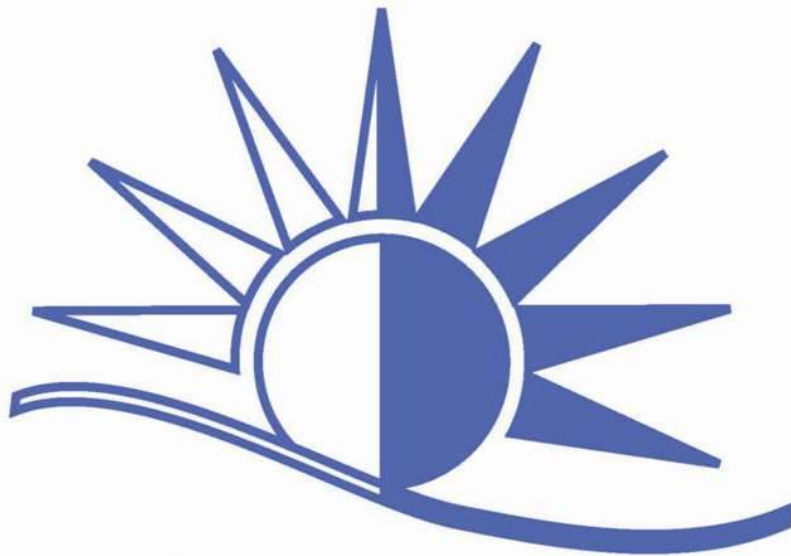


Lenawee County Resource Guide



Lenawee

community foundationTM

For **good.** For **ever.**TM

606 North Evans Street

Tecumseh, MI 49286

Phone: (517) 423-1729

Fax: (517) 301-4506

www.lenaweecf.com

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Lenawee Community Foundation

P.O. Box 142

606 North Evans Street

Tecumseh, Michigan 49286

517.423.1729

If you do not see a resource listed or would like to make corrections, please do not hesitate to contact Paula at the Lenawee Community Foundation. We are here to help.

For an electronic version of this resource guide, please visit our website at <http://www.lenaweecf.com/resource-guide/>

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Abuse and Sexual Assault Programs

Adult Protective Services 517-264-6464 or 1-855-444-3911
 Catholic Charities of Lenawee 517-263-2191 or 800-874-5936
 Catherine Cobb (Administration) 517-265-5352
 Catherine Cobb Domestic Violence Shelter 517-265-6776 or 1-800-874-5936
 Department of Human Services 517-264-6300
 Reporting abuse of Child/Adult 855-444-3911 or 1-800-874-5936
 Region 2 Area Agency on Aging Ombudsman 517-990-0510

Animals

Lenawee Humane Society 517-263-3463
 Cascades Humane Society 517-787-7387
 Treasurer's Office Dog Licenses 517-264-4554
 Lenawee County Pet Project 517-264-0782
 Michigan State University Veterinary Medical Center 517-353-5420
 Red Rover Relief www.redrover.org/redrover-relief-grants 916-429-2457
 Leader Dogs for the Blind 248-651-9011

Child Services

Child Care

Child Care Network 517-264-5324
 Department of Human Services 517-264-6300
 Lenawee Great Start 517-266-4821 or www.lenaweegreatstart.org

Child Support

Department of Human Services/Office of Child Support 866-540-0008 or 866-661-0005
 Child Support Complaint Hotline 517-373-1111
 Lenawee County Friend of the Court 517-264-4706 or 877-543-2660

Parenting Assistance

Child Protective Services 855-444-3911
 Online Resources:
 Relax-Alternatives to Anger-for parents or general public-classes/resources
www.msue.anr.msu.edu/program/info/alternatives_to_anger
 Nurturing Families Series-list of resources and classes
www.msue.anr.msu.edu/program/events/nurturing_families

Tranquil Parenting www.tranquilstudio.org 517-431-3000; Prevention of cruelty to children and provides parenting classes in abuse, divorce, and cruelty case

Guardianship Issues

Probate Court 517-264-4614

Resources for Families with Young Children

Adrian Head Start 517-263-2468 or 517-263-1122

Lenawee Great Start Collaborative 517-266-4821

Clothing and Household Items

Associated Charities 517-265-7255 (no cost to client)

Clinton Community Clothing Closet 517-456-6053 (available mid-August – early November)

Goodwill 517-263-2135 (low cost)

Habitat ReStore 517-266-0746 (low cost)

Salvation Army Family Store 517-263-3650 (low cost or no cost based on client needs)

