

**BENZIE COUNTY**

# **COMMUNITY RESOURCE DIRECTORY**

A free guide to Benzie resources for childcare, housing,  
education, food & financial assistance, and more, compiled  
by the Benzie Human Services Collaborative.

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# General Help In Finding Resources

## Community Connections BLDHD

Provided by the Benzie-Leelanau District Health Department. A free program that provides assistance connecting resources to adults, children, and families. Services are provided with supportive phone calls, office visits, and home visits by a community health worker, nurse, and/or social worker.

**Website:** [www.bldhd.org/community-connections/](http://www.bldhd.org/community-connections/)

**Phone:** 833-674-2159

## FindHelp.org

Online search by zip code

**Website:** [www.findhelp.org/](http://www.findhelp.org/)

## Michigan 211

Call 211 or Text your zip code to 898211

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# Abuse & Neglect

## Benzie-Manistee Dept. of Health and Human Services

*24-hour centralized intake number to report abuse or neglect of children and adults.*

**Website:**

[www.michigan.gov/mdhhs/inside-mdhhs/county-offices/northern-mid-michigan/benzie-county](http://www.michigan.gov/mdhhs/inside-mdhhs/county-offices/northern-mid-michigan/benzie-county)

**Address:** 448 Court Place, Govt. Ctr. Suite A, Beulah

**Phone (Information):** 231-882-1330

**24/7 Hotline (Report Abuse & Neglect):** 855-444-3911

## Catholic Human Services

*Provides foster care and family reunification. All are welcome regardless of faith, income, or circumstance.*

**Website:** [www.catholichumanservices.org/](http://www.catholichumanservices.org/)

**Address:** 806 Hastings St. Suite R, Traverse City

**Phone:** 231-346-5250

## Centra Wellness Network

*Counseling for adults, children, and families, infant and youth outreach, prevention programs, and treatment for victims of sexual abuse.*

**Website:** [www.centrawellness.org/](http://www.centrawellness.org/)

**Address:** 6051 Frankfort Hwy Suite 200, Benzonia

**Phone (Info & 24/7 Crisis Hotline):** 877-398-2013

## Child and Family Services of Northwestern Michigan

*Offers counseling and support services for all ages to assist youth and families in crisis.*

**Website:** [www.cfsnwmi.org/](http://www.cfsnwmi.org/)

**Address:** 3785 Veterans Drive, Traverse City

**Main Office Phone:** 231-946-8975

**Youth Services Crisis Line:** 231-922-4800 or 1-800-442-7315

## Traverse Bay Children's Advocacy Center

*Dedicated to identification, treatment, awareness, and prevention of the sexual and physical abuse of children.*

**Website:** [www.traversebaycac.org/](http://www.traversebaycac.org/)

**Address:** 2000 Chartwell Dr. Suite 3, Traverse City

**Phone:** 231-929-4250

## Wellspring Lutheran Services

*Provides family services and behavioral health services to create safety and stability in families.*

**Website:** [wellspringlutheran.com/locations/traverse-city-family-services](http://wellspringlutheran.com/locations/traverse-city-family-services)

**Address:** 1401 Douglas Dr. Suite 113, Traverse City

**Phone:** 231-943-4348

## Advocacy Services & Legal Assistance

### Benzie County Prosecuting Attorney's Office

**Address:** 448 Court Place, Beulah

**Phone:** 231-882-0043

### Conflict Resolution Services

*CRS provides low- and no-cost mediation services in a six-county service area, including Benzie County, to allow parties to settle matters outside the courtroom. Specific programs are available for divorce, child custody, parenting time, neighborhood issues, debt, breach of contract, guardianship, conservatorship, eldercare, special education, agriculture, behavioral health, and just about any other conflict.*

**Website:** [www.crsmediationtc.org](http://www.crsmediationtc.org)

**Phone:** 231-941-5835

**Address:** 3143 Logan Valley Rd, Traverse City

### Crime Victim's Advocate for Benzie County

**Victim Advocate:** Joni Patak

**Phone:** 231-882-0062

**Email:** [jpatak@benzieco.gov](mailto:jpatak@benzieco.gov)

## Free Legal Aid Clinic (FLAC)

*Services are provided on a first-come, first-serve basis to the first 10 people registered starting at 5:00 pm on Tuesdays.*

**Website:** [www.cfsnwmi.org/flac](http://www.cfsnwmi.org/flac)

**Address:** Services offered at Child and Family Services, 3785 Veterans Drive, Traverse City.

**Phone:** 922-4800 or 800-442-7315

## Grand Traverse Band Victim Assistance

*The GTB Tribal Victim Assistance (TVA) Program has been created to provide support and assistance to victims of all types of crime, whether charges have been filed or not. The TVA program provides services to any federally recognized tribal member living within the six-county service area, as well as to any person who has had a crime committed against them on tribal lands.*

**Website:** [www.gtbindians.org/tva.asp](http://www.gtbindians.org/tva.asp)

**Phone (TVA Director):** 231-534-7525

**Phone (Tribal Police):** 231-534-7777

## Immigration Law & Justice Michigan

*Partners with foreign nationals to help them understand their choices and navigate the complexities and barriers of the U.S. immigration legal system including humanitarian, family reunification, general advocacy, education and outreach, translation, and detention visits.*

**Website:** [www.iljmi.org/](http://www.iljmi.org/)

**Address:** 222 Cass St., Traverse City

**Central Phone Line:** (616)-320-2734

## Legal Services of Northern Michigan, Inc.

*Legal Services of Northern Michigan (LSNM) is a nonprofit law firm providing free, high-quality, legal advice and representation for low-income clients in a broad range of areas including consumer cases, family matters, housing problems, government benefits, and much more.*

