

FOOD RESOURCES - PANTRIES & MEAL SITES

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

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.

Antrim, Grand Traverse, and Kalkaska counties

BUCKLEY FOOD PANTRY

205 E Wexford Ave, Buckley, MI

231-633-4720

Pantry Hours

Thursday 5pm to 7pm

Saturday 10:30am to 12pm

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 & outside meal

Lunch Hours

Thursday: 12 noon – 1 pm- “to-go” meal inside & outside

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

CHRIST CHURCH FOOD PANTRY AND MEAL SITE

430 Fair St, Traverse City MI

231-946-9451

Pantry Hours

Monday & Wednesday & Friday 11 am-1pm

Community Meal Carry-out

Saturdays 5:30pm to 6:30p

FAITH REFORMED CHURCH COMMUNITY MEAL

1139 East Front St, Traverse City MI

231-947-7082

Meal Hours

Thursday 5:00 pm to 6pm

Inside or take out

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

FATHER FRED FOUNDATION

826 Hastings St, Traverse City MI
231-947-2055

Hours

Tuesday & Thursday & Friday 10 am – 2 pm
Wednesday 10 am – 7pm

GRACE EPISCOPAL FOOD PANTRY & COMMUNITY LUNCH

341 Washington St, Traverse City MI
231-947-2330

Food Pantry Hours

Monday & Friday 11:30am to 1:30pm / 2 times a month

Meal Site Hours

Friday 12pm and Saturday 1pm / every week

[Visit our website](#)

GRACE POINT CAFE AT CHURCH OF THE NAZARENE COMMUNITY MEAL

1023 S Division St, Traverse City MI
231-947-5445

Meal Hours

Tuesday 5 pm – 6:00 pm / meals on-site or take-out

GRAND TRAVERSE BABY PANTRY

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

Hours

2nd Thursday of the month- 10am to 2pm

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

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

GRAND TRAVERSE BAND – GRAND TRAVERSE/ANTRIM

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

Hours

Monday – Friday 8am to 5pm / closed 12pm to 1pm

Usage- Adults (18+) with Tribal Identification

IMMACULATE CONCEPTION FOOD PANTRY

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

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

Hours—Drive Up Only

Tuesday & Thursday 7 pm – 8 pm

Usage: 2 times per month

KANDU ISLAND FOOD PANTRY

3003 S Garfield Ave, Traverse City MI

231-932-1590

Hours

2nd Wednesday of the month 11am to 3pm*

*If food is needed at any other time of the month, call to schedule an appointment

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

KINGSLEY UNITED METHODIST CHURCH FOOD PANTRY

113 Blair St, Kingsley MI

231-263-5278

Hours

Wednesday & Friday 9am to 12pm

PRAYERFYRE FOOD PANTRY

4094 Coors Drive, Traverse City

231-218-7191

Hours

By appointment only

LOVE THY NEIGHBOR / HYGIENE PANTRY

325 Washington Street, Traverse City

231-941-5683

Hours

Monday-Wednesday 10am to 1pm

2 times a month

NMC FOOD PANTRY

1701 E Front Street, Traverse City

231-995-1118

Monday – Friday 8am to 5pm

Open to students taking college credit classes

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

PROJECT FEED THE KIDS

Pre-Packed Meals in Coolers

- Cooler at J & S South Airport- 1081 S. Airport Rd, Traverse City
- Cooler at J & S Kingsley- 413 Main St, Kingsley
- Cooler in Kalkaska Township- 107 Elm St, Kalkaska
- Cooler at Hanover Township Building- 203 N Second St, Buckley
- Cooler at Fresh Coast Market- 7270 N Long Lake Rd, Traverse City
- Cooler at Interlochen- 2074 M-137, Interlochen
- Cooler at Chum's Corner- 841 US-31, Traverse Cit

REDEEMER LUTHERAN OF INTERLOCHEN FOOD PANTRY / BABY PANTRY

1896 Rogers Rd, Grawn, MI

231-276-6372

Hours- Food Pantry

Thursday 10am – 12pm

Hours- Baby Pantry

Thursday 2pm to 5pm

<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

Community Free Food Market Hours

Monday & Wednesday 12 noon – 1 pm

SAL'S KITCHEN MEAL SITE

1239 Barlow St, Traverse City, MI

231-946-4644

Meal Hours-

Monday & Wednesday -12 noon – 1 pm

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

SPIRIT ISD FOOD PANTRY

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

1100 Silver Drive, Traverse City MI

Special Announcement- Currently closed for renovations

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

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 Lake Rd, Traverse City MI 49685

