

Compiled by Ken Franklin for Congregation Zera Avraham and the Community



Emergency Resources	3
Child Abuse Help/ Prevention	3
Domestic Violence	3
Elder Abuse	3
Hospital Emergency Rooms	3
Human Trafficking	3
Parent Stress	4
Poison Control	4
Rape Crisis	4
Runaway Youth	4
Suicide Prevention	4
Teen Crisis	5
Victim Assistance	5
Non-Emergency and Community Resources	6
Local Non-Emergency Police	6
County Job Services	6
Drug & Alcohol Treatment Centers	7
Energy Assistance	8
Food and Food Pantries	9
Immigrant Services (Translation & Legal)	13
Legal Aid	15
Mental Health	17
Public Transportation	18
Shelters	19
Veterans Support	20
Additional Community Resources	20
Resources for Young Moms – Washtenaw County	Attachment from The University of Michigan

EMERGENCY Police, Fire, Ambulance – 911

Emergency Resources

EMERGENCY Police, Fire, Ambulance – 911

se Help/ Prevention		
and the same of the control of the c		
ashtenaw County Child Protective Services	1.734.481.9110	
ildhelp USA National Child Abuse Hotline	1.800.4.A.CHILD	
rly On Michigan – Child Abuse Prevention	1.800.EARLY.ON	
ance at Childhood Program	1.517.336.8088	
ichigan Federation for Children and Families	1.517.485.8552	
port Abuse Now-Michigan	1.855.444.3911	
ichigan Children's Trust Fund (Prevent Child Abuse Michigan)	1.800.244.3736	
ational Child Abuse Hotline	1.800.25.ABUSE	
: Violence		
ashtenaw County Prosecuting Attorney	1.734.222.6620	
FE House Center	1.734.995.5444	
OS Crisis Center	1.734.484.4300	
tholic Social Services of Washtenaw County	1.734.971.9781	Ext. 430
ational Domestic Violence Hotline:	1.800.799.SAFE	
ichigan Coalition Against Domestic and Sexual Violence	1.517.347.7000	
	1.800.52.PEACE	
•	1.888.215.5555	
feQuest Crisis Line	1.866.487.7233	
ise		
der Abuse Hotline	1.800.252.8966	
zheimer's Association Hotline		
ational Eldercare Locator	800-677-1116	
Emergency Rooms		
-	1.734.936.6666	
. Joseph Mercy Hospital Emergency	1.734.712.3456	
rafficking		
	1.888.373.7888	
e Hope Project	1.231.747.8555	
	rly On Michigan – Child Abuse Prevention nance at Childhood Program ichigan Federation for Children and Families report Abuse Now-Michigan ichigan Children's Trust Fund (Prevent Child Abuse Michigan) ational Child Abuse Hotline * Violence ashtenaw County Prosecuting Attorney IFE House Center OS Crisis Center Itholic Social Services of Washtenaw County ational Domestic Violence Hotline: ichigan Coalition Against Domestic and Sexual Violence resource Center on Domestic Violence, Child Protection & Custody IAND Against Domestic Violence Crisis Hotline feQuest Crisis Line ISE der Abuse Hotline zheimer's Association Hotline ational Eldercare Locator Emergency Rooms niversity of Michigan Hospital Emergency Joseph Mercy Hospital Emergency rafficking ational Human Trafficking Resource Center	rrly On Michigan – Child Abuse Prevention I. \$17.336.8088 Ichigan Federation for Children and Families I. \$17.336.8088 Ichigan Federation for Children and Families I. \$1.517.485.8552 I. \$1.855.444.3911 Ichigan Children's Trust Fund (Prevent Child Abuse Michigan) I. \$800.244.3736 Ithional Child Abuse Hotline I. \$1.800.25.ABUSE II. \$1.800.25.ABUSE II. \$1.800.25.ABUSE II. \$1.800.25.ABUSE III. \$1.800.25.ABUSE

Parent Stress	
 Parents Helping Parents – Parent Stress Line 	1.800.632.8188
 National Parent Helpline 	1.855.4A.PARENT
Poison Control	
 Children's Hospital of Michigan Regional Poison Control Cente 	r 1.800.222.1222
Poison Control for any Kind of Substance	1.800.662.9886
Rape Crisis	
Washtenaw County	
 Assault Crisis Center 	1.734.483.7273
 SAPAC (Sexual Assault Prevention & Awareness Cente 	er) 1.734.998.9368
 U of M Sexual Assault Prevention & Awareness 	1.734.936.3333
 New Visions: Alliance to End Violence in Asian/ 	
Asian American Communities	1.734.936.0961
 Livingston County – LACASA 	1.866.522.2725
 Oakland County – HAVEN 	1.877.922.1274
 Wayne County – First Step 	1.888.453.5900
Michigan Assault Hotline	1.800.NO.MEANS.NO
 National Sexual Assault & Rape Crisis 	1.800.656.HOPE
Children of the Night	1.800.551.1300
Runaway Youth	
Child and Family Charities Runaway Hotline	1.877.833.3689
National Runaway Safeline	1.800.RUN.AWAY
 Ozone House (Washtenaw County, Michigan) 	1.734.622.2222
Missing Children Network	1.800.235.3535
Thursday's Child's National Youth Advocacy Hotline	1.800.USA.KIDS
National Hotline for Missing and Exploited Children	1.800.843.5678
National Runaway Switchboard	1.800.621.4000
CONFIDENTIAL Runaway Hotline	1.800.231.6946
Child Find of America Hotline	1.800.I.AM.LOST
Parent Abduction Hotline	1.800.292.9688
Suicide Prevention	
 Washtenaw Alive – Suicide Crisis Line 	1.800.273.TALK
 Washtenaw County Community Mental Health 24-hour hotling 	e 1.734.544.3050
 UM Health System Psychiatric Emergency Services hotline 	1.734.936.5900