**Website:** [snm.org/traverse-city-legal-aid.html](http://snm.org/traverse-city-legal-aid.html)

**Address:** 735 S. Garfield Ave., Traverse City

**Phone:** (231) 941-0771 or (888) 941-9599

**Email:** [lsnm-tc@lsnm.org](mailto:lsnm-tc@lsnm.org)

## Michigan Long-Term Care Ombudsman Program

*Provided by Area Agency on Aging NW MI. The program was created to help address the quality of care and quality of life experienced by people living in facilities Licensed as a Nursing Home, Adult Foster Care, or Home for the Aged.*

**Website:** [www.aaanm.org/](http://www.aaanm.org/)

**Address:** 1609 Park Drive, Traverse City

**Phone:** 231-947-2504

## Clothing

### Benzie Area Christian Neighbors

**Website:** <https://benziebacn.org/>

**Address:** 2804 Benzie Hwy, Benzonia, MI 49616

**Phone:** 231-882-9544

### The Baby Pantry at St. Philip's Episcopal Church

*Hours: 1st & 3rd Saturdays each month, 10am–3pm. For children from 0-5 years of age.*

**Website:** [stphilipsbeulah.org/baby-pantry/](http://stphilipsbeulah.org/baby-pantry/)

**Address:** 785 Beulah Hwy, Beulah

**Phone:** 231-882-4059

### The Father Fred Foundation

**Website:** [fatherfred.org/](http://fatherfred.org/)

**Address:** 826 Hastings, Traverse City

**Phone:** 231-947-2055

# Disabilities

## Area Agency on Aging of Northwest Michigan

*Home & community-based services supporting independent living for older adults and disabled adults over 18 years.*

**Website:** [www.aaanm.org/](http://www.aaanm.org/)

**Address:** 1609 Park Drive P.O. Box 5946, Traverse City

**Phone:** 800-442-1713 or 231-947-8920

## Centra Wellness Network

*Provides services for those with intellectual developmental disabilities.*

**Website:** [www.centrawellness.org/](http://www.centrawellness.org/)

**Address:** 6051 Frankfort Hwy, Benzonia

**Phone:** 877-398-2013

## Disability Network Northern Michigan

*Provides information, assistance, and support to people of all ages with any type of disability including learning, mental illness, emotional struggles, physical barriers, and more.*

**Website:** [www.disabilitynetwork.org/](http://www.disabilitynetwork.org/)

**Address:** 415 East Eighth St., Traverse City

**Phone:** 866-869-8600

## Grand Traverse Dyslexia Association

*Tutorial services for adults & children who have dyslexia or reading problems.*

**Website:** [www.gtdyslexia.org/](http://www.gtdyslexia.org/)

**Address:** 735 S. Garfield Ave, Ste. 100, Traverse City

**Phone:** 231-929-1007

# Diversity, Equity, & Inclusion (DEI)

## Benzie Area Pride Network

**Website:** <http://benziepride.org/>

**Facebook group:** [www.facebook.com/share/LFQ8bLneUC4Z2xDh/](http://www.facebook.com/share/LFQ8bLneUC4Z2xDh/)

**Email:** [benzielgbtq@gmail.com](mailto:benzielgbtq@gmail.com)

## Northern Michigan E3 Anti-Racism Task Force

*An anti-racism task force is led by BIPOC local community members to educate, elevate, and engage.*

**Website:** [sites.google.com/northernmichigane3.com/northernmichigane3/home](https://sites.google.com/northernmichigane3.com/northernmichigane3/home)

**Facebook:** [www.facebook.com/nmichiganE3/](http://www.facebook.com/nmichiganE3/)

**Email:** [nmichigane3@gmail.com](mailto:nmichigane3@gmail.com)

## Traverse City Human Rights Commission

*Anyone in the Traverse City area who believes she/he has been discriminated against on the basis of race, color, religion, national origin, sex, age, height, weight, marital status, physical or mental disability, family status, sexual orientation, or gender identity may file a written report of discrimination with the Human Rights Commission.*

**Website:**

[www.traversecitymi.gov/government/appointed-boards/human-rights-commission/](http://www.traversecitymi.gov/government/appointed-boards/human-rights-commission/)

## Further Resources:

- [All Are Welcome Traverse City Tourism](#)
- [Traverse Connect DEI Resources List](#)
- [Grand Traverse Regional Community Foundation DEI Grant Fund](#)
- [Title Track: Water Equity Youth](#)

## Domestic Violence/Sexual Assault

### CHOICES of Manistee County

**Website:** [www.choicesmanistee.org/](http://www.choicesmanistee.org/)

**Address:** 124 Washington St., Manistee

**Business Phone:** 231-723-6597

**Crisis Line:** 231-723-6004

### Michigan State Police Victim Services Program

*Traverse City Post Advocate (Covering Grand Traverse, Benzie and Leelanau)*

**Website:**

[www.michigan.gov/msp/divisions/grantscommunityservices/victim-services-program](http://www.michigan.gov/msp/divisions/grantscommunityservices/victim-services-program)

**Phone:** 231-492-2666

### Women's Resource Center

**Website:** [www.womensresourcecenter.org/](http://www.womensresourcecenter.org/)

**Address:** 720 S Elmwood Suite 2, Traverse City

**Phone:** 800-554-4972

## Early Childhood Care & Learning

### NMCAA Early Childhood Program (Early Head Start/Head Start)

*Home visiting support program for children 0-3 year-olds and pregnant women. To enhance healthy growth for the child, empower parents, and provide family support and access to community resources. Includes health, vision, hearing, developmental screening, immunizations, home visits, referrals, and play groups.*

**Website:** [nmcaa.net/nmcaa-child-and-family-development/](http://nmcaa.net/nmcaa-child-and-family-development/)

**Phone:** 800-632-7334

## Benzie Central Schools Early Childhood Programs

*Licensed before and aftercare programs available for families that need care outside of school hours. For children ages 0-5. Programs at Betsie Valley Elementary School, Homestead Hills Elementary School, and Lake Ann Elementary School.*