231-943-4633

Pantry Hours –

Tuesday & Thursday Mornings 10am – 12 noon or by appointment

STEP UP NORTHERN MICHIGAN

3159 Ogidaki Trail, Traverse City, MI 49686

989-619-3657

Hours-

Monday – Friday 9am to 3pm during the TCAPS school year

Pantry is for enrolled students and their families. Serving: TC Central High School, West Senior High, Greenspire Middle & High School, Traverse Heights Elementary, Blair Elementary

TRAVERSE HOUSE CLUBHOUSE

105 Hall St, Suite B, Traverse City MI

231-922-2060

Pantry Hours

Monday, Wednesday, Thursday, & Friday – 2pm to 3pm

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

Tuesday 10:30am to 11:30am

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 – 11am

Meal Hours—Take Out Only

Sunday 5 pm – 6 pm

Usage: 2 times per month

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, Tuesday, Thursday, Friday – 10am to 3 pm

Call 231-258-0060 ext. 4 for service

Meal Site Hours—To-Go Only

Monday - 11 am – 1 pm

Thrift Store Hours

Monday, Tuesday, Thursday, Friday- 10 am – 4 pm

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

KALKASKA BABY PANTRY

1725 W Kalkaska Rd, Kalkaska MI

231-258-4739 or 231-258-9441

Hours

9:30 am – 1:00 pm-The 2nd and 4th Tuesday of the month.

NEW HORIZONS CLUB HOUSE

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

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

MEAL SITES

SUNDAY

Lunch: Grace Episcopal Church, Washington Street **1pm to 2pm**

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

MONDAY

Breakfast: Central Church **8:30am to 10:30pm**

Lunch: Salvation Army 1239 Barlow **12pm**

Dinner: 5 Loaves, 2 Fish, Veteran's Memorial Park near the hospital **5pm to 6pm**

TUESDAY

Breakfast: Central Church **8:30-10:30 am**

Dinner: Church of the Nazarene, 1023 S. Division **5:00pm to 6pm**

WEDNESDAY

Breakfast: Central Church **8:30-10:30 am**

Lunch: Salvation Army 1239 Barlow **12pm**

THURSDAY

Breakfast: Central Church **8:30-10:30**

Lunch: **Central Church**, Parking Lot off alley, Cass St. entrance **12pm -1 pm**

Dinner: Faith Reformed 1139 E. front St. **5pm to 6pm**

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

FRIDAY

Breakfast: Central Church 8:30-10:30 am

Lunch: Grace Church on Washington St. 12pm to 1pm

SATURDAY

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

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

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

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.

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

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.

WIC PRODUCE CONNECTION

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

Hours

2nd Thursday 10am to 4pm

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

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

SALVATION ARMY

1239 Barlow St, Traverse City MI

231-946-4644

Can provide vouchers for clothing at the Salvation Army Thrift Store

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

WOMENS 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.

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

TRANSPORATION 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

MEDICAL TRANSPORTATION

BATA- BAY AREA TRANSPORTATION AUTHORITY

Having trouble finding a ride to your next medical appointment?

Bay Area Transportation provides 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 transportation. You can call

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

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.

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

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 or 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

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

THE WOMENS RESOURCE CENTER

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

231-941-1210

800-554-4972-24-hour 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 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)

Call 1-833-295-0616

FAMILY ASSESSMENT & SAFETY TEAM OR 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 in 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. 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

Suicide and Crisis Lifeline-988

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

GRAND TRAVERSE MENTAL HEALTH CRISIS AND ACCESS CENTER

410 Brook St., Traverse City

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

Hours

Open 24 hours a day, & days a week, 365 days a year

This is a community-based mental health facility designed to provide a comfortable, welcoming alternative to traditional emergency room settings for individuals experiencing a mental health crisis. Provides immediate support, counseling, and connection to future care

TRAVERSE BAY CHILDRENS ADVOCACY CENTER

2000 Chartwell Drive #3, Traverse City, MI 49686

231-929-4250

Traverse Bay Children's Advocacy Center provides support for children in the Grand Traverse region who are suspected victims of sexual abuse, physical abuse, and being a witness to violence.

