



Spectrum Health Medical Group  
Spine & Pain Management Center  
1900 Wealthy Street SE, Suite 290  
Grand Rapids, MI 49506  
Phone: (616) 774-8345  
Fax: (616) 774-5730

# **Spine & Pain Management Center:** **Patient Resource Manual**



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## 24 Hour Hotlines

### **Heart of West Michigan United Way 2-1-1**

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

**Just dial 2-1-1 from a landline or 1-800-887-1107 from a cell phone**

Heart of West Michigan United Way 2-1-1 is a free health and human service hotline that connects callers to more than 2,900 distinct services in Kent County. 2-1-1's extensively trained and certified staff members offer help to people in need 24 hours a day, 7 days a week.

### **National Hopeline Network**

**Website:**

[http://www.treatmentadvocacycenter.org/index.php?option=com\\_content&id=619](http://www.treatmentadvocacycenter.org/index.php?option=com_content&id=619)

**1-800-SUICIDE (1-800-784-2433)**

The Treatment Advocacy Center is a national nonprofit organization dedicated to eliminating barriers to the timely and effective treatment of severe mental illness. The organization promotes laws, policies and practices for the delivery of psychiatric care and supports the development of innovative treatments for and research into the causes of severe and persistent psychiatric illnesses, such as schizophrenia and bipolar disorder.

### **National Suicide Prevention Lifeline**

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

**1-800-273-TALK (8255)**

**1-800-799-4889 (Spanish)**

The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress for free. By dialing 1-800-273-TALK (8255), the call is routed to the nearest crisis center in our national network of more than 150 crisis centers. The Lifeline's national network of local crisis centers, provide crisis counseling and mental health referrals day and night.

### **Substance Abuse and Mental Health Services Admin National Helpline**

**Website:** <http://www.samhsa.gov/find-help/national-helpline>

**24 Hour Hotline: 1-800-662- 4357**

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental health and/or substance use disorders.



## 24 Hour Hotlines (Cont.)

### **Network 180 Crisis Assessment Center**

**Website:** <http://www.network180.org/en/>

**Please call before you come**

790 Fuller Avenue, NE  
Grand Rapids, MI 49503

**Phone: 616.336.3909**

**Toll Free: 1.800.749.7720**

Fax: 616.336.2475

Routine business hours:

Monday – Friday 8am – 6pm

**Emergency services available 24 hours**

More than 50,000 individuals in Kent County are served annually through network180 and its network of care. If you or someone you care about is struggling with a mental illness, substance use disorder, or is living with a developmental disability, help may only be a few clicks or a phone call away.

### **Self-Injury Hotline**

**Website:** <http://www.selfinjury.com/>

**24 Hour Crisis Hotline: 1-800-366-8288**

SAFE ALTERNATIVES® is a nationally recognized treatment approach, professional network, and educational resource base committed to helping individuals achieve an end to self-injurious behavior.

### **Veterans Crisis Line**

**Website:** <http://www.veteranscrisisline.net/>

**Veterans Crisis Hotline: 1-800-273-8255 (Press 1)**

**Veterans Crisis Line text-messaging service: Text to 838255**

**Veterans Chat Line:** <http://www.veteranscrisisline.net/ChatTermsOfService.aspx>

The Veterans Crisis Line connects veterans in crisis and their families and friends with Department of Veteran's Affairs responders through a confidential toll-free hotline, online chat, or text.

## Abuse Services

### **Center for Women in Transition**

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

**Phone:** 1-616-392-1970

The Center's mission is to respond to, reduce, and prevent domestic and sexual violence. This mission will be achieved through education, collaboration, and advocacy, with crisis and supportive services to victims and survivors.

### **Domestic and Sexual Abuse Services**

**Website:** <http://www.dasasmi.org/#!service-main-page/c1xlb>

**Phone:** 1-800-828-2023

Domestic And Sexual Abuse Services will lead efforts to end domestic violence and sexual assault in southwest Michigan. DASAS will assist domestic violence and sexual assault survivors in clarifying their options, accessing community services that support personal choice, and will provide a safe place for survivors and their children.

### **Safe Haven Ministries**

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

**Phone:** 1-616-452-6664

Safe Haven Ministries' residential and non-residential services are available to women and their children who have experienced or who are experiencing domestic abuse. We serve all women equally regardless of age, race, religious belief, ethnic origin, sexual orientation, disability, or socio-economic status.

### **Every Woman's Place**

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

**24-Hour Crisis Line:** 1-231-722-3333

**Walk-In Services:** 1-231-759-7909

**Webster House Youth Services:** 1-231-759-4429

**Webster House Youth Crisis Line:** 1-231-578-0605

The Mission of Every Woman's Place/Webster House Youth Services is to improve and enhance the lives of women, youth, children and families in crisis in our community by providing and advocating for services which lead to their safety, their emotional and economic self-sufficiency, their productivity, and their ability to participate fully in our society.

## Abuse Services (Cont.)

### **YWCA**

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

**Domestic Violence Crisis:** 1-616-451-2744

**Sexual Assault Crisis:** 1-616-776-RAPE (7273)

**Questions (during business hours):** 1-616-459-4652

The YWCA West Central Michigan offers services that support victims of domestic and dating violence, sexual assault, child sexual abuse, and stalking, as well as prevention programs for girls 6-18 years old.

### **Michigan Department of Health and Human Services**

**Website:** [http://www.michigan.gov/mdhhs/0,5885,7-339-73971\\_7119---,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-73971_7119---,00.html)

**Phone:** 1-855-444-3911

If you suspect abuse or neglect, call **855-444-3911** any time day or night. This toll-free phone number allows you to report abuse or neglect of any child or adult to the Michigan Department of Human Services. One number. One call. One person can make a difference.

### **National Domestic Violence Prevention**

**Phone:** 1-800-799-SAFE / 1-800-799-7233

### **Adult Protective Services**

**Phone:** 1-800-996-6228

### **Children and Adult Protective Services (24hr)**

**Phone:** 1-616-247-6300

### **Domestic Assault Response Team**

**Phone:** 1-616-632-5641

### **RAINN (Rape, Abuse and Incest Nation Network)**

**Phone:** 1-800-656-4673

### **Personal Protection Order Office**

180 Ottawa NW, Ste 3500

Grand Rapids, MI 49503

**Phone:** 1-616-632-5067

## Abuse Services (Cont.)

### **Lutheran Child & Family Services**

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

1715 Sutherland, SE

Kentwood, MI 49508

**Phone: 1-616-281-4601**

**Toll free: 1-800-968-4696**

Lutheran Social Services of Michigan (LSSM) creates communities of service. We walk with people in need, offering hope and compassion while upholding their dignity, advocating for equality and justice, and seeking creative solutions.



## Addiction/Substance Abuse

### **Spectrum Health Addiction Rehabilitation Program (SHARP)**

**Website:** <http://www.shmg.org/sharp>

2750 East Beltline Ave NE, Level 3

Grand Rapids, MI 49525

**Phone: 1-616-447-5820**

The Spectrum Health Addiction Rehabilitation Program (SHARP) provides effective treatments to overcome the complications of addiction. We can help you achieve your goals so you can move toward recovery with confidence. We deliver advanced, integrated addiction care; allowing your medical team and our staff work together and provide you with the comprehensive care and support you need on your journey toward change and self-empowerment.

### **Leonard Street Counseling**

**Website:** <http://www.cherryhealth.org/find-location/leonard-street-counseling-center/>

1400 Leonard St NE

Grand Rapids, MI 49503

**Phone: 1-616-954-1991**

Leonard Street Counseling Center strives to meet the unique needs of individuals and their families in Kent County. We serve a very diverse clientele and we respect the uniqueness of each person. We want to help individuals empower themselves to make positive change. Our skilled professionals use current, evidence-based interventions in group therapy, individual therapy, and psychiatric medication management. Our goal is to guide persons with mental health and substance use concerns to achieve recovery and reach their full potential.

### **Southside Health Center**

**Website:** <http://www.cherryhealth.org/find-location/southside-health-center/>

2303 Kalamazoo Ave SE

Grand Rapids, MI 49507

**Phone: 1-616-965-8390**

Medication assisted treatment is the use of medications, in combination with counseling and psychosocial therapies, to provide a whole-patient approach to the treatment of substance use disorders. At the Southside Health Center there is a primary focus on providing integrated care for person addicted to opiates, such as heroin, prescription opiates such as Vicodin ® etc. In this treatment program the medications help to stabilize brain activity which has been altered by the addiction to opiates, which enables the patient to engage in the therapies and other supportive services that assist in their recovery.





## Addiction/Substance Abuse(Cont.)

### **West Brook Recovery Center**

**Website:** <http://www.westbrookrecovery.com/>

3210 Eagle Run Dr NE  
Grand Rapids, MI 49525

**Phone: 1-866-964-7280**

The mission of West Brook Recovery Center is to provide quality, individualized, comprehensive assessment and treatment to persons who suffer from substance use disorders. A medically and behaviorally directed treatment approach is utilized to provide services promoting the health and well-being of patients and the restoration of families while supporting a life-style of recovery.

### **Durham Clinic**

**Website:** <http://www.cherryhealth.org/find-location/heart-of-the-city-health-center/>

100 Cherry St SE  
Grand Rapids, MI 49503

**Phone: 1-616-965-8200**

The Durham Clinic is a fully integrated health care clinic with a team-based approach to the management of chronic health conditions. It is based on Wagner's Chronic Care Model and on the full integration of behavioral and physical health care. (Behavioral health encompasses both mental health and substance abuse treatment services.) The goal is to help patients manage their chronic health conditions well enough so that those conditions don't interfere with how they want to lead their lives. The team members include: internists, psychiatrist, nurses, health coaches (Master's Level Social Workers), supports coordinators, peer support specialist, medical assistants, and a physician's assistant. Any individual who is 18 years or older and has at least one chronic health condition (behavioral or physical) is eligible for services.

### **Network 180 Intake Center**

**Website:** <http://network180.org/en/>

790 Fuller Ave NE  
Grand Rapids, MI 49503

**Phone: 1-616-336-3909 or**

**Toll Free 800-749-7720**

More than 50,000 individuals in Kent County are served annually through network180 and its network of care. If you or someone you care about is struggling with a mental illness, substance use disorder, or is living with a developmental disability, help may only be a few clicks or a phone call away.

## Addiction/Substance Abuse(Cont.)

### **Arbor Circle**

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

1115 Ball Ave NE  
Grand Rapids, MI 49505

**Phone: 1-616-456-6571**

**Fax: 1-616-235-0979**

Arbor Circle's Outpatient Counseling Services guide individuals to discover the perspective and coping skills needed to adapt or even avoid life's challenges by providing outpatient substance abuse and mental health services to youth and adults.

### **Family Outreach Center**

**Website:** <http://www.focgr.org/programs/outpatient-services/>

**Main Office:**

1939 S Division Ave  
Grand Rapids, MI 49507

**Phone: 1-616-247-3815**

**Fax: 1-616-245-0450**

**Southwest Office:**

255 Colrain SW, Ste 2  
Grand Rapids, MI 49548

**Phone: 1-616-988-1479**

**Fax: 1-616-988-1493**

The Outpatient Mental Health and Substance Use Disorder Program is committed to providing quality mental health and substance abuse services, as well as other supportive services (advocacy) in order to promote healthy living for children, adolescents, adults, and families living in Kent County. A special emphasis is placed on services to the under-served in the community.

### **The Salvation Army – Turning Point Program**

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

1215 Fulton St E  
Grand Rapids, MI 49503

**Phone: 1-616-742-0351**

Our approach to treatment utilizes an integrative method consisting of evidence-based practices to treat each patient in a holistic manner. We focus on the individuality of every patient and design the treatment experience around an individual's needs. It is our first priority to provide a warm, welcoming environment that promotes safety and healing. Our goal is to empower people to overcome addictions and reconnect with life by providing consumer driven and integrated care focused on safety, trust, compassion and self-determination while promoting wellness and offering support that is consistent with the principles and practices of Trauma Informed Care.

## Addiction/Substance Abuse(Cont.)

### **Pine Rest**

**Website:** <https://www.pinerest.org/drug-addiction-treatment-center>

**Phone:** 1-866-852-4001

Pine Rest offers a full continuum of addiction services that range from residential detoxification to traditional outpatient services. All of the service components in the continuum welcome those who also have mental health disorders. We believe that there should be no wrong door for individuals to access substance use disorder treatment.

### **Guiding Light Mission**

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

255 Division Ave S

Grand Rapids, MI 49503

**Phone:** 1-616-451-0236, ext. 25

Guiding Light Recovery helps men with substance abuse problems achieve recovery from addiction. Our program is free, long-term; faith based, uses 12 step programming, and includes professional counseling.

### **ACAC Inc.**

**Website:** <http://www.acacsite.com/>

3949 Sparks Dr SE, Ste 103

Grand Rapids, MI 49546

**Phone:** 1-616-957-5850

635 West Summit

Muskegon, MI 49441

**Phone:** 1-231-737-9840

Our experienced counselors provide quality individualized treatment, focusing on your specific needs. All clients are assessed for the level of care they need, and an individualized plan of care is developed. The client's input is critical and all therapy planning includes the individual's desires and needs. With permission from the client, his or her family members, life partner, and physician may be included in their care plan.

### **Our Hope Association**

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

324 Lyon NE

Grand Rapids, MI 49503

**Phone:** 1-616-451-2039

**Fax:** 1-616-451-3590

Our Hope's comprehensive continuum of services allows us to customize a plan for each woman's unique journey to recovery, meeting her needs at all stages of readiness.

