



CLINICAL INTEGRATION **RESOURCE GUIDE**

SOCIAL DETERMINANTS OF HEALTH

Monroe County, MI

This resource list is **not** exhaustive and the information contained here-in, including program information and eligibility criteria, is subject to change without notice. ProMedica does not recommend nor endorse any specific company, agency, or organization listed.

Updated 3/23



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Alcohol & Substance Abuse Treatment

ALCOHOL & SUBSTANCE ABUSE TREATMENT

NATIONAL RESOURCES

Al-Anon and Al-A-Teen

888-425-2666

<https://al-anon.org/>

- Al-Anon meetings are a mutual support group of peers who share their experience in applying the Al-Anon principles to problems related to the effects of a problem drinker in their lives.

Alcoholics Anonymous

800-429-7960

<https://aa.org/>

- Alcoholics Anonymous meetings are an international fellowship of men and women who have had a drinking problem. There are no age or education requirements. Membership is open to anyone.

Narcotics Anonymous

<https://na.org/>

- A nonprofit support group (fellowship or society) of men and women for whom drugs had become a major problem. Recovering addicts who meet regularly to help each other stay clean.

MICHIGAN – STATE RESOURCES

Alcoholics Anonymous (AA)

<https://alcoholicsanonymous.com/aa-meetings/michigan/>

Narcotics Anonymous

<https://michigan-na.org/>

- A nonprofit support group (fellowship or society) of men and women for whom drugs had become a major problem. Recovering addicts who meet regularly to help each other stay clean.

MONROE COUNTY

Harbor Light Center

734-384-3402

<https://centralusa.salvationarmy.org/monroe/combat-addiction/>

3250 N. Monroe St.

Monroe, Michigan 48162

- An outpatient treatment program as a follow up to clients who are assessed as able to maintain abstinence from drugs/alcohol in a less restrictive environment and with a support system. Individual therapy sessions as well as group therapy on average one time per week. Must be 17 years or older. Accepts most insurance and Medicaid. Call for details.

Reformers Unanimous Calvary Baptist Church

734-529-5306

318 Riley St.

Dundee, Michigan 48131

- Provides faith-based Christ Centered addictions program and support. Program uses a spiritual approach to develop lifelong sobriety. Walk in meetings during service hours on Friday 6:30-8:30pm. Individual counseling is available and emergency assistance is available. No fees.



Behavioral Health

BEHAVIORAL HEALTH

NATIONAL RESOURCES

Letters Against Depression

<http://www.lettersagainst.org/>

- Request a supportive letter be sent to you to encourage you in your mental health journey. You can also volunteer to write a letter.

The National Alliance of Mental Illness - NAMI

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

- Family oriented support, education and advocacy organization. The goal is to improve the lives of children, adolescents and adults who have mental illness and to support their families.

The National Suicide Prevention Hotline - 24/7 Crisis Hotline

800-273-4250

<https://suicidepreventionlifeline.org/>

- Free and confidential support for people in distress; prevention and crisis resources.

National Suicide and Crisis Lifeline – dial this number from any phone

988

<https://988lifeline.org/>

MICHIGAN - STATE RESOURCES

MONROE COUNTY

Bedford Behavioral Health

734-807-0162

<http://bedfordbehavioral.com/>

8336 Monroe Rd., Room 120

Lambertville, Michigan 48144

- Counseling services include anger management, couples, parenting, divorce, grief, Christian, and domestic violence. Individual (children, teens, adults), couple, and family counseling available. Accepts private pay and insurance, depending on the counselor

Catholic Charities of Southeast Michigan

734-240-3850 ext. 2000

<https://ccsem.org/behavioral-health-counseling/>

721 Macomb St., Suite 100

Monroe, Michigan 48161

- Licensed clinicians provide services to children, teens, adults, and families regardless of age, race, religion, or economic status. There is a sliding fee scale

for those without insurance. Services include: mental health and substance abuse counseling, support groups and group therapy, women's specialty services, and case management

Christian Care Connection, LLC. - Dundee Office

734-854-7061

<https://www.christiancareconnection.com/>

405 W. Monroe St.

Dundee, Michigan 48131

- Counseling services include: grief/loss, depression, anxiety/panic, marriage/divorce and relationship, substance abuse, PTSD, and parenting. Services available for children and adults. Accepts private insurance only, no Medicaid or Medicare. Limited fee reduction may be available to private pay clients.

Christian Care Connections LLC. - Lambertville Office

734-854-7061

<https://www.christiancareconnection.com/>

6530 Secor Rd.

Lambertville, Michigan 48144

- Counseling services include: grief/loss, depression, anxiety/panic, marriage/divorce and relationship, substance abuse, PTSD, and parenting. Services available for children and adults. Accepts private insurance only, no Medicaid or Medicare. Limited fee reduction may be available to private pay clients.

Christian Care Connections, LLC - Monroe Office

734-854-7061

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

3928 E. Dunbar Rd.

Monroe, Michigan 48161

- Counseling services include: grief/loss, depression, anxiety/panic, marriage/divorce and relationship, substance abuse, PTSD, and parenting. Services available for children and adults. Accepts private insurance only, no Medicaid or Medicare. Limited fee reduction may be available to private pay clients.

Family Counseling and Shelter Services

734-241-0180

<http://www.fcssmc.org/index.php>

14390 LaPlaisance Rd., Suite 106

Monroe, Michigan 48161

- Individual, family, and group therapy. Services include: art therapy, domestic violence counseling, play therapy for children, anger management, parenting group, support groups, couples' therapy, grief therapy. There is a sliding fee scale for those without insurance.

Gabby's Grief Center

734-242-8773

<https://gabbysgriefcenter.org/>

2262 N. Monroe St.

Monroe, Michigan 48162

- A variety of support groups for all ages: Gabby's Ladder for children and families experiencing loss, Gabby's Young Adult groups, and Gabby's Adults groups for Alzheimer's/caregiver support, drug/alcohol support, suicide support, men's group, and widowhood support. Other services include: grief counseling, suicide/depression programs for school-aged people, and community education and school support services. There is no charge for services

Human Potential Center, LLC.