**Website:** [benzieschools.net/early-childhood-programs/](http://benzieschools.net/early-childhood-programs/)

**Email:** [cogerm@benzieschools.net](mailto:cogerm@benzieschools.net)

## Frankfort-Elberta Area Schools Early Childhood Program

*Childcare and learning for ages 0-5 at Frankfort Elementary School, including free state-funded preschool.*

**Website:** [www.frankfort.k12.mi.us/pre-school/early-childhood-enrollment](http://www.frankfort.k12.mi.us/pre-school/early-childhood-enrollment)

**Address:** 613 Leelanau Ave., Frankfort

**Phone:** 231-352-7601

## First Steps

*Child care for children ages 0-5.*

**Facebook:** [www.facebook.com/p/First-Steps-Child-Care-100063519375256/](https://www.facebook.com/p/First-Steps-Child-Care-100063519375256/)

**Address:** 221 Park Ave., Frankfort

**Phone:** 231-399-0240

## Great Start to Quality Northwest Resource Center

*Listing of all licensed childcare providers.*

**Website:** <https://greatstarttoquality.org/northwest-resource-center/>

**Phone:** 877-614-7328

## Stepping Stones Children's Center

*Faith based Child Care center in Lake Ann, Michigan.*

**Facebook:** [www.facebook.com/steppingstonescc/](https://www.facebook.com/steppingstonescc/)

**Address:** 6447 Reynolds Rd., Lake Ann

**Phone:** 231-275-0462

## Whistlestop Learning Center

*For children 6 weeks to 12 years old.*

**Facebook:** [www.facebook.com/whistlestoplearningcenter/](https://www.facebook.com/whistlestoplearningcenter/)

**Address:** 14741 Thompson Ave, Thompsonville  
**Phone:** 231-378-2006

## Early Childhood Resources

### 5toOne Playgroups

Local playgroups for families with children 0-5 throughout the county. Join the 5toOne Facebook page for current parenting resources & events.

**Website:** <https://greatstartkids.com/5toone-playgroup-schedule/>

### The Baby Pantry at St. Philip's Episcopal Church

*Hours: 1st & 3rd Saturdays each month, 10am–3pm. For children from 0-5 years of age.*

**Website:** [stphilipsbeulah.org/baby-pantry/](http://stphilipsbeulah.org/baby-pantry/)

**Address:** 785 Beulah Hwy, Beulah

**Phone:** 231-882-4059

### Benzie-Leelanau Health Department (WIC & MIHP)

**Women, Infants, Children (WIC):** Supports income-eligible pregnant parents and children up to age five with breastfeeding and nutrition resources.

**Maternal Infant Health Program(MIHP):** Free for Medicaid-eligible pregnant women, infants up to age one, and their families, this program helps families stay healthy.

**Website:** [www.bldhd.org/](http://www.bldhd.org/)

**Phone:** 231-884-4409

### Dolly Parton Imagination Library - Benzie County

*This program provides free books that are mailed monthly for children birth to 5 years old.*

**Benzie website:**

[www.benzonialibrary.org/dolly-partons-imagination-library-benzie.html](http://www.benzonialibrary.org/dolly-partons-imagination-library-benzie.html)

**Availability by zip code:**

[imaginationlibrary.com/check-availability/?#selectedCountry=US](http://imaginationlibrary.com/check-availability/?#selectedCountry=US)

## Early On - Northwest Education Services

*Provides developmental assessments and service coordination for 0-3 year olds.*

**Website:**

[www.northwested.org/academic-services/early-childhood-education/age-birth-to-3/](http://www.northwested.org/academic-services/early-childhood-education/age-birth-to-3/)

**Phone:** 800-743-7334 or 231-922-6397

## Healthy Futures

*Information and local resources for parents. Healthy Futures is a collaboration of Munson Healthcare, health departments in Northern Michigan, and healthcare providers.*

**Website:** [healthyfuturesonline.org/](http://healthyfuturesonline.org/)

**Phone:** 888-403-8468 or 231-935-0222

## NMCAA Early Head Start

*Early Head Start home visiting support program for children 0-3-year-olds and pregnant women through weekly in-home activities, optional playgroups, and community referrals. Partners provide no-cost childcare at partner childcare centers.*

**Website:** [nmcaa.net/nmcaa-child-and-family-development/](http://nmcaa.net/nmcaa-child-and-family-development/)

**Phone:** 800-632-7334

# Education

## Adult Education: NW MI Works!

A leading workforce development agency assisting employers in finding and retaining qualified employees by ensuring our local talent pipelines have the skills, training, and education that employers are seeking.

**Website:** [www.nwmiworks.org/job-seeker/adult-education/adult-education.html](http://www.nwmiworks.org/job-seeker/adult-education/adult-education.html)

**Address:** Adult Education Learning Lab (GED) at BACN, 2804 Benzie Highway, Benzonia

**Phone:** 231-882-9544

## Benzie County Central Schools

**Website:** [benzieschools.net/](http://benzieschools.net/)

**Address:** 9300 Homestead Rd, Benzonia

**Phone:** 231-882-9653

## Frankfort-Elberta Area Schools

**Website:** [www.frankfort.k12.mi.us/](http://www.frankfort.k12.mi.us/)

**Address:** 534 11st, Frankfort

**Phone:** 231-352-4641

## Employment Training & Resources

### Michigan Rehabilitation Services

*Assistance with retraining and rehabilitation services for those with a physical or mental disability that makes it difficult to find and keep a job. If you qualify for Social Security Income or Social Security Disability Insurance based on your disability, you probably qualify for MRS.*

**Website:** [www.michigan.gov/leo/bureaus-agencies/mrs](http://www.michigan.gov/leo/bureaus-agencies/mrs)

**Phone:** 877-901-9179

### Northwest Michigan Works!

*Employment help, increase job-seeking skills, including resume, interest, and aptitude tests. Unemployment information is available.*