## Addiction/Substance Abuse(Cont.)

### **Suboxone Providers**

**Dr. Tariq Faridi**

3330 Claystone SE  
Grand Rapids, MI 49546  
**Phone: 1-616-949-7460**

**Dr. David Sova:**

4081 Cascade Rd SE  
Grand Rapids, MI 49546  
**Phone: 1-616-957-3500**

**Dr. Bruce Baker**

**West Brook Recovery Center**  
3210 Eagle Run Dr NE, Ste 200  
Grand Rapids, MI 49525  
**Phone: 1-616-957-1200**

**Dr. John Campbell**

1676 Viewpond Dr SE  
Kentwood, MI 49508  
**Phone: 1-616-455-9450**

**Dr. Gursham Dosanjh**

585 36<sup>th</sup> St SW  
Wyoming, MI 49509  
**Phone: 1-616-531-1871**

**Dr. Ramin Rahimi**

4955 East Beltline, Ste A  
Grand Rapids, MI 49525  
**Phone: 1-616-447-4090**

### **Alcoholics Anonymous**

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

**Phone: 1-616-913-9216**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

## Addiction/Substance Abuse(Cont.)

### **Narcotics Anonymous**

**Website:** [http://www.michigan-na.org/michigan\\_region/](http://www.michigan-na.org/michigan_region/)

**Phone:** 1-800-230-4085

Narcotics Anonymous (NA) is a “nonprofit fellowship or society of men and women for whom drugs had become a major problem”. Narcotics Anonymous uses a traditional 12 step model that has been expanded and developed for people with varied Substance abuse issues and is the second largest substance abuse program in the United States.

### **Sober Nation**

**Website:** <http://www.sobernation.com/list-of-12-step-programs/>

**Phone:** 1-866-317-7050

List and Contact information for over 40 12 Step Programs and Support Groups

### **Project Rehab**

200 Eastern Ave, SE  
Grand Rapids, MI 49503

**Phone:** 1-616-776-0891

750 Cherry St, SE  
Grand Rapids, MI 49503

**Phone:** 1-616-233-0709

Substance abuse and mental health rehabilitation services: Community Alternatives Program, Men’s Recovery, Women’s Recovery Center and Ex-offender Programs.

### **Life Guidance**

2303 Kalamazoo Ave, SE, # 100  
Grand Rapids, MI 49507

**Phone:** 1-616-776-0891

Outpatient substance abuse counseling. Accepts Medicare, Medicaid, Sliding scale fees. Usually referrals from Network 180.

### **Salvation Army Rehabilitation**

**Website:** <http://grandrapids.satruck.org/>

1491 S Division Ave  
Grand Rapids, MI 49503

**Phone:** 1-616-452-3133

Inpatient program will take people straight from the streets. This is a 6 month program. Intake hours are 12pm-3pm M-F. Call for fees if applicable.

## Addiction/Substance Abuse(Cont.)

### **Al-Anon**

**Website:** <http://www.al-anon.org/>

**Phone:** 1-616-774-1079

**National:** 1-800-4AL-ANON

Support group for family and friends of alcoholics. Call for locations and meeting times.

### **Brighton Center for Recovery**

12851 Grand River Ave

Brighton, MI 48116

**Phone:** 1-810-227-1211

### **Allegiance Health Addiction Center**

205 N East Ave

Jackson, MI 49201

**Phone:** 1-517-782-4001

### **Sparrow Substance Abuse Unit**

1215 E. Michigan Avenue

Lansing, MI 48912

**Phone:** 1-517-364-7740

### **All Night Recovery**

4830 S Division

Grand Rapids, MI 49507

**Phone:** 1-616-742-3770

A.A and N.A meetings during the evening and through the night. Doors open at 7PM.

## Advocacy/Support Groups

### **Al-Anon**

**Website:** <http://www.al-anon.org/>

**Phone:** 1-616-774-1079

**National:** 1-800-4AL-ANON

Support group for family and friends of alcoholics. Call for locations and meeting times.

### **Disability Advocates of Kent County**

**Website:** <http://dakc.us/>

**Phone:** 1-616-949-1100

On the individual level, Disability Advocates' expert and knowledgeable staff provides support in a variety of issue areas including transportation, housing, employment, and veteran's assistance. And while we help thousands of individuals each year, we also advocate for systems change at the local, state and federal levels in order to assure that the systems we have created meet their intended goals and are changed when necessary.

### **Justice for Our Neighbors**

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

**Phone:** 1-616-301-7461

JFON is a ministry of hospitality in Grand Rapids, Holland, Kalamazoo and Traverse City that welcomes immigrants into our communities by providing affordable, high-quality immigration legal services, engaging in advocacy for immigrants' rights and offering education to communities of faith and the public. As part of a nationwide outreach project of UMCOR and the United Methodist Church, JFON provides immigration legal services to those earning 200% of poverty or less.

### **Autism Support of West Shore**

**Website:** <https://www.asws.org/Resources.aspx>

**Phone:** 1-616-395-3222

The Autism Support of West Shore is a non-profit organization advocating and supporting meaningful participation in all aspects of life for individuals with Autism Spectrum Disorders and their families throughout the West Michigan area.

### **Area Agency on Aging of Western Michigan**

**Website:** <http://www.aaawm.org/advocacy>

**Phone:** 1-616-456-5664

The Area Agency on Aging of Western Michigan encourages advocacy supporting the needs of all older Americans generally, and specifically those in Western Michigan.

## Advocacy/Support Groups (Cont.)

### **Diabetes Support Groups**

**Website:**

[http://www.dlife.com/diabetes\\_resources/dlife\\_diabetes\\_locator/support\\_groups/michigan](http://www.dlife.com/diabetes_resources/dlife_diabetes_locator/support_groups/michigan)

Diabetes Support Groups across the state of Michigan. Multiple groups meet within all counties.

### **Disability Network West Michigan**

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

**Muskegon County Phone: 1-231-722-0088**

**Newaygo County Phone: 1-231-538-0738**

**Oceana County Phone: 1-231-301-0014**

Disability Network West Michigan provides independent living resources for people with disabilities in Muskegon, Oceana, Newaygo, Lake, and Mason Counties.

### **Michigan Protection & Advocacy Service, Inc.**

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

**Local: 1-517-487-1755**

**Toll Free: 1-800-288-5923**

Michigan Protection & Advocacy Service, Inc. (MPAS) is the independent, private, nonprofit organization designated by the governor of the State of Michigan to advocate and protect the legal rights of people with disabilities in Michigan. MPAS services include information and referral, short-term assistance, selected individual and legal representation, systemic advocacy, monitoring, and training.

### **Michigan Mental Health Networker**

**Website:** [http://www.mhweb.org/westmichigan/selfhelp\\_gen.htm](http://www.mhweb.org/westmichigan/selfhelp_gen.htm)

The Networker website has been in existence since 1997. Presently, there are listings of 400 psychotherapists, 50 therapy groups, 500 mental health agencies and access to approximately 4000 self-help groups on the Networker website.

### **Hospice of Michigan: Grief Support Groups**

**Website:** <http://www.hom.org/wp-content/uploads/2014/09/W-N-Support-Groups.pdf>

**Phone: 1-888-247-5701**

If you are grieving the loss of a loved one, you're not alone. We host grief support groups throughout Michigan's Lower Peninsula. Please view our groups below and use the calendar to find a session near you.



## Advocacy/Support Groups (Cont.)

### **Immigration Advocates Network**

**Website:** <http://www.immigrationadvocates.org/nonprofit/>

The Immigration Advocates Network (IAN) is a collaborative effort of leading immigrants' rights organizations designed to increase access to justice for low-income immigrants and strengthen the capacity of organizations serving them. IAN promotes more effective and efficient communication, collaboration, and services among immigration advocates and organizations by providing free, easily accessible and comprehensive online resources and tools.

### **Equality Michigan**

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

**Phone:** 1-313-537-7000

Equality Michigan is Michigan's only statewide anti-violence and advocacy organization working primarily for Michigan's lesbian, gay, bisexual, and transgender (LGBT) communities. Our organizations work to create change on a local and state level that advances equality and legal protections for the LGBT communities. As we achieve this change, we will count and counter, through advocacy services, acts of discrimination from bullying in the schoolyard, to wrongful termination in the workplace, to acts of violence committed against LGBT people in our community.

### **Human Rights Watch – Michigan Prison Resources**

**Website:** <https://www.hrw.org/news/2010/07/15/michigan-prison-resources>

**Headquarters Phone:** 1-212-290-4700

Human Rights Watch defends the rights of people worldwide. We scrupulously investigate abuses, expose the facts widely, and pressure those with power to respect rights and secure justice. Human Rights Watch is an independent, international organization that works as part of a vibrant movement to uphold human dignity and advance the cause of human rights for all.

### **Family Hope Foundation**

**Website:** <http://www.familyhopefoundation.org/advocacy-support>

**Phone:** 1-616-780-3839

Family Hope Foundation is an established non-profit organization providing resources, activities, support, and funding for therapies to families of children with special needs in West Michigan. Those needs may be physical, emotional, or developmental. Our premise is simple: each child deserves the chance to reach their highest potential. Children with special needs can grow, change, learn, connect and be happy members of their family. They can succeed – if the community nurtures their abilities and creates an atmosphere for success.

## Advocacy/Support Groups (Cont.)

### **Mediation and Restorative Services**

**Website:** <https://sites.google.com/site/mediatewestmichigancom/>

**Phone:** 1-231-727-6001

Serving the citizens of Muskegon, Mason, Manistee & Oceana Counties, Mediation & Restorative Services provides an alternative for the resolution of disputes and reconciliation of disputing parties; enhance public safety and accountability by supporting victims, build competencies of offenders and promote reconciliation between victims, offenders, families and the community.

### **Goodwill Industries of Greater Grand Rapids**

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

**Phone:** 1-616-532-4200

Goodwill Industries of Greater Grand Rapids will enhance the community's understanding of the mission to serve individuals with barriers to employment toward self-sufficiency by providing individualized talent development services.

### **Planned Parenthood of West and Northern Michigan, Inc.**

**Website:**

<https://www.plannedparenthood.org/planned-parenthood-west-northern-michigan>

**Local:** 1-616-774-7005

**Toll Free:** 1-800-230-PLAN

Planned Parenthood of West and Northern Michigan (PPWNM) is a nonprofit agency, and the largest provider of sexual health, education, and advocacy services in the region. We work to ensure that people from all walks of life have access to affordable services that help them plan their families, prevent disease, and make responsible decisions about their sexual health.

### **Kenyon Education and Consulting Group, LLC (KEC Group)**

**Website:** <http://kecgroup.us/>

**Phone:** 1-616-334-1692

Our advocacy services include working with families who have seniors that need special attention. We also work with pregnant patients who need a bit of TLC and guidance during the pregnancy process so that they are not bullied or coerced into treatment that they don't want or may not need. Vaccine advocacy is another area that we work in. We work with parents to explore waiver options, attend the required health department meetings with parents, and we even attend physician appointments with parents who feel bullied, or want an advocate with them.

## Advocacy/Support Groups (Cont.)

### **Psychology Today – Therapy Groups**

**Website:** <https://groups.psychologytoday.com/rms/state/MI/Grand+Rapids.html>

Find detailed professional listings for Psychologists, Psychiatrists, Therapists, Counselors, Group Therapy and Treatment Centers in the United States and Canada.

### **Alcoholics Anonymous**

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

**Phone:** 1-616-913-9216

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

### **West Michigan Survivors of Suicide**

**Website:** <http://www.angelfire.com/mi2/westmisos/>

**Phone:** 1-616-957-3466

Support group for survivors of suicide provides a place to share feelings, creates a safe environment for survivors to go through the grieving process with other suicide survivors.

### **Narcotics Anonymous**

**Website:** [http://www.michigan-na.org/michigan\\_region/](http://www.michigan-na.org/michigan_region/)

**Phone:** 1-800-230-4085

Narcotics Anonymous (NA) is a “nonprofit fellowship or society of men and women for whom drugs had become a major problem”. Narcotics Anonymous uses a traditional 12 step model that has been expanded and developed for people with varied Substance abuse issues and is the second largest substance abuse program in the United States.

### **Project Rehab**

200 Eastern Ave, SE  
Grand Rapids, MI 49503

**Phone:** 1-616-776-0891

750 Cherry St, SE  
Grand Rapids, MI 49503

**Phone:** 1-616-233-0709

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## Advocacy/Support Groups (Cont.)

### **Sober Nation**

**Website:** <http://www.sobernation.com/list-of-12-step-programs/>

**Phone:** 1-866-317-7050

List and Contact information for over 40 12 Step Programs and Support Groups

### **Tragedy Assistance Program for Survivors (TAPS)**

**Website:** <http://www.taps.org/survivors/>

**24 Hour Grief Helpline:** 1-800-959-8277

The Tragedy Assistance Program for Survivors (TAPS) offers compassionate care to all those grieving the death of a loved one serving in our Armed Forces by providing comfort and hope through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones.

### **Al-Anon**

**Website:** <http://www.al-anon.org/>

**Phone:** 1-616-774-1079

**National:** 1-800-4AL-ANON

Support group for family and friends of alcoholics. Call for locations and meeting times.

### **Men's Resource Council**

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

#### **Grand Rapids**

534 Fountain St, NE

Grand Rapids, MI 49503

**Phone:** 1-616-456-1178

**Fax:** 1-616-456-1324

#### **Holland**

426 Century Ln, Ste 100

Holland, MI 49423

**Phone:** 1-616-355-3000

**Fax:** 1-616-355-7704

The Men's Resource Center of West Michigan, with offices located in Grand Rapids and Holland, Michigan offers unique and valuable services tailored to men and boys, and provides consultation and support to those people and organizations that work with them. Our services include individual counseling and men's support groups for relationship issues, family issues, mid-life crisis, and personal growth as well as therapy for debilitating issues and behaviors such as domestic abuse, PTSD, drug and alcohol abuse, anger management, and sex addiction. We also provide phone counseling, massage and bodywork, specialized clinical services and evaluations, expert witness, and testimony.