734-241-7478

<https://humanpotentialcenterllc.net/>

22 West 2nd St.

Monroe, Michigan 48161

- Individual (children, teens, adults), group, couple, and family counseling services, as well as different types of psychological assessments. Also offers in-home therapy. Specializes in: school problems/teen and children issues, anxiety/depression treatment, anger management, domestic abuse, trauma, sleep disorders, parenting, and grief. Group therapy for children dealing with divorce, teens, and military family needs. Accepts private insurance, Medicare, and some Medicaid (Meridian)

Monroe County Mental Health Authority

734-243-7340

www.monroecmha.org

1001 S. Raisinville Rd.

Monroe, Michigan 48161

- Serves individuals with Medicaid, those enrolled in MIChild program, or those with no insurance and who cannot pay for services. Provides services to adults, youth and families. Can provide peer specialist that can help clients with housing food clothing, socialization, and other support.

ProMedica Monroe Behavioral Health

Outpatient – 734-240-1760

Inpatient – 734-240-5350

<https://www.promedica.org/monroe-regional-hospital/Pages/specialty-services/behavioral-health.aspx>

730 N. Macomb St., Suite 200

Monroe, Michigan 48162

- Outpatient counseling and mental health therapy for individuals, couples, and families. Services are provided by a licensed social worker, psychologist, or psychiatrist and include stress management, self-help groups, medication management, and chemical dependency counseling. Inpatient Psychiatric Treatment provides a multidisciplinary treatment approach for crisis management.

Self and Family Behavioral Healthcare, LLC

734-586-0031

https://selfandfamily.com/?fbclid=IwAR31WJRcWr6JFvME6y4B08CeZn_u5T1RLF_Aq9M2V43bkB6E4dZ9zPeuFGLo

7521 N. Telegraph Rd., Suite 1

Newport, Michigan 48166

- Counseling support and psychological assessments for children, teens, adults, families, and seniors. Family counseling, marriage counseling, and couples counseling is available. Testing available for ADD/ADHD, dementia/Alzheimer's, and disability paperwork.

Star Behavioral Health Providers (SBHP)

765-496-3403

www.starproviders.org

- Star Behavioral Health Providers (SBHP) is a resource for veterans, service members and their families to locate behavioral health professionals with specialized training in understanding and treating military service members and their families. Those listed in this registry have completed a series of trainings that are intended to make them better able to understand, assess and counsel members of the military.

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Child Care Assistance

CHILD CARE ASSISTANCE

MICHIGAN – STATE RESOURCES

Child Care - Michigan Department of Education

<http://greatstarttoquality.org>

- This system will help you locate early care and education programs in Michigan.
Note: only Head Start program are always free to qualifying families

Michigan State-Wide Search for Licensed Child Care Centers and Homes

<https://childcaresearch.apps.lara.state.mi.us/>

- State-wide search for childcare.



Educational Assistance

EDUCATIONAL ASSISTANCE

NATIONAL RESOURCES

General Equivalency Diploma (GED) Resources

<https://ged.com/>

- Online High School Equivalency education and testing.

Parent Mentor Program

<https://www.ocecd.org/ParentMentorsofOhio.aspx>

- Support network for parents of children with disabilities.

MICHIGAN - STATE RESOURCES

Learning Express - Michigan eLibrary

<https://mel.org/welcome>

- Low-cost home internet for households who participate in SNAP. Must not have any outstanding debt for AT&T fixed internet service within the prior 6 months nor any unpaid debt with this program (Access). Plans from \$5 - 10 per month depending on desired internet.

MONROE COUNTY

Learning Express - Michigan eLibrary

<https://mel.org/welcome>

- Study guides and practice exams for GED, ACT, AVSAB, and others. K-12 online resources available as well.

Monroe Public Schools - Adult Education Center

734-265-4200

<http://www.monroe.k12.mi.us/TLB/5750-Untitled.html>

1102 E. First St.

Monroe, Michigan 48162

- Adult Education Programming provides High School Completion, Adult Basic Education, GED Preparation, and English as a Second Language classes. Classes are free to adult Michigan residents who are at least age 20 by September 1 of the school year.

The Monroe County Learning Bank

734-265-4200

<https://www.monroe.k12.mi.us/TLB/>

1102 E. First St.

Monroe, Michigan 48161

- Offers educational and workforce development to adults. GED classes, Adult Diploma, MCCC dual enrollment, Turning Point skills enhancement, and general tutoring.

Project READ - Monroe County ISD

734-322-2721

<https://www.monroeisd.us/departments/curriculum/instructionalservices/project-read---adult-literacy/>

1011 S. Raisinville Rd.

Monroe, Michigan 48161

- Adult literacy program available for all community members. Individual tutoring is set up through volunteers and staff, call for more information.

Youth Opportunity Program - Monroe County ISD

734-342-8525

<https://www.monroeisd.us/services/youthopportunity/>

1011 S. Raisinville Rd.

Monroe, Michigan 48161

- Available for 14–24-year-olds from a low-income family who need education assistance (tutoring, GED help, diploma help) and/or job training assistance (skill development, career exploration, resume assistance, etc.).



Employment & Job Training

EMPLOYMENT & JOB TRAINING

NATIONAL RESOURCES

AARP Foundation Senior Employment (Phone support only)

<https://www.aarp.org/aarp-foundation/our-work/income/scsep/info-2014/aarp-foundation-scsep-locations.html>

- Senior employment opportunities.

Government Jobs - Veteran's Administration

www.va.gov/jobs

- Career and employment opportunities for veterans.

Indeed - Online Job Search

<https://www.indeed.com>

- Online job search

Monster - Online Job Search

<https://www.monster.com>

Online job search

National Rehabilitation Information Center

<https://naric.com/>

- NARIC collects, catalogs, and disseminates the articles, reports, curricula, guides, and other publications and products of the research projects related to disability and independent living.