SAFE FAMILIES FOR CHILDREN

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

Phone: 231-421-6494

Email: 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.

HEALTH SERVICES – PHYSICAL HEALTH

MEDICAID HEALTH INSURANCE

For information about Medicaid

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

- Replace a lost or stolen card **1-800-975-7630**
- MI ENROLLS, enroll in or change your health or dental plan **1-800-975-7630**
See if you or an individual currently has coverage **1-800-975-7630**
- Beneficiary help line **1-800-642-3195**. Call Center Hours are 8:00am-7:00pm
- You can also enroll in a health or dental plan, check your enrollment status or order a card online at ***healthcare4mi.com***
- Order MI Health Cards **1-800-642-3195**
- Speech/Hearing impaired **1-888-263-5897**

MI CHILD HEALTH INSURANCE

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

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

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

MICHIGAN MEDICAID DENTAL HEALTH PLANS

Blue Cross Blue Shield of Michigan

Beneficiaries: 800-936-0935

Providers: 844-876-7917

www.bcbm.com/healthykids

Delta Dental of Michigan

Contact: 866-696-7441

www.deltadentalmi.com

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.

NORTHWEST MI HEALTH SERVICES

10767 Traverse Highway, Traverse City, MI 49684

231-947-0351

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

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

discounted prices through the 340B Program to assist patients who need help with prescription affordability.

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

GRAND TRAVERSE COUNTY HEALTH DEPT

2600 Lafranier Rd., Traverse City, MI 49686

231-995-611

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

Immunizations: 231-995-6131

Family Planning/Reproductive Health: 231-995-6113

Children's Special Healthcare and Maternal Infant Health Program: 231-995-6130

Community Health General Number: 231-995-6111

Environmental Health Main Number: 231-995-6051

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.

<http://nwhealth.org/cc.html>

GOODWILL OPTICAL

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

(231) 932-1520

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

MUNSON IMMUNIZATION CLINIC

Pediatric Specialty Clinic

106 S. Madison

Traverse City, MI 49684

231-935-8125

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. Please call 231-935-8125 to request an appointment. The Children's Immunization Clinic welcomes infants, children, and teens age 18 and under for many

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

vaccinations, including the flu shot. They accept most insurance providers and Medicaid. Cash payments are not accepted. No child will be turned away.

PLANNED PARENTHOOD OF NORTHERN MICHIGAN

1135 E. 8th Street
Traverse City, MI 49686
(231) 929-1844

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

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

Thrive Medical Clinic

121 South Garfield Road, Suite C
Traverse City, MI 49686
(231) 929-3488

Services Provided: Pregnancy testing, Pregnancy Confirmation Ultrasound, Option consultations and Abortion Information Also providing ongoing emotional and practical support through mentorship, free maternity and baby supplies, and connections with local resources

PEDIATRICIAN OFFICE LISTING-TRAVERSE CITY AREA

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

Kids Creek Clinic

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

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

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

Crystal Lake Clinic
(231) 275-7965 Interlochen
(231) 263-0707 Kingsley
(231) 922-0667 TC 5191 Rosewood Dr
(231) 642-5560 Chums Corners
Fax:(231) 935-0788

West Front Primary Care
3527 West Front Street
Traverse City, MI 49684
Ph: (231) 935-8930
Fax:(231) 935-8811