## Advocacy/Support Groups (Cont.)

### **Mothers Against Drunk Drivers (MADD)**

**Website:** <http://www.madd.org/local-offices/mi/>

**Email:** [mi.state@madd.org](mailto:mi.state@madd.org)

625 E Big Beaver, Ste 200

Troy, MI 48083

**Phone:** 1-248-528-1745

**Helpline:** 1-800-323-6233

The mission of Mothers Against Drunk Driving is to end drunk driving, help fight drugged driving, support the victims of these violent crimes and prevent underage drinking.”

### **Green Path Debt Solutions**

**Website:** <http://www.greenpath.com/>

3210 Eagle Run Dr

Grand Rapids, MI 49525

**Phone:** 1-616-942-2119

We offer free debt counseling that is personal and tailored to your unique situation. We specialize in helping people eliminate credit card debt. We also assist people with student loan debt, help homeowners avoid foreclosure, provide reverse mortgage counseling to seniors, help people manage their credit score, and provide bankruptcy counseling and education for debtors filing for bankruptcy. Financial education is part of everything we do, and we also offer a wide variety of financial education tools and resources.

### **Gilda’s Club**

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

1806 Bridge St, NW

Grand Rapids, MI 49503

**Phone:** 1-616-453-8300

Gilda’s Club Grand Rapids provides free emotional healthcare to children, adults, families, and friends on any kind of cancer journey or those grieving the death of someone in their life due to any cause.

### **Michigan Hepatitis C Foundation**

**Website:** <http://www.hepatitiscentral.com/hcv/support/mi/grandrapids/>

**Email:** [mhcf@iserv.net](mailto:mhcf@iserv.net)

PO Box 6982

Grand Rapids, MI 49516

**Phone:** 1-616-447-9058

## Advocacy/Support Groups (Cont.)

### **Association for the Blind and Visually Impaired**

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

456 Cherry St SE  
Grand Rapids, MI 49503

**Phone: 1-616-458-1187**

The Association for the Blind & Visually Impaired offers assistance to people with visual impairment or blindness. People often come to us when their eye care professional can no longer correct their vision with glasses, contact lenses, medication or surgery. ABVI offers people with visual impairment and blindness an avenue to independence. We offer hope and help. We provide vision aids. Our clients learn new ways to perform the daily tasks that we who are sighted take for granted. ABVI is a full service agency offering low vision services, rehabilitation and education.

### **Asthma Network of West Michigan**

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

359 South Division Avenue  
Grand Rapids, MI 49503

**Phone: 1-616-685-1430**

**Fax: 1-616-685-1437**

Improving the health and quality of life of individuals with asthma.

### **Cystic Fibrosis Foundation**

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

967 Spaulding Ave SE  
Ada, MI 49301

**Phone: 1-616-956-6850**

The mission of the Cystic Fibrosis Foundation is to cure cystic fibrosis and to provide all people with the disease the opportunity to lead full, productive lives by funding research and drug development, promoting individualized treatment and ensuring access to high-quality, specialized care.

## Alternative/Integrative Medicine (Cont.)

### **Hearts Journey Wellness Center**

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

6189 Lake Michigan Dr  
Allendale, MI 49401

**Phone: 1-616-307-1617**

**Toll Free 1-877-932-4446**

**Fax: 1-888-972-8714**

Our center is designed to provide you with the resources and tools you need to make your journey a little easier, a little more peaceful, and a little more relaxing. How does this happen? We provide a welcoming environment in which you can receive psychological counseling to deal with the challenges you encounter on your individual journey. We also use yoga (both individual therapy as well as classroom format), to soothe and strengthen the body. Together, mind and body are renewed and refreshed, giving you inner strength and peace.

### **Targeted Medical Pharma**

**Website:** <http://tmedpharma.com/>

**Ordering Information:**

**Phone: 1-844-474-3111**

TRGM develops and manufactures amino acid based medical foods using the patented system of Targeted Cellular Technology. These medical foods are a rapidly growing sector of medication technology used in the management of pain syndromes, psychiatric disorders, obesity, autism, hypertension, sleep disturbances and anemia. TRGM Medical foods are developed according to the guidelines established by the FDA, and only contain ingredients that are Generally Recognized as Safe (GRAS). These products are exempt from FDA pre-approval, which allows them to come to market much faster than a pharmaceutical drug and at a fraction of the cost.

### **Grand Rapids Sports Massage**

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

AJ (Adrienne Jeanne Dyke)

2424 Burton St, Ste 101

Grand Rapids, MI

**Phone: 1-616-551-2724 ext. 4**

Focusing on medically based deep tissue, performance and sports massage as well as integrated massage modalities for addressing pain and dysfunction are the primary missions of this practice. **\*\*Currently AJ is NOT accepting new patients except by referral.\*\***



## Alternative/Integrative Medicine (Cont.)

### **IRV Marcus Acupuncture**

**Website:** <http://www.irvmarcusacupuncture.com/>

**Email:** [irv@IrvMarcusAcupuncture.com](mailto:irv@IrvMarcusAcupuncture.com)

1959 East Paris Ave SE  
Grand Rapids, MI 49546  
**Phone: 1-616-361-9221**

3368 E Beltline Ct NE  
Grand Rapids, MI 49525  
**Phone: 1-616-361-9221**

14998 Cleveland St, Ste C  
Spring Lake, MI 49456  
**Phone: 1-616-361-9221**

1401 West Main St  
Fremont, MI 49412  
**Phone: 1-231-924-1600**

Acupuncture is particularly effective for pain relief and for post-surgery and chemotherapy associated nausea and vomiting. In addition, both the World Health Organization and the National Institutes of Health recognize that acupuncture can be a helpful part of a treatment plan for many illnesses.

### **Spark of Life Studio**

**Website:** <http://www.sparkoflifestudio.com/index.html>

**Email:** [info@sparkoflifestudio.com](mailto:info@sparkoflifestudio.com)

959 Lake Dr, SE, Ste 201  
Grand Rapids, MI 49503

**Frank Boppel, D.A.**  
**Phone: 1-616-516-1479**

**Judit Baumgartner, LMT, D.A.**  
**Phone: 1-616-780-4739**

In essence, Alphabiotics is a way to restore balance to the body. "What is causing the body to be out of balance?" you may ask. The body constantly strives to be in balance. However, when there is more outside stress than inside resistance over a prolonged period of time eventually the body has to sacrifice balance in order to deal with the stress. Most people have an idea what they consider to be stress, but not everybody's definition of stress is going to be the same.

### **Body Mind, Inc.**

**Website:** [www.BodyMind.biz](http://www.BodyMind.biz)

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

2524 Woodmeadow Dr SE  
Grand Rapids, MI 49546  
**Phone: 1-616-334-5481**

European Healing Arts of Acupressure and Massage



## Alternative/Integrative Medicine (Cont.)

### **Chiropractic Unlimited**

**Website:** <http://chirounlimited.com/>

**Dr. Eric Delamielleure, DC**

5060 Cascade Rd SE, Ste E

Grand Rapids, MI 49546

**Phone: 1-616-940-4647**

**Fax: 1-616-942-2497**

Our chiropractic services are complimented with onsite physical therapy and a training center. The Facility will allow complete continuity in patient care from every aspect.

### **Grand Rapids Natural Health**

**Website:** <http://grnaturalhealth.com/>

638 Fulton W

Grand Rapids, MI 49504

**Phone: 1-616-264-6556**

Grand Rapids Natural Health is an all-inclusive health and wellness center with many alternative health practitioners, all under one roof.

### **Continuum Healing**

**Website:** <http://www.continuumhealing.com/>

**Email:** [info@continuumhealing.com](mailto:info@continuumhealing.com)

1324 Lake Dr, Ste 4

Grand Rapids, MI 49506

**Phone 1-616-371-4680**

Continuum Healing is a natural health clinic located in Grand Rapids, Michigan made up of caring practitioners who believe that in order to help they must first see, hear, and spend time with whomever seeks their care. Based on the principles of Naturopathic Medicine, Continuum Healing practitioners seek to help the body come back into balance and return to its true state of health. Through nutritional suggestions, herbal programs, cleansing, breath work, bodywork, and massage therapy clients can expect to feel supported and inspired to change their health path. While fast moving and hurried health care is so prevalent in today's world, Continuum Healing offers you a space to be seen, heard, nurtured, empowered and educated.

## Alternative/Integrative Medicine (Cont.)

### **Spectrum Health Medical Group Center for Integrative Medicine**

**Website:** <http://www.shmg.org/cim>

**Dr. Corey Waller, M.D.**

75 Sheldon Blvd SE, Ste 100

Grand Rapids, MI 49503

**Phone: 1-616-391-6120**

**Fax: 1-616-391-6125**

The Spectrum Health Medical Group Center for Integrative Medicine (CIM) is a multi-specialty clinic that employs a new model of care to assess and treat high-frequency patients from the West Michigan area emergency departments (EDs). The central goal of the CIM is to use a bio-psycho-social model of care to improve the overall health, function and societal integration of at-risk and non-mainstream patients.

## Community Hospitals

### **Spectrum Health Hospitals:**

#### **Big Rapids Hospital**

605 Oak St  
Big Rapids, MI 49307  
**Phone: 1-231-796-8691**

#### **Butterworth Hospital**

100 Michigan St NE  
Grand Rapids, MI 49503  
**Phone: 1-616-391-1774**

#### **Helen DeVos Children's Hospital**

100 Michigan St NE  
Grand Rapids, MI 49503  
**Phone: 1-616-391-9000**

#### **Ludington Hospital**

1 Atkinson Dr  
Ludington, MI 49431  
**Phone: 1-231-843-2591**

#### **Reed City Hospital**

300 N Patterson Rd  
Reed City, MI 49677  
**Phone: 1-231-832-3271**

#### **Zeeland Community Hospital**

8333 Felch St  
Zeeland, MI 49464  
**Phone: 1-616-772-4644**

#### **Blodgett Hospital**

1840 Wealthy St SE  
Grand Rapids, MI 49506  
**Phone: 1-616-774-7444**

#### **Gerber Memorial**

212 Sullivan Ave  
Fremont, MI 49412  
**Phone: 1-231-924-3300**

#### **Kelsey Hospital**

418 Washington St  
Lakeview, MI 48850  
**Phone: 1-989-352-7211**

#### **Pennock Hospital**

1009 W Green St  
Hastings, MI 49058  
**Phone: 1-269-945-3451**

#### **United Hospital**

615 S Bower St  
Greenville, MI 48838  
**Phone: 1-616-754-4691**

## Community Hospitals (Cont.)

### **Non-Spectrum Health Hospitals:**

**Allegan General Hospital**

555 Linn St  
Allegan, MI 49010

**Phone: 1-269-673-8424**

**Holland Hospital**

602 Michigan Ave  
Holland, MI 49423

**Phone: 1-616-392-5141**

**Mercy Health General Campus**

1700 Oak Ave  
Muskegon, MI 49444

**Phone: 1-231-861-2000**

**Mercy Health Lakeshore Campus**

72 S State St  
Shelby, MI 49455

**Phone: 1-231-861-2156**

**Mercy Health Saint Mary's Campus**

200 Jefferson St SE  
Grand Rapids, MI 49503

**Phone: 1-616-685-6000**

**North Ottawa Community Hospital**

1309 Sheldon Rd  
Grand Haven, MI 49417

**Phone: 1-616-842-3600**

**Sparrow Ionia Hospital**

3565 S State Rd  
Ionia, MI 48846

**Phone: 1-616-523-1400**

**Borgess Hospital**

1521 Gull Rd  
Kalamazoo, MI 49048

**Phone: 1-269-226-7000**

**McLaren Greater Lansing Hospital**

401 W Greenlawn Ave  
Lansing, MI 48910

**Phone: 1-517-975-6000**

**Mercy Health Hackley Campus**

1700 Clinton St  
Muskegon, MI 49442

**Phone: 1-231-726-3511**

**Mercy Health Mercy Campus**

1500 E Sherman Blvd  
Muskegon, MI 49444

**Phone: 1-231-672-2000**

**Metro Health Hospital**

5900 Byron Center Ave SW  
Wyoming, MI 49519

**Phone: 1-616-252-7200**

**Sheridan Community Hospital**

301 N Main St  
Sheridan, MI 48884

**Phone: 1-989-291-3261**

## Community/Social Services

### **Social Security Offices (Grand Rapids and Surrounding Areas)**

Website: <https://www.ssa.gov/>

**\*\*NATIONAL PHONE NUMBER: 1-800-772-1213**

#### **Local Community Offices:**

3045 Knapp St. NE  
Grand Rapids, MI 49525  
**Phone: 1-877-319-5710**

657 Hastings Ave  
Holland, MI 49423  
**Phone: 1-877-223-6062**

340 Morris Ave  
Muskegon, MI 49440  
**Phone: 1-866-763-2332**

317 South Drake Rd  
Kalamazoo, MI 49009  
**Phone: 1-866-331-9088**

2518 Capital Ave SW  
Battle Creek, MI 49015  
**Phone: 1-269-962-0910**

5210 Perry Robinson  
Lansing, MI 48911  
**Phone: 1-877-512-5944**

### **Kenyon Education and Consulting Group, LLC (KEC Group)**

Website: <http://kecgroup.us/>

**Phone: 1-616-334-1692**

Our advocacy services include working with families who have seniors that need special attention. We also work with pregnant patients who need a bit of TLC and guidance during the pregnancy process so that they are not bullied or coerced into treatment that they don't want or may not need. Vaccine advocacy is another area that we work in. We work with parents to explore waiver options, attend the required health department meetings with parents, and we even attend physician appointments with parents who feel bullied, or want an advocate with them.

### **Heart of West Michigan United Way 2-1-1**

Website: <http://www.hwmuw.org/2-1-1>

**Just dial 2-1-1 from a landline or 1-800-887-1107 from a cell phone**

Heart of West Michigan United Way 2-1-1 is a free health and human service hotline that connects callers to more than 2,900 distinct services in Kent County. 2-1-1's extensively trained and certified staff members offer help to people in need 24 hours a day, 7 days a week.