Counseling

At-Home Counseling 517-673-4476

Catholic Charities of Lenawee 517-263-2191

Catherine Cobb Safe House 517-265-5352

Hospice of Lenawee 517-263-2323

Herrick Behavioral Services 517-423-3887 or 1-800-867-1179

Lenawee Community Mental Health 517-263-8905

Recovery Lifestyles 517-265-9595

Restoration Counseling 517-920-0228

Disaster/Emergency Services

In case of emergency, dial 9-1-1

American Red Cross 517-263-9384 or 517-263-1171 (local); 1-800-744-6066 (emergency assistance)

Associated Charities 517-265-7255

Catherine Cobb Domestic Violence Shelter 517-265-6776

Lenawee County Community Crisis Team dispatched from Community Mental Health 517-263-8905 or 1-800-664-5005

Lenawee County Emergency Management 517-264-4759

Salvation Army 517-265-2038

Victim Service Unit, Lenawee County Sheriff's Department 517-263-0524

Domestic Violence

Catherine Cobb 24/7 Hotline 1-800-874-5936

Catherine Cobb Administration 517-265-5352

Catherine Cobb Domestic Violence Shelter 517-265-6776

Child/Adult Protective Services 855-444-3911

Elder Abuse Hotline 800-874-5936

National Domestic Violence Hotline 1-800-799-7233 or 1-800-787-3244

National Teen Dating Abuse Helpline 866-331-9474

Region 2 Area Agency on Aging 800-335-7881 or 517-990-0510

Teen Crisis Call Center 800-273-8255

Employment

Michigan Works! Southeast 517-264-5974

Goodwill Industries 517-263-2135

Michigan Rehabilitation Services 517-263-0607

Department of Human Services <http://www.michigan.gov/helpinghand>

Foster Grandparent Program 517-264-5280

Veterans' Employment & Training 517-266-5627

Region 2 Area Agency on Aging 800-335-7881

Food Assistance

Department of Human Services: Supplemental Nutrition Assistance Program (SNAP) 517-264-6300

<http://www.michigan.gov/helpinghand>

ADDISON

Addison Congregational Church Food Pantry

202 S. Talbot St.

Contact: 517-547-5527

Serving Addison area, last Thursday of the month from 3-5 pm or by appointment in case of emergency

ADRIAN

Adrian First Church of the Nazarene

50 Industrial Court

Tuesday 10:00am – 2:00pm 517-263-1579

United Methodist Church

1245 W. Maple St.

Contact: Beth Wood of the Dept. on Aging 517-265-5689

For adults 60+ meeting income guidelines. Call for dates of distribution.

The Daily Bread

302 S. Tecumseh St.

517-266-0937

Serves meals on Tuesday, Wednesday, Thursday, Friday, and Saturday, from 11:30 am - 2:15 pm; Food pantry open Tuesday, Thursday, Friday 12:00-2:00 pm (Bring ID, must have ID for everyone in household)

Damascus Road

301 S Tecumseh St, Adrian, MI 49221

517-265-1900

Open Daily 8am-6pm provides warmth, hot beverages, and light snacks

Family Worship Center of Adrian-Fresh Food Initiative

1120 E. Maple

517-417-1003

2nd Saturday of the month from 9:00am-11:00am

For low income families, must bring proof of income and valid identification

Neighbors of Hope--Fishes & Loaves Food Pantry

410 East Maumee St.

By appointment only: call Judy Palmer at 517-759-4421

Saint Vincent de Paul Society, (St. Joseph Church) Food Pantry

415 Ormsby St.

517-265-8938 (church); 517-266-7611 (pantry only)

Monday, Wednesday and Friday from 1 - 2:30 pm

The Salvation Army

217 W. Church St.

Contact: Candy Aranda 517-265-2038

Serves hot meals on Monday and Wednesday 4:00 - 5:00 pm

Food pantry open Monday and Thursday (by appointment only) from 8:30-11:30am

Tuesday is the Fresh Food Initiative from 8:30 - 11:30 am

WIC (Women Infants and Children Program) at Community Action Agency

400 W. South St.

517-263-7861

Nutritional and educational program for pregnant or post-partum women, infants and children under age 5 (must meet income guidelines)

Saint Mary's Catholic Church Food Pantry

317 Erie St.

517-266-0378 or 517-263-4681

Monday, Tuesday, Thursday 1 - 3 pm

BLISSFIELD

First Presbyterian & Lutheran Church Meals 2nd & 4th Tuesday, Contact Judy MacBeth 517-486-4738

Blissfield Ministerial Association— ELCA Food Pantry

Hosted at St Paul's Evangelical Lutheran Church

306 East Jefferson Street---517-486-1457

(for Blissfield, Deerfield, Palmyra, & Riga residents)

Thursdays only by appointment. Eligibility: You must be registered with DHS and receiving SNAP

benefits. You may visit the food pantry once a month, up to 8 times per calendar year. Registered SNAP recipient must be present with punch card issued. Please call for further information.