•	Ozone House 24-hour hotline	1.734.662.2222
•	Psychiatric Emergency Services - Washtenaw County Crisis Center	1.734.996.4747
•	Boys Town Crisis and Suicide Hotline	1.800.448.3000
•	Hopeline	1.800.SUICIDE

Teen Crisis

•	Ozone House (Washtenaw County, Michigan)	1.734.622.2222
•	Teen Hotline Covenant House NineLine	1.800.999.9999
•	SOS Teen Hotline	1.800.949.0057
•	National Youth Crisis Hotline	1.800.448.4663
•	Youth Development International Crisis Hotline	1.800.HIT.HOME

Victim Assistance

•	Victim/Witness Services, Washtenaw Prosecu	iting Attorney	1.734.222.6650
•	Stalking Resource Center at the National Cen	ter for Victims of Crime	1.800.394.2255

Non-Emergency and Community Resources

Local Non-Emergency Police	
Ann Arbor Police Department	1.734.994.2911
Chelsea Police Department	1.734.475.9122
 Dexter Community Station – Washtenaw County Sheriff 	1.734.426.0228
 Eastern Michigan University Department of Public Safety 	1.734.487.1222
 Michigan State Police – Brighton Post 	1.810.227.1051
Milan Police Department	1.734.439.1551
 Northfield Township Police Department 	1.734.449.8900
 Pittsfield Township Department of Public Safety (Police & Fire) 	1.734.996.3011
Saline Police Department	1.734.429.7911
 University of Michigan Public Safety 	1.734.763.1131
Washtenaw County Sheriff	1.734.971.8400
Ypsilanti City Police	1.734.483.9510

County Job Services

Michigan Works! Southeast

1.800.285.WORK

Michigan Works! Southeast is on the front lines, meeting the talent demands of local employers and responding to the unique needs of the communities in the five counties of Southeast Michigan: Jackson, Hillsdale, Lenawee, Livingston and Washtenaw. We are focused on the needs of job makers and developing talent for the 21st century economy. Michigan Works! Southeast is locally responsive and demand-driven. We are governed by a Workforce Development Board comprised of private sector representatives and locally-elected officials We are committed to delivering services that help businesses find the skilled workers they need and provide a competitive advantage for job seekers. Michigan Works! Southeast partners with communities to meet the diverse needs of all customers. All ages, skill sets and levels of experience are welcome.

Washtenaw Service Center 304 Harriet St , Ypsilanti, MI 48197 http://www.mwse.org/ 1.734.714.9814

Drug & Alcohol Treatment Centers

Huron Valley Area Intergroup

Serving Alcoholics Anonymous groups throughout Washtenaw County.

Office Hours: Tuesday-Friday, 1-6pm and Saturday from 1-5pm.

Office phone: 1.734.482.0707
 Meeting Locator Helpline: 1.734.482.5700

SMART Recovery Support Groups

Washtenaw Alano Club 1.734.822.3139

995 North Maple Road, Ann Arbor MI, 48103

Sundays, 4:00 PM to 5:30 PM

Contact: Cody Roark, <u>broncosfan0206@gmail.com</u>

o 3820 Packard Road, Ann Arbor MI, 48108 1.734.929.8794

Wednesdays, 7:00 PM

Contact: John Burkhart, jburkart@homeofnewvision.org

Energy Assistance

State of Michigan Programs

1.855.275.6424

If you need help paying for energy and weatherization costs, and you meet eligibility requirements, you may be able to get help from state programs that uses federal money to assist low-income families with energy costs.

- Home Heating Credit
- State Emergency Relief
- Weatherization Assistance Program

http://www.michigan.gov/mdhhs/0,5885,7-339-71547 5531-15420--,00.html

The Heat And Warmth (THAW) Fund

1.800.866.THAW

1.800.477.5050

The Heat and Warmth Fund provides energy assistance and other services to low-income customers who have overdue payments, are in a shut-off status or have been disconnected. http://www.thawfund.org/

DTE Energy 1.800.477.4747

DTE Energy understands the importance of energy in our daily lives. That's why we work with government agencies and community organizations to bring energy and payment assistance to low-income residents.