MICHIGAN - STATE RESOURCES

MONROE COUNTY

Goodwill Industries of Southeastern Michigan

734-457-5355

<http://www.goodwillsemi.org>

251 N. Telegraph Rd.

Monroe, Michigan 48161

- Provides skills training, job readiness programs, professional job coaching, and community-based work experiences to individuals with disabilities. Also provides gently used clothing and household goods at a reasonable price.

Michigan Pure Talent Connect

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

- Michigan employment, internship, and apprentice search engine.

Michigan Works!

800-285-9675

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

Monroe County Employment and Training Department

734-240-7950

https://www.co.monroe.mi.us/officials_and_departments/departments/employment_and_training/index.php

1531 N. Telegraph Rd., Suite D

Monroe, Michigan 48162

- Programs include Workforce Innovation and Opportunity Act; Partnership, Accountability, Training, Hope Program (PATH), Community Corrections Program, and Food stamp employment and training program. Services include career development resources, career assessment and counseling, career tracks and job readiness workshops. Resource Center provides free fax, copy, and postal services for job-related activities. Computers are also available for resumes and job searching



Financial Resources

FINANCIAL RESOURCES

NATIONAL RESOURCES

2023 POVERTY GUIDELINES FOR THE 48 CONTIGUOUS STATES AND THE DISTRICT OF COLUMBIA	
Persons in family/household	Poverty guideline
1	\$14,580
2	\$19,720
3	\$24,860
4	\$30,000
5	\$35,140
6	\$40,280
7	\$45,420
8	\$50,560
For families/households with more than 8 persons, add \$5,140 for each additional person.	

AARP

<https://states.aarp.org/ohio/>

- Education and discounted programs for seniors.

Access for AT&T

<https://m.att.com/shopmobile/internet/access/>

- AT&T is offering low-cost wireline home Internet service to qualifying households: with at least one resident who participates in the SNAP, with an address in AT&T's 21-state service area, at which we offer wireline home Internet service, and, without outstanding debt for AT&T fixed Internet service within the last six months or outstanding debt incurred under this program.

Association for Child Support Enforcement (ACES)

<https://www.divorcesource.com/ds/encyclopedia/aces-association-for-children-for-the-enforcement-of-support--1659.shtml>

- Assists disadvantaged children affected by parents who fail to meet their legal, moral and financial obligations to support them (assistance with obtaining legal child support).

Consumer Credit Counseling

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

- Budgeting education and debt services.

Government Jobs - Veteran's Administration

www.va.gov/jobs

- Job opportunities for veterans

National Council on Aging "Benefits Check-Up"

<https://www.benefitscheckup.org/about-us/>

- A comprehensive, free online tool that connects older adults with benefits they may qualify for.

National Rehabilitation Information Center

<https://naric.com/>

- NARIC collects, catalogs, and disseminates the articles, reports, curricula, guides, and other publications and products of the research projects related to disability and independent living.

MICHIGAN - STATE RESOURCES

Cash Assistance and Social Services

https://www.needhelppayingbills.com/html/public_assistance_michigan.html

- Human services organization to assist low-income families. Help on energy bills, child care costs and medical bills

Emergency Crisis Assistance and Crisis Management - The Salvation Army

https://www.needhelppayingbills.com/html/michigan_salvation_army_financ.html

- The Salvation Army provides various resources to help low income families.

Food Assistance Program (FAP) Group

https://www.needhelppayingbills.com/html/michigan_assistance_programs.html

- Website to locate resources for low-income families. Food eligibility depending on family income.

MIChild

https://www.needhelppayingbills.com/html/michigan_assistance_programs.html

- Government program aiding low-income families. Health insurance coverage to children in Michigan.

Monroe County

Damascus House Services

734-242-8136

<https://www.facebook.com/Damascus-House-Resale-Shop-629241700830287/>

212 Smith St.

Monroe, Michigan 48161

- Provides three separate outfits of clothing to those in need. Available clothing is based on donations. Also sells clothing, furniture, jewelry, maternity clothes, baby items and other household items are below market prices.

Department of Health and Human Services - Monroe County

734-240-7800

<https://www.michigan.gov/mdhhs/>

2353 S. Custer Rd.

Monroe, Michigan 48161

- State funded services, including Medicaid insurance, emergency financial assistance, food benefits, adult, senior, and children's services, cash assistance, and child care benefits.

Habitat for Humanity ReStore

734-243-1108

<https://habitatmonroemi.org/restore/>

840 LaPlaisance Rd.

Monroe, Michigan 48161

- Shop for household goods, building supplies, and other home merchandise at a discount price.

Monroe County Opportunity Program (MCOP)

734-241-2775

<https://monroecountyop.org/>

1140 S. Telegraph Rd.

Monroe, Michigan 48161

- Assistance offered for low-income households for utility assistance, tax assistance, food assistance, transportation, housing assistance (rent and first-time homebuyer education) and weatherization of the home. To qualify for MCOP utility assistance, you must first be denied by the State Emergency Relief Program.

The Salvation Army**734-241-0440****<https://www.salvationarmyusa.org/usn/>**

815 First St.

Monroe, Michigan 48161

- Provides emergency food, utility assistance, rent, clothing, and medical prescriptions when funding is available. To qualify for Salvation Army utility assistance, you must first be denied by the State Emergency Relief Program.

Social Security Administration - Monroe County**800-772-1213****<https://www.ssa.gov/>**

1300 S. Telegraph Rd.

Monroe, Michigan 48161

- Apply for federal financial benefits, including SSDI, SSI, and SS.

St. Vincent de Paul Society (Our Lady of Mount Carmel)**734-847-2805 ext. 20****<https://www.mountcarmeltemperance.org/st--vincent-de-paul>**

8330 Lewis Ave.

Temperance, Michigan 48182

- May be able to provide emergency financial assistance with rent/mortgage or utility payment when funding is available.

St. Vincent de Paul Society (St. John the Baptist Church)**734-241-8910****<https://stjohnmonroe.com/about-us>**

511 S. Monroe St.

Monroe, Michigan 48161

- May be able to provide emergency financial assistance with rent/mortgage or utility payment when funding is available.