BROOKLYN

Brooklyn Food Pantry

171 Wamplers Lake Rd. - Brooklyn Products Bldg.

517-612-8771

Tuesday and Thursday 10 am - 2 pm

Photo ID and current piece of mail with matching address required

(for Columbia, Napoleon, or Onsted school districts residents only)

CLINTON

Clinton Community Food Bank at Clinton United Methodist Church

(Clinton school district residents only)

10990 Tecumseh-Clinton Road

517-456-4972 Phyllis Perry

Second Thursday each month 8:30 am - Noon or in case of emergency

Solid Rock Church of Lenawee Food Pantry

112 E. Church Street

517-456-9600

Please call for an appointment

DEERFIELD

Light of Christ Catholic Church

222 Carey Street

Leave message at 517-447-3500 ext.13 Leanne Goodin

2nd & 4th Wednesdays of the month 1 - 3 pm

Residents of Deerfield, Britton, Petersburg and all our parishioners, once per month

HUDSON

Sacred Heart Catholic Church Food Pantry sponsored by Hudson Ministry Association

(must be a resident of Hudson school district)

207 S. Market St.

Fr. Krupp 517-448-3811, call Tammy to volunteer 517-448-3811

Tuesday and Thursday from 11 am - 1 pm

MANITOU BEACH

Manitou Road Baptist Church Food Pantry

175 Manitou Rd.

517-547-5516 Rev. Mark Kruchkow or Dale Willson

Second Thursday monthly

St. Mary's Church on the Lake Food Pantry

450 Manitou Rd.

517-547-7496, *Serving nearby community Fridays from 10 am – 12 am*

MORENCI

Morenci Food Pantry Church of the Nazarene

751 N. Summit St.

517-458-7195

Serves only 49256 residents, must show ID. By appt. only M, W, F 9am-1pm

Helping Hands Food Pantry Serving the Morenci Area

Fayette, Ohio

419-335-6150 Joan; 419-237-2301 Edith; or 419-237-2926

Thursday from 1 - 6 pm at the former Gaslight Inn restaurant

TECUMSEH

God's Bread Basket Dinner's On Us

Church of Christ

312 W. Chicago Blvd.

Volunteer Coordinator Lolly 517-424-6020; Church 517-295-3608

Serves meals on Tuesday, Wednesday, Thursday & Friday from 6 - 7 pm

Additional meal events on Mondays, call for information

New Song Community Church

5211 South Occidental Hwy.

517-423-3676 call for appointment

Tecumseh First Church of the Nazarene

1001 N Union St.

517-423-4960

Tecumseh Service Club

Contact your local church or call TSC President Colleen Sunderland 517-423-7441

Housing & Utility Resources

Home Ownership Repair

Habitat for Humanity of Lenawee 517-265-6157
USDA Rural Development 517-676-1808 or 517-324-5190
Bed Bug Detection Traps (Housing Help of Lenawee) 517-264-0782
Lenawee County Department of Veterans Affairs 517-264-5335

Home Help

Department on Aging 517-264-5280
Seniors 60 and older can get help with small chores and light housekeeping

Homeownership Help

Homeownership Education Classes, Online courses, webinars, in-person classes, resources
www.eHomeAmerica.org/msue

Homeless Education

Homeless Education Programs of Lenawee 517-266-4529 or 517-264-6640 Beth McCullough

Money Management

Classes/Online Courses www.eHomeMoney.org
Youth financial literacy <https://www.tlccu.org/personal/youth-financial-literacy-college-to-career>

Rent/Mortgage Assistance

Housing Help of Lenawee 517-264-0782
HUD/Section 8 McKinney, LLC 517-524-8783
Applications at Department of Human Services <http://www.michigan.gov/helpinghand>
Ogden Bible Church 517-265-6621
Lenawee County Department of Veterans Affairs 517-264-5335

Temporary Shelter

Catherine Cobb Domestic Violence Shelter (women & children) 517-265-6776
Housing Help of Lenawee (families) 517-264-0782
Neighbors of Hope (men) 517-265-4019
American Red Cross (disaster) 517-263-9384; 517-263-1171
Salvation Army 517-265-2038, call for more information
Share the Warmth 517-203-9857 located at Bohn Pool winter 2017-2018

Utility Assistance

Community Action Agency 517-263-7861 ext. 224
Dept. of Human Services 517-264-6300 (clients only)
Salvation Army 517-265-2038 Candy Aranda
Assurance Wireless Michigan 888-898-4888
American Legion (Veterans only) Gary Tanner 313-550-4289
Ogden Bible Church 517-265-6621
Safe Link Wireless Program provides a free cell phone and airtime each month for eligible customers
www.safelink.com