If you are behind on your energy bill, please contact us at 800.477.4747 before your service is subject to shutoff. We will work with you to set up a payment plan or advise you of assistance agencies in your area.

https://www.newlook.dteenergy.com/wps/wcm/connect/dte-web/home/billing-and-payments/common/energy-assistance/low-income-programs

Consumers Energy

If you need help paying your energy bill, emergency and ongoing aid may be available. We have many helpful options and an Assistance Resource Guide.

https://www.consumersenergy.com/residential/programs-and-services/payment-assistance

Food and Food Pantries

Aid in Milan 1.734.439.8420

Aid in Milan is a 501(c)(3) human service agency which serves the residents of the Milan Area Schools District and the 48160 zip code area. We operate a food pantry, offer emergency financial assistance to qualified low-income residents, assist clients with online applications for SNAP benefits and other DHHS services, and partner with Milan Seniors for Healthy Living to provide Meals on Wheels to homebound seniors. We also coordinate the distribution of backpacks and school supplies, winter coats and quilts, and Adopt-a-Family Christmas donors and recipients.

89 W Main St, Milan, MI 48160 http://aidinmilan.org/

Ann Arbor Community Center

1.734.662.3128

Perishable Food Days: First Wednesday and third Thursday starting at 10:00am until approximately 11:30am (while supplies last). All other days are by appointment only. Please call ahead.

625 N. Main, Ann Arbor, MI 48104

Ann Arbor Meals on Wheels

1.734.998.6686

Non-profit, volunteer driven agency, partially supported by the U of MI Health Systems providing home delivered meals for the frail, elderly and disabled of the Ann Arbor area so that they can remain in their own homes with dignity. Lunch and dinner on 6 days/wk.

Meals on Wheels clients are primarily older adults or individuals with disabilities who are homebound or who cannot prepare complete, nutritious meals for themselves. Clients are served regardless of age or financial status. The suggested donation amount is \$5 a day. Clients who are unable to pay the full amount of the suggested donation will not be denied services.

2025 Traverwood Dr., Suite F, Ann Arbor, MI 48105 aamealsonwheels@umich.edu

Bryant Community Center

1.734.477.0292

The Bryant Market Food Program

- Perishable and Nonperishable Food
- Frequency: Two visits per income eligible household per month
- Availability: During business hours
- Restocked Wednesday and 1st and 3rd Thursday mornings (peak program usage time)
- Distribution begins as soon as the food is ready!

3 W. Eden Ct., Ann Arbor, MI 48108

Catholic Social Services-Emergency Food Program

1.734.662.4462

The Emergency Food program distributes groceries and personal care items to low-income families and individuals on a monthly and/or emergency basis. Clients are also given referrals to other agencies for clothing and other critical services as needed.

Northside Community Center, 815 Taylor St, Ann Arbor, MI 48105

Compassion Ministry of Milan

Compassion Ministry of Milan is a nonprofit food pantry and clothes closet that is open Saturdays from 10am-Noon.

120 Hack Street, Milan, Michigan

https://www.facebook.com/Compassion-Ministry-of-Milan-504718719653127/

Department of Human Services

1.734.481.2000

Manages food stamp programs to supplement income of families or individuals in need. State of Michigan DHS website includes explanation of programs offered.

22 Center Street, Ypsilanti, MI 48198

http://www.michigan.gov/mdhhs/0,5885,7-339-71547 5527---,00.html

First Baptist Church

1.734.663.9376

A free dinner is served every Tuesday from 5:30-6:30pm.

517 E. Washington, Ann Arbor, MI 48104

Hope Center

1.734.484.2989

Hope Clinic serves free meals on Saturdays and Sundays 4-5pm at the Hope Center. No I.D. or proof of income required, diners sign in to receive their meal.

Emergency groceries are distributed by appointment on Wednesday afternoons and Friday and Saturday mornings at the Hope Center. A household is eligible to receive emergency groceries once a month.

518 Harriet, Ypsilanti, MI 48198

Jewish Family Services Of Washtenaw County

1.734.769.0209

The JFS Food Pantry program is available to individuals and families in need throughout Washtenaw County. In addition to providing non-perishable food items to households in need, the JFS Food Pantry also offers fresh produce and an array of specialty food items to those with

medical or religious dietary restrictions.

The JFS Food Pantry is the only one of its kind in Washtenaw County, regularly offering specialty food items such as gluten-free products, low-sodium and liquid nutrition for seniors, dairy-free products, and specialty food products for those who observe Kosher and Halal food guidelines.

- o 2245 S. State St., Ste 200, Ann Arbor, MI 48104
- o Contact: info@jfsannarbor.org or (734) 769-0209

https://jfsannarbor.org/programs-services/clinical-community-services/food-pantry/

Michigan Summer Food Service

1.734.487.5690

The Summer Food Service Program provides free, nutritious meals and snacks to children in low-income areas. The program helps children get the nutrition they need to learn, play, and grow, throughout the summer months and during other long periods when they are out of school.