The Thrift Shop**734-242-1802****<https://www.facebook.com/profile.php?id=100057080005362>**

119 S. Monroe St.

Monroe, Michigan 48161

- Sells secondhand clothing and other home goods at lower than retail prices. Available to Monroe County residents with referral from agency, church, or school.



Food Assistance

FOOD ASSISTANCE

NATIONAL RESOURCES

2023 POVERTY GUIDELINES FOR THE 48 CONTIGUOUS STATES AND THE DISTRICT OF COLUMBIA	
Persons in family/household	Poverty guideline
1	\$14,580
2	\$19,720
3	\$24,860
4	\$30,000
5	\$35,140
6	\$40,280
7	\$45,420
8	\$50,560
For families/households with more than 8 persons, add \$5,140 for each additional person.	

Area Agency on Aging - 1B
<https://aaa1b.org/>

800-852-7795

- Senior services including meals, chores, visitation and healthcare - by county

Food Assistance Program (FAP) Group
https://www.michigan.gov/mdhhs/0,5885,7-339-71547_5527---,00.html

- Food access for low-income families who are eligible.

Meals on Wheels
<https://www.mealsonwheelsamerica.org/>

- Home delivered meals for qualifying individuals.

SNAP/Food Stamps
www.fns.usda.gov

877-644-6338

- Supplemental Nutrition Assistance Program - monthly food stamps based on income and documented family members. *See above chart.

MICHIGAN - STATE RESOURCES

Food Assistance Program (FAP) Group

https://www.michigan.gov/mdhhs/0,5885,7-339-71547_5527---,00.html

- Food access for low-income families who are eligible.

Senior Project FRESH/Market FRESH

<https://www.michigan.gov/mdhhs/adult-child-serv/adults-and-seniors/behavioral-and-physical-health-and-aging-services/special-programs/senior-project-freshmarket-fresh>

- Provides summer coupons to seniors 60+ for fresh produce bought at farm/roadside stands. Income requirements.

MONROE COUNTY

Aid in Milan Food Pantry & Delivered Meals

734-439-8420

<http://www.aidinmilan.org/>

89 W. Main St.

Milan, Michigan 48160

- Community food pantry. Also provides home delivered meals to senior citizens who are unable to prepare their own meals.

Bedford Senior Center

734-856-3330

<http://bedfordseniorcenter.com/index.html>

1653 Samaria Rd.

Temperance, Michigan 48182

- In-person and home delivered senior meals; no cost but donation appreciated. Other socialization activities include exercises, crafting, games, and more.

Caring and Sharing Pantry - Dundee United Methodist Church

734-529-3535

<https://umcdundee.org/serve/>

645 Franklin St.

Dundee, Michigan 48131

- Food pantry and personal care items available. Open the 1st Wednesday of the month at 4 p.m.

Dundee Senior Center

734-529-2401

<https://dundeeareaseeniorcenter.org/>

284 West Monroe St.

Dundee, Michigan 48131

- In-person and home delivered senior meals; no cost but donation appreciated. Other socialization activities include exercises, crafting, games, day trips, Medicare counseling, and more.

Food for Thought - Crossroads on 23 Church**419-972-0022**<http://feedtoledo.org/>

6960 Sylvania-Petersburg Road
Ottawa Lake, Michigan 49267

- Food for Thought pantry site open the first Thursday of the month from 4:30-6:30 p.m.

Frenchtown Senior Center**734-241-2775 ext. 222**<https://www.frenchtownsenior.com/>

2786 Vivian Rd.
Monroe, Michigan 48162

- Community meal and home delivered meals available. Center activities include arts and crafts, exercise groups, RSVP program, day trips, tax assistance, and health/wellness education.

Knights of Columbus Food Pantry**734-848-8000**<https://monroecountyop.org/food-closets.html>

9758 Dixie Hwy.
Erie, Michigan 48133

- Community food pantry open the third Wednesday of the month from 6:00-7:00 p.m.

Living Independence for Everyone – LIFE**734-242-6800**<http://www.lifeindependence.org/>

2307 N. Monroe St.
Monroe, Michigan 48162

- Serves hot meals at the following locations: Frenchtown Senior Center, River Park Apartments, Arthur Lesow Community Center, Bedford Senior Citizen Center, Water Tower Park Senior Center, Dundee Senior Center, and Sullivan Senior Center. Suggested donation \$3, but no fee is required. Must be 60+. Call site for transportation. Home delivered meals (cold) are available also. This requires a doctor's written note.

Lower Light Pantry**734-625-0519**<http://www.lowerlightchurch.com/index.html>

302 E. Elm St.
Petersburg, Michigan 49270

- Call church for details on food distribution

Luna Pier Baptist Church Food Pantry**734-848-4611**<http://lunapierbaptistchurch.com/>

4265 Luna Pier Rd.
Luna Pier, Michigan 48157

- Food pantry available to community members, call for more information.

Milan Seniors for Health Living**734-508-6229****<https://milanseniors.org/nutrition/>**

45 Neckel Court

Milan, Michigan 48160

- Senior Center that offers daily meals, fitness activities, and social programming. Medical transportation is offered to anyone over 55 for a sliding scale fee. Meals on Wheels are delivered to seniors over 60 who are homebound for a fee.

Monroe Center for Healthy Aging**734-241-0404****<http://www.monroectr.org/>**

15275 S. Dixie Hwy.

Monroe, Michigan 48162

- Monroe Center offers many senior social programs, exercise and fitness classes, daily meals in the café, free computer and internet access, and more.

Monroe County Commission on Aging**734-240-3290****<https://www.co.monroe.mi.us/194/Health-Nutrition-Services>**

965 S. Raisinville Rd.

Monroe, Michigan 48161

- Resource lists for elder abuse/neglect, adult day services, caregiver resources, clothing/household good, counseling and support groups, housing, healthcare/ Medicare, legal services, durable medical equipment loans, food, and transportation

North Monroe Church of God, Mt. Assembly Food Pantry**734-241-1590****<https://www.northmonroestreet.com/>**

2393 N. Monroe St.

Monroe, Michigan 48161

- Community food pantry, open 2nd Thursday of the month from 4:30-6 p.m.