### **Project Rehab**

200 Eastern Ave, SE  
Grand Rapids, MI 49503  
**Phone: 1-616-776-0891**

750 Cherry St, SE  
Grand Rapids, MI 49503  
**Phone: 1-616-233-0709**

Substance abuse and mental health rehabilitation services: Community Alternatives Program, Men's Recovery, Women's Recovery Center and Ex-offender Programs.

## Community/Social Services (Cont.)

### **Lutheran Child & Family Services**

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

1715 Sutherland, SE  
Kentwood, MI 49508

**Phone: 1-616-281-4601**

**Toll free: 1-800-968-4696**

Lutheran Social Services of Michigan (LSSM) creates communities of service. We walk with people in need, offering hope and compassion while upholding their dignity, advocating for equality and justice, and seeking creative solutions

### **Men's Resource Council**

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

#### **Grand Rapids**

534 Fountain St, NE  
Grand Rapids, MI 49503

**Phone: 1-616-456-1178**

**Fax: 1-616-456-1324**

#### **Holland**

426 Century Ln, Ste 100  
Holland, MI 49423

**Phone: 1-616-355-3000**

**Fax: 1-616-355-7704**

The Men's Resource Center of West Michigan, with offices located in Grand Rapids and Holland, Michigan offers unique and valuable services tailored to men and boys, and provides consultation and support to those people and organizations that work with them. Our services include individual counseling and men's support groups for relationship issues, family issues, mid-life crisis, and personal growth as well as therapy for debilitating issues and behaviors such as domestic abuse, PTSD, drug and alcohol abuse, anger management, and sex addiction. We also provide phone counseling, massage and bodywork, specialized clinical services and evaluations, expert witness, and testimony.

### **Michigan Hepatitis C Foundation**

**Website:** <http://www.hepatitiscentral.com/hcv/support/mi/grandrapids/>

**Email:** [mhcf@iserv.net](mailto:mhcf@iserv.net)

PO Box 6982

Grand Rapids, MI 49516

**Phone: 1-616-447-9058**

## Community/Social Services (Cont.)

### **Pregnancy Resource Center**

415 Cherry St, SE  
Grand Rapids, MI 49503  
**Phone: 1-616-456-6873 or 1-616-261-0014**

### **Help Pregnancy Crisis Aid**

**Website:** <http://helppregnancy.org/>  
**Email:** [info@helppregnancy.org](mailto:info@helppregnancy.org)  
705 Bridge St. NW  
Grand Rapids, MI 49504  
**Phone: 1-616-459-9139**

HELP Pregnancy Crisis Aid, Inc. is a Catholic, non-profit organization dedicated to helping pregnant women carry their babies to term by offering them support and alternatives to abortion, regardless of their faith, origin or background.

### **D.A. Blodgett Services for Children and Families**

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

805 Leonard Street NE  
Grand Rapids, MI 49503  
**Phone: 1-616-451-8936**

2355 Knapp Street NE  
Grand Rapids, MI 49505  
**1-616-361-9923**

To provide traditional and innovative programs that enhance the well-being of children and their families and provide opportunities for them to realize their full potential.

### **Degage's Life Enrichment Center**

**Website:** <http://www.degageministries.org/>  
**Email:** [info@degageministries.org](mailto:info@degageministries.org)  
144 Division Ave S  
Grand Rapids, MI 49503-4216  
**Phone: (616) 454-1661**  
**Fax: (616) 459-7200**

Located at Degage Ministries and offer personal hygiene supplies, free showers, \$2 haircuts, \$1 wash and \$1 dry as well as lockers if available. Please call for details and to confirm costs.

## Community/Social Services (Cont.)

### **St Andrews Outreach**

267 Sheldon, SE  
Grand Rapids, MI 49503  
**Phone: 1-616-456-1454**

Provides socks, underwear, soap, shampoo and razors once a month if available. Also provides shoes, towel, blanket, pillow and coat 1 time per year if available.

### **Matthew's House**

**Website:** <http://www.matthews-house.org/>  
766 7<sup>th</sup> Street, NW  
Grand Rapids, MI 49504  
**Phone: 1-616-233-3006**

Free showers, low cost personal hygiene supplies, low cost washer and dryers. Throughout the week we offer NA meetings, daily Bible Studies, computer skills, resume' building, and more. We have been a major impact in our community. We welcome you with open arms ! Please inquire today about how you can become a financial partner of Matthew's House Ministry family. Open Monday through Friday from 11:30pm to 5pm. Please call for more information.

### **In the Image**

1823 S Division, SE  
Grand Rapids, MI 49503  
**Phone: 1-616-456-6150**

Offers free clothing and supplies. Please call or drop in to make an appointment. Hours are Monday and Wednesday from 9am to 11am and 1pm to 3pm.



## Education Services

### **Literacy Center of West Michigan**

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

1120 Monroe Ave NW, Ste 240

Grand Rapids, MI 49503

**Phone: 1-616-459-5151**

The Literacy Center's proven programs have helped thousands of adults learn to read and improve their English language skills. Our focus is always on the needs of our learners: their goals, their learning style, and their availability.

### **Calvin College Academy for Lifelong Learning (CALL)**

**Website:** <http://www.calvin.edu/academic/call/>

3201 Burton ST, SE

Grand Rapids, MI 49546

**Phone: 1-616-957-6749 or 1-616-957-6142**

Offers free public lectures and programs. Call or visit the website for more information on times and upcoming events.

### **Grand Rapids Adult Education**

**Website:** <http://www.grps.org/adulted>

2405 Leonard St, NE

Grand Rapids, MI 49505

**Phone: 1-616-819-2734**

**Fax: 1-616-819-3272**

FREE classes are available to students 20 years of age and older. NO registration fee. Please bring valid photo I.D. and allow 90 minutes for registration. FREE bus tickets to enrolled students. Grand Rapids Adult Education Programs include: English as a Second Language (ESL), General Educational Development (GED), High School Completion (HSC), Adult Basic Education (ABE).

## Education Services (Cont.)

### **Turning Pages**

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

**Email:** [read@turningpages.org](mailto:read@turningpages.org)

2428 Burton SE

Grand Rapids, MI 49546

**Phone: 1-616-243-7323**

**Fax: 1-616-285-1935**

Turning Pages is a non-profit organization that provides one-on-one tutoring for children and adults, in reading, writing and spelling. We tutor using the Orton-Gillingham approach which is multi-sensory and phonetic. We also provide training for parents in this approach, so they may create effective lessons for their home-schooled children or for tips and techniques when reading and spelling at home.

### **Word Project**

671 Davis Ave, NW

Grand Rapids, MI 49504

**Phone: 1-616-454-4874**

Writing Opportunity Reading Discoveries (WORD) Project provides an intergenerational literacy program of services to enable individuals to improve the quality of their lives and their community. These classes are run out of the Steepletown Neighborhood Services Center. The WORD Project ESL classes that provide free citizenship classes for members of the community who are ready to prepare for the U.S. Citizenship Exam are run out of GRCC's Tassell MTEC.

### **Goodwill Industries of Greater Grand Rapids**

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

**Phone: 1-616-532-4200**

Goodwill Industries of Greater Grand Rapids will enhance the community's understanding of the mission to serve individuals with barriers to employment toward self-sufficiency by providing individualized talent development services.

## Employment Services

### **MI Works**

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

1560 Leonard, NE  
Grand Rapids, MI

**Phone: 1-616-336-4460**

121 Franklin, SE  
Grand Rapids, MI

**1-616-336-4040**

### **Jubilee Jobs**

935 Baxter St, SE  
Grand Rapids, MI 49506

**Phone: 1-616-774-9944**

Open Monday through Friday from 8am to 4pm. Please call and make an appointment to come in.

### **Acset**

1550 Leonard St, NE  
Grand Rapids, MI 49503

**Phone: 1-616-336-4100**

Area Community Service Employment and Training (ACSET) provides many services to seniors in the community

### **Exodus**

781 36<sup>th</sup> St, SE  
Grand Rapids, MI 49548

**Phone: 1-616-726-1871 or 1-616-248-5900**

This program is to help assist ex-offenders in finding gainful employment. Hours of operation are Monday through Friday from 8:30am to 5pm.

### **Goodwill Career Center/Hartley Center**

750 1<sup>st</sup> St,  
Grand Rapids, MI 49504

**Phone: 1-616-451-8800 or 1-616-532-4200**

The career center provides assistance to those looking for employment. The center offers career development, employment, occupational skills training and job placement services.

## Employment Services (Cont.)

### **Kent Career Tech Center**

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

1655 East Beltline NE  
Grand Rapids, MI 49525

**Phone: 1-616-364-8421**

Get ready to experience an entirely different way of learning. Kent Career Tech Center takes project-based learning to a whole new level. By integrating the learning environment with real-world applications, we arm students with knowledge and experience they can apply directly to college and career.

### **Gerald R Ford Job Corps Center**

**Website:** <http://geraldrford.jobcorps.gov/home.aspx>

110 Hall Street SE  
Grand Rapids, MI 49507

**Phone: (616) 243-6877**

**Fax: (616) 243-4012**

At Gerald R. Ford Job Corps, students receive the skills needed to succeed in today's workforce - at no cost to them or their families!

### **Grand Rapids Opportunity for Women (GROW)**

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

25 Sheldon, SE, Ste 210  
Grand Rapids, MI 49503

**Phone: 1-616-458-3404**

Business classes for women as well as men

### **Grand Rapids Urban League**

745 Eastern Ave, SE  
Grand Rapids, MI 49503

**Phone: 1-616-245-2207**

### **J.E.T. Program**

215 Straight St, NW  
Grand Rapids, MI 49504

**Phone: 1-616-336-3708**

## Employment Services (Cont.)

### **Michigan Indian Employment and Training**

2367 Byron Center, SW  
Wyoming, MI 49509  
**Phone: 1-616-538-9644**

### **Michigan Rehabilitation Services**

750 Front St  
Grand Rapids, MI 49503  
**Phone: 1-616-242-6450**

### **Native American Family Services**

671 Davis Ave, NW, Ste 103  
Grand Rapids, MI 49504  
**Phone: 1-616-451-6767**

### **State of Michigan Unemployment**

3391 Plainfield, NW  
Grand Rapids, MI 49525  
**Phone: 1-616-361-3200**



## Health Services

### **Baxter Wholistic Health Clinic**

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

**Email:** [info@baxtercommunitycenter.org](mailto:info@baxtercommunitycenter.org)

935 Baxter St SE

Grand Rapids, MI 49506

**Phone: 1-616-456-5310**

**Fax: 1-616-456-8640**

The Wholistic Health Clinic has a vision of health that addresses the entire person—caring for the body, mind, and spirit. More than basic healthcare, the Clinic provides a medical home that strives to walk alongside clients towards improved and sustained health and wellness. Several of the finest medical practitioners from our area regularly volunteer their services, giving patients the benefit of affordable primary care from a physician they can see consistently. The Clinic serves families who lack insurance or receive Medicaid or Medicare; each year the Clinic sees an average of 1,500 people with an average annual income of \$12,000-\$15,000

### **Planned Parenthood of West and Northern Michigan, Inc.**

**Website:**

<https://www.plannedparenthood.org/planned-parenthood-west-northern-michigan>

**Local: 1-616-774-7005**

**Toll Free: 1-800-230-PLAN**

Planned Parenthood of West and Northern Michigan (PPWNM) is a nonprofit agency, and the largest provider of sexual health, education, and advocacy services in the region. We work to ensure that people from all walks of life have access to affordable services that help them plan their families, prevent disease, and make responsible decisions about their sexual health.

### **Asthma Network of West Michigan**

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

359 South Division Avenue

Grand Rapids, MI 49503

**Phone: 1-616-685-1430**

**Fax: 1-616-685-1437**

Improving the health and quality of life of individuals with asthma.

## Health Services (Cont.)

### **Michigan Tobacco QuitLine**

**Phone: 1-800-QUIT-NOW (784-8669)**

### **Visiting Angels**

**[www.visitingangels.com](http://www.visitingangels.com)**

1514 Wealthy St SE

Grand Rapids, MI 49506

**Phone: 1-616-243-7080**

At Visiting Angels, we strive to make staying at home a positive experience. We do this by allowing you to select your caregiver from a group of skilled elderly home care providers, allowing you to maintain your schedule, and providing you or your loved one with personalized elderly care services (unskilled caregivers may be utilized only in cases where no personal care or hygiene assistance is needed).

### **Association for the Blind and Visually Impaired**

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

456 Cherry St SE

Grand Rapids, MI 49503

**Phone: 1-616-458-1187**

The Association for the Blind & Visually Impaired offers assistance to people with visual impairment or blindness. People often come to us when their eye care professional can no longer correct their vision with glasses, contact lenses, medication or surgery. ABVI offers people with visual impairment and blindness an avenue to independence. We offer hope and help. We provide vision aids. Our clients learn new ways to perform the daily tasks that we who are sighted take for granted. ABVI is a full service agency offering low vision services, rehabilitation and education.

### **Cystic Fibrosis Foundation**

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

967 Spaulding Ave SE

Ada, MI 49301

**Phone: 1-616-956-6850**

The mission of the Cystic Fibrosis Foundation is to cure cystic fibrosis and to provide all people with the disease the opportunity to lead full, productive lives by funding research and drug development, promoting individualized treatment and ensuring access to high-quality, specialized care.

## Health Services (Cont.)

### **Spectrum Health's Visiting Nurse Association**

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

1401 Cedar St NE  
Grand Rapids, MI 49503

**Phone: 1-800-774-2702**

Spectrum Health Visiting Nurse Association provides compassionate, comprehensive and high quality home health care. We have been West Michigan's trusted provider of home care services for more than 100 years.

### **Alternatives in Motion**

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

201 Matilda NE  
Grand Rapids, MI 49506

**Phone: 1-616-493-2620**

Alternatives in Motion is all about mobility and independence. We are a nonprofit 501 (C)(3) organization that relies heavily on donations of new and gently used mobility equipment. We firmly believe everyone should have the opportunity to participate in society and not be hindered by mobility issues. Through our one of a kind wheelchair donation and refurbishment program, we give the Gift of Mobility to individuals and families in need. Since 1995 we have provided mobility assistance over 1,254 times!