EMU Upward Bound 201 Boone Hall The Commons Ypsilanti, MI 48197

https://www.benefits.gov/benefits/benefit-details/1730

Robert J. Delonis Center (Shelter Association of Washtenaw County)

1.734.662.2829

Offers free meals.

Lunch is served Monday thru Friday from 12-1pm and Saturday and Sunday from 2:30-3:30pm. Dinner is served Monday thru Friday from 5:30-6pm.

312 W. Huron Street, Ann Arbor, MI 48104

Salvation Army

The Salvation Army of Washtenaw County provides assistance with Housing, utilities, and food. Hot meals and emergency groceries are provided. Picture ID required for food bank. Call ahead to determine other required documentation.

Ypsilanti Office

9 S. Park, Ypsilanti MI 48197

1.734.482.4700

- Must be an Ypsilanti or Ypsilanti Township resident.
- Food bank Tuesday 9-11am and 1-3pm and fresh produce available on Thursday 1-3pm.
- Lunch served Wednesday 11:30-12:30pm.
- Dinner Monday & Thursday 5-6pm.

Ann Arbor Office

100 Arbana, Ann Arbor MI 48103

1.734.668.8353

- Must be an Ann Arbor resident.
- Food bank Thursday 10-11:15 am and 1-2:15pm.

SOS Community Services

1.734.961.1999

The food pantry provides a day's allotment of food (three meals) for each person within the household. This service is offered to each consumer up to four times per year, plus one holiday. Tuesdays from 10am-6:30pm.

114 N. River Street, Ypsilanti, MI 48197

St. Andrews Episcopal Church

1.734.663.0518

For years a free breakfast has been served at St. Andrew's, 365 days a year. The Breakfast at St. Andrew's is a non-profit organization, the only program in the Ann Arbor community serving a meal without charge, every day, at the same time and place: 7:30-8:30am, 7 days a week

306 N. Division, Ann Arbor, MI 48104

Ypsilanti Meals on Wheels

1.734.487.9669

Hot meals delivered to homes of homebound acute or chronically ill or disabled people. Fees are sliding scale.

1110 W. Cross, Ypsilanti, MI 48197

Immigrant Services (Translation & Legal)

Jewish Family Services Of Washtenaw County

1.734.769.0209

The Resettlement Program at Jewish Family Services assists refugees and their families with critical social services needed to ease their transition into a new way of living. With our help, individuals become self-sufficient and are able to create a stable living environment in the Ann Arbor area. Dedicated bi-lingual and bi-cultural professionals fulfill our mission by promoting and delivering individually focused social and vocational services through a variety of programs.

- 2245 S. State St., Ste 200, Ann Arbor, MI 48104
- Contact: Andre Yastchauko, Immigration Services Director, Andre@jfsannarbor.org
- o Languages: English, Russian, Farsi (Arabic/Kurdish as needed)
- Drop-in ESL classes (\$5/month materials fee), Refugee Resettlement services, Immigration services and referrals, mainly for processing. No immigration court representation. Sliding scale for low-income individuals in need of immigration services.

Legal Services Of South Central Michigan Family Law Project

1.734.998.9454

Assists with VAWA immigration petitions or other immigration benefits for family law clients. Advice and representation in family law cases including protection orders, divorce, custody. Public benefits and housing for survivors of domestic violence. No fees.

- o PO Box 8294 Ann Arbor, MI 48107
- o www.lsscm.org
- Contact: Rebecca Shiemke, <u>rshiemke@lsscm.org</u>
- Languages: Interpreters can be arranged as needed

Michigan Poverty Law Program

1.734.998.6100

Assists local legal aid advocates through task force meetings, legal development publications, training, case consultation, co-counseling, or referrals. Does not represent individual clients.

- 220 E. Huron St. Suite 600A, Ann Arbor, MI 48104
- o www.mplp.org
- o Contact: Lorray Brown, Managing Attorney, lorrayb@lsscm.org
- Languages: Spanish speakers on staff, interpreters can be arranged

National Employment Law Project

1.734.369.5616

No direct services to individuals. Assists with immigrant worker issues, policy issues, employment, language access, driver license, workers compensation, unemployment. No Fees.

