https://www.va.gov/saginaw-health-care/locations/aleda-e-lutz-department-of-veterans-affairs-medical-center/</a>

### FOOD AND UTILITIES AND FURNITURE

Caro Church of the Nazarene	989-673-6175 <a href="https://www.facebook.com/CaroChurchofTheNazarene/">https://www.facebook.com/CaroChurchofTheNazarene/</a>
Community of Christ ( <i>used furniture</i> )	989-673-5504 <a href="https://cofchrist.org/">https://cofchrist.org/</a>
Commodity Programs ( <i>HDC</i> )	800-843-6394 <a href="http://www.hdc-caro.org/">http://www.hdc-caro.org/</a>
Department of Health & Human Services	989-673-9100 <a href="https://www.michigan.gov/mdhhs">https://www.michigan.gov/mdhhs</a>
Home Delivered Meals ( <i>HDC</i> )	800-843-6394 <a href="http://www.hdc-caro.org/">http://www.hdc-caro.org/</a>
Revive Ministries ( <i>food only</i> )	989-551-7803 <a href="http://www.revivecc.org/">http://www.revivecc.org/</a>



MI Bridges	<a href="http://www.michigan.gov/mibridges">www.michigan.gov/mibridges</a>
Vassar Area Emergency Fund	989-823-2911 <a href="https://stfrancescabrinivassar.org/">https://stfrancescabrinivassar.org/</a>
Vassar Food Pantry	989-823-8311 <a href="https://stfrancescabrinivassar.org/">https://stfrancescabrinivassar.org/</a>
Human Development Commission	989-673-4121 <a href="http://www.hdc-caro.org/">http://www.hdc-caro.org/</a>
Mayville Area Share Shop	989-843-5370 <a href="https://www.facebook.com/MayvilleAreaShareShop/">https://www.facebook.com/MayvilleAreaShareShop/</a>
Salvation Army	810-232-2197 <a href="https://centralusa.salvationarmy.org/us/c/">https://centralusa.salvationarmy.org/us/c/</a>
Woman, Infant Children ( <i>WIC</i> )	989-673-3199 <a href="https://www.tchd.us/programs/women-infants-and-children-wic">https://www.tchd.us/programs/women-infants-and-children-wic</a>
THAW ( <i>The Heat &amp; Warmth Fund</i> )	800-866-8429 <a href="https://thawfund.org/">https://thawfund.org/</a>
LSP Direct ( <i>Payment plan help</i> )	844-211-4994 <a href="https://unitedwaysem.org/get-help/community-resources/utility-assistance/">https://unitedwaysem.org/get-help/community-resources/utility-assistance/</a>
Millington Ministerial Alliance	989-871-7377 <a href="https://www.facebook.com/MillingtonMinisterialAlliance/">https://www.facebook.com/MillingtonMinisterialAlliance/</a>
Ministerial Alliance Emergency Need	989-823-2911 <a href="https://stfrancescabrinivassar.org/">https://stfrancescabrinivassar.org/</a>
Mid-Michigan CAA ( <i>utility &amp; rent help</i> )	989-386-3805 <a href="https://www.mmcaa.org/">https://www.mmcaa.org/</a>
True North ( <i>heating bill assistance</i> )	231-355-5880 <a href="https://tnempower.org/">https://tnempower.org/</a>
Good Samaritan ( <i>utility bill assistance</i> )	989-673-6929 <a href="https://www.caroumc.org/">https://www.caroumc.org/</a>
Lifelong Victory Center ( <i>utility bill assistance</i> )	989-823-8504 <a href="https://www.vassarvictorycenter.org/">https://www.vassarvictorycenter.org/</a>
Bethel Chapel of God	1-810-213-1421 <a href="https://www.bethelcog.org">https://www.bethelcog.org</a>
Caro Church of Christ	989-673-6779 <a href="http://www.churches-of-christ.net/usa/mi_churches.html">http://www.churches-of-christ.net/usa/mi_churches.html</a>
Caro Church of Nazarene	989-673-6175 <a href="https://www.facebook.com/CaroChurchofTheNazarene/">https://www.facebook.com/CaroChurchofTheNazarene/</a>

Dayton Center Church, Silverwood	<a href="tel:989-843-6351">989-843-6351</a> <a href="https://www.daytoncenter.org/">https://www.daytoncenter.org/</a>
Good Samaritan Fund, Caro	<a href="tel:989-673-2246">989-673-2246</a> <a href="https://www.caroumc.org/">https://www.caroumc.org/</a>
HDC Supplemental Food Program	<a href="tel:989-673-4121">989-673-4121</a> <a href="http://www.hdc-caro.org/food---nutrition.html">http://www.hdc-caro.org/food---nutrition.html</a>
Millington Community Center <i>(only for Millington, Fostoria, &amp; Vassar School Districts)</i>	<a href="tel:989-871-7377">989-871-7377</a> <a href="https://www.facebook.com/Millington-Community-Center-134385826608241/">https://www.facebook.com/Millington-Community-Center-134385826608241/</a>
REVIVE Ministries	<a href="tel:989-551-7803">989-551-7803</a> <a href="http://www.revivecc.org">http://www.revivecc.org</a>
Spoonfuls of Plenty Free Meals <i>(Wed 4pm-6pm)</i>	<a href="tel:800-843-6394">800-843-6394</a> <a href="tel:989-673-4121">989-673-4121</a> <a href="http://www.hdc-caro.org/food---nutrition.html">http://www.hdc-caro.org/food---nutrition.html</a>
St. Christopher's <i>(Sacred Heart)</i> Catholic Church	<a href="tel:989-673-2346">989-673-2346</a> <a href="tel:989-673-2276">989-673-2276</a> <a href="https://www.cmstchristopher.org/staff.html">https://www.cmstchristopher.org/staff.html</a>
Goodwill, Caro	<a href="tel:989-672-1155">989-672-1155</a> <a href="https://www.goodwill.org">https://www.goodwill.org</a>
St. Frances Mission Store, Vassar <i>(only household, with referral from an agency)</i>	<a href="tel:989-823-8803">989-823-8803</a> <a href="https://stfrancescabrinivassar.org/mission-store">https://stfrancescabrinivassar.org/mission-store</a>
Helping Hands/Kids Threads Ministries	<a href="tel:989-795-9335">989-795-9335</a>
Seventh Day Adv. Church, Vassar <i>(only clothing, sheets, pillows and towels)</i>	<a href="tel:989-823-8791">989-823-8791</a> <a href="https://vassarmi.adventistchurch.org">https://vassarmi.adventistchurch.org</a>
The Foster Closet <i>(specifically for foster care children)</i>	<a href="tel:800-554-4966">800-554-4966</a> ext.203 <a href="https://fosterclosetofmichigan.org">https://fosterclosetofmichigan.org</a>