**Website:** [www.nwmiworks.org/](http://www.nwmiworks.org/)

**Address:** 1209 S. Garfield Ave Suite C, Traverse City & 400 River St., Manistee

**Phone (Traverse City):** 231-922-3700 or 800-442-1074

**Phone (Manistee):** 231-723-2535

### Unemployment Insurance Agency

**Website:** [www.michigan.gov/leo/bureaus-agencies/ui](http://www.michigan.gov/leo/bureaus-agencies/ui)

**Address:** 1209 S. Garfield Ave, Traverse City

**Phone:** 800-638-3995

# Financial Support

## Benzie Area Christian Neighbors

**Website:** [benziebacn.org/](http://benziebacn.org/)

**Address:** 2804 Benzie Hwy, Benzonia

**Phone:** 231-882-9544

## Benzie Senior Resources

**Website:** [benzieseniorresources.org/](http://benzieseniorresources.org/)

**Address:** 10542 Main Street, Honor

**Phone:** 231-525-0600 or 888-893-1102

## Benzie-Manistee Dept. of Health and Human Services

**Website:**

[www.michigan.gov/mdhhs/inside-mdhhs/county-offices/northern-mid-michigan/benzie-county](http://www.michigan.gov/mdhhs/inside-mdhhs/county-offices/northern-mid-michigan/benzie-county)

**Address:** 448 Court Place, Beulah

**Phone:** 231-882-1330 or 844-464-3447

## Benzonia Area Community Emergency Fund

Mills Community House Association

**Website:** <https://www.millscommhouse.org/>

**Phone:** 231-882-0591

**Address:** 891 Michigan Ave, Benzonia

## ECHO His Love

*Parenting support classes, utility assistance, food, clothing.*

**Website:** <https://www.echohislove.org/>

**Phone:** 231-723-6613

## Father Fred Foundation

**Website:** [fatherfred.org/](http://fatherfred.org/)

**Address:** 826 Hastings, Traverse City

**Phone:** 231-947-2055

## Salvation Army - Traverse City

**Website:** [centralusa.salvationarmy.org/TraverseCity/](http://centralusa.salvationarmy.org/TraverseCity/)

**Address:** 1239 Barlow St., Traverse City

**Phone:** 231-946-4644

## Food Assistance

### Benzie Senior Resources

*Provides home-delivered meals for people 60 and over. Meal site: The Gathering Place in the Honor Plaza.*

**Website:** [benzieseniorresources.org/](http://benzieseniorresources.org/)

**Address:** 10542 Main Street, Honor

**Phone:** 231-525-0600 or 888-893-1102

### Benzie-Leelanau District Health Dept/ Women, Infants, and Children (WIC)

*Supplemental food and nutrition program for women, infants, and children that offers nutrition education, counseling, and referrals to other health and social services. Must meet income guidelines and have a nutritional need. Available to pregnant women, mothers, infants, and children under 5 years of age.*

**Website:** [www.bldhd.org/women-infants-and-children-wic-program/](http://www.bldhd.org/women-infants-and-children-wic-program/)

**Address:** 6051 Frankfort Hwy, Benzonia

**Phone:** 231-882-2106

### Benzie-Manistee Dept. of Health and Human Services

**Website:**

[www.michigan.gov/mdhhs/inside-mdhhs/county-offices/northern-mid-michigan/benzie-county](http://www.michigan.gov/mdhhs/inside-mdhhs/county-offices/northern-mid-michigan/benzie-county)

**Address:** 448 Court Place, Beulah

**Phone:** 231-882-1330 or 844-464-3447

## Food Pantries

### The Baby Pantry at St. Philip's Episcopal Church

*Hours: 1st & 3rd Saturdays each month, 10am–3pm. For children from 0-5 years of age.*

**Website:** [stphilipsbeulah.org/baby-pantry/](http://stphilipsbeulah.org/baby-pantry/)

**Address:** 785 Beulah Hwy, Beulah

**Phone:** 231-882-4059

### Benzie Area Christian Neighbors

*Hours: Monday-Thursday, 10am-2pm, Tuesdays 4-7pm, Fridays 10am-12pm*

**Website:** [benziebacn.org/](http://benziebacn.org/)

**Address:** 2804 Benzie Hwy, Benzonia

**Phone:** 231-882-9544

### Benzie Food Partners

**Website:** [northwestmifoodcoalition.org/benzie/](http://northwestmifoodcoalition.org/benzie/)

**Address:** 10907 Main Street, Honor

**Phone:** 231-325-2936

### Benzie Recovery Center

*Formerly Benzie Drop-in Center. Must have a disability to receive food*

**Website:** [northwestmifoodcoalition.org/benzie/](http://northwestmifoodcoalition.org/benzie/)

**Address:** 1034 Michigan Ave., Benzonia

**Phone:** 231-383-4300

### Father Fred Foundation

*Open 10am-2pm on Tuesdays, Thursdays, and Fridays, and 10am-7pm on Wednesdays.*

**Website:** [fatherfred.org/](http://fatherfred.org/)

**Address:** 826 Hastings, Traverse City  
**Phone:** 231-947-2055

## Fresh Wind Christian Ministries Food Pantry (Thompsonville)

*2nd and 4th Tuesday of every month from 10am to 12pm.*

**Website:** [freshwindchristiancommunity.org/food-pantrybaby-pantry.html](http://freshwindchristiancommunity.org/food-pantrybaby-pantry.html)

**Address:** 14595 Thompson Ave., Thompsonville

**Phone:** 231-325-0344

## Lake Ann Methodist Church Food Pantry

*Open Tuesdays and Thursdays 9am-12pm and Wednesdays from 4:30pm-6:30pm.*

**Website:** [www.lakeannumc.com/copy-of-ministries](http://www.lakeannumc.com/copy-of-ministries)

**Address:** 6583 First St., Lake Ann

**Phone:** 231-275-7236

## Northwest Food Coalition

*Listing of food pantries in the 5-county region*

Website: <https://northwestmifoodcoalition.org/benzie/>

# Health & Dental Resources

## Benzie-Leelanau District Health Department

*Personal Health Services for children, adults, and pregnant women. WIC, immunizations, hearing, vision, breast and cervical cancer screening, and home visits.*