- o 900 Victors Way Suite 350 Ann Arbor, MI 48108
- o www.nelp.org
- o Contact: Regional Representative, Rick McHugh, rmchugh@nelp.org

Washtenaw Interfaith Coalition For Immigrant Rights

1.734.355.2707

The Washtenaw Interfaith Coalition is an organization of morally conscious people who are members of numerous community groups and faith-based organizations. Prepared to respond to immigrant rights issues in the community as they arise, including immigration raids, detentions, discrimination and civil rights violations.

o www.wicir.com

o Contact: Laura Sanders, createcoun@comcast.net

o Contact: Margaret Harner, msharner@comcast.net

Ann Arbor Area Language Translation Services

AA Translations	1.734.665.7295	Any language
Access International Language	1.734.994.1456	Any language
Institute		
Babel Latina Inc. Language Services	1.734.995.0373	Any language
Comisal, LLC	1.734.971.0805	Spanish
Forefront Corporation	1.248.705.2605	Dutch, French, German
Lingua Science	1.734.930.1553	Japanese
Olas Translations	1.734.213.5396	Spanish
Ole Servicios Latinoamericanos	1.734.528.1212	Arabic, French, Italian, Portuguese,
Translation		Spanish, Swahili, Turkish
Servicios Diversos, LLC	1.734.973.9824	French, German, Italian, Portuguese,
		Russian, Spanish, Thai
University Translators Services LLC	1.734.665.7295	Any language
Washtenaw Community College	1.734.973.3300	French, German, Spanish

Legal Aid

ACLU of Michigan 1.313.578.6800

Free legal assistance or referrals concerning civil rights issues.

966 Woodward Ave., Detroit, MI 48201

http://www.aclumich.org/

Ann Arbor Mediation Center

1.734.663.1239

Alternative to the often adversarial approach of a courtroom. Specializes in divorce and custody mediation but other services may be available. This may provide cheaper, alternative means to end disputes. Please call for details.

330 East Liberty Suite 3A, Ann Arbor, MI 48104

http://aamediationcenter.com/index.html

Dispute Resolution Center

1.734.794.2125

Non-profit, volunteer-based community organization, partly funded by the Michigan State Court Administrative Office (SCAO). They are one of twenty-five SCAO-funded centers in Michigan that offer low cost mediation services as an alternative to court. They help individuals, businesses and organizations in Washtenaw County peacefully resolve conflicts in such areas as:

Landlord/Tenant disputes, Neighbor/Neighbor disputes, Family disputes, Work Place disputes, Consumer/Business & Business/Business disputes, and School Issues.

4101 Washtenaw, Suite 1105, P.O. Box 8645, Ann Arbor, MI 48107

http://www.thedisputeresolutioncenter.org/

Elder Law of Michigan

1.866.400.9164

Telephone consultation and legal advice for seniors. Examples of the problems on which advice will be provided include consumer problems, social security/SSI problems, medical bills, Medicare and Medicaid questions, real estate matters, wills and probate questions, family matters, automobile problems, and personal injuries.

3815 West St. Joseph, Ste C200, Lansing, MI 48917

http://www.elderslaw.org/ info@elderlawofmi.org

Lawyer Referral Service

1.800.968.0738

Call between the hours of 9:00 a.m. and 5:00 p.m., Monday through Friday, to speak with a lawyer referral representative.

http://www.michbar.org/programs/lawyerreferral.cfm

Legal Services of South Central Michigan

1.734.665.6181

LSSCM provides free civil legal assistance to low income persons with emphasis on homelessness prevention, domestic violence prevention, assisting in accessing health care, food, and needsbased income programs.

420 North Fourth Avenue, Ann Arbor, Michigan 48104

http://www.lsscm.org/

Michigan Legal Aid

Statewide guide to free legal services for low income persons in civil (non-criminal) cases. http://michiganlegalaid.org/

Washtenaw County Office of Public Defender

1.734.222.6970

110 N. Fourth Avenue, Ann Arbor, MI 48104

http://www.ewashtenaw.org/government/departments/public_defender/

SAFE House 1.734.995.5444

Provides free services for any person victimized in an intimate relationship who lives or works in Washtenaw County, Michigan.

4100 Clark Rd., Ann Arbor, MI 48105

http://www.safehousecenter.org/find-help-support/legal-advocacy-services/

Student Advocacy Center of Michigan

1.734.482.0489

Assists the families of public school children, K-12, who are eligible for regular and special education services to resolve school-related problems and offers non-legal advocacy. No fee. 1921 W. Michigan Avenue, Ypsilanti, Michigan 48197

http://www.studentadvocacycenter.org/

Veteran Affairs 1.734.973.4540

Legal services provided to veterans.

2155 Hogback Rd., P.O. Box 8645, Ann Arbor, MI 48107

http://www.ewashtenaw.org/government/departments/veteran services

Washtenaw Association for Community Advocacy

1.734.662.1256

An advocacy organization to improve the lives of persons with developmental disabilities, as well as persons with other mental or physical disabilities. Free services for those who qualify.

1100 North Main, Suite 205, Ann Arbor, Michigan 48104

http://www.washtenawaca.org/

Washtenaw County Bar Association

1.734.994.4912

The Washtenaw County Bar Association operates a Lawyer Referral and Information Service (LRIS) as a service to the community. The LRIS maintains a list of attorneys by their particular areas of practice who are willing to consult for 30 minutes with a person who nees legal advice. There is a charge of \$30 for a referral, and payment is due at the time of the referral. Payment goes toward the cost of administering the program. Participating lawyers make no further charge for the initial half hour consultation.