Rent/ Mortgage/ Foreclosure Resources

Housing Help of Lenawee 517-264-0782
Community Action Agency 517-263-7861 ext. 233
Foreclosure resources www.michigan.gov/mshda
Legal Services of South Central Michigan 888-251-1598; M - F 9 am - 5 pm (closed 12 - 1 pm)
Fair Housing Center 877-979-FAIR or 877-979-3247

Foreclosure Resources www.hud.gov or call 800-569-4287

www.stepforwardmichigan.org or call 866-946-7432

Ogden Bible Church 517-265-6621

“Starting Over After Foreclosure Toolkit” <http://msue.anr.msu.edu/program/mimoneyhealth/startingover>
<http://msue.anr.msu.edu/program/info/mimoneyhealth> (includes resources on money management)

Legal Assistance

Legal Services of South Central Michigan 888-251-1598

Providing local assistance at Community Action Agency on the first and third Tuesday of the month from 9 am to 12 pm 888-251-1598

Elder Law of Michigan 800-347-5297

Ombudsman 866-485-9393

Medical & Dental Services

Dental

Lenawee Dental Clinic at Family Medical Center - 517-263-1800

Hours: Mon-Thurs: 8:00am-6:00pm; Fri: 8:00am-5:00pm

Website: www.familymedicalmi.org

University of Michigan Dental Clinic 734-763-6933 or 888-707-2500

Dental Association of Michigan 800-589-2632 8 am - 5 pm

Dental Care 800-850-5913

Donated Dental Services 1-800-850-5913

Medical

Family Medical Center of Michigan Inc., Lenawee County

1200 N. Main St., Adrian 517-263-1800

Hours: Mon-Thurs: 8:00am-6:00pm; Fri: 8:00am-5:00pm

Website: www.familymedicalmi.org

Diabetic Education Office 517-424-3388

Lenawee County Health Department – 517-264-5228 (Children’s Special Health Care Services /children with disabilities or chronic health conditions insurance program)

Macular Degeneration 517-265-6131

Physician Referral 517-265-0490

HARC - HIV/AIDS Resource Center Medical Case management/ Referrals/Prevention/Testing.

For more information call 734-572-9355 or visit www.hivaidresource.org

Veterans’ Health Care 1-877-222-8387

Optical

Programs for the insured or underinsured, please call for more information 517-265-6131 or visit www.tlceyecare.com

Application for Medical or Dental Assistance

Department of Human Services <http://www.michigan.gov/helpinghand>

MMAP Medicare/Medicaid Asst. (Lenawee Department on Aging) 517-264-5280

MMAP Medicare/Medicaid Asst. (Region 2 Area Agency on Aging) 1-800-355-7881 or 1-800-803-7174

Lenawee County Department of Veterans Affairs 517-264-5335

Medical Prescriptions

AstraZeneca 800-424-3727

Bristol Meyers Squibb 800-736-0003

World Medical Relief Inc. 313-866-5333

Maintenance Medicine assists with medication for maintenance www.needymeds.org
Drug Cards that provide a 25-40% savings for people without prescriptions can be found at
www.rxsavingsplus.com, www.yourrxcard.com, and www.rxfreecard.com
Generic Drugs, you can find discounts with generic drugs at www.rxoutreach.com or
800-769-3880 or www.xubex.com or 866-699-8239
Locally Meijer has many free antibiotics and Wal-Mart has many \$4 scripts. To find pharmacies with the
lowest prices on your medications go to www.destinationrx.com
Department On Aging 517-264-5280 provides assistance navigating prescription benefits for ages 60 and
older, age 65 Medicare part D
Telamon 517-263-6825 (for migrant workers)
Partnership for Prescription Assistance www.pparx.org or 888-477-2669 RX Assist at www.rxassist.org ,
www.rxhope.com and www.togetherrxaccess.com

Substance Abuse

In case of emergency, dial 9-1-1

Alcoholics Anonymous 517-265-3590 <http://www.area32d2.org/lenawee-county-meetings>
Catholic Charities 517-263-2191
Celebrate Recovery 517-442-2229 or 734-218-5809 www.celebraterecovery.com
Harbor Behavioral Health (Promedica Affiliate) 419-457-4449
Promedica Herrick Behavioral Health 517-423-3887 or 1-800-867-1179
Lenawee Community Mental Health 517-263-8905
Lenawee County Drug Court (district court) 517-264-4661
Lenawee County Sobriety Court (district court) 517-264-4661
Narcotics Anonymous 517-612-8471 Angel or 800-230-4085 or www.michigan-na.com
Serenity House of Lenawee 517-263-1017