**Website:** [www.bldhd.org/](http://www.bldhd.org/)

**Address:** 6051 Frankfort Hwy., Benzonia

**Phone:** 231-882-4409

## Children's Special Health Care Services (CSHCS)

*Case management and home visits for families with children with chronic illness(s). Provided by the Benzie-Leelanau District Health Department.*

**Website:** [www.bldhd.org/childrens-special-health-care-services-cshcs/](http://www.bldhd.org/childrens-special-health-care-services-cshcs/)

**Address:** 6051 Frankfort Hwy, Ste 100, Benzonia

**Phone:** 231-882-4409

**CSHCS Family Phone Line:** 800-359-3722

## Dental Clinics North

**Website:** [www.dentalclinicsnorth.org/](http://www.dentalclinicsnorth.org/)

**Address:** 2600 Lafranier Rd., Suite B, Traverse City

**Phone:** 231-932-7316 or 866-878-6557

## Northwest Michigan Health Services, Inc.

*Federally qualified health center that accepts all patients regardless of insurance status or ability to pay. It bills Medicaid/Medicare plans and has a sliding fee scale for the uninsured. Provides primary care, behavioral health, and dental services.*

**Website:** [nmhsi.org](http://nmhsi.org)

**Address:** 6051 Frankfort Hwy., Benzonia

**Phone:** 231-383-4800

## Paul Oliver Memorial Hospital | Frankfort, Michigan

**Website:** [www.munsonhealthcare.org/paul-oliver-memorial-hospital](http://www.munsonhealthcare.org/paul-oliver-memorial-hospital)

**Address:** 224 Park Ave., Frankfort

**Phone:** 231-352-2200

## Traverse Health Clinic

*Federally qualified health center that accepts all patients regardless of insurance status or ability to pay. Bills Medicaid/Medicare plans and has a sliding fee scale for uninsured.*

**Website:** [www.traversehealthclinic.org](http://www.traversehealthclinic.org)

**Address:** 1719 S. Garfield Ave., Traverse City

**Phone:** 231-935-0799

## United We Smile

*Free dental services for children, pregnant women, veterans, and those with developmental disabilities.*

**Website:** [uwsmile.org/](http://uwsmile.org/)

**Address:** 4075 Copper Ridge Dr., Traverse City

**Phone:** 231-844-4601

## Health Insurance Enrollment

### Northwest Michigan Health Services, Inc.

**Website:** [www.nmhsi.org](http://www.nmhsi.org)

**Address:** 6051 Frankfort Hwy., Benzonia

**Phone:** 231-383-4800

## Home Furnishings

### ECHO His Love

**Website:** <https://www.echohislove.org/>

**Phone:** 231-723-6613

## Housing: Housing & Home Repairs

### The Father Fred Foundation

*Emergency financial assistance for security deposits and past due rent. No assistance for housing repairs at this time. Requests for assistance can be made in person.*

**Website:** [fatherfred.org/](http://fatherfred.org/)

**Address:** 826 Hastings, Traverse City

**Phone:** 231-947-2055

### Grand Traverse Band of Ottawa and Chippewa Indians Housing Department

**Website:** [www.gtbindians.org/housing\\_dept.asp](http://www.gtbindians.org/housing_dept.asp)

**Address:** 11244 Kidahkeh, Peshawbestown

**Phone:** 231-534-7800

## Habitat for Humanity Benzie County

*Through collaborative efforts with eligible partner families, HFH promotes the building and renovation of simple, decent, and affordable houses in Benzie County.*

**Website:** [benziehabitat.org/](http://benziehabitat.org/)

**Address:** 955 James Street, Frankfort

**Phone:** 231-399-0300

## Homestretch Housing

*Rental housing available in Benzie County*

**Website:** [homestretchhousing.org/](http://homestretchhousing.org/)

**Phone:** 231-947-6001

## MSHDA Rental Assistance

*A compilation of rental assistance programs, homeless assistance, and local rental housing.*

**Website:** [www.michigan.gov/mshda/rental/resources](http://www.michigan.gov/mshda/rental/resources)

**Phone:** 231-377-7155

## Northwest Michigan Coalition to End Homelessness

**Website:** [www.endhomelessnessmi.org/help](http://www.endhomelessnessmi.org/help)

**24/7 Call Center (intake for people experiencing homelessness):** 1-844-900-0500

**Phone (information):** 231-499-1019

## Northwest Michigan Community Action Agency

*Homeless prevention counseling, rental counseling, foreclosure prevention counseling, home repair programs, weatherization, homebuyer and budget counseling and workshops, individual development accounts.*

**Website:** [www.nmcaa.net](http://www.nmcaa.net)

**Address:** 3963 Three Mile Rd, Traverse City

**Phone:** 800-632-7334 or 231-947-3780

## Northwest Michigan Supportive Housing

*Eligibility: Homeless by HUD definition, very low income, adults with special needs: mental illness, developmental disability, substance abuse, HIV/AIDS, fleeing domestic violence.  
Tenant pays 30% of gross adjusted monthly income*

**Website:** [/nmshousing.org/](http://nmshousing.org/)

**Address:** 3588 Veterans Dr, Traverse City

**Phone:** 231-929-1309

## Housing: Shelters/Transitional Housing

### ECHO His Love - Safe Harbor - Manistee

*Shelter available during winter months.*

**Website:** [www.echohislove.org/ministry-schedules](http://www.echohislove.org/ministry-schedules)

**Address:** 525 Michael St, Manistee

**Helpline (for individuals seeking shelter):** 844-900-0500

**Office Phone:** 231-723-6613

### Goodwill Inn

Emergency shelter for HUD homeless families and individuals serving Benzie, Antrim, Grand Traverse, Kalkaska & Leelanau counties. Goodwill provides basic needs including food, clothing, and shelter. Case Management; Housing Support Services.