101 E. Huron, 1st Floor, Ann Arbor, MI 48104

http://www.washbar.org/

Mental Health

Milan Christian Counseling, Beth Peterson, LPC

1.734.439.3100

Milan Christian Counseling provides counseling services to individuals, couples, children, teens and families. We offer a variety of counseling approaches, including cognitive behavioral therapies, grief and loss, treatment for anxiety and depression, therapy for healing from past abuses and traumas, and relational issues. Treatment is based on the unique needs of each client. Christian integration is offered for those whose desire.

Email: beth@milanchristiancounseling.com
Web: www.milanchristiancounseling.com
18 W. Main St., Suite B, Milan, MI 48160

Washtenaw County Community Mental Health

1.734.544.3050

- Adult Mental Health
- Developmental Disabilities
- Youth and Family Services
- o Project Outreach mental health screenings at Washtenaw County Jail
- OBRA Nursing home screenings and treatment
- Huron Valley Child Guidance Clinic

1.734.971.9605

Family Crisis Center of Washtenaw

1.734.660.7059 or 1.734.255.8082

Empowering individuals and families experiencing a life crisis. Increasing community awareness and responsiveness through prevention, education, outreach and advocacy.

2385 S. Huron Pkwy. Ste. 2N, Ann Arbor, MI 48104

Veterans Mental Health Clinic

1.734.845.3471 x53471

The mental health program provides consultation, evaluation, and treatment for a variety of issues that can impact emotional well-being.

VA Ann Arbor Healthcare System
 Mental Health Clinic
 7th Floor, Room B707
 2215 Fuller Rd, Ann Arbor, MI 48105

Public Transportation

Ann Arbor Area Transportation Authority

1.734.973.6500

TheRide operates public transportation services in the greater Ann Arbor-Ypsilanti area. In addition to fixed route buses, TheRide offers many other services such as door-to-door accessible service, vanpools, express routes, ride-sharing connection services and more. http://www.theride.org/

People's Express

1.877.214.6073

People's Express (PEX) is a low cost public transportation service for select townships and cities in Washtenaw County and the surrounding area, and can transfer riders to a number of bus stops on the AAATA bus route. We are the driving force that enables low-income, disabled, and senior citizens to become more independent an an active part of their community. Most of our buses and vans are lift-equipped and they all meet ADA requirements. http://peoplesexpressmi.com/

MichiVan 1.800.VAN.RIDE

MichiVan supplies fully insured passenger vans to commuter groups. Under this program:

- 7 to 15 commuters share a van along an established route.
- Riders pay a monthly fee as low as \$94.34 per month based on their one way mileage commute and the size of the van.
- MichiVan operators provide the vehicle and picks up the tab on maintenance, insurance, titling, licensing and repairs.
- o One person volunteers to be the primary driver of the van and rides FREE.
- A vanpool group usually meets at a centralized location, such as a shopping mall, grocery store or carpool lot.
- A free emergency ride home service for unexpected occurrences such as overtime, a family emergency or illness or injury in the work place.

http://www.michigan.gov/mdot/0,1607,7-151-9615 11228-166587--,00.html

Shelters

Housing Access for Washtenaw County (HAWC)

1.734.961.1999

All requests for assistance with any housing issue in Washtenaw County are to call the HAWC intake number. HAWC workers will provide referrals to shelters and other specialized housing services; provide assistance with eviction prevention; security deposits; housing locator service; all housing-related needs.

Shelters listed here have programs for special populations. Services available for shelter residents and non-residents.

Robert J. Delonis Center (Shelter Association of Washtenaw County)

1.734.662.2829

312 W. Huron St., Ann Arbor

Services for homeless adults (18yrs and over).

Support services (call for appointment):

- o Mon: DHS Representative
- o Tues: Housing Coordinator
- Thurs: Attorney
- O Support groups: Sat: AA meeting 7:30pm 9pm
- o Sun: Fathers in Recovery 9:30am 10am
- O Sun: Narcotics Anonymous 7:30pm 8:30pm

Services for non-residents

- Mon Fri Laundry 1pm 4pm (intake required):
- o Mon Fri Showers 5pm 7:30pm

Ozone House

24 Hour Crisis Line 1.734.662.2222

Free emergency services and programs for homeless and at-risk youth at both locations.

- o individual and family counseling (ages 10 20)
- o transitional housing case management (ages 17 20)
- o Free hot meals Mon Fri 4pm 5:30pm
- 1705 Washtenaw, Ann Arbor 1.734.662.2265
- o 102 N. Hamilton, Ypsilanti 1.734.485.2222

Safehouse 1.734.995.5444

Shelter and services for victims of domestic violence and sexual assault, counseling and group therapy.