### **American Cancer Society**

**Website:**

<http://www.cancer.org/treatment/supportprogramsservices/hopelodge/grandrapids/index>

129 Jefferson, SE  
Grand Rapids, MI 49503

**Phone: 1-616-364-6121**

**Toll free: 1-800-723-0360**

For over 100 years, the American Cancer Society (ACS) has worked relentlessly to save lives and create a world with less cancer. Together with millions of our supporters worldwide, we help people stay well and get well, find cures, and fight back against cancer.



## Health Services (Cont.)

### **American Heart Association**

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

3940 Peninsular r, SE, Ste 180  
Grand Rapids, MI 49546

**Phone: 1-616-285-1888**

**Toll free: 1-800-968-1040**

Our mission is to build healthier lives, free of cardiovascular diseases and stroke. That single purpose drives all we do. The need for our work is beyond question.

### **American Lung Association of Michigan**

**Website:** <http://www.lung.org/about-us/local-associations/michigan.html>

**Email:** [midland@lung.org](mailto:midland@lung.org)

1475 E 12 Mile Rd  
Madison Heights, MI 48071

**Phone: 1-248-784-2000**

The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease, through research, education and advocacy. Our work is focused on five strategic imperatives: to defeat lung cancer; to improve the air we breathe; to reduce the burden of lung disease on individuals and their families; to eliminate tobacco use and tobacco-related diseases; and to monitor and enhance organizational effectiveness.

### **American Red Cross of West Michigan**

**Website:** <http://www.redcross.org/local/mi>

1050 Fuller Ave, NE  
Grand Rapids, MI 49503

**Phone 1-616-456-8661**

**Toll free: 1-800-482-2411**

The American Red Cross Michigan Region is headquartered in Detroit at the Southeast Michigan Chapter. Five additional chapter offices are located throughout the state to provide services to over 9 million residents.

## Health Services (Cont.)

### **Anxiety Resource Center**

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

312 Grandville, SW  
Grand Rapids, MI 49503

**Phone: 1-616-356-1614**

The Anxiety Resource Center, Inc. of Grand Rapids, Michigan, was founded to educate the public and professional communities about anxiety disorders, including Obsessive-Compulsive Disorder and OCD Spectrum Disorders; to reduce the stigma associated with these illnesses; and to provide a place that offers support, hope and inspiration.

### **Cherry Street Health and Dental Clinic**

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

550 Cherry St, SE  
Grand Rapids, MI 49503

**Phone: 1-616-235-7289 or 1-616-235-7272**

Cherry Health is an independent, non-profit Federally Qualified Health Center (FQHC) with a primary focus of providing high quality health services to those who have little or no access to health care, regardless of income or insurance status. Services provided by Cherry Health include primary care, women's health, pediatrics, dental, vision, behavioral health, mental health, correctional health, five school based health centers and employee assistance for employers. Cherry Health provides services to all individuals, regardless of their ability to pay. A sliding fee payment scale based on income and family size is available to those with no insurance. Medicaid and Healthy Michigan are accepted, as are many other insurances.

### **Community College Dental Clinic**

**Website:** <http://www.grcc.edu/dentalprograms/dentalclinic>

**Email:** [dental@grcc.edu](mailto:dental@grcc.edu)

143 Bostwick Ave NE  
Grand Rapids, MI 49503

**Phone: 1-616-264-4237**

The Dental Clinic at Grand Rapids Community College offers preventative services to the public. Services include review of medical and dental history, blood pressure screening, cleanings, preliminary dental hygiene exams, x-rays, fluoride treatments, dental health instruction, chemotherapeutic agents, and sealants for children. The cost for an adult cleaning is \$30 and the cost for a child 17 and under is \$25. This includes a preliminary exam, cleaning, necessary x-rays and a fluoride treatment. For GRCC students, the cost is \$14.

## Health Services (Cont.)

### **Health Net of West Michigan**

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

620 Century Ave, SW, Ste 210  
Grand Rapids, MI 49503

**General questions: (616) 726-8204**

**Transportation: (616) 632-1015**

**WellNet: (616) 421-4829**

**Fax: (616) 726-8205**

We work to bridge gaps in care by connecting community members to health systems, providers, and social services. We assist individuals one-on-one with acquiring services that directly and indirectly affect health, along with health education services on-site and at partnering organizations.

### **Belknap Health Center**

751 Lafayette, NE  
Grand Rapids, MI 49504

**Phone: 1-616-742-9945**

Part of Cherry Street Health Services. Offers medical and dental care.

### **Breton Health Center**

1925 Breton, SE  
Grand Rapids, MI 49506

**Phone 1-616-252-4100**

Part of Metro Health Services. Family practice, OB/GYN, Urology and Eye clinic services available. This provider accepts Medicare and Medicaid.

### **Catherine's Care Center Health Services**

224 Carrier St, NE  
Grand Rapids, MI 49506

**Phone: 1-616-336-8800**

Hours of operation are 9am to 12pm and 1pm to 4pm Monday through Thursday. This is a community based health care organization. They provide free immunizations, offers \$10 co-pays if you qualify. This organization also accepts insurance.

## Health Services (Cont.)

### **Health Intervention Services**

15 Andre St, SE  
Grand Rapids, MI 49507  
**Phone: 1-616-475-8446**

Organization provides health care services for individuals and families without health insurance. They offer a sliding scale fee for those that are low income.

### **Heart of the City Adult Health**

100 Cherry St, SE  
Grand Rapids, MI 49503  
**Main phone: 1-616-965-8200**  
**Medical phone: 1-616-776-2400**

### **Heartside Clinic**

359 S Division St, SE  
Grand Rapids, MI 49503  
**Phone 1-616-685-3800**

Open 6:50am to 3:30pm Monday through Friday. Walk-ins welcome starting at 6:50. Appointments can also be made by calling at 8am. This organization offers free showers in the afternoon from 12pm to 2pm but you must bring your own towel and soap. Medical services are not free.

### **Kent County Health Department**

700 Fuller, NE  
Grand Rapids, MI 49503  
**Phone: 1-616-632-7100**

### **McAuley Health Center**

245 Cherry Street, SE  
Grand Rapids, MI 49503  
**Phone: 1-616-685-8200**

Center provides counseling and case management for those with HIV/AIDS.

## Health Services (Cont.)

### **Oasis of Hope Center**

522 Leonard St, NW  
Grand Rapids, MI 49504  
**Phone: 1-616-451-8868**

Clinic provides care for uninsured patients ONLY. They do not accept Medicare, Medicaid, or private insurance, strictly for those with no insurance. Please make an appointment as there is limited availabilities. They also offer Quit Smoking classes every Wednesday at 6:30pm. Other classes offered as well. Please call for details and class times.

### **RAI Care Center**

4893 Clyde Park, SW  
Wyoming, MI 49509  
**Phone: 1-616-531-5353 or 1-616-863-6214**

Medical Dialysis Clinic accepts Medicare and Medicaid as well as private insurances.

### **Salvation Army Booth Clinic**

1215 E Fulton St  
Grand Rapids, MI 49503  
**Phone: 1-616-459-9468**

The clinic provides patients with medical as well as dental care.

### **Deaf, Etc. - Deaf & Hard of Hearing Services**

4328 Kalamazoo, SE  
Grand Rapids, MI 49508  
**Phone: 1-616-732-7358**

This organization focuses on the needs and questions of those that are deaf or hard of hearing. They provide information and free referrals for the deaf. The also offer sign language classes for a fee.

### **Goodwill Optical Clinic**

5487 Division Ave, SE  
Grand Rapids, MI 49503  
**Phone: 1-616-773-6000**

Eye exams cost \$32 and glasses cost range from \$68 to \$148

## Health Services (Cont.)

### **Hearing Loss Association of America**

Grand Rapids Area Chapter

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

**Email:** [info@hearinglossgrandrapids.org](mailto:info@hearinglossgrandrapids.org)

3148 Plainfield, NE, Ste 244

Grand Rapids, MI 49525

**Phone: 1-616-361-8555**

### **Diplomat Specialty Pharmacy**

**Website:** <http://diplomat.is/>

214 E Fulton

Grand Rapids, MI 49503

**Phone: 1-616-458-8590**

**Toll free: 1-877-977-9118**

**Fax: 1-800-550-6272**

Diplomat is the largest independent specialty pharmacy, bringing personalized medication therapies to people with specialized needs such as oncology, inflammatory and autoimmune conditions, HCV, blood disorders and more. With innovative tools such as Starter Kits and our proprietary CarePak™, complete Benefits Investigations, dedicated Prior Authorization and PA Appeals teams, Funding Assistance availability and Medicare support, we exist for each patient and their unique story. Specialty medications can be expensive. Begin the process of applying for financial assistance with our secure and confidential online form.

### **West Michigan Take Back Meds**

Kent County Department of Public Works

**Website:** <http://wmtakebackmeds.org/4.html>

1500 Scribner NW

Grand Rapids, MI 49504

**Phone: 1-616-336-2570**

WM Take Back Meds Program includes many local pharmacies and law enforcement agencies accepting your unwanted medications. Please follow the link above for a complete list of participating pharmacies and law enforcement drop-boxes.

## Homeless/Food Services/Housing

### **Lutheran Child & Family Services**

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

1715 Sutherland, SE

Kentwood, MI 49508

**Phone: 1-616-281-4601**

**Toll free: 1-800-968-4696**

Lutheran Social Services of Michigan (LSSM) creates communities of service. We walk with people in need, offering hope and compassion while upholding their dignity, advocating for equality and justice, and seeking creative solutions.

### **Salvation Army's Homeless Assistance Program**

**Phone: 1-616-454-5840**

### **Homeless Assistance Hotline**

**Phone: 1-800-SHELTER or 1-800-274-3583**

### **United Way's First Call for Help**

**Phone: 211**

### **American Red Cross**

**Phone: 1-616-456-8661 or 1-800-482-2411**

### **Bridge for Runaways 24 Support Line**

**Phone: 1-616-451-3001**

### **Runaway Assistance Program**

**Phone: 1-800-292-4517**

## Homeless/Food Services/Housing (Cont.)

### **Mel Trotter Ministries**

**Website:** <http://www.meltrotter.org/home>

**Email:** [info@meltrotter.org](mailto:info@meltrotter.org)

225 Commerce Ave, SW

Grand Rapids, MI 49503

**Phone: 1-616-454-8249**

Mel Trotter Ministries exists to demonstrate the compassion of Jesus Christ toward the hungry, homeless and hurting of the greater Grand Rapids area.

### **Guiding Light Mission**

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

**Email:** [info@lifeonthestreet.org](mailto:info@lifeonthestreet.org)

255 Division Ave, S

Grand Rapids, MI 49503

**Phone: 1-616-451-0236**

Through the guiding light of God's Spirit, Guiding Light Mission partners with individuals to fulfill their God-given potential through rescue, recovery, and re-engagement in community.

### **Heartside Ministries**

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

**Email:** [info@heartside.org](mailto:info@heartside.org)

54 Division Ave S

Grand Rapids, MI 49503

**Phone: 1-616-235-7211**

Heartside Ministry is a relationship-based social service agency that has enjoyed the support and guidance of community members and other organizations for over 30 years. Strong partnerships and collaborations with other community agencies have been cultivated, including Degage Ministries, Guiding Light Mission, Catholic Charities West Michigan, Coalition to End Homelessness, Grand Rapids Parole Office, Literacy Center of West Michigan, Mel Trotter Ministries, The Salvation Army, Wyoming Public Schools, Pine Rest Christian Mental Health Services, Grand Rapids Red Project, Heartside Neighborhood Collaboration Project, Grand Rapids Public Library, YWCA, Heart of the City, 61st District Court, Grand Valley State University, Calvin College, Aquinas College, Kendall College of Art & Design, Western Theological Seminary, and several area churches



## Homeless/Food Services/Housing (Cont.)

### **Degage Ministries**

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

**Email:** [info@degageministries.org](mailto:info@degageministries.org)

144 Division Ave S

Grand Rapids, MI 49503-4216

**Phone: (616) 454-1661**

**Fax: (616) 459-7200**

Degage's goal is to assure that every man and woman who we serve knows that he/she is not alone. Many hardships exist in life and none of us are exempt from them. For those we serve at Degage, many of whom are homeless and low-income, the hardships can be overwhelming—loss of shelter, loss of employment, loss of a loved one, loss of control and loss of opportunity. And with these hardships, they lose much more. Many feel unworthy and hopeless, especially after society has looked down upon them or they have been rejected after repeatedly trying to move forward on their own.

### **Family Promise of Grand Rapids**

**Website:** <http://www.familypromisegr.org/home>

**Email:** [familypromise@familypromisegr.org](mailto:familypromise@familypromisegr.org)

516 Cherry Street, S.E.

Grand Rapids, MI 49503

**Telephone: (616) 475-5220**

We give parents the hope and encouragement they need to create a better future for their kids and end the cycle of homelessness. Through our emergency shelter, housing services, home ownership opportunities and aftercare services, we've helped over 1,000 families build a stronger future.

### **Inner City Christian Federation**

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

**Administrative and Program Office**

920 Cherry St, SE

Grand Rapids, MI 49506

**Phone: (616) 336-9333**

**Fax: (616) 336-9323**

**Family Haven**

701 Prospect Ave SE

Grand Rapids, MI 49503

**Phone: (616) 247-4949**

In response to God's call to justice, the Inner City Christian Federation provides housing opportunities and services that encourage family responsibility and independence, thereby helping to build stable communities

## Homeless/Food Services/Housing (Cont.)

### **Community Rebuilders**

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

1120 Monroe NW Suite 220

Grand Rapids, MI 49503

**Phone: 1-616-458-5102**

Community Rebuilders, founded in 1993 by Ron Eberhardt, is a non-profit agency dedicated to ending homelessness and creating safe, affordable housing opportunities in Kent County.