**Website:** [www.goodwillnmi.org/goodwillinn](http://www.goodwillnmi.org/goodwillinn)

**Address:** 2943 N Keystone Rd, Traverse City

**Phone:** 231-922-4890 or 844-900-0500

### Pete's Place of Child & Family Services of NW Michigan

*Youth shelter, youth and family services. Includes support services providing prevention, crisis intervention, and counseling services. Programs include: Street Outreach Program, Benzie Youth and Family Assistance Program, Transitional Living Program, and Windfire.*

**Website:** [www.cfsnwmi.org/](http://www.cfsnwmi.org/)

**Address:** 2943 N. Keystone Rd, Traverse City

**Phone:** 231-946-8975

## Safe Harbor of Grand Traverse

*Shelter is available from October 15 to April 30.*

**Website:** [www.gtsafeharbor.org/](http://www.gtsafeharbor.org/)

**Address:** 517 Wellington St, Traverse City

**Phone:** 844-900-0500

## Women's Resource Center

*Counseling, assistance, and shelter options for people impacted by domestic and sexual violence.*

**Website:** [www.womensresourcecenter.org/](http://www.womensresourcecenter.org/)

**Address:** 720 S Elmwood Ave Suite 2, Traverse City

**Phone:** 800-554-4972

## Other Housing Resources:

- [Frankfort Area Community Land Trust](#)
- [Housing North](#)
- [Michigan Housing Data Portal](#)
- [Michigan Foreclosure Prevention](#) - **Phone:** 866-946-7432
- [Regional Housing Partnerships](#)
- [Rental Preservation Program — Housing North](#)

# Mental Health Services & Resources

## Benzie Friends Drop-In Center

*A non-profit offering support for mental health issues. Food pantry, fitness & more.*

**Facebook:** [www.facebook.com/benzie.dropin/](http://www.facebook.com/benzie.dropin/)

**Address:** 1034 Michigan Ave, Benzonia

**Phone:** 231-383-4300

## Catholic Human Services

**Website:** [www.catholichumanservices.org/](http://www.catholichumanservices.org/)

**Address:** 6051 Frankfort Hwy, Benzonia  
**Phone:** 231-775-6581

## Centra Wellness Network

*Benzie Community Resource Center.*

**Website:** <https://www.centrawellness.org/>  
**Address:** 6051 Frankfort Hwy, Benzonia  
**Info & 24-hour crisis line:** 877-398-2013

## Child and Family Services of NW Michigan

**Website:** [www.cfsnwmi.org/](http://www.cfsnwmi.org/)  
**Address:** 3785 Veterans Drive, Traverse City  
**Phone:** 231-946-8975

## Embrace Wellness LLC

**Facebook:** [www.facebook.com/embracewellnessllc/](http://www.facebook.com/embracewellnessllc/)  
**Address:** 105 Main St , Honor  
**Email:** [embracewellnessllc@gmail.com](mailto:embracewellnessllc@gmail.com)  
**Phone:** 231-680-4555

## Northwest Michigan Health Services, Inc.

**Website:** [nmhsi.org/locations/benzonia/](http://nmhsi.org/locations/benzonia/)  
**Address:** 6051 Frankfort Hwy, Benzonia  
**Phone:** 231-383-4800

## Mental Wellness Counseling

*Manistee & Traverse City locations, and telehealth locations. Sliding scale available.*

**Website:** [mentalwellnesscounseling.com/](http://mentalwellnesscounseling.com/)  
**Phone:** 231-714-0282

# Parenting Resources

## Community Family Mentors

*Providing opportunities for supervised visits for parents and their children in Benzie and Manistee Counties.*

**Email:** [communityfamilymentors1@gmail.com](mailto:communityfamilymentors1@gmail.com)

## Hope House of Northwest Michigan

*This home provides a safe and loving Christian living environment for single, expectant young women who need assistance.*

**Website:** [hopehousenwmi.com/](http://hopehousenwmi.com/)

**Phone:** 231-399-0142

## Michigan Kinship Care Coalition

*Working with grandparents raising grandchildren to help strengthen grandfamilies and improve the lives of children.*

**Facebook:** <https://www.facebook.com/MichiganKCC/>

**Phone:** 616-889-0863

## NMCAA Early Head Start

*Committed to supporting parents every step of the way for 0-3 year olds.*

**Website:** [nmcaa.net/nmcaa-child-and-family-development/](http://nmcaa.net/nmcaa-child-and-family-development/)

**Phone:** 800-632-7334

## Single MOMM

A community of single moms who are walking through their stories, uncovering their greatness and courageously moving forward. Igniting hope, healing, and confidence within single-mom families.

**Website:** <http://www.singlemomm.org>

**Phone:** 231-499-5817

## Pregnancy Resources

### The Baby Pantry at St. Philip's Episcopal Church

*Hours: 1st & 3rd Saturdays each month, 10am–3pm. For children from 0-5 years of age.*

**Website:** [stphilipsbeulah.org/baby-pantry/](http://stphilipsbeulah.org/baby-pantry/)

**Address:** 785 Beulah Hwy, Beulah

**Phone:** 231-882-4059

### Benzie-Leelanau Health Department (WIC & MIHP)

**Women, Infants, Children (WIC):** Supports income-eligible pregnant parents and children up to age five with breastfeeding and nutrition resources.

**Maternal Infant Health Program(MIHP):** Free for Medicaid-eligible pregnant women, infants up to age one, and their families, this program helps families stay healthy.