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

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

Munson Family Practice

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

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

DENTISTS THAT ACCEPT MI HEALTHY KIDS MEDICAID

DELTA DENTAL

United we Smile

4075 Copper Ridge Dr, Traverse City, MI 49684

Tel. (231) 844-4601

Fax. (231) 844-4603

www.unitedwesmile.org

smile@unitedwaynwmi.org

Northern Shores Dental Group

2120 J Maddy Pkwy

Interlochen, MI 49643

(231) 276-9051

STAG DENTAL

116 W Main St

Kingsley, MI 49649

(231) 642-2042

Aspen Dental

3375 S Airport Rd W

Traverse City, MI 49684

(231) 486-0555

OLD MISSION PENINSULA DENTISTRY PC

3258 Bowers Harbor Rd

Traverse City, MI 49686

(231) 223-4232

Beers & Stilwill Family Dentistry

4041 Lone Pine Dr

Traverse City, MI 49685

(231) 941-0200

Deerhaven Family Dentistry

5217 N Royal Dr

Traverse City, MI 49684

(231) 929-3606

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

Grandview Dental Associates PLLC

421 Second St

Traverse City, MI 49684

(231) 922-0775

Associates in Family Dentistry

10850 E Traverse Hwy Ste 2250

Traverse City, MI 49684

(231) 946-9644

Traverse Dental Associates PLLC

555 S Garfield Ave

Traverse City, MI 49686

(231) 947-0210

NORTHERN MICHIGAN PEDIATRIC DENTISTRY PC

1241 E Eighth St

Traverse City, MI 49686

(231) 947-4566

East Bay Family Dentistry

862 Munson Ave

Traverse City, MI 49686

(231) 946-4443

Copper Ridge Dental

4020 Copper View Ste 200

Traverse City, MI 49684

(231) 946-2497

A CAPPELLA DENTAL PC

1061 E Front St

Traverse City, MI 49686

(231) 943-2900

DENTISTRY FOR NORTHERN MICHIGAN PLLC

932 E Eighth St

Traverse City, MI 49686

(231) 947-8586

J B ZOUTENDAM DDS PC

535 S Garfield Ave

Traverse City, MI 49686

(231) 946-6336

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

Acme Dental Health Care PLLC

4480 Mount Hope Rd Ste A

Williamsburg, MI 49690

(231) 486-6878

Dental Clinics North

2600 Lafranier Rd., Suite B

Traverse City, MI 49686

(231) 932-7316

Northwest Michigan Health Services

10767 E. Traverse Hwy B.

Traverse City, MI 49684

(231) 947-0351

Rose Street Dental

876 E Front Street

Traverse City, MI 49686

(231) 947-6880

HEALTH SERVICES – MENTAL HEALTH

NORTHERN LAKES COMMUNITY MENTAL HEALTH

105 Hall Street Suite A, Traverse City, MI 49684

231-947-0351

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 for 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.

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

COMMUNITY MENTAL HEALTH FAST (Family Assessment & Safety Team)

FAMILY ASSESSMENT & SAFETY TEAM OR 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 in 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.

Follow-up care can last up to 90 days or until services are in place.

GRAND TRAVERSE MENTAL HEALTH CRISIS AND ACCESS CENTER

410 Brook St., Traverse City

Hours

Open 24 hours a day, & days a week, 365 days a year

This is a community-based mental health facility designed to provide a comfortable, welcoming alternative to traditional emergency room settings for individuals experiencing a mental health crisis. Provides immediate support, counseling, and connection to future care

PINE REST CHRISTIAN MENTAL HEALTH SERVICES

Traverse City Clinic

700 E. Hammond Road, Suite 200

Phone: 231.947.2255

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.

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

TRAVERSE HEALTH CLINIC

1719 S Garfield Ave, Traverse City, MI 49686

Hours:

Open · Closes 6 PM · [More hours](#)

Products and Services: traversehealthclinic.org

Phone: [\(231\) 935-0799](tel:2319350799)

At Traverse Health Clinic, you get direct access to counselors. No referral needed – just call to schedule your first appointment. Our counseling services are provided by **licensed therapists** who are trained and qualified to help patients experiencing life stressors or mild to moderate mental health issues. Wherever you receive your primary care, our therapists are here to help you. If you are uninsured, cost is based on income

No one is ever turned away because they can't pay.

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

Our Sliding Fee Scale allows us to lower or “slide” the fees for the care you or your family receive at Traverse Health Clinic. You can apply for the program if you do not have insurance or if you have health insurance, but you need help paying your plan’s out-of-pocket costs. **If you have insurance and qualify for our sliding fee scale, you will be charged your copay OR the reduced fee, whichever is less.**

We offer:

- Individual Counseling
- Couples Counseling
- Family Counseling

THIRD LEVEL YOUTH SERVICES/ CHILD AND FAMILY SERVICES OF NORTHERN MICHIGAN

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, need 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 now at 231-922-4800 if you need help.

THIRD LEVEL YOUTH EMPOWEMENT FOR SUCCESS (YES!) PROGRAM

For youth/young adults ages 12-20 who want to:

Increase self-awareness, increase resilience (or learn what that means), Learn about your strengths, learn new ways to deal with stress, Create supportive social relationships

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. **We are here to talk 24/7.**

Call 231-922-4800 if you need help.

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

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.

Call 231-922-4800 to learn more.