People with Disabilities

ARC of Michigan 800-292-7851
Department on Aging 517-264-5280 (wheelchair ramps for all ages)
disAbility Connections 517-782-6054 www.disabilityconnect.org
Goodwill Industries 517-263-2135
HOPE Community Center 517-265-2410
Jasmynn's Voice 517-264-5468 www.jasmynnsvoice.org (gives individuals with Autism a voice)
Leader Dogs for the Blind 248-651-9011
Lenawee Intermediate School District 517-265-2119
LISD Adult Transition Support Services 517-265-1688
LISD Deaf & Hard of Hearing Program 517-265-1688
LISD Milton C. Porter Education Center 517-263-8931
Michigan Association for Children with Emotional Disorders 248-433-2200
Michigan Rehabilitation Services 517-263-0607
Paws with a Cause 248-619-9201 or 800-253-7297 www.pawswithacause.org

Pregnancy and Infant Services

Breastfeeding Support 517-263-7861 Mother-to-Mother Support-Breastfeeding Peer Counselor
Care Pregnancy Center 517-263-5701
Lenawee County Health Department 517-264-5226
New Baby Ministries 517-592-2244 (help with baby items; 3rd Saturday of each month;
10 am - 2 pm at All Saints Episcopal Church, 151 N Main St. Brooklyn)
Tiny Purpose of Blissfield 517-486-2140 (support for loss of a baby)

ProMedica Bixby Hospital 517-263-0711
WIC (Women Infants and Children) at Community Action Agency 517-263-7861
Desde el Primer Momento 734-725-8708 (supports Hispanic/ Latina pregnant moms)

Senior Services

Department on Aging (60+) 517-264-5280
Region 2 Area Agency on Aging 800-335-7881
A.A.R.P. 866-227-7448

***Senior Centers* (www.lenaweeseniors.org)**

Addison Senior Center 517-547-5777
Adrian Senior Center 517-263-3585
Blissfield Senior Center 517-486-2397
Britton Golden Senior Center 517-451-4581 dial 147 when msg starts
Hudson Senior Center 517-448-4605
Morenci Senior Center 517-458-2236
Onsted Senior Center 517-467-6917
Tecumseh Senior Center 517-423-5939

Other Services

Daybreak Adult Day Services 517-266-2588 open 8 am - 4:30 pm M-F
Department on Aging 517-264-5280
Diabetic Education Office 424-3388
Elder Abuse Hotline 800-874-5936
Elder Care Locator 1-800-677-1116
Elder Law of Michigan/MiCafe 877-664-2233
Foster Grandparents 517-264-5280
Home-Delivered Meals 517-264-5280
Lenawee Medical Care Facility 517-263-6794
Personal Care Services 517-264-5280
Protective Services 855-444-3911
Region 2 on Aging 800-335-7881
Social Security Administration www.socialsecurity.gov 800-772-1213 or
877-512-5943 located in the Human Services bldg. 1040 S. Winter, Adrian, MI 49221

Transportation

Department of Human Services 517-264-6300 (clients only)
Dial a Ride 517-265-6611
Lenawee Transportation 517-265-4444
Department on Aging 517-264-5280 (seniors 60 and older)
Right at Home 517-768-0900 (local) or 877-697-7537 (national)
Lenawee County Department of Veterans Affairs (Veterans Only) 517-264-5335
Handicap Permits 888-767-6424 (Sec. State)
MDOT Roadwork Hotline 800-641-6368
MDOT General Inquiries 517-373-2090
Michigan State Police Road Conditions Hotline 800-381-8477

Veteran Services

Disabled American Veterans 517-265-3993
Lenawee County Department of Veterans Affairs 517-264-5335
Veterans' Benefits Administration 800-827-1000

Veterans' Crisis Line 1-800-273-8255
Veterans' Health Care 1-877-222-8387
Veterans' Job Services 517-266-5600
Housing Help of Lenawee 517-264-0782
Michigan Department of Military and Veterans Affairs 517-481-8000
American Legion Dept. of Michigan Reconnect Committee Gary Tanner 313-550-4289
or visit www.michiganlegion.org/reconnect

County Resources

Lenawee County General Information 517-263-8831 www.lenawee.mi.us
Lenawee Community Foundation 517-423-1729

Chambers of Commerce

Adrian Area Chamber of Commerce 517-265-2320
Brooklyn-Irish Hills Chamber of Commerce 517-592-8907
Hudson Chamber of Commerce 517-448-8125
Morenci Area Chamber of Commerce 517-458-2419
Onsted Area Chamber of Commerce 517-467-4321
Tecumseh Chamber of Commerce 517-423-3740

County Offices

County Administrator 517-264-4508
County Clerk 517-264-4599
Emergency Management Office 517-264-4759
Health Department 517-264-5226 or 517-264-5202
Lenawee Economic Development Corp. 517-265-5141
Prosecuting Attorney 517-264-4640
Road Commission 517-265-6971
Secretary of State 888-767-6424 located at 1040 S Winter St., Adrian, MI
Sheriff's Office business line 517-263-0524
Treasurer's Office 517-264-4554