**Website:** [www.bldhd.org/](http://www.bldhd.org/)

**Phone:** 231-884-4409

### Generations Ahead

*Providing support for pregnant teens.*

**Website:** [generationsahead.org](http://generationsahead.org)

**Address:** 3962 Three Mile Rd, Traverse City

**Phone:** 231-883-0117

### Hope House of Northwest Michigan

*This home provides a safe and loving Christian living environment for single, expectant young women who need assistance.*

**Website:** [hopehousenwmi.com/](http://hopehousenwmi.com/)

**Phone:** 231-399-0142

## Walker Health Center - Planned Parenthood

**Website:**

[www.plannedparenthood.org/health-center/michigan/traverse-city/49686/walker-health-center-3297-90630](http://www.plannedparenthood.org/health-center/michigan/traverse-city/49686/walker-health-center-3297-90630)

**Address:** 1135 E. 8th St., Traverse City

**Phone:** 231-929-1844

## Senior Services & Resources

### Area Agency on Aging of Northwest Michigan

*Home & community-based services supporting independent living for older adults and disabled adults over 18 years.*

**Website:** [www.aaanm.org/](http://www.aaanm.org/)

**Phone:** 800-442-1713 or 231-947-8920

### Benzie Senior Resources

*Offering meals, including home-delivered meals to homebound seniors; congregate meals held at the Gathering Place in Honor Plaza. Also provides: Careline (Guardian Medical Monitoring), MMAP assistance; homemaker services; home chores; CompuMed medication dispensers (rent); snow removal services, Benzie Bus passes, information, referral, registered nurse assessments, care plans, and help with medication management; home health aide assistance with personal care, meal preparation, light housekeeping, exercise, errands, and companionship; respite providing time off for family caregivers; telephone reassurance for isolated seniors; free, gently used medical equipment loans; and information and referrals.*

**Website:** [www.benzieseniorresources.org](http://www.benzieseniorresources.org)

**Address:** 10542 Main Street, Honor

**Phone:** 231-525-0600 or 888-893-1102

### Hospice | Munson Healthcare | Northern Michigan

Munson Home Health.

**Website:** [www.munsonhealthcare.org/home-health/hospice](http://www.munsonhealthcare.org/home-health/hospice)

**Phone:** 800-252-2065

## The Maples Benzie County Medical Care Facility

*Provides long-term care, skilled nursing care, rehabilitation services, and an outstanding activities department. Residents are offered a wide range of events, including off-site and onsite activities and a home atmosphere.*

**Website:** [www.benziemaples.org](http://www.benziemaples.org)

**Address:** 210 Maple Ave., Frankfort

**Phone:** 231-352-9674

## Senior Volunteer Programs - Catholic Human Services

*The Senior Companion and Foster Grandparent Programs. Open to those age 55 or better. Serving other senior citizens as well as children in your community.*

**Website:** [www.catholichumanservices.org/old-senior-volunteer-programs](http://www.catholichumanservices.org/old-senior-volunteer-programs)

**Address:** 1832-A Oak Hollow Drive, Traverse City

**Phone:** 800-658-8554

## Substance Use (Treatment & Recovery)

### 217 Recovery

*Transportation services, multiple pathway meetings, recovery connections, recovery coaching services. Helping people in early recovery. <https://www.217recovery.com/>.*

**Website:** [www.217recovery.com/](http://www.217recovery.com/)

**Address:** 945 E. Eighth St. Suite B, Traverse City

**Phone:** 231-421-1903

### Al-Anon Family Groups

**Website:** [alanon-d39.org/](http://alanon-d39.org/)

**Phone:** 231-938-7399

### Alcoholics Anonymous (AA)

**Website:** [www.aa.org/](http://www.aa.org/)

**Phone:** 231-946-8823

### Addiction Treatment Services

**Website:** [addictiontreatmentservices.org/](http://addictiontreatmentservices.org/)

**Phone:** 800-622-4810

## Catholic Human Services/Alcohol & Drug Services

**Website:** <https://www.catholichumanservices.org/alcohol-and-drug-recovery>

**Phone:** 231-947-8110

## Drug Free Northern Michigan

*Click on the Recovery tab at the top of the page to get a list of recovery resources.*

**Website:** <https://www.drugfreenorthernmichigan.net/>

## Harm Reduction Program

*Provided by the Benzie-Leelanau District Health Department.*

**Website:** [www.bldhd.org/syringe-service-program-ssp/](http://www.bldhd.org/syringe-service-program-ssp/)

**Address:** 6051 Frankfort Hwy, Benzonia

**Phone:** 231-882-4409

## Michigan State Police Angel Program

*Allows individuals struggling with a substance use disorder to walk into a Michigan State Police Post during regular business hours to ask for assistance. Program participants are guided through a professional substance use assessment and intake process to ensure proper placement into treatment.*

**Website:** [www.michigan.gov/msp/divisions/grantscommunityservices/angel](http://www.michigan.gov/msp/divisions/grantscommunityservices/angel)

**Address:** 218 W. Fourteenth St., Traverse City

**Phone:** 231-938-0714

## Munson Behavioral Health Outpatient Clinic

**Website:**

[providers.munsonhealthcare.org/location/behavioral-health-services-outpatient/loc0000110626](http://providers.munsonhealthcare.org/location/behavioral-health-services-outpatient/loc0000110626)

**Address:** 4230 Copper Ridge Dr. Building E, Traverse City

**Phone:** 800-662-6766

## Narcan Distribution Boxes in Benzie County

*Provided through the Benzie-Leelanau District health Department's Harm Reduction Program. Learn more at: [www.blhd.org/syringe-service-program-ssp/](http://www.blhd.org/syringe-service-program-ssp/)*

- Archer Country Store- 7567 Michigan Ave, Thompsonville
- Benzie Area Christian Neighbors (BACN)- 2804 Benzie Hwy, Benzonia
- Benzie Bus- 14150 US-31, Beulah
- BLDHD Benzie Office-outside the main entrance
- Elberta United Methodist Church- 555 Lincoln Avenue, Elberta
- First Congregational Church of Frankfort- 431 Forest Ave, Frankfort
- Frankfort United Methodist Church- 537 Crystal Ave, Frankfort
- Jacobson Marina- 15 4th St Frankfort
- "The Barn" at First Congregational Church of Benzonia- 901 Barber St Benzonia

