

Resource Guide for Reentry Citizens



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Congratulations, you are out on parole!

This guide was written by a former reentry citizen. The information in this guide is a tool to help you achieve success on parole and beyond. You have been granted parole because you have successfully served your sentence. It is now time to move forward. You have just been through one of the toughest experiences a person can go through. The parole board is giving you a chance to take back control of your life, but it will take a lot of work. You are free from the fences, but you have not gained your full freedom back yet. It is up to you to find your path to success. There are going to be stressful moments that may discourage you; but you have to keep your head up. The important thing to keep in mind is that parole is temporary. You will have hoops to jump through, but you will get your freedom back. When you face difficult situations while trying to accomplish your goals, you must stay determined and keep moving forward. You can absolutely be successful if you keep your eye on the prize. There are going to be some barriers you will have to overcome. This guide will not contain everything you need, but it can help you work through some of those barriers.

Sometimes it may seem like the world is working against you, or trying to keep you down. I assure you, the world is not working against you; you just need to learn how to work with the world instead of against it. At this point, you are the only one that can keep you down. You are on the other side of the fence now; it is up to you to make this work. You are in control of your life, and only you will determine if it is going to be successful. A word of advice from a fellow reentry citizen: “Open your eyes every day, and see the world as an opportunity. Look in the mirror every day, and see a successful person. Tell yourself that you are strong, determined, and dedicated to success. If you believe that you will overcome, then you will. This is your chance to show the world a new person. Find your path, and follow it with your head held high. Live every day a little better than the day before.”

When looking for the path to a successful life, you must live a healthy life. There are many different kinds of health: physical, mental, dental, financial, and social, to name a few. This guide addresses all of them. Taking care of yourself will help you find peace and give you balance. Finding balance will give you an advantage. You will need all of the advantages you can get to help you on your journey towards complete freedom.

Freedom is certainly not handed to you; you have to earn it. This may be America, but the rulebook is a little different when you are on parole. We sometimes feel like we are supposed to be granted our freedom just because we are outside the fences, but that is not how it works. Parole is still a form of incarceration, but it should be considered a transition period to freedom. If you work hard, you will be rewarded. Having to jump through hoops may seem like a game sometimes. This is your life we are talking about, and you have the power to make positive changes. There will be challenges, but you have already made it through one of the hardest challenges there is - prison.

The first few days out on parole can be overwhelming. It is normal to feel stressed. In prison things move at a different pace. Now that you are out, the world may seem like it is moving very fast. Let yourself ease into things. Do not try to do too much at once. Make a list of things you need to accomplish and then number each item by how important it is. This will help you to stay focused and to sort issues out, one at a time. Some issues are more pressing than others, so

prioritizing is important. This guide can help you to find the resources necessary to achieve a successful discharge from parole supervision, and find success in your life. As new obstacles arise, refer back to this guide for resources. Remember that this guide is not meant to discourage you; it is meant to empower you to find success while facing a tough reality.

You can make it easier on yourself by making it easy on the agent.

Agents are there to keep you accountable. Agents will point out work to be done; they will not do the work for you. I have seen individuals recently released from prison that have unrealistic expectations. You cannot expect that your agent will have everything set up for you to be successful; this is not how it works. The agent may have a schedule arranged for you for the first couple of days, but the rest will be up to you. Agents can be a resource for you when you are struggling, but you cannot count on the agent to help you with every single issue that pops up while on parole. Life is hard enough as it is, but things are harder than they would be normally because you are on parole. I can assure you that the parole agent in charge of your case is not going to make it any easier for you until you have proven yourself. If you need help, ask for it, but do not expect that they can solve all of your problems. Agents have many people on their caseload, not just you. Agents get many calls per day, if you have an issue and they don't answer, only leave one message.

One of the most important things to remember is that the way your agent will respond to you will depend on the way you communicate and carry yourself. If you show that you do not need to be looked after every minute, then the agent will treat you as so. If you communicate with hostility or disrespect, your agent will respond in a similar way. The next section in this guide can give you some ideas on how to communicate effectively with your agent. If you make it easier on the agent, they will make it easier on you.

Effective ways to communicate with your agent

This can be one of the most important keys to your success, and is essential to a successful parole.

- **Always keep your cool.** Even if you feel that your buttons are being pushed, you must remain calm. You will never gain anything by losing your cool.
- Remember that your agent has the power to send you to jail or back to prison with one phone call.
- **Speak to staff with respect,** no matter what. “Yes, ma’am” and “Yes, sir” can go a long way.
- **Do not lie to your agent.** Agents have discretion over your supervision level and whether or not to issue violations. If you mess up, admit it. Agents appreciate it when you take responsibility for your actions. If you messed up, talk to the agent about it honestly. They can tell when you are lying and it will just make the agent angry and create a worse situation for you.

Example: Two people walk into the parole office and both test dirty on their drug test.