### **Oasis of Hope Center**

522 Leonard St, NW

Grand Rapids, MI 49504

**Phone: 1-616-451-8868**

Clinic provides care for uninsured patients ONLY. They do not accept Medicare, Medicaid, or private insurance, strictly for those with no insurance. Please make an appointment as there is limited availabilities. They also offer Quit Smoking classes every Wednesday at 6:30pm. Other classes offered as well. Please call for details and class times.

### **St Andrews Outreach**

267 Sheldon, SE

Grand Rapids, MI 49503

**Phone: 1-616-456-1454**

Provides socks, underwear, soap, shampoo and razors once a month if available. Also provides shoes, towel, blanket, pillow and coat 1 time per year if available.

### **Matthew's House**

**Website:** <http://www.matthews-house.org/>

766 7<sup>th</sup> Street, NW

Grand Rapids, MI 49504

**Phone: 1-616-233-3006**

Free showers, low cost personal hygiene supplies, low cost washer and dryers. Throughout the week we offer NA meetings, daily Bible Studies, computer skills, resume' building, and more. We have been a major impact in our community. We welcome you with open arms ! Please inquire today about how you can become a financial partner of Matthew's House Ministry family. Open Monday through Friday from 11:30pm to 5pm. Please call for more information.

## Homeless/Food Services/Housing (Cont.)

### **In the Image**

1823 S Division, SE  
Grand Rapids, MI 49503  
**Phone: 1-616-456-6150**

Offers free clothing and supplies. Please call or drop in to make an appointment. Hours are Monday and Wednesday from 9am to 11am and 1pm to 3pm.

### **The Bridge for Runaways**

1115 Ball Ave NE  
Grand Rapids, MI 49505  
Phone: 1-616-451-3001

Clothing or Vouchers Accepts youth only (10-17 years of age)

### **Grand Rapids Housing Commission**

**Website:** <https://www.grhousing.org/index.html>

1420 Fuller Avenue SE  
Grand Rapids, MI 49507  
**Phone: 616.235.2600**  
**Fax: 616.235.2660**

The Grand Rapids Housing Commission partners with a large and growing list of community agencies to meet the diverse needs of the families we serve. Below is a list of Grand Rapids area emergency services contacts, followed by links to a few of the many other organizations with which we coordinate programs and services.

### **Heart of West Michigan United Way 2-1-1**

**Website:** <http://www.hwmuw.org/2-1-1>

**Just dial 2-1-1 from a landline or 1-800-887-1107 from a cell phone**

Heart of West Michigan United Way 2-1-1 is a free health and human service hotline that connects callers to more than 2,900 distinct services in Kent County. 2-1-1's extensively trained and certified staff members offer help to people in need 24 hours a day, 7 days a week.

## Homeless/Food Services/Housing (Cont.)

### **D.H.S. (Department of Human Services)**

**Website:** <http://www.michigan.gov/mdhhs>

121 Franklin St, SE  
Grand Rapids, MI 49507

**Phone: 1-616-248-1000**

**Fax: 1-616-247-1059**

We offer a number of programs to help you and your family with temporary assistance when times are tough.

### **The Salvation Army Booth Family Services**

1215 E Fulton  
Grand Rapids, MI 49503

**Phone: 1-616-459-9468**

Hours are Monday through Friday from 1:30pm to 3:15pm or first 25 people. This is a food bank for families. You will receive 2 to 3 days of food. This service can be used up to 3 times per year but there must be 30 day in between visits.

### **St. Vincent De Paul Free Food Program**

1314 S Division St, SE  
Grand Rapids, MI 49503

**Phone: 1-616-452-1408**

You will receive a large box of non-perishable food items. This service can be used only one time per year and you will need a referral from your social worker or case worker. Hours are Monday through Thursday from 10am to 4pm.

### **First Community AME**

500 James St, SE  
Grand Rapids, MI 49503

**Phone: 1-616-459-0151**

Emergency walk-ins Thursdays from 10:30am to 12pm. This service can be used every other month.

## Homeless/Food Services/Housing (Cont.)

### **New Hope Baptist Church**

130 Delaware St  
Grand Rapids, MI 49507  
**Phone: 1-616-452-4278**

Accepts emergency walk-ins Monday and Wednesdays from 10am to 12pm only. This service may be used once every 30 days.

### **Pilgrim Rest**

510 Franklin, SE  
Grand Rapids, MI 49503  
**Phone: 1-616-241-3315**

Accepts emergency walk-ins on the first Wednesday of each month from 9am to 11am.

### **Jesus Evangelistic Center**

642 Bridge St  
Grand Rapids, MI 49503  
**Phone: 1-616-451-8503**

Must come and stay for service to receive food box and meat bag. Wednesday service is at 9:30am and Sunday service is at 6:00pm.

### **Baxter Food Pantry**

935 Baxter, SE  
Grand Rapids, MI 49506  
**Phone: 1-616-456-8593**

Open Monday through Thursday from 9am to 11:45am and 1:30pm to 3pm. Call for more details or time changes.

### **SECOM Food Pantry**

1545 Buchanan Ave, SW  
Grand Rapids, MI 49507  
**Phone: 1-616-452-7684**

This food pantry is for residents or those staying in the SE area. Open on Monday, Wednesday and Friday mornings from 9am to 11:30am and Wednesday afternoons from 1pm to 3pm.

## Homeless/Food Services/Housing (Cont.)

### **Madison Square C.R.C. Food Pantry**

1434 Madison Ave, SE  
Grand Rapids, MI 49507  
**Phone: 1-616-245-7791**

Sign up through SECOM to use this pantry.

### **NECOM-Plainfield United Methodist**

214 Spencer, NE  
Grand Rapids, MI 49505  
**Phone: 1-616-454-1097**

For residents or those staying in the NE side. Hours for the pantry are Monday through Wednesday and Friday from 9am to 12:30pm. Office hours are from 9am to 2pm on the same days.

### **Westminster Food Pantry**

47 Jefferson  
Grand Rapids, MI 49503  
**Phone: 1-616-456-6115**

This pantry is for residents or those staying near downtown Grand Rapids. Hours are Tuesday and Thursday from 10:30am to 2:30pm. You may come and get food from this pantry once a month. Bring your ID.

## Legal Support/Police Departments

### **West Michigan Christian Legal Clinic**

225 Commerce, SW  
Grand Rapids, MI 49503  
**Phone: 1-616-454-8249**

Provides legal advice to low income people. Open Monday through Friday from 2pm to 4pm and 5pm to 7pm on Wednesdays.

### **Western Michigan Legal Services (Legal Aid)**

89 Ionia, NW, Ste 400  
Grand Rapids, MI 49503  
**Phone: 1-616-774-0672**

### **Legal Assistance Center**

180 Ottawa Ave, Ste 5100  
Grand Rapids, MI 49503  
**Phone: 1-616-632-6000**

This organization provides free information as well as \$25 fee for a consultation with an attorney.

### **Michigan Department of Civil Rights**

350 Ottawa Ave, NW, Ste 146  
Grand Rapids, MI 49503  
**Phone: 1-616-356-0380**

### **Kent County Public Defender's Office**

Monroe Center, Ste 920  
Grand Rapids, MI 49503  
**Phone: 1-616-774-8181**

### **Michigan Migrant Legal Association**

648 Monroe Ave  
Grand Rapids, MI 49503  
**Phone: 1-616-454-5055**

## Legal Support/Police Departments (Cont.)

### **Kent County Jail/Sheriff's Office**

701 Ball St, NE  
Grand Rapids, MI 49503  
**Phone: 1-616-632-6100**

### **Kent County Parole Office**

1 North Division  
Grand Rapids, MI 49503  
**Phone: 1-616-356-0450**

### **Kent County Courthouse**

180 Ottawa, NW  
Grand Rapids, MI 49503  
**Phone: 1-616-632-5000**

### **Kent County Probation Department**

82 Ionia, NW  
Grand Rapids, MI 49503  
**Phone: 1-616-632-5920**

### **Michigan Department of Corrections**

206 E Michigan Ave  
Grand Plaza  
PO Box 30003  
Lansing, MI 48909

### **61<sup>st</sup> District Court**

180 Ottawa, NW  
Grand Rapids, MI 49503  
**Phone: 1-616-632-5700**



## Legal Support/Police Departments

### **Criminal Justice Chaplaincy**

207 E Fulton  
Grand Rapids, MI 49503  
**Phone: 1-616-454-4925**

### **Attorney General's Office**

525 W Ottawa St  
PO Box 30212  
Lansing, MI 48909  
**Phone: 1-517-373-1110**  
**Toll free: 1-877-765-8388**

State Office Building, Ste 4C  
350 Ottawa, NW  
Grand Rapids, MI 49503  
**Phone: 1-616-356-0400**

### **Kent County Court Appointed**

Special Advocate Program for Children  
180 Ottawa, NW  
Grand Rapids, MI 49503  
**Phone: 1-616-632-5112**

### **Lawyer Referral and Information Services**

161 Ottawa, NW, Ste 203B  
Grand Rapids, MI 49503  
**Phone: 1-616-855-0273**  
**Toll free: 1-888-454-9554**

### **Alternative Directions**

1706 S Division  
Grand Rapids, MI 49507  
**Phone: 1-616-245-4346**

### **Kent County Prosecutor's Office**

180 Ottawa, NW, Ste 5400  
Grand Rapids, MI 49503  
**Phone: 1-616-632-5400**

## Legal Support/Police Departments

### **Kent County Friend of the Court**

82 Ionia Ave, NW, Ste 200  
Grand Rapids, MI 49503  
Phone: 1-616-632-6800

### **Grand Rapids Police Department**

Phone: 1-616-456-3400 or 911 if it is an emergency

### **Wyoming Police Department**

Phone: 1-616-530-7300

### **Kentwood Police Department**

Phone: 1-616-698-6580

### **Michigan State Police**

Phone: 1-989-345-0955

### **Walker Police Department**

Phone: 1-616-453-5441

### **Lansing Police Department**

Phone: 1-517-483-4600

### **Grandville Police Department**

Phone: 1-616-538-6110

### **Muskegon Police Department**

Phone: 1-231-724-6750

### **Cadillac Police Department**

Phone: 1-231-775-3491

## Legal Support/Police Departments

### **Rockford Police Department**

**Phone: 1-616-866-9557**

### **Lowell Police Department**

**Phone: 1-616-897-7123**

### **Hastings Police Department**

**Phone: 1-269-945-5744**

### **Zeeland Police Department:**

**Phone: 1-616-772-9125**

### **Ottawa County Sheriff's Department**

**Phone: 1-616-997-8178**

### **Silent Observer**

**Phone: 1-616-774-2345**

### **Children and Adult Protective Services**

**Phone: 1-616-248-9600**

### **Personal Protection Orders**

180 Ottawa Ave, NW, Ste 3500

Grand Rapids, MI 49503

**Phone: 1-616-632-5067**

### **Secretary of State**

1 Division, NW

Grand Rapids, MI 49503

**Phone: 1-888-767-6424**

## Legal Support/Police Departments

### **State of Michigan Unemployment**

3391 Plainfield, NW  
Grand Rapids, MI 49525  
**Phone: 1-616-361-3200**

### **County Clerk-Vital Statistics (birth cert., marriage licenses, death cert., etc.)**

300 Monroe, NW  
Grand Rapids, MI 49503  
**Phone: 1-616-632-7640**

### **Tomas Stellard**

**Social Security Disability Attorney**

**Website:** <http://www.stellardlaw.com/>

161 Ottawa Ave, NW  
Grand Rapids, MI 49503  
**Phone: 1-616-459-9577**

### **Vantage Disability Lawyers**

648 Monroe Ave, NW  
Grand Rapids, MI 49503  
**Phone: 1-616-551-5606**

### **DeHaan & Symko**

**Social Security Attorneys**

800 Monroe Ave, NW, #314  
Grand Rapids, MI 49503  
**Phone: 1-616-454-2427**

### **Schroder Law**

4119 Embassy Dr, SE  
Grand Rapids, MI 49546  
**Phone: 1-616-954-2888**

## Medical Equipment/Supplies

### **Marker Medical Equipment Solutions**

Email: [Jim@markermed.net](mailto:Jim@markermed.net)

**Jim Marker**

**Phone: 1-989-213-6733**

**Fax Orders to: 1-888-676-5151**

Medical equipment supplier: Orthopedic bracing, Upper extremity bracing, ThermoActiveHot/Cold Therapy, Traction, Electrotherapy, CPM

### **Foot Solutions**

**Rob Skinner**

Website: [www.footsolutions.com/grandrapids](http://www.footsolutions.com/grandrapids)

Email: [grandrapids@footsolutions.com](mailto:grandrapids@footsolutions.com)

**6750 Kalamazoo Ave SE, Ste E**

**Grand Rapids, MI 49508**

**Phone: 1-616-698-7200**

**Fax: 1-616-698-7212**

Foot Solutions is a leading international retailer specializing in personalized assessments, stylish high performance footwear, custom-fitted, custom-crafted arch supports and accessories designed to help individuals live pain free comfortably.

### **Advanced Therapy Concepts**

10500 Chicago Dr, Ste 60

Zeeland, MI 49464

**Phone: 1-800-864-0293**

Advanced Therapy Concepts will fill out the necessary paperwork and fax over to the Doctor's office for signatures. All orders will be shipped to the patient's home for instruction when the signed prescription is received. Advanced Therapy Concepts will follow up with the patient and document their progress.