## Narcotics Anonymous

**Website:** [na.org/](http://na.org/)

**Phone:** 800-230-4085

## National Drug Helpline

**Website:** [drughelpline.org/](http://drughelpline.org/)

**Phone:** 844-289-0879

## Northern Michigan Regional Entity Access Center

*You will be connected with a Care Manager who will ask some questions and determine what services are appropriate for you and if you qualify for funding.*

**Website:** [www.nmre.org/recipients/substance-use-disorder-services](http://www.nmre.org/recipients/substance-use-disorder-services)

**Phone:** 800-834-3393

## Northern Michigan Substance Abuse Services

**Website:** [nmsasrecoverycenter.org/](http://nmsasrecoverycenter.org/)

**Address:** 2136 M-32, Gaylord

**Phone:** 989-732-1791

## Pine Rest Christian Mental Health Services

**Website:** [www.pinerest.org/addiction/](http://www.pinerest.org/addiction/)

**Address:** 1050 Silver Dr., Traverse City

**Phone:** 866-852-4001

# Transportation

## Benzie Bus

**Website:** [www.benziebus.com/](http://www.benziebus.com/)

**Phone:** 231-325-3000

# Utilities

## Benzie Area Christian Neighbors

**Website:** [benziebacn.org/](http://benziebacn.org/)

**Address:** 2804 Benzie Hwy, Benzonia

**Phone:** 231-882-9544

## Benzie-Manistee Dept. of Health and Human Services

**Website:**

[www.michigan.gov/mdhhs/inside-mdhhs/county-offices/northern-mid-michigan/benzie-county](http://www.michigan.gov/mdhhs/inside-mdhhs/county-offices/northern-mid-michigan/benzie-county)

**Address:** 448 Court Place, Beulah

**Phone:** 231-882-1330 or 844-464-3447

## ECHO His Love

*Parenting support classes, utility assistance, food, clothing*

**Website:** <https://www.echohislove.org/>

**Phone:** 231-723-6613

## Father Fred Foundation

**Website:** [fatherfred.org/](http://fatherfred.org/)

**Address:** 826 Hastings, Traverse City

**Phone:** 231-947-2055

## Salvation Army - Traverse City

**Website:** [centralusa.salvationarmy.org/TraverseCity/](http://centralusa.salvationarmy.org/TraverseCity/)

**Address:** 1239 Barlow St., Traverse City  
**Phone:** 231-946-4644

## TrueNorth Community Services

**Website:** [tnempower.org/](http://tnempower.org/)  
**Phone:** 231-355-5880

## Veteran Services

### Veteran Affairs Office - Benzie County

*Located at the Benzie Government Center.*

**Address:** 448 Court Pl, Beulah  
**Phone:** 231-882-0034

## Volunteer Opportunities

### American Red Cross - Northern Michigan Chapter

**Website:** [www.redcross.org/local/michigan/volunteer.html](http://www.redcross.org/local/michigan/volunteer.html)  
**Phone:** 313-833-4440, then press option #7 from menu

### Benzie Area Christian Neighbors

**Website:** [benziebacn.org/volunteer-2/](http://benziebacn.org/volunteer-2/)  
**Address:** 2804 Benzie Hwy, Benzonia  
**Phone:** 231-882-9544

### Benzie Conservation District

**Website:** [www.benziecd.org/volunteer.html](http://www.benziecd.org/volunteer.html)  
**Address:** 280 Benzie Blvd., Beulah  
**Phone:** 231-882-4391

### Benzie Senior Resources

**Website:** [benzieseniorresources.org/support/volunteer/](http://benzieseniorresources.org/support/volunteer/)  
**Address:** 10542 Main Street, Honor

**Phone:** 231-525-0600

## Community Family Mentors

*Volunteer to mentor parents with supervised visits with their children in Benzie and Manistee Counties.*

**Email:** [communityfamilymentors1@gmail.com](mailto:communityfamilymentors1@gmail.com)

## Friends of the Betsie Valley Trail

**Website:** [betsievalleytrail.org/volunteer/](http://betsievalleytrail.org/volunteer/)

## Grow Benzie

**Website:** [www.growbenzie.org/volunteer](http://www.growbenzie.org/volunteer)

**Address:** 5885 Frankfort Hwy, Benzonia

**Phone:** 231-882-9510

## Grand Traverse Regional Land Conservancy

Check out the event calendar for Benzie County location work days.

**Website:** [www.gtrlc.org/volunteer/](http://www.gtrlc.org/volunteer/)

**Phone:** 231-929-7911 or 888-929-3866

## Habitat for Humanity of Benzie County

**Website:** [benziehabitat.org/volunteer/](http://benziehabitat.org/volunteer/)

**Email:** [volunteer@benziehabitat.org](mailto:volunteer@benziehabitat.org)

## Joy 2 Ride Benzie

*Help bring the joy and benefits of biking to individuals with disabilities. Positions available in "piloting", marketing, fundraising, to T-shirts, signs, helmets, and more.*

**Website:** [www.joy2ridebenzie.org/volunteer/](http://www.joy2ridebenzie.org/volunteer/)

**Phone:** 231-651-0434

## United Way of Northwest Michigan

*For more volunteer opportunities across the region, including a Benzie County calendar.*

**Website:** <https://unitedwaynwmi.galaxydigital.com/>

# Youth Services

## Child & Family Services/Youth Services

**Website:** [www.cfsnwmi.org/youth-services](http://www.cfsnwmi.org/youth-services)

**Phone:** 231-922-4800

## SEEDS Program at Benzie Central Middle/High School

**Website:** [benzieschools.net/seeds-middle-school/#](http://benzieschools.net/seeds-middle-school/#)

**Address:** 9300 Homestead Rd, Benzonia

**Phone:** 231-882-4497