4100 Clark Rd., Ann Arbor

Veterans Support

Washtenaw County Department of Veterans Affairs (DVA)

1.734.973.4540

The Washtenaw County DVA can help veterans, their survivors and dependents, file claims for benefits from Federal, State of Michigan, and local governments that may result with Disability Compensation, Pension, Funeral and Burial Reimbursements, Financial Assistance, Housing, Utilities, Medical, Transportation, Food, Education, Insurance, and Home Loan Guarantees. 2155 Hogback Rd, Ann Arbor, MI 48107

http://www.ewashtenaw.org/government/departments/veteran_services

Veteren Resources

An exhaustive and comprehensive list of resources for Veterans in Michigan. - http://julieslist.homestead.com/veteranresources.html

VA Ann Arbor Healthcare System

1.800.361.8387

Honor America's Veterans by providing exceptional healthcare that improves their health and well-being.

2215 Fuller Rd, Ann Arbor, MI 48105

1.734.769.7100

https://www.annarbor.va.gov/index.asp

Additional Community Resources			
Michigan United Way - Community Resources & Referrals 2-1-1			
Michigan Department of Health and Human Services (MDHHS)			
General Information	1.517.373.3740		
 MiChild-Health insurance for otherwise uninsured Michigan kids 	1.888.988.6300		
 Cash, Food, Medical, or Home & Burial Assistance 	1.855.ASK.MICH		
Child Support	1.866.540.0008		
 Children's Special Health Care Services 	1.800.359.3722		

Compiled by Ken Franklin

Congregation Zera Avraham

Ann Arbor, Michigan

www.czaa2.org

Information deemed reliable but not guaranteed. To report additions, changes, and any necessary deletions from this resource directory, please email czaa2@gmail.org and it will be forwarded to me. Thank you.

May the Merciful One shine down upon you,

May He be gracious unto you,

And may He bless you with Shalom.



RESOURCES FOR YOUNG MOMS – WASHTENAW COUNTY

RACHS

Updated October 2016

Medical Care (mom and baby)

I need a pregnancy test

Arborvitae- ArborWoman

625 E. Liberty St., Suite 10 (lower level), Ann Arbor

Offers pregnancy testing, pregnancy counseling, and ultrasounds

Planned Parenthood

3100 Professional Dr., Ann Arbor

(734) 973-0710

Offers pap smears, birth control info and supplies, pregnancy testing and counseling, prenatal services and education

Washtenaw County Public Health Dept.

555 Towner, Ypsilanti

Free pregnancy testing, STI testing and treatment, immunization services, WIC services (food benefits and nutrition counseling).

Corner Health Center

47 N. Huron, Ypsilanti

(734) 484-3600

Provides pregnancy tests and prenatal care, ultrasounds, pediatric care, insurance enrollment assistance, counseling and support groups, breastfeeding classes, and nutrition counseling

Briarwood Center for Woman, Children, & Young Adults

400 E Eisenhower Parkway, Building 2, Suite B, Ann Arbor (724) 222 2600

(734) 232-2600

Offers primary care services, including pediatrics, obstetrics and gynecology, breast feeding clinics, nutrition, and social work

Meijer Grocery Prenatal Vitamin Program

Free prenatal vitamins available at Meijer pharmacies

I need a doula

the baby

(what is a doula? A nonmedical person who assists a mother before, during, and/or after childbirth through physical assistance and emotional support)

I need regular medical care for me and

Southeast Michigan Doula Project

http://www.midoula.org/ southeastmidoulas@gmail.com Free or low cost doula care

Pregnancy Prep and Motherhood Classes

Catholic Social Services

815 Taylor St., Ann Arbor

(734)662-4462

Pregnancy and adoption counseling available, support groups

Arborvitae- ArborWoman

(734) 994-8863

Safe Sleep education: Monthly class (60min.) about Infant Safe Sleep and Shaken Baby Syndrome Awareness & Prevention

St. Joseph Mercy Hospital

Register at: www.stjoesannarbor.org/family-birth-center-classes-tours (734)712-6357

Childbirth Education Class - preparation classes for expectant mothers and their labor support coach.

Infant care class- Class for expectant parents to learn about basic newborn care.

I need help preparing for childbirth

	Maternal Infant Health Program (734) 544-2984 A free program for pregnant women on Medicaid. It provides help in getting food and infant supplies, such as diapers; transportation to medical appointments; nutrition counseling; education about breastfeeding; help enrolling in childbirth education classes; parenting groups; well child visits & immunizations.
I need help with breastfeeding	La Leche League http://www.lllaa.org/home Mother-to-mother support groups for breast-feeding mothers. Day and evening group times listed on website. Corner Health Center (734) 484-3600 Offers breastfeeding classes, support groups Briarwood Center for Woman, Children, & Young Adults Offers breastfeeding classes St. Joseph Mercy Hospital Register at: www.stjoesannarbor.org/family-birth-center-classes-tours (734)712-6357 Breastfeeding club — Free, monthly meeting for pregnant or breastfeeding moms and their babies. Breastfeeding Preparation Class- Instructs expectant mothers and their partners on breastfeeding techniques. Partners are
	encouraged to attend. Maternal Infant Health Program (734) 544-2984 A free program for pregnant women on Medicaid.
	Teen Moms Support Groups www.dailystrength.org/c/Pregnancy-teens/support group www.mdjunction.com/teen-pregnancy
	Briarwood Center for Woman, Children, & Young Adults Mindful Moms Group Free mommy group where you can make friends with other moms and moms-to-be and build skills at the same time. Register by emailing: Ifattori@umich.edu. Vineyard Church Single Moms Ministry (734)477-9135
I need social interaction with other moms	Free monthly dinner with childcare provided. Holiday assistance available. Postpartum Depression Group