Libraries

Addison Public Library 517-547-3617
Adrian District Library 517-265-2265
Britton Village Library 517-451-2860
Schultz-Holmes Memorial Library (Blissfield) 517-486-2858
Clayton Library 517-445-2619
Clinton Township Library 517-456-4141
Roberts Ingold Memorial Library (Deerfield) 517-447-3400
Hudson City Library 517-448-3801
Lenawee District Library 517-263-1011
Library of Michigan 517-373-1300
Stair Public Library (Morenci) 517-458-6510
Onsted Branch Library 517-467-2623
Read it and Reap Library (Sand Creek) 217-436-3747
Tecumseh District Library 517-423-2238

State & National Resources

AIDS Hotline 800-CDC-INFO or 800-232-4636

A.L.S. of Michigan 800-992-5764

Alzheimer's Association of South Central Michigan 800-272-3900

American Cancer Society 800-227-2345 or www.cancer.org for general information or request information on a local support specialist.

American Diabetes Association 800-342-2383

American Foundation for the Blind 800-232-5463

American Heart Association 800-242-8721

American Lung Association 248-559-5100

American Parkinson's Association 800-223-2732

American Red Cross 313-833-4440 (Detroit office); 1-800-744-6066 (emergency assistance)

Arthritis Foundation Michigan 248-649-2891 or 855-529-2728

Autism Society of Michigan 800-223-6722

Better Business Bureau (BBB) 800-743-4222

Better Hearing Institute 1-800-327-9355

Bureau of Services for Blind Persons 800-292-4200

Cancer Information Center 800-422-6237

Children's Leukemia Foundation of Michigan 800-825-2536

Consumer Protection 877-765-8388 (Michigan)

Cystic Fibrosis 800-344-4823

Domestic Violence 800-799-7233 or TTY 800-787-3224, 517-265-6776

Easter Seals 800-292-2729

Epilepsy Foundation of Michigan 800-377-6226

Hearing & Vision Assistance:

Better Hearing www.Betterhearing.org

Eye Care America 800-677-1116

Lions Club 630-571-5466 www.lionsclubs.org

Help America Hear 866-432-7500 or www.EarQ.com; *Hear Now* 800-648-4327 or

www.starkeyhearingfoundation.org *Audient Program* 877-283-4368 or www.AudientAlliance.org

Hemophilia Foundation of Michigan 800-482-3041

Huntington's Disease Hotline 800-909-0073

I CAN QUIT LINE 800-537-5666 or 800-480-7848 (tobacco)

Identity Theft Hotline 877-438-4338

It Gets Better 866-488-7386 (866-4-U-TREVOR)

Kidney Foundation 800-482-1455

Medicare/Medicaid Fraud Office of the Inspector General 800-447-8477

Medicaid General Information 800-642-3195

Medicare General Information 800-633-4227

Michigan Association for Deaf, Hearing and Speech 800-968-7327

Michigan Department of Agriculture and Rural Development 800-292-3939

Michigan Department of Community Health 517-373-3740

Michigan Department of Human Services 517-373-2035

Michigan Department of State Police 517-332-2521

Michigan Department of Treasury 517-373-3200

Michigan Gambling Problem Hotline 800-270-7117

Michigan Income Tax information 517-636-4486

Michigan Peer Review Org. 800-365-5899

Michigan Public Service Commission 800-292-9555

Michigan State Parks Reservation Line 800-447-2757
National Domestic Violence Hotline 1-800-799-7233 or 1-800-787-3224
National Human Trafficking Hotline 888-3737-888
National Kidney Foundation of Michigan 800-482-1455
National Multiple Sclerosis Society of Michigan 800-243-5767
Osteoporosis Foundation 800-223-9994
Parkinson's Foundation of Michigan 800-852-9781
Pension Rights Project 800-347-5297
Poison Control / Medication Overdose 800-222-1222
Pollution Alert / DEQ Emergency Service 800-292-4706
Rare Disorders Association 800-999-6673
Social Security/SSI 800-772-1213
Spina Bifida Association 800-621-3141
Stroke Association 800-553-6321
Suicide Prevention 800-273-8255 (800-273-TALK) / www.suicidepreventionlifeline.org
State of Michigan Consumer Aid www.SeniorBrigade.com
United Cerebral Palsy Association of Michigan 800-828-2714
U.S. Internal Revenue Service:
Refunds 800-829-4477 - *General Questions* 800-829-1040 - *Forms* 800-829-3676
Veterans Crisis Line 1-800-273-8255