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

HEALTH SERVICES – SUBSTANCE ABUSE TREATMENT

ADDICTION TREATMENT SERVICES

1010 S. Garfield Avenue, Traverse City, MI 49684

Phone: 1.800.622.4810

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.

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

<https://addictiontreatmentservices.org/>

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

NW MI HEALTH SERVICES

10767 Traverse Highway, Traverse City, MI 49684

231-947-0351

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

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

Accept most insurances including Medicaid, MI Child, 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

3700 Silver Lake Rd. Traverse City, MI 49684

Phone: 231-933-YMCA (9622).

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

In order to extend participation to more of the community, the GT Bay YMCA assistances to 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, childcare, developmental concerns.

Playgroup schedules and events are posted on their

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

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

SINGLE MOMM

1240 E Eighth St., Traverse City, MI 49686

(231) 944-1710

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 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>

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

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. For more information, call (231) 947-3780

Meetings are held at NMCAA

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

GENERATIONS AHEAD TEEN AND YOUNG PARENT PROGRAM

3962 Three Mile Rd., Traverse City, MI 49686

(231) 883-0117

Services Provided for teen parents: Social work services, Family activities, Mentoring, Parent education, Baby pantry, and Career internships. Can participate if you are a teen parent, an expecting teen parent, or were a teen when you had your child.

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 counsel for decision-making and managing stress. Divorce Care 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

(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

Drop in Hours

Monday -Friday 10am to 4pm

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.

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, free webinars, articles, and access to resources here:

<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 in yourself 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/UCyzZCHBkG99VMB4xBI_85EA

mind yeti

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

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/>

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 support and services that will help their child develop and learn. Free evaluation, resources and referrals.

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

https://1800earlyon.org/online_referral.php

northwest education services preschool assessment (ages 3-6)

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

FORMERLY CALLED TBAISD

1101 Silver Drive, Traverse City MI 49684

Phone 231-922-7878

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

CHILDRENS special health care 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.

childrens 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

735 S Garfield Ave, Traverse City MI 49684

Phone (231)- 929- 1007

head start-nmcaa

3963 3 Mile Rd. N, Traverse City MI 49686

Apply by phone: (231) 947-3780

Apply online at: <https://www.nmcaa.net/childevel.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/headstart.asp>

early head start-nmcaa

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

Early Head Start

3963 3 Mile Rd. N, Traverse City MI 49686

Apply by phone: (231) 947-3780

Apply online at: <https://www.nmcaa.net/childevel.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/earlyheadstart.asp>

MUNSON PEDIATRIC feeding CLINic

1105 Sixth Street, Traverse City, MI 48684/ (231) 935-5000

Early intervention is vital to the success of feeding therapy. After an issue with feeding behavior is identified, contact one of our team members at 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

5123 N Royal Dr., Traverse City, MI 48684

Phone (231) 935-5000

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>

acorn health (formerly autism center of michigan)

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

Phone (231) 272-2472

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

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

2600 LaFranier Road, Traverse City, MI 49686
(231) 995-6111

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 and 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 people 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 practices.

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.

Life skills & parenting classes

LOVE THY NEIGHBOR

(231) 941-5683

Provide short-term material support, Parental Guidance and Partnerships with local agencies. Register online here: <https://www.lovetheynneighbor>.

CHILD & FAMILY SERVICE OF NORTHERN MICHIGAN

3785 Veterans Drive, Traverse City, MI 48684

(231) 946-8975

Offers the “Always a Parent” program, which focuses on co-parenting and communication skill for parents.

The classes are offered online vis Zoom on the last 2 Thursday of every month, from 9am to 12pm

MSU EXTENSION

231-922-4621

MSU offers a variety of parenting classes, including “Kids Are Worth It, “STEP Up to Parenting,” and “How To Talk So Your Kids Will Listen”

THE LIFE SKILLS CENTER

800 Parsons Rd., Traverse City, MI 49686

(231) 922-6357

Offers Life skills training for students aged 16-26 with moderate to severe cognitive impairments, severe multiple impairments, emotional impairments, or autism. It focuses on teaching transition skills in areas like recreation, employability, adult living, community access, and social skills

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

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

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. Call (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 go to:

<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

Phone: (231) 941-0771

Toll-free: (888) 941-9599

Fax: (231) 941-9876

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

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

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 web site. Access the web site at 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.