Oaks Village**734-244-5444****<https://www.oaksvillage.net/>**

924 E. Second St.

Monroe, Michigan 48161

- Multiple services offered including homeless shelter for men, women, and children. Case management services, emergency food pantry (as well as meals for shelter residents), furniture bank, clothing closet, GED and financial education services, and free/low-cost childcare to income eligible clients. Basic health services through volunteer physicians and nurses are available on Thursdays and Fridays.

Our Lady of Mount Carmel Food Pantry**734-847-2805****<https://www.mountcarmeltemperance.org/st--vincent-de-paul>**

8330 Lewis Ave.

Temperance, Michigan 48182

- Food pantry open the 3rd Wednesday of the month from 6:30-7:30 p.m.

Second Missionary Baptist Church Food Pantry

734-241-8611

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

501 Clark St.

Monroe, Michigan 48161

- Community food pantry open the 2nd Tuesday and 4th Thursday of the month, call for hours and availability.

St. Anne's Catholic Church Food Pantry

734-289-2910

<https://stannemonroe.org/>

2420 N. Dixie Hwy.

Monroe, Michigan 48162

- Community food pantry open every other Wednesday from 11:00 a.m.-Noon.

St. Anthony Catholic Church Food Closet

734-854-1143

http://stanthonytemperance.org/?page_id=719http://

4605 St. Anthony Rd.

Temperance, Michigan 48182

- Church keeps a collection of food available for any community member in need. Call to make an appointment. Holiday food baskets are also available.

St. John's Food Pantry - St. Joseph Center for Hope

734-770-7046

<https://stjohnmonroe.com/serving-the-community>

222 Colonial Ct.

Monroe, Michigan 48161

- Community Food Pantry: 3rd Saturday of the month Noon-2 p.m.

St. Michael Lutheran Church Food Pantry

734-856-2944

<https://www.stmichaellcmc.org/outreach>

5790 W. Temperance Rd.

Ottawa Lake, Michigan 49267

- Food pantry open the 2nd Saturday of the month from 10-11:30 a.m.

The Food Bank - Zion Lutheran Church

734-856-2921

<https://www.zionlutheranottawalakemi.com/ministries/>

8307 Memorial Hwy.

Ottawa Lake, Michigan 49267

- Food pantry open the 2nd and 4th Tuesday of the month from 10 a.m.-Noon

The Salvation Army Emergency Food Pantry

734-241-0440

<https://centralusa.salvationarmy.org/monroe/>

815 E. First St.

Monroe, Michigan 48161

- Food pantry is open Monday-Friday from 9-11:30 a.m. and from 1-3 p.m.

Victory Temple Church of God**734-242-5075**

11166 S. Dixie Hwy.
Erie, Michigan 48133

- Community Food Pantry: 4th Saturday of the month from 10 a.m.-Noon. All Monroe County resident's welcome. Call to confirm hours.

West Ida Immanuel Lutheran Church Food Pantry**734-269-2587**

<https://www.wiilc.org/ministries/food-closet>

3879 Jackman Rd.
Ida, Michigan 48140

- Community food pantry open the 3rd Saturday of the month 11:00 a.m.–Noon.

Zion Lutheran Church Food Pantry**734-856-2921**

<https://www.zionlutheranottawalakemi.com/>

8307 Memorial Hwy.
Ottawa Lake, Michigan 49267

- Community Food Pantry: 2nd and 4th Tuesday of the month from 10:00 a.m.-Noon

Zion United Methodist Church Food Pantry**734-243-5940**

https://www.facebook.com/lasallezionumc/?ref=page_internal

1607 Yargerville Rd.
LaSalle, Michigan 48145

- Food boxes available, call for dates/times.



Health Services

HEALTH SERVICES

NATIONAL RESOURCES

Good Rx - Pharmaceutical Assistance Program

www.goodrx.com/

- Prescription price comparisons and free coupons.

Healthcare Marketplace

800-318-2596

www.healthcare.gov

- Health Insurance for uninsured Americans with cost based on income. Eligibility Criteria: must live in the United States, must be a U.S. citizen or national (or be lawfully present), cannot be incarcerated, not eligible for Medicare.

The Healthwell Foundation

www.healthwellfoundation.org

- Assist the underinsured afford critical medical care.

Medicaid Consumer Hotline

<https://medicaid.ohio.gov/CONTACT>

- Medicaid sponsored contacts for applications, cards, and non-emergency transportation.

Medicare

800-633-4227

TTY 877-486-2048

www.medicare.gov

- Medicare sponsored contacts to answer Medicare and Part D (Drug) Plan questions.
- Michigan Medicare/Medicaid Assistance Program (MMAP) 800-803-7174

National Multiple Sclerosis Society

800-344-4867

<https://www.nationalmssociety.org/Chapters/OHA>

MS Navigators are available via phone to discuss educational, medical, and social needs. Assistance can be available for transportation to medical appointments and connection to food, housing, or other services as needed.

National Rehabilitation Information Center

<https://naric.com/>

- NARIC collects, catalogs, and disseminates the articles, reports, curricula, guides, and other publications and products of the research projects related to disability and independent living.

Needy Meds Pharmaceutical Assistance Program**800-503-6897****<https://www.needymeds.org/>**

- Pharmaceutical patient assistance for low-income individuals with no prescription

Rx Assist Pharmaceutical Patient Assistance Program**<https://www.rxassist.org>**

- Assistance with obtaining necessary prescription medication.

The Patient Access Network (PAN) Foundation**www.panfoundation.org**

- Determine your eligibility for medication co-pay, insurance premium or travel assistance using online tools.

MICHIGAN - STATE RESOURCES**Area Agency on Aging- Region 1****800-852-7795****<https://aaa1b.org/>**

29100 Northwestern Hwy., Suite 400
Southfield, Michigan 48161

- Caregiver support, senior information and assistance referral information, in-home care services.