Helping Hand, is a streamlined state site that will help the unemployed and others enduring economic hardship to easily find programs and services that may assist them. People will see five color tabs labeled jobs and training, unemployment benefits, health care, family support, and housing. By clicking on those five tabs, people will find links to programs and services for their particular areas of need. Through Helping Hand, people for the first time will be able to apply for food assistance online, without first visiting their local Department of Human Services. Visit <http://www.michigan.gov/helpinghand>

To get answers about U.S. Government benefits call 800-333-4636 or www.Answers.usa.gov

Lenawee County Support Groups

Lenawee Community Mental Health Authority 1040 S Winter St., Suite 1022
517-263-8905 or 800-664-5005

Adrian Andy's Angels 517-270-0403 or adrianandysangels@yahoo.com

Alcoholics Anonymous 517-265-3590 or www.area32d2.org

Arthritis & Fibromyalgia Support Group 517-423-7722 Last Monday of the month 5:30 pm location rotates between two Carter Rehab sites www.carterrehabcenter.com

Autism Support Group 517-263-8905 Mary Poore, Porter Center - Room 190A, Third Wednesday of month 9:30 am - 11 am

Alzheimer's Support Group 517-266-2588 *call for dates and times*

Mens Support Group *1st Friday of the month 2 pm - 3:30 pm* Daybreak Tammy (respite care available)

Celebrate Recovery 517-442-2229 or 734-218-5809 www.celebraterecovery.com

Depression Support Group 517-265-9588; 517-592-1974 Brooklyn/Irish Hills

Every Thursday 3:30pm - 5:00 pm at Interconnections

Diabetes Support Group 517-424-3388 Eva Salsbury, third Tuesday of the month, 10:30 am - 11:30 am at the Human Services Building, 1040 S. Winter St., Adrian or in the evening from 6:30-7:30 pm at Herrick Hospital in Tecumseh.

Divorce Care 517-486-2187 Element Church, Blissfield; Weekly seminar & support group for separated or divorced people, registration requested.

HALO Lenawee 517-270-0403; Every third Wednesday of the month, 7 pm at the Adrian High School Library; support group for families with loved ones with addiction problems

Healing Sexual Assaults & Self-Esteem Groups 517-263-2191

Hospice of Lenawee 517-263-2323 www.hospiceoflenawee.org

Growing Through Grief 1st and 3rd Thursday of the month, 7 pm

Walking with Grief (registration required) please call for more information

Trillium 2nd Thursday of each month 6 pm (for women)

Let's Talk It Over 1st Wednesday of the month

1-on-1 Support, please call for more information

HIV and Recovery Support Groups 734-572-9355 for meeting times and locations

Low-Vision Support Group 517-438-8940

Parents of adults with visual impairments 517-423-9622 M. Williams

Lyme Disease Support Group 517-265-5712 Christina Emery

First Church of the Nazarene second Monday of every month

Man to Man Cancer Support Group 800-ACS-2345 or 248-663-3400

Prostate Cancer Support Group 517-403-9208

Multiple Sclerosis Self Help Group 517-263-3017 Denise or 734-475-6332 Valerie, Second

Thursday of the month, 6-7:30 pm, St. John's Lutheran Church

Narcotics Anonymous 517-612-8471 Angel or 800-230-4085 or www.michigan-na.com

Meets 6 days a week at various times and locations, Adrian

Overeaters Anonymous 517-260-0595 Mary, or 517-918-1672 Mondays 6pm – 7pm Tecumseh United

Methodist Church, Thursdays 7pm – 8pm locations in Adrian, Saturdays 9am – 10am at Siena Heights

Post Abortion Support Group 517-263-5701 Care Pregnancy Center

Parkinson's Support Group Diana Oats 517-265-6007 1st Thursday each month excluding July

& August, please call for more information

Self Esteem and Domestic Violence Awareness 517-264-5733

Thursdays 6-7:30 pm at the Catherine Cobb Domestic Violence Shelter

Stroke Support Group 517-424-3239 (Herrick)

Substance Abuse Group 517-263-2191 Catholic Charities of Lenawee call for information on times/days

Suicide Support Group Lenawee Community Mental Health Authority 517-263-8905 or

www.afsp.org (For information on a group in your area please call 888-333-2377)

Youth Resources

Abuse and Neglect

Catherine Cobb Crisis Line 800-874-5936

Child Abuse Reporting & Protective Services 855-444-3911

National Domestic Violence Hotline 1-800-799-7233 or 1-800-787-3224

Bullying

www.focusas.com

Bullying Hotline 443-358-4691

www.stopbullying.gov

Counseling

Catholic Charities of Lenawee 517-263-2191

Catherine Cobb Safe House 517-265-5352

Hospice of Lenawee 517-263-2323

Community Mental Health 517-263-8905

LGBT National Youth Talkline 1-800-246-PRIDE or 1-800-246-7743

Eating Disorders

National Association of Anorexia Nervosa & Associated Disorders 847-831-3438
Eating Disorder Helpline 800-931-2237 www.nationaleatingdisorders.org
Thursday's Child Eating Disorder Hotline 1-866-628-7494
Text CONNECT or NEDA to 741741