<https://michiganlegalhelp.org/>

SINGLE MOMM

1240 E Eighth St./ Traverse City MI 49686

Phone: (231) 944-1710

Email: 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>

MEDIATION-CONFLICT RESOLUTION SERVICES

3143 Logan Valley Road

Traverse City, MI 49684

Phone: 231.941.5835

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,

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

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/>

<https://nmcaa.net/northwest-michigan-community-action-agency-programs/>

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

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

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

(231) 947-3780

(800) 632-7334

fax: (231) 947-4935

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

Financial and Asset Building Services Offered:

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

Visit their webpage or facebook page to learn more:

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

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

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

SALVATION ARMY

1239 Barlow Street

Traverse City, MI 49686

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

(231) 946-4644

Email: 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 support.

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

FATHER FRED FOUNDATION

826 Hastings St., Traverse City, MI 49686

(231) 947-2055

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

Assists households that have fallen behind on utility bill payments

HOME REPAIR PROGRAMS

NMCAA WEATHERIZATION PROGRAM

For program information, contact NMCAA's Housing & Energy Efficiency Services at (231) 947-3780

Go to www.nmcaa.net/low-income-weatherization/

PLEASE NOTE: THE REFERRAL FORM IS NOT THE WEATHERIZATION PROGRAM APPLICATION

By submitting the Referral Form, you are added to the wait list for the county in which you live. For more information on the approximate length of wait lists, please call our office.

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 EMERGENCY HOME REPAIR PROGRAM

Emergency Home Repair Assistance is available for homeowners, who have occupied their home for at least one year, residing in Antrim, Benzie, Charlevoix, Grand Traverse, Emmet, Leelanau, Missaukee and Wexford Counties. These municipalities have home repair funds that NMCAA is allocating to their residents, The repair must present a health and safety concern to the occupants.

Homeowners must be current on a mortgage and property taxes and proof of insurance must be provided and remain valid throughout the life of the loan.

**Funding for the cost of the repair is a 0% interest loan with no monthly payment if assistance is \$2501 or greater. Loans are payable at transfer of ownership. Repairs under \$2,500 offered as a grant with no payment required.

This Emergency Program can assist with repairs such as:

- Installing or repairing wells or septic systems
- Repairing or replacing heating units or water heaters
- Repairing or replacing a roof that is leaking and damaging the interior of the home

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

- Repairing foundations that threaten the structural stability
- Providing handicap accessibility to the home or to bathroom facilities
- Repairing or replacing dangerous electrical connections
- Repairing plumbing leaks
- Other repairs that effect the well-being of the occupants

Emergency home repair funds are limited. Referrals will also be provided to other organizations for possible assistance. For further information and the requirements to apply for any of these programs, contact Housing & Energy Efficiency Services at (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 you 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

P.O. Box 5412
Traverse City, MI 49696
United States

wendyi@habitatgtr.org
Phone: 231-941-4663

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

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

critical health, life, and safety issues. Projects that may qualify are roof repair a broken furnace, handicap accessibility, plumbing, 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 that prevents them from making repairs.

www.habitatgtr.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 cannot assist with repairs after they have already been completed.

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

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.

<https://newmibridges.michigan.gov/isd-landing-page>

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>

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

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

2487 Rice St.

Traverse City, MI 49696

United States

Phone: 231-941-4663

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. Habitat for Humanity follows a nondiscriminatory policy of family selection. Neither race nor religion is a factor in choosing Habitat's homeowners. www.habitatqtr.org

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 hrs./day)

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

Email 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/homelessprevent.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

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families

THE GOODWILL INN

2943 N Keystone Rd / Traverse City, MI
(231) 922-4890

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.

NEXT LEVEL @ PETE'S PLACE

Child & Family Services of Northwest Michigan
(231) 946-8975

<https://www.cfsnwmi.org/youth-services>

A CFS program to house foster youth ages 16-19 and provide independent living skills to help them transition to a successful young adulthood

THIRD LEVEL YOUTH SERVICES

Child & Family Services of Northwest Michigan
(231) 946-8975

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

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 231-922-4800 if you need help.

HOUSING RESOURCES-RENTAL RESOURCES

RENTAL RESOURCE GUIDE GRAND TRAVERSE AND SURROUNDING AREAS:

Contact: Housing Assistance
Northwest Community Action Agency
3963 Three Mile Road
Traverse City, MI 49686
231-947-3780

Grand Traverse County Resource Directory

For Head Start and Early Head Start Families