### **Apria Healthcare**

4513 Broadmoor Ave, SE, Ste D

Grand Rapids, MI 49512

**Phone: 1-616-698-9119**

**Toll free: 1-800-643-0019**

**Fax: 1-616-698-0190**



## Medical Equipment/Supplies (Cont.)

### **Airway Oxygen**

831 S Washington Ave  
Holland, MI 49423

**Central Intake Line: 1-616-396-5117**

**1-616-247-1312**

**Toll free: 1-800-284-5882**

**Fax: 1-616-396-6843**

2955 Clydon Ave, SW  
Wyoming, MI 49519

**Phone: 1-616-247-3900**

**Toll free: 1-800-632-0730**

**Fax: 1-616-243-9932**

### **Carelinc**

693 E Lakewood Blvd  
Holland, MI 49424

**Phone: 1-616-392-2033**

**Toll free: 1-877-269-6998**

**Fax: 1-616-392-1624**

3125 28<sup>th</sup> St, SW

Grandville, MI 49418

**Phone: 1-616-249-2273**

**Toll free: 1-888-810-5462**

**Fax: 1-616-249-9123**

### **Lincare**

116 E Lakewood Blvd  
Holland, MI 49424

**Phone: 1-616-392-1281**

**Toll free: 1-800-562-0307**

**Fax: 1-616-392-6627**

4665 Broadmoor Ave, SE, Ste 125  
Grand Rapids, MI 49512

**Phone: 1-616-656-1458**

**Toll free: 1-888-241-8103**

**Fax: 1-616-656-2682**

### **Michigan Medical Supply**

8113 Belmont Ave, NE  
Belmont, MI 49306

**Phone: 1-616-863-8908**

**Fax: 1-616-863-9105**

### **Specialty Health Home Medical (SHHME)**

1255 Michigan St  
Grand Rapids, MI 49503

**Phone: 1-616-486-2950**

**Toll free: 1-800-575-2950**

**Fax: 1-616-233-0811**



## Medical Equipment/Supplies (Cont.)

### **Wright& Filippis**

1021 28<sup>th</sup> St, SW  
Wyoming, MI 49509  
**Phone: 1-616-531-1340**  
**Toll free: 1-800-482-0222**  
**Fax: 1-616-531-1582**

2225 Main St, Ste 150  
Wyoming, MI 49519  
**Phone: 1-616-249-1807**  
**Toll free: 1-800-482-0222**  
**Fax: 1-616-249-2815**  
(Location covers Muskegon  
and Holland)

1438 E Michigan  
Lansing, MI  
**Phone: 1-517-484-2624**

### **Teter Orthotics & Prosthetics**

4024 Park East Ct, Ste B1  
Grand Rapids, MI 49546  
**Phone: 1-616-949-4050**  
**Fax: 1-616-949-4051**

201 Linden St  
Big Rapids, MI  
**Phone: 1-231-796-4403**

Cadillac Area  
**Phone: 1-231-779-8022**  
Fremont Area  
**Phone: 1-231-924-6301**  
Ludington Area  
**Phone: 1-231-798-0047**

### **Hanger Prosthetics and Orthotics**

230 Michigan Ave  
Grand Rapids, MI  
**Phone: 1-616-458-8080**

1111 Leffingwell  
Grand Rapids, MI  
**Phone: 1-616-949-0075**

5783 Byron Ctr  
Wyoming, MI  
**Phone: 1-616-254-0100**

720 Michigan Ave  
Holland, MI  
**Phone: 1-616-396-4620**

2318 Gull Rd  
Kalamazoo, MI  
**Phone: 1-269-345-1117**

225 S Michigan Ave  
Big Rapids, MI  
**Phone: 1-231-796-4540**

### **Mary Free Bed Orthotics and Prosthetics**

1078 E Sterenberg  
Muskegon, MI  
**Phone: 1-231-798-0047**

235 Wealthy St  
Grand Rapids, MI  
**Phone: 1-616-242-0315**

12662 Riley St  
Holland, MI  
**Phone: 1-616-392-6240**

## Mental Health/Counseling

### **\*\*By County\*\***

#### **Allegan County:**

##### **Allegan County Community Mental Health Services**

3285 122<sup>nd</sup> Ave

Allegan, MI 49010

**Phone: 1-269-673-6617**

**24 Hour Crisis Hotline: 1-800-795-6617**

#### **Barry County:**

##### **Barry County Community Mental Health Authority**

915 W Green St

Hastings, MI 49058

**Phone: 1-269-948-8041**

**24 Hour Crisis Hotline: 1-269-948-8041**

#### **Calhoun County:**

##### **Summit Pointe Community Mental Health**

140 W. Michigan Ave

Battle Creek, MI 49017

**Phone: 1-269-966-1460**

**24 Hour Crisis Hotline: 1-800-632-5449**

#### **Eaton County:**

##### **Community Mental Health Authority of Clinton-Eaton-Ingham Counties**

812 E Jolly Rd

Lansing Charter Twp, MI 48933

**Phone: 1-517-346-8200**

**24 Hour Crisis Hotline: 1-800-372-8460**



## Mental Health/Counseling (Cont.)

### **Gratiot County:**

#### **Gratiot County Community Mental Health Services**

608 Wright Ave, # 100

Alma, MI 48801

**Phone: 1-898-463-4971**

**24 Hour Crisis Hotline: 1-800-622-5583**

### **Ingham County:**

#### **Community Mental Health Authority of Clinton-Eaton-Ingham Counties**

812 E Jolly Rd

Lansing Charter Twp, MI 48933

**Phone: 1-517-346-8200**

**24 Hour Crisis Hotline: 1-800-372-8460**

### **Ionia County:**

#### **Ionia County Community Mental Health**

7441 Storey Rd

Belding, MI 48809

**Phone: 1-616-794-6592**

**24 Hour Crisis Hotline: 1-888-527-1790**

### **Kalamazoo County:**

#### **Kalamazoo Community Mental Health and Substance Abuse Services**

3299 Gull Rd

Kalamazoo, MI 49048

**Phone: 1-269-553-8000**

**24 Hour Crisis Hotline: 1-888-373-6200**

### **Kent County:**

#### **Network 180**

790 Fuller Ave NE

Grand Rapids, MI 49503

**Phone: 1-616-336-309**

**24 Hour Crisis Hotline: 1-800-526-5059**

## Mental Health/Counseling (Cont.)

### **Mecosta County:**

#### **Community Mental Health for Central Michigan**

220 W Ellsworth St, # 4

Midland, MI 48640

**Phone: 1-989-631-2323**

**24 Hour Crisis Hotline: 1-800-317-0708**

### **Montcalm County:**

#### **Montcalm Center for Behavioral Health**

611 N State St

Stanton, MI 48888

**Phone: 1-989-831-7520**

**24 Hour Crisis Hotline: 1-800-377-0974**

### **Muskegon County:**

#### **HealthWest**

376 E Apple Ave

Muskegon, MI 49442

**Phone: 1-231-724-1111**

**24 Hour Crisis Hotline: 1-231-722-4357**

### **Newaygo County:**

#### **Newaygo County Mental Health Center**

1049 E Newell St

White Cloud, MI 49349

**Phone: 1-231-689-7330**

**24 Hour Crisis Hotline: 1-800-968-7330**

## Mental Health/Counseling (Cont.)

**Oceana County:**

**West Michigan Community Mental Health System**

920 Diana St

Ludington, MI 49431

**Phone: 1-231-845-6294**

**24 Hour Crisis Hotline: 1-800-992-2061**

**Osceola County:**

**Community Mental Health for Central Michigan**

220 W Ellsworth St, # 4

Midland, MI 48640

**Phone: 1-989-631-2323**

**24 Hour Crisis Hotline: 1-800-317-0708**

**Ottawa County:**

**Community Mental Health of Ottawa County**

12265 James St

Holland, MI 49424

**Phone: 1-616-392-1873**

**24 Hour Crisis Hotline: 1-866-512-4357**

**Van Buren County:**

**Van Buren Community Mental Health Authority**

801 Hazen St, # C

Paw Paw, MI 49079

**Phone: 1-269-657-5574**

**24 Hour Crisis Hotline: 1-800-922-1418**

## Mental Health/Counseling (Cont.)

### **Network 180 Crisis Assessment Center**

**Website:** <http://www.network180.org/en/>

**Please call before you come**

790 Fuller Avenue, NE  
Grand Rapids, MI 49503

**Phone: 616.336.3909**

**Toll Free: 1.800.749.7720**

Fax: 616.336.2475

Routine business hours:

Monday – Friday 8am – 6pm

**Emergency services available 24 hours**

More than 50,000 individuals in Kent County are served annually through network180 and its network of care. If you or someone you care about is struggling with a mental illness, substance use disorder, or is living with a developmental disability, help may only be a few clicks or a phone call away.

### **Family Outreach Center**

**Website:** <http://www.focgr.org/programs/outpatient-services/>

**Main Office:**

1939 S Division Ave  
Grand Rapids, MI 49507

**Phone: 1-616-247-3815**

**Fax: 1-616-245-0450**

**Southwest Office:**

255 Colrain SW, Ste 2  
Grand Rapids, MI 49548

**Phone: 1-616-988-1479**

**Fax: 1-616-988-1493**

The Outpatient Mental Health and Substance Use Disorder Program is committed to providing quality mental health and substance abuse services, as well as other supportive services (advocacy) in order to promote healthy living for children, adolescents, adults, and families living in Kent County. A special emphasis is placed on services to the under-served in the community.

### **Arbor Circle**

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

1115 Ball Ave NE  
Grand Rapids, MI 49505

**Phone: 1-616-456-6571**

**Fax: 1-616-235-0979**

Arbor Circle's Outpatient Counseling Services guide individuals to discover the perspective and coping skills needed to adapt or even avoid life's challenges by providing outpatient substance abuse and mental health services to youth and adults.



## Mental Health/Counseling (Cont.)

### **ACAC Inc.**

**Website:** <http://www.acacsite.com/>

3949 Sparks Dr SE, Ste 103  
Grand Rapids, MI 49546

**Phone: 1-616-957-5850**

635 West Summit  
Muskegon, MI 49441

**Phone: 1-231-737-9840**

Our experienced counselors provide quality individualized treatment, focusing on your specific needs. All clients are assessed for the level of care they need, and an individualized plan of care is developed. The client's input is critical and all therapy planning includes the individual's desires and needs. With permission from the client, his or her family members, life partner, and physician may be included in their care plan.

### **Michigan Mental Health Networker**

**Website:** [http://www.mhweb.org/westmichigan/selfhelp\\_gen.htm](http://www.mhweb.org/westmichigan/selfhelp_gen.htm)

The Networker website has been in existence since 1997. Presently, there are listings of 400 psychotherapists, 50 therapy groups, 500 mental health agencies and access to approximately 4000 self-help groups on the Networker website.

### **Psychology Today – Therapy Groups**

**Website:** <https://groups.psychologytoday.com/rms/state/MI/Grand+Rapids.html>

Find detailed professional listings for Psychologists, Psychiatrists, Therapists, Counselors, Group Therapy and Treatment Centers in the United States and Canada.

### **Project Rehab**

200 Eastern Ave, SE  
Grand Rapids, MI 49503

**Phone: 1-616-776-0891**

750 Cherry St, SE  
Grand Rapids, MI 49503

**Phone: 1-616-233-0709**

Substance abuse and mental health rehabilitation services: Community Alternatives Program, Men's Recovery, Women's Recovery Center and Ex-offender Programs.

### **Claystone Clinical Associates**

**Barbara Homrich, PH.D., LPC, CAAC**

3330 Claystone SE  
Grand Rapids, MI 49546

**Phone: 1-616-949-7460**

## Mental Health/Counseling (Cont.)

### **Life Guidance**

2303 Kalamazoo Ave, SE, # 100  
Grand Rapids, MI 49507

**Phone: 1-616-776-0891**

Outpatient substance abuse counseling. Accepts Medicare, Medicaid, Sliding scale fees. Usually referrals from Network 180.

### **Salvation Army Rehabilitation**

**Website:** <http://grandrapids.satruck.org/>

1491 S Division Ave  
Grand Rapids, MI 49503

**Phone: 1-616-452-3133**

Inpatient program will take people straight from the streets. This is a 6 month program. Intake hours are 12pm-3pm M-F. Call for fees if applicable.

### **Lutheran Child & Family Services**

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

1715 Sutherland, SE  
Kentwood, MI 49508

**Phone: 1-616-281-4601**

**Toll free: 1-800-968-4696**

Lutheran Social Services of Michigan (LSSM) creates communities of service. We walk with people in need, offering hope and compassion while upholding their dignity, advocating for equality and justice, and seeking creative solutions.

### **Market Place Ministry**

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

Breton Village Mall  
3351 Claystone Dr, SE  
Grand Rapids, MI 49546

**Phone: 1-616-949-4911**

Marketplace Ministry charges no fees for its services ever! It is supported through the Reformed Church of America, local churches, businesses, and many individuals.

## Mental Health/Counseling (Cont.)

### **Men's Resource Council**

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

#### **Grand Rapids**

534 Fountain St, NE  
Grand Rapids, MI 49503

**Phone: 1-616-456-1178**

**Fax: 1-616-456-1324**

#### **Holland**

426 Century Ln, Ste 100  
Holland, MI 49423

**Phone: 1-616-355-3000**

**Fax: 1-616-355-7704**

The Men's Resource Center of West Michigan, with offices located in Grand Rapids and Holland, Michigan offers unique and valuable services tailored to men and boys, and provides consultation and support to those people and organizations that work with them. Our services include individual counseling and men's support groups for relationship issues, family issues, mid-life crisis, and personal growth as well as therapy for debilitating issues and behaviors such as domestic abuse, PTSD, drug and alcohol abuse, anger management, and sex addiction. We also provide phone counseling, massage and bodywork, specialized clinical services and evaluations, expert witness, and testimony.

### **Baxter Community and Counseling Center**

**Website:** [http://baxtercommunitycenter.org/?page\\_id=1402](http://baxtercommunitycenter.org/?page_id=1402)

935 Baxter St, SE  
Grand Rapids, MI 49506

**Phone: 1-616-454-5654**

The Counseling program provides individual, group, and family therapy to address numerous issues, including depression, grief/loss, anxiety disorders, marital and family issues, domestic abuse, traumatic life events (including rape), social/emotional disturbances, and ADD/ADHD. Counseling services are free of charge, and volunteers assist with client transportation to community support groups, referrals, and respite care.