Donated Dental Services – Michigan**517-346-9454****<https://www.smilemichigan.com/Resources/Michigan-Donated-Dental-Services>**

- Dental services donated by different dental practices around the state. Eligibility requirements includes 65 or older, disability, medical condition, no dental insurance, and income 200% FPL or lower. Call for an application.

Healthcare Marketplace**800-318-2596****www.healthcare.gov**

- Health Insurance for uninsured Americans with cost based on income. Eligibility Criteria: must live in the United States, must be a U.S. citizen or national (or be lawfully present), cannot be incarcerated, not eligible for Medicare

Michigan Free Health Centers**https://www.needhelppayingbills.com/html/free_clinics_in_michigan.html**

Community clinics in Michigan providing free medical health, dental care and people with low income or those without insurance

Michigan Medicare/Medicare Assistance Program (MMAP)**800-803-7174****www.mmapinc.org**

29100 Northwestern Hwy., Suite 400
Southfield, Michigan 48034

- Trained volunteers provide information and counseling on Medicare and Medicaid Issues. Also addresses topics such as Medicare supplemental

insurance, long term care insurance, Medicare Prescription Drug Benefit programs, and Medicare HMOs.

World Medical Relief Services

313-866-5333

[https://395dbded-e989-453b-b3db-](https://395dbded-e989-453b-b3db-ad9ce56fc492.filesusr.com/ugd/0df591_16ad8d94c94c424ba67506c536df85ab.pdf)

[ad9ce56fc492.filesusr.com/ugd/0df591_16ad8d94c94c424ba67506c536df85ab.pdf](https://395dbded-e989-453b-b3db-ad9ce56fc492.filesusr.com/ugd/0df591_16ad8d94c94c424ba67506c536df85ab.pdf)

21725 Melrose Ave.

Southfield, Michigan 48075

- Medications, durable medical equipment, and medical supplies provided for low-income Michigan residents who are under-insured or have no insurance.

MONROE COUNTY

Family Medical Center of Michigan, Inc. (Carleton)

734-654-2169

<https://familymedicalmi.org/locations/carleton/>

130 Medical Center Dr.

Carleton, Michigan 48117

- Medical service provider that accepts Medicare, Medicaid, and other insurances. Also provides a sliding fee scale for those without insurance. This service provides a range of healthcare services

Family Medical Center of Michigan, Inc. (Monroe)

734-654-2169

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

901 N.h Macomb St.

Monroe, Michigan 48162

- Medical service provider that accepts Medicare, Medicaid, and other insurances. Also provides a sliding fee scale for those without insurance. This service provides a range of healthcare services.

Family Medical Center of Michigan, Inc. (Temperance)

Dental-734-850-6920

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

Medicaid-734-654-2169

8765 Lewis Ave.

Temperance, Michigan 48182

Medical service provider that accepts Medicare, Medicaid, and other insurances. Also provides a sliding fee scale for those without insurance. This service provides a range of healthcare services.

Monroe County Health Department

734-240-7800

https://www.co.monroe.mi.us/officials_and_departments/departments/health_department/index.php

2353 S. Custer Rd.

Monroe, Michigan 48161

- Provides the following: Blood pressure checks, lice check and treatment, physician ordered injections, pregnancy tests, scabies check and treatment, TB skin testing and treatment. Walk in hours available.

ProMedica Monroe Regional Hospital

734-240-8400

<https://my.promedica.org/hospitals/,DanaInfo=myphs.promedica.org,SSL+Monroe>

718 N. Macomb St.

Monroe, Michigan 48162

- ProMedica Monroe Regional Hospital offers a broad range of inpatient and outpatient services in southern Michigan and Ohio. A national leader in treatment of heart attack, congestive heart failure, pneumonia and surgical care, ProMedica Monroe Regional Hospital is also a pacesetter in Michigan for obstetrics, emergency care, intensive care, controlling infections and organ donation.



Housing Assistance

HOUSING ASSISTANCE

NATIONAL RESOURCES

HUD Resource (Housing) Locator

<https://resources.hud.gov/#>

- Online search for HUD and special needs housing.

MICHIGAN - STATE RESOURCES

Housing, Rent, and Security Deposits

https://www.needhelppayingbills.com/html/housing_and_rent_help_in_michi.html

- Website for Michigan residents to assist in locating housing/rental deposits, moving expenses and rent, based on income.

Michigan Fair Housing Center

877-979-3247

www.fhcmichigan.org

P.O. Box 7825

Ann Arbor, Michigan 48107

- A nonprofit dedicated to investigating complaints of illegal housing discrimination based on federal, state, and local fair housing laws, as well as resolving reasonable accommodation and modification requests for people with disabilities. The Fair Housing Center provides investigative services, testing, advice, advocacy, conciliation, attorney referral, and community education in Clinton, Eaton, Ingham, Jackson, Lenawee, Livingston, Monroe, and Washtenaw counties.

Michigan State Housing Development Authority

313-456-3540

MSHDA Housing Choice Voucher (HCV)

855-MI-MSHDA

www.michigan.gov/mshda

- This program provides low-income families with the ability to choose their own housing . Applications are only accepted on-line only at MSHDA's website. Check online to see if the waitlist is open for each county

USDA Rural Home Repair - Loans & Grants

517-676-4644 ext. 4

<https://www.rd.usda.gov/programs-services/single-family-housing-repair-loans-grants>

525 N. Okemos St.

Mason, Michigan 48854

- Provides loans to low-income homeowners to repair, improve, or modernize. Provides grants to elderly and low-income individuals to remove health and safety hazards. Provides loans to low income home buyers to purchase in a rural area. Single Family Housing Repair Loans & Grants

MONROE COUNTY

Bedford Township Housing Commission Services

734-847-3950

Ivor Lindsay Apartments

<https://affordablehousingonline.com/housing-authority/Michigan/Bedford-Township-Housing-Commission/MI156>

8745 Lewis Ave.

Temperance, Michigan 48182

- There are 97 units, 1-bedroom for 21 and older. Income based (must be on Social Security or SSI). Preference will be given to Bedford township residents.