Emergency (Dial 9-1-1 in case of emergency)

Lenawee County Sheriff's business line 517-263-0524
Crime Tip Line 266-6161 or 877-276-8477

Health Care Information

Lenawee Health Department 517-264-5226
Poison Control 800-222-1222
Family Medical Center 517-263-1800

Homelessness

Shelter Hotline 800-A-SHELTER
Salvation Army 517-265-2038
Catherine Cobb Domestic Violence Shelter 517-265-6776 (women & children)
Homeless Education 517-266-4837 Chris Howard or chris.howard@lisd.us Adrian Public Schools 517-264-6640 or bmccullough@adrian.k12.mi.us
Housing Help of Lenawee 517-264-0782
Neighbors of Hope 517-265-4019 (men only)
American Legion (veterans only) Gary Tanner 313-550-4289

Human Trafficking

Michigan DHS Hotline 855-444-3911
National Human Trafficking Hotline 888-3737-888
U.S. Department of Homeland Security Tip Line 886-343-2423

Runaway Services

Runaway Hotline 800-RUNAWAY
Do'chas II Counseling 517-759-2880 (teens in crisis)

Scholarships/College Access

Lenawee College Access Network 517-423-1729 or www.lenaweecan.org
Lenawee County Education Foundation 517-265-1626 or www.lenaweecf.org
Michigan Department of Education 517-373-3324
Michigan Student Financial Aid: MI-LOAN 888-643-7521
Student Scholarships and Grants (SSG-Tuition Incentive Program) 888-447-2687
www.financialaidfinder.com
www.micollegeaccess.org

School Violence

School Violence Hotline 800-815-TIPS (8477) available 24/7

Sexual Assault, Domestic Violence, or Rape

Catherine Cobb Domestic Violence Programs 517-265-6776
Rape, Abuse, and Incest National Network www.rainn.org 800-656-HOPE
Domestic Violence Hotline 800-799-7233 (TTY) 800-787-3224
National Teen Dating Abuse Hotline 866-331-9474

Sexual Health

AIDS & STD Hotline 800-232-4636

Lenawee Health Department 517-264-5226 (screening, birth control, family planning)

LGBT National Youth Hotline 1-800-246-PRIDE or 1-800-246-7743

Substance Abuse

Catholic Charities of Lenawee County 517-263-2191

Alateen Hotline 888-425-2666 www.al-anon.alateen.org

Alcohol Abuse Hotline 800-622-2255

McCullough, Vargas & Associates, Inc. 517-264-2244 www.mvabhs.com

HALO Lenawee 517-270-0403

Suicide

Yellow Ribbon Suicide Hotline 800-273-TALK (24 hour service)

Catholic Charities of Lenawee County 517-263-2191

Community Mental Health 517-263-8905

Transportation

Lenawee Transportation 517-265-4444

Dial-A-Ride 517-265-6611

Lenawee Taxi 517-266-8912

Youth Crisis

Catherine Cobb Domestic Violence Programs 517-265-6776

Do'chas II Counseling 517-759-2880 (teens in crisis)

Domestic Violence Hotline 800-799-7233

IT GETS BETTER (L.G.B.T.) 866-4-U-TREVOR (866-488-7386)

Listening Ear Crisis Line 517-337-1717

National Human Trafficking Hotline 888-3737-888

National Youth Crisis Hotline 800-442-4673

Rape, Abuse, and Incest National Network www.rainn.org 800-656-HOPE

Runaway Hotline 800-RUNAWAY (800-786-2929)

Suicide Hotline 800-273-TALK (8255)

Thursday's Child Youth Advocacy Hotline 800-872-5437

Youth Programs

4H Youth Programs 517-264-5300

Boys & Girls Club 517-266-9775 (Adrian) or 517-448-8912 (Hudson)

Boy Scouts 734-971-7100

Communities in Schools of Lenawee 517-417-KIDZ (5439)

Community Learning Connections of the Tecumseh Area 517-423-7574

Girl Scouts 517-784-8543 <http://www.gshom.org/>

Lenawee YOUTH Council 517-423-1729

Lenawee Youth Leadership 517-423-1729

The Centre 517-263-6232

VOLUNTEER Lenawee! <http://volunteerlenawee.org> 517-423-1729

YMCA of Lenawee 517-263-2151