Postpartum Depression Group

(734) 418-2683 <u>www.ppd-annarbor.com</u>

Free drop-in care on 1st and 3rd Mondays 10:30am-12pm for mothers experiencing post-partum depression.

St. Joseph Mercy Hospital

Register at: www.stjoesannarbor.org/family-birth-center-classes-tours Mommy & Me - Free, 'drop-in' monthly meeting for new mothers and their babies on the first Wednesday of every Month (except January & July) from 10-11:30 a.m. at the Women's Health Center.



RESOURCES FOR YOUNG MOMS – WASHTENAW COUNTY



Updated October 2016

Washtenaw Success by 6

1819 S. Wagner Rd, Ann Arbor (734) 994-8100 Ext. 2178

Provides parent resources on child development, preschool, child care, health insurance, and parenting classes.

WISD: Parent Support Program

(734)994-8100

Parenting classes of children ages 0-6 are held on the first Friday of the month at 12 pm.

Catholic Social Services

(734)662-4462

Pregnancy and adoption counseling, food assistance, crisis intervention, family therapy, domestic and child abuse intervention, emergency food program.

CHILD CARE & CHILD EDUCATION

I need helping with parenting

I need affordable childcare

Child Care Network Washtenaw Regional

3941 Research Park Dr., Suite C

Ann Arbor, MI 48108

(734) 975-1840 | www.childcarenetwork.org

Childcare referrals to licensed childcare sites; helps low-income families with the cost of child care.

Head Start | Great Start Readiness Program (GSRP)

(855)644-7735 https://michiganpreschool.org/

Preschool program for low-income families. GSRP only for families that fall below certain income levels.

First Steps Ann Arbor Preschool & Family Center

2775 Boardwalk Dr., Ann Arbor

(734)994-4949 | www.aaps.k12.mi.us/firststeps.home/home Classes offered for children and caregivers at the Family Center location, Eberwhite Elementary School, and Logan Elementary School. Cost ranges from \$0 to \$145 for the 13 week fall term.

Washtenaw ISD

(734) 994-8100

Children are selected for the preschool programs based on family income and child's age. If your child does not qualify for the FREE Head Start or GSRP programs, there are fee-based programs available.

I need help finding a preschool

BABY ITEMS

I need baby clothes, sleeping items, and toys

Once Upon a Child

4559 Washtenaw Ave., Ann Arbor (734) 971-6822
Sells gently used kids clothes and toys

Arborvitae- ArborWoman

625 E. Liberty St., Suite 10 (lower level), Ann Arbor (734) 994-8863

CribCare: Pack 'n play, mattress, fitted sheets and safe sleep sack

	Corner Health Center 47 N. Huron Ypsilanti, MI 48197 (734) 484-3600 When you come to the Corner for appointments, you earn points that you can use @ the Corner Store to buy things, including baby clothes & diapers
I need breastfeeding supplies, formula, diapers, wipes, etc	Arborvitae- ArborWoman (734) 994-8863 BabyCare: Layettes filled with basic infant necessities (formula, diapers, clothes, wipes, bibs, etc.) Hope Clinic 518 Harriet Street, Ypsilanti (734)484-2989 Provide baby formula, diapers, and wipes. (Thursday 2pm -4pm, once every 2 weeks). Care & Share Closet with basic necessities. (Fri 2pm-4pm, once every 30 days). Free laundry services.
I need a car seats and/ or booster seat	University of Michigan Buckle Up Program (734)763-2251 • Free car seat or booster seat • Proof of income or Medicaid required
LEGAL RESOURCES	
I need legal resources for Family Law – domestic violence prevention and maintaining stable homes	 Legal Services of South Central Michigan 420 N. Fourth Ave., Ann Arbor (734)665-6181 Helping persons in immediate peril of injury due to domestic violence or cases meant to stabilize living environments for children. Securing Personal Protection Orders, divorce and custody cases for domestic violence survivors, custody actions when children are at risk, cases preventing the transfer of custody from an established custodial environment
I need to obtaining a birth certificate	Instructions will be provided at time of birth from hospital If need a replacement copy of birth certificate, go to: https://www.vitalchek.com/ http://www.michigan.gov/documents/birthapp_6360_7.PDF
I need help with Child Support	 Starting a Case: http://www.michigan.gov/dhs/0,4562,7-124-5528_61204_6741,00.html