Dundee Housing Commission Services - Rawson Place

734-529-2828

<http://dundeehousingcommission.com/>

501 Rawson St.

Dundee, Michigan 48131

- This location has 75 units, 1- 2 bedroom for seniors 62+ and disabled folks and is income based. Application preference is given to Dundee residents

Fairview Transitional Shelter

734-240-3190

<https://www.shelterlistings.org/details/36101/>

3604 S. Custer Rd.

Monroe, Michigan 48161

- Transitional shelter/group home for individuals who are disabled. Licensed Adult Family Care Home. There are 36 beds. Client needs to call and complete an intake and assessment. Disability is determined on a case-by-case basis. Pt does not need to be receiving SSDI/SSI. Preference will be given to Monroe County residents. There is an RN on staff for medical oversight and medication dispensing

Habitat for Humanity of Monroe County

734-243-2048

<https://habitatmonroemi.org>

14930 LaPlaisance Rd., Suite 111

Monroe, Michigan 48161

- Help people who make between \$34-50,000 a year (at least \$2,800 a month) purchase an affordable home by bypassing traditional mortgage roadblocks of income, credit and down payment. Habitat for Humanity of Monroe County makes your dream of homeownership a reality.

Habitat HOPE**243-585-6701**<https://habitatmonroemi.org/housing-counseling>

14930 LaPlaisance Rd.

Monroe, Michigan 48161

- HUD certified housing counseling services tailored to meet your needs. Mortgage and Tax Foreclosure, homeowner and rental counseling. Get all the advice and support you need to make the best housing decision.

Luna Pier Housing Commission Services**734-848-2355**<https://www.cityoflunapier.com/luna-pier-housing-commission/>

10885 Ellen St.

Luna Pier, Monroe 48157

- This location has 101 units, 1- 4 bedroom for families, seniors, and disabled. Income based. Application preference given to Luna Pier residents, veterans, and people working in Luna Pier

Monroe Housing Commission Services Greenwood Townhomes 734-242-5880<http://monroehousing.org/>

900 Greenwood Ave.

Monroe, Michigan 48162

- There are 115 units ranging from 2- 4 bedrooms for families. This program is income based. Check website for available units.

Monroe Housing Commission Services - River Park Plaza**734-242-5880**<http://monroehousing.org/river-park-plaza/>

20 N. Roessler St.

Monroe, Michigan 48162

- There are 148 units, efficiency and 1 bedrooms for people 21 and older, but preference given to seniors 62+ and disabled. This program is income based. Check website for available units.

Paula's House**734-242-6650**<https://paulashouse.squarespace.com/>

P.O. Box 2002

Monroe, Michigan 48161

- Transitional shelter for women recovering from substance abuse. Capacity is for 5 women and designed for a 1-2 year stay with a goal of permanent housing upon completion of the program.

Philadelphia House I**734-242-4266****<https://www.shelterlistings.org/details/22313/>**

218 Washington St.

Monroe, Michigan 48161

- This is a men's homeless shelter. Call for more information.

Salvation Army Manor House for Families Services**734-241-0440****<https://centralusa.salvationarmy.org/monroe/provide-housing/>**

815 E. First St.

Monroe, Michigan 48161

- Provides Emergency Shelter for families and 3 or 4 single women for a total of 40 people. Men with children are allowed to stay. The max amount of days allowed is 90 days. To qualify, families must be married. There is no alcohol or substance abuse is tolerated.



Intimate
Partner
Violence
& Safety
Services

INTIMATE PARTNER VIOLENCE & SAFETY SERVICES

NATIONAL RESOURCES

National Domestic Violence Hotline

800-799-7233

www.thehotline.org

- Domestic violence advocates are available 24/7/365 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

MICHIGAN - STATE RESOURCES

Adult and Child Protective Services

517-264-6464

<https://www.michigan.gov/mdhhs/adult-child-serv>

MONROE COUNTY

Sunrise House (SAFE HOUSE)

734-242-7233

<https://www.fcssmc.org/sunrisehouse.php>

- Emergency Shelter for female victims of domestic violence and their children (17 years and under). Capacity is 24 people. Stay is 30-90 days depending on need/circumstance. Shelter averages 80% full. Services also available for victims not staying at the Shelter and male victims of domestic violence.



Legal Services

LEGAL SERVICES

NATIONAL RESOURCES

Association for Child Support Enforcement (ACES) **800-738-2237**
<https://www.divorcesource.com/ds/encyclopedia/aces-association-for-children-for-the-enforcement-of-support--1659.shtml>

- Assists disadvantaged children affected by parents who fail to meet their legal, moral and financial obligations to support them (assistance with obtaining legal child support).

Do-Not-Call Registry **888-382-1222**
<https://www.donotcall.gov/>

- Anyone can register their home, cell, fax and pager numbers with the Federal Government “Do-Not-Call Registry” to help prevent unwanted calls from telemarketers for five years.

MICHIGAN - STATE RESOURCES

Elder Law of Michigan **866-400-9164**
www.elderlawofmi.org **517-485-9164**

- Phone resource for legal questions. 60+ callers only. Service is limited to phone advice although some of the hotlines will do brief services such as review a document or write a letter for the client’s signature. They can also make referrals to more full-service type services in appropriate circumstances.

Lawyer Referral Service in Michigan **800-968-0738**
<https://www.lawyerlegion.com/lawyer-referral-directory/michigan/>

306 Townsend St.

Lansing, Michigan 48933

- Lawyer referral services for the state of Michigan. 30-minute consultation will cost less than \$20.

Legal Assistance
https://www.needhelppayingbills.com/html/michigan_free_legal_assistance.html

- Nonprofit law firms in Michigan providing free civil legal assistance. Consultations to low-income earners.

Legal Hotline for Michigan Seniors **800-347-5297**

- Free legal advice and services for low-income individuals, families and older adults. No criminal cases handled
- Provides legal advice over the phone

Michigan Department of Civil Rights

517-335-3165

<https://www.michigan.gov/mdcr>

110 W. Michigan Ave., Suite 800

Lansing, Michigan 48906

- Enforce civil rights, fair housing laws, and provide training.