### **Unlimited Alternatives**

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

921 East 28<sup>th</sup> St  
Grand Rapids, MI 49503

**Phone: 1-616-235-9529 or 1-616-235-9611**

Unlimited Alternatives is a drop in center in Kent County, MI. It is a place for acceptance, friendship and growth. Our primary goal is to aid recovery by helping those living with a mental health issues or substance use disorder to regain whatever was lost in the onset of their mental health issues. We offer education, activities, and peer support that encourage productivity, community inclusion, and independence in individuals actively aspiring for a quality life.

## Mental Health/Counseling (Cont.)

### **Comprehensive Treatment for Eating Disorders**

**Phone: 1888-439-2833**

### **\*\*Mental Health Facilities\*\***

#### **Bronson Fieldstone Psychiatric Center**

165 N Washington Ave  
Battle Creek, MI 49037  
**Phone: 1-269-245-8340**

#### **Forest View Hospital**

1055 Medical Park Drive, SE  
Grand Rapids, MI 49546  
**Phone: 1-616-942-9610**

#### **Pine Rest Contact Center**

300 68th Street SE  
Grand Rapids, MI 49548  
**Phone: 1-616-455-9200**

#### **Holland Hospital Psychiatric Unit**

602 Michigan Avenue  
Holland, Michigan 49423  
**Phone: 1-616-392-4217**

#### **Allegiance Health Crisis Center**

205 N East Ave  
Jackson, MI 49201  
**Phone: 1-517-789-5971**

#### **Borgess Hospital Psychiatric Unit**

1521 Gull Rd  
Kalamazoo, MI 49048  
**Phone: 1-269-226-8133**



## Mental Health/Counseling (Cont.)

### **Sparrow Adult Psychiatric Unit**

1215 E. Michigan Avenue  
Lansing, MI 48912  
**Phone: 1-517-364-7650**

### **Sparrow Geriatric Psychiatry Unit**

1215 E. Michigan Avenue  
Lansing, MI 48912  
**Phone: 1-517-364-7670**

### **SH Ludington Hospital Psychiatric Unit**

1 N Atkinson Dr  
Ludington, MI 49431  
**Phone: 1-231-845-2260**

### **Hackley Hospital Psychiatric Unit**

1700 Clinton St  
Muskegon, MI 49442  
**Phone: 1-231-935-6210**



## Pain/Rehab/Physical Therapy

### **Joe Witte, GCFP, ABM, PT**

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

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

**Phone:** 1-616-334-2615

Guild Certified Feldenkrais Practitioner, Anat Baniel Method, Physical Therapist

### **Owens Physical Therapy**

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

2849 Michigan St, NE, Ste 100

Grand Rapids, MI 49506

**Phone:** 1-616-956-0400

**Fax:** 1-616-956-0400

### **Good Life Therapy**

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

**Email:** [info@goodlifegr.com](mailto:info@goodlifegr.com)

1331 Lake Dr, Ste 105

Grand Rapids, MI 49506

**Phone:** 1-616-248-9842

**Fax:** 1-616-248-9848

### **Robinet Physical Therapy**

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

11561 Edgerton Ave

Rockford, MI 49341

**Phone:** 1-616-866-2727

**Fax:** 1-616-866-2729

### **Dery Physical Therapy**

2410 Ardmore St, SE

Grand Rapids, MI 49546

**Phone:** 1-616-285-6848

## Pain/Rehab/Physical Therapy (Cont.)

### **Generation Care Performance Center**

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

4095 Park East Crt, SE  
Grand Rapids, MI 49546  
**Phone: 1-616-259-4028**  
**Fax: 1-616-259-4032**

16760 Lincoln St  
Grand Haven, MI 49417  
**Phone: 1-616-935-3300**

945 E Sherman Blvd  
Muskegon, MI 49444  
**Phone: 1-231-737-4374**

### **Noch Rehab**

1309 Sheldon Rd  
Grand Haven, MI 49417  
**Phone: 1-616-847-5293**

### **Hulst Jepsen Physical Therapy**

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

2120 43<sup>rd</sup> St, SE, Ste 100  
Grand Rapids, MI 49508  
**Phone: 1-616-281-1144**  
**Fax: 1-616-281-1221**

9028 N Rodgers Dr, Ste J  
Caledonia, MI 49316  
**Phone: 1-616-891-0600**  
**Fax: 1-616-891-0600**

5570 Wilson Ave, Ste A  
Grandville, MI 49418  
**Phone: 1-616-855-1495**  
**Fax: 1-616-855-1496**

1000 E Paris Ave, SE, Ste 160  
Grand Rapids, MI 49546  
**Phone: 1-616-301-1215**  
**Fax: 1-616-301-1217**

### **Cleveland Clinic – Chronic Pain Rehabilitation Program**

**Website:**

[https://my.clevelandclinic.org/services/neurological\\_institute/center-for-neurological-restoration-pain/treatments-services/chronic-pain-rehab-program](https://my.clevelandclinic.org/services/neurological_institute/center-for-neurological-restoration-pain/treatments-services/chronic-pain-rehab-program)

**Phone: 1-866-588-2264**  
**(Appointments)**

**Phone: 1-866-588-2264**  
**(Questions)**

## [Pain/Rehab/Physical Therapy \(Cont.\)](#)

### **Headache Clinic**

**Dr. Edmund Messina**

1675 Watertower Place

East Lansing, MI 48823

**Phone: 1-517-324-3445**

### **Spectrum Health Infection Preventionist**

**Molly Kane-Carbone**

100 Michigan, NE, Rm 6220

Grand Rapids, MI 49503

**Phone: 1-616-391-1407**

**Fax: 1-616-391-2233**

### **Spectrum Health Outpatient Oncology Rehabilitation Survivorship Training and Rehabilitation (STAR)**

**Multiple locations\*\***

**Please call 1-616-486-STAR (7827) to schedule at any location or fax prescription to 1-616-486-7828.**

The STAR cancer rehabilitation program is offered by a group of trained rehabilitation professionals who successfully completed the STAR Program Certification Courses and consist of Physical Therapists, Occupational Therapists and Speech and Language Pathologists.

### **Spectrum Health Aquatic Therapy**

**Website: <http://www.spectrumhealth.org/body.cfm?id=3952&fr=true>**

6896 South Greenville Road

Suite 200

Greenville, MI

**Phone: 1-616-754-2943**

Aquatic Therapy is a therapeutic exercise program instructed by trained physical therapists in the pool environment. The purpose of the program is to rehabilitate patients with musculoskeletal or neurological conditions using the buoyant and resistive effects of water. It is NOT necessary to be able to swim to participate in an aquatics exercise program.

## Suicide Intervention/Prevention

### **National Suicide Prevention Lifeline**

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

**1-800-273-TALK (8255)**

**1-800-799-4889 (Spanish)**

The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress for free. By dialing 1-800-273-TALK (8255), the call is routed to the nearest crisis center in our national network of more than 150 crisis centers. The Lifeline's national network of local crisis centers, provide crisis counseling and mental health referrals day and night.

### **National Hopeline Network**

**Website:**

[http://www.treatmentadvocacycenter.org/index.php?option=com\\_content&id=619](http://www.treatmentadvocacycenter.org/index.php?option=com_content&id=619)

**1-800-SUICIDE (1-800-784-2433)**

The Treatment Advocacy Center is a national nonprofit organization dedicated to eliminating barriers to the timely and effective treatment of severe mental illness. The organization promotes laws, policies and practices for the delivery of psychiatric care and supports the development of innovative treatments for and research into the causes of severe and persistent psychiatric illnesses, such as schizophrenia and bipolar disorder.

### **Network 180 Crisis Assessment Center**

**Website:** <http://www.network180.org/en/>

**Please call before you come**

790 Fuller Avenue, NE

Grand Rapids, MI 49503

**Phone: 616.336.3909**

**Toll Free: 1.800.749.7720**

Fax: 616.336.2475

Routine business hours:

Monday – Friday 8am – 6pm

**Emergency services available 24 hours**

More than 50,000 individuals in Kent County are served annually through network180 and its network of care. If you or someone you care about is struggling with a mental illness, substance use disorder, or is living with a developmental disability, help may only be a few clicks or a phone call away.

## Suicide Intervention/Prevention (Cont.)

### **Self-Injury Hotline**

Website: <http://www.selfinjury.com/>

24 Hour Crisis Hotline: 1-800-366-8288

SAFE ALTERNATIVES® is a nationally recognized treatment approach, professional network, and educational resource base committed to helping individuals achieve an end to self-injurious behavior.

### **West Michigan Survivors of Suicide**

Website: <http://www.angelfire.com/mi2/westmisis/>

Phone: 1-616-957-3466

Support group for survivors of suicide provides a place to share feelings, creates a safe environment for survivors to go through the grieving process with other suicide survivors.

### **Michigan Department of Health and Human Services**

Website: [http://www.michigan.gov/mdhhs/0,5885,7-339-73971\\_7119---,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-73971_7119---,00.html)

Phone: 1-855-444-3911

If you suspect abuse or neglect, call **855-444-3911** any time day or night. This toll-free phone number allows you to report abuse or neglect of any child or adult to the Michigan Department of Human Services. One number. One call. One person can make a difference.

### **The Michigan Association for Suicide Prevention**

Website: <http://masponweb.org/>

2220 Mershon St  
Saginaw, MI 48602

### **American Association of Suicidology (AAS)**

Website: <http://www.suicidology.org/>

### **A Manager's Guide to Suicide Postvention in the Workplace**

Website/PDFGuide:

<http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/Managers-Guidebook-To-Suicide-Postvention-Web.pdf>

## Suicide Intervention/Prevention (Cont.)

### **Sandcastles: Grief Support for Children and Families**

Website: <http://www.aboutsandcastles.org/index.html>

### **Transforming Loss: A Documentary**

Website: <http://transforminglossdocumentary.com/>

### **American Foundation for Suicide Prevention**

Website: <http://www.afsp.org/>

### **International Association for Suicide Prevention (IASP)**

Website: <https://www.iasp.info/index.php>

### **Kevin's Song: A charitable organization for community education on the causes and prevention of suicide**

Website: <https://kevinssong.org/>

### **The Trevor Project**

Website: <http://www.thetrevorproject.org/pages/the-warning-signs>

### **Mental Health First Aid**

Website: <http://www.mentalhealthfirstaid.org/cs/>

## Transportation

### **Ridelink**

**Website:** <http://www.aaawm.org/ridelink>

300 Ellsworth Avenue SW

Grand Rapids, MI 49503

**Phone: 1-616-774-1288**

Ridelink is a collaboration of five agencies providing transportation for adults 60 and over in Kent County, Michigan. Ridelink agencies include; ACSET- Latin American Services, American Red Cross, Hope Network Transportation, Senior Neighbors and United Methodist Community House. Ridelink is coordinated by The Rapid and the Area Agency on Aging of Western Michigan. Before you can schedule a ride you must complete the registration form (click [here](#) for registration form) and fax it to 616-774-1284. It takes up to five (5) business days to complete the registration process. Once your information is entered in the system, you may begin scheduling rides by calling Ridelink at (616) 774-1288.

### **Kent County**

**American Red Cross (wheel chair van available)**

**Phone: 1-616-456-8661**

### **Go Bus!**

**Phone: 1-616-456-6141**

**FISH for My People**

**Phone: 1-616-774-2045**

**DHS (for Medicaid patients)**

**Phone: 1-616-248-1000**

**Priority Health (for PH MCD clients)**

**Phone: 1-888-367-6557**

### **Barry County**

**Barry County Commission on Aging**

**Phone: 1-269-948-4856**



## Transportation (Cont.)

### **Barry County Transit**

**Phone: 1-269-948-8098**

### **Ionia County:**

#### **Ionia County Commission on Aging**

**Phone: 1-616-527-5365**

### **Mason County**

#### **Mason County Health Department**

**Phone: 1-231-845-7381**

### **Mecosta County**

#### **Mecosta County Commission on Aging**

**Phone: 1-231-972-2884**

### **RSVP Program (senior program)**

**Phone: 1-231-796-4848**

### **Montcalm County**

#### **Montcalm County Commission on Aging**

**Phone: 1-989-831-7476**

### **Newaygo County**

#### **Newaygo County Commission on Aging**

**Phone: 1-231-689-2100**

### **Osceola County**

#### **Osceola County Commission on Aging**

**Phone: 1-231-734-5559**

## Transportation (Cont.)

### **Ottawa County**

**LOVE, Inc (Allendale)**

**Phone: 1-616-895-5683**

### **The Rapid: Bus Transit**

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

250 Grandville

Grand Rapids, MI 49503

**Phone: 1-616-776-1110**

### **The Rapid: PASS Program and County Connection Program**

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

300 Ellsworth Ave, SW

Grand Rapids, MI 49503

**Phone: 1-616-776-1100**

PASS Program provides curb service to nearest Rapid bus stop. \$3.00 fare or 1 pass ticket. Must call 24hrs ahead and must live at least 1/3mile from bus lines. County Connection Program provides curb to curb service anywhere in Kent County. 24 hours a day, seven days a week, excluding holidays. Must call by 4pm the day before to make reservations.

### **Dash City Bus**

50 Ottawa, NW

Grand Rapids, MI 49503

**Phone: 1-616-456-3290**

The blue buses run in downtown area, Michigan Hill and to the Westside from 6am to 6pm Monday to Friday. The South Dash goes from the courthouse to the Rapid central station.

### **Sunshine Senior Transportation**

4450 Cascade Rd, Ste 300

Grand Rapids, MI 49546

**Phone: 1-616-464-1509**

Transportation service for elderly and disabled

## Transportation (Cont.)

**North Kent Transit Service**  
**Hope Network Transportation**  
755 36<sup>th</sup> St, SE  
Grand Rapids, MI 49548  
**Phone: 1-616-243-2783**