Michigan Long-Term Care Ombudsman

866-485-9393

<https://mltcop.org/>

15851 S. U.S. 27, Suite 73

Lansing, Michigan 48906

- Ombudsmen advocate for the resident in the long-term care facilities.

MONROE COUNTY

Legal Services of South Central Michigan

734-241-8310

www.LSSCM.org

898 S. Telegraph Rd.

Monroe, Michigan 48161

- Free legal advice and services for low-income individuals, families and older adults. No criminal cases handled.

Monroe County Senior Legal Services

734-241-7644

<http://mcsls.org/>

1126 S. Telegraph Rd.

Monroe, Michigan 48161

- Legal Services provided to Monroe residents, age 60+. This program does not provide legal services for criminal, personal injury, or bankruptcy matters. There are no fees for legal services, but donations are accepted. The client must pay recording fees.



Social Connections

SOCIAL CONNECTIONS

NATIONAL RESOURCES

COVIA Well Connected

877-797-7299

covia.org/services/covia-connections/

- A community of older adults throughout the United States meeting via phone or web conference for a variety of groups.

Silver Sneakers/Fitness Program

www.silversneakers.com/join-in/

- Senior fitness programs - search by community. May be covered by Medicare insurance products.

MICHIGAN – STATE RESOURCES

Monroe County

Bedford Senior Center

734-856-3330

<http://bedfordseniorcenter.com/>

1653 Samaria Rd

Temperance, MI 48182

- Senior Center offering various classes and social activities.

Dundee Area Citizens Center

734-529-2401

<https://sites.google.com/view/dundee-area-senior-center/>

284 W. Monroe St.

Dundee, MI 48131

- Senior Center offering various classes and social activities.

Frenchtown Senior Center

734-243-6210

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

2786 Vivian Road

Monroe, MI 48162

- Senior Center offering various classes and social activities.

Monroe Center for Healthy Aging

734-241-0404

<https://seniorcenter.us/sc/monroe-center-for-healthy-aging-monroe-mi>

15275 South Dixie Hwy

Monroe, MI 48161

- Senior Center offering various classes and social activities.



Transportation Assistance

TRANSPORTATION ASSISTANCE

NATIONAL RESOURCES

Angel Wheels

<http://mercymedical.org/request-assistance/>

- Transportation assistance in the form of gas cards, bus tickets, or train tickets to medical appointments that are out of the county, but less than 300 miles away. Apply for assistance online. Financial restrictions apply.

Ford Warriors in Pink

833-546-7433

<https://www.warriorsinpink.ford.com/charity>

- Transportation to medical appointments and financial assistance for daily expenses provided to people undergoing breast cancer treatment.

MICHIGAN - STATE RESOURCES

Aetna Better Health of Michigan (Medicaid) - Medical Cabs

800-947-2133

- Transportation for medical appointments for members. Must schedule 3 days in advance.

Blue Cross Blue Shield Complete of Michigan (Medicaid) Cabs

888-803-4947

<https://www.mibluexcrosscomplete.com/>

- Medicaid medical transportation.

Disability Assistance

www.needhelppayingbills.com/html/michigan_disability_benefit_pr.html

- Website to search various benefits for Michigan disabled citizens

McLaren Health Plan (Medicaid) - Medical Cabs

888-327-0606

<https://www.mclarenhealthplan.org/medicaid-member/mhp>

- Medicaid medical transportation.

Meridian Health Plan (Medicaid) - Medical Cabs

888-437-0606

<https://corp.mhplan.com/ContentDocuments/default.aspx?x=HAhzUMvFwRqyVbHenrBsTQpgRRDbJGXD77mhY87J83VN7xKVK/d7adTPVmLMjzSGsDz/1AAqS1LdnJVL1ireiA==>

- Medicaid medical transportation

Molina Healthcare of Michigan (Medicaid) - Medical Cabs

888-898-7969

<https://www.molinahealthcare.com/members/mi/en-US/hp/medicaid/overvw/coverd/services/transport.aspx>

- Medicaid medical transportation

Priority Health (Medicaid) - Medical Cabs

888-975-8102

<https://www.priorityhealth.com/michigan-medicaid/member/plan/transportation-services>

- Medicaid medical transportation

United Healthcare (Medicaid) - Medical Cabs

877-892-3995

<https://www.uhccommunityplan.com/mi/medicaid/community-plan/faq>

- Medicaid medical transportation

MONROE COUNTY

Bedford Health Van

734-850-6045

1623 W. Sterns Rd.

Monroe, Michigan 48182

- To qualify, you must be resident of Monroe County. This service provides medical transportation for Monroe County to anywhere in Monroe County and also to Toledo. Cost for seniors 60 years or older: \$35 round trip. Hours: Mon. through Fri. from 8 am – 4:30 pm. Call for fee schedule.

Faith in Action for Monroe County

734-243-2233

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

6724 N. Monroe St.

Monroe, Michigan 48162

- Volunteers provide transportation, grocery shopping, minor home repairs, yard work, and caring companionship. Must be age 60+ and live in Monroe County.

Lake Erie Transit

734-242-6672

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

1105 W. Seventh St.

Monroe, Michigan 48161

- Fast and easily accessible transportation services for Monroe County residents with 8 Fixed Routes. Also includes Frenchtown and Bedford area Dial-A-Ride services, ADA and Essential Transportation Services.

Milan Seniors for Health Living Transportation

734-508-6229

<https://milanseniors.org/home/transportation/>

45 Neckel Court

Milan, Michigan 48160

- MSHL provides transportation to anyone 50+ years of age, living within the 48160-zip code. Destinations can be within a 20-mile radius of Milan, for a nominal fare. All of MSHL transportation vehicles are wheelchair accessible.

Right at Home Transportation

734-240-4974

<https://www.rightathome.net/southeast-michigan>

2059 N. Monroe St., Suite B2

Monroe, Michigan 48161

- A private pay home health care company; provides transportation for their clients for a fee.