The first person gets confrontational with his agent and lies about his use; he insists that he is a victim of second hand smoke or that his mouthwash caused him to blow a positive alcohol test.

The second person admits that he messed up, owns up to his mistake and asks for a second chance at substance abuse treatment.

The first person will be more likely to leave the office in a police car. The second will be more likely to walk out the front door and go home.

- **Be mindful of your body language.** Even if you are not talking, the way you carry yourself sends a message. Things like hitting your hand on a desk or balling up your fists when you talk can come off as aggressive. You want to be very careful not seem aggressive to your agent.
- **Complaining too much is never good.** It looks better for you if you handle challenges with a positive attitude.

If you are staying out of trouble and doing well, and can learn to communicate with your agent well, then you will have a much easier time on parole.

Effective ways to communicate with everyone

Aim to increase understanding by considering how your message might be received by the other person. By communicating clearly, you can help avoid misunderstandings and potential conflict with others. By speaking well, you will come across as intelligent and mature.

Be aware of the messages you are sending with your body language. Make eye contact and avoid aggressive or defensive posture. For example, crossing your arms signals that you are closing yourself off and not open to listening. Present information in a way that can be clearly understood. Pay particular attention to differences in culture, past experiences, attitudes, and abilities before conveying your message. Avoid jargon, slang and over-complicated language; explain things as simply as possible. Request clarification if unclear about a message. Always avoid racist and sexist terms or any language that may cause offense.

Use Humor

Laughing releases chemicals in your brain that can help relieve stress and anxiety; most people like to laugh and will feel drawn to somebody who can make them laugh. Don't be afraid to be funny or clever, but do ensure your humor is appropriate to the situation. Humor can sometimes break the ice with people you are speaking to. Sometimes using humor can get people to lower their guard and help to gain affection. By using appropriate humor, you will be perceived as more charismatic. When speaking to your agent, be careful not to use too much humor, you do not want to be seen as someone that doesn't take things seriously.

Treat People Equally

Always aim to communicate on an equal basis and avoid patronizing people – do not talk down to them. Do not talk about others behind their backs, and try not to develop favorites. By treating people as your equal and equal to each other, you will build trust and respect. Check that people understand what you have said to avoid confusion and negative feelings. Encourage open and honest feedback from the person you are talking to, this will help to make sure your message is understood. It will also help to avoid that person telling you only what they think you want to hear. If confidentiality is an issue, make sure that boundaries are clear and understood.

Attempt to Resolve Conflict

Learn to troubleshoot and resolve problems and conflicts as they arise. Learn how to be an effective mediator and negotiator. Use your listening skills to hear and understand both sides of any argument - encourage people to talk to each other. Try not to be biased or judgmental, but instead ease the way for conflict resolution.

Maintain a Positive Attitude and Smile

Few people want to be around someone who is frequently miserable. Do your best to be friendly, upbeat and positive with other people. Maintain a positive, cheerful attitude to life. When things do not go as planned, stay optimistic and learn from your mistakes. If you smile often and stay cheerful, people are more likely to respond positively to you.

Minimize Stress

Some communication scenarios are, by their nature, stressful. Stress can, however, be a major barrier to effective communication. All parties should try to remain calm and focused.

For tips and advice about stress relief and avoidance, look up these topics on the internet or find a book at the library. It is also important to learn how to relax - look into topics such as relaxation techniques and avoiding stress.

Only Complain when Absolutely Necessary

People will not be drawn to you if you are constantly complaining or whining. If something makes you angry or upset, wait for a few hours and calm down before taking action. If you do complain, do so calmly. Try to find some positive aspects to the situation and avoid giving unnecessary criticism.

Housing

Some of the first challenges that you will face may include finding a place to live. If you are staying with a friend, a relative, or if you are in commercial placement, you are lucky. This will give you more time to figure these things out, but you should still try to establish somewhere to go in case you exhaust that resource. Some people have to stay at a homeless shelter. Shelters are not ideal, but they are better than a cell. At least you will not have to deal with shakedowns and C.O.'s. Living in a shelter can, at the very least, give you time to figure something else out. It may be difficult to find a place to live with a criminal conviction on your record, but try not to get discouraged. There are property owners out there who will accept you; you just need to find them. Not all landlords do background checks, and unless you are a registered sex offender, you do not have to disclose that you have a criminal record unless they ask. There are organizations that can help you to locate a felon friendly home. It is important to stay on the lookout for housing opportunities everywhere you go. You may find something that pops up in every day conversations, or postings at a local grocery store. Get creative! Some people have luck when they call real estate agents and explain the situation. If you are actively looking for a place, you will eventually find one. Just like many aspects of parole, and life in general, it will be what you make of it. Sometimes you may find that bad credit is a bigger barrier than having a criminal record. If bad credit is something you are struggling with, the Lansing Financial Empowerment Center located at Cristo Rey Community Center offers free services to help you develop a plan to establish or build your credit, reduce debt, and save for a place to live.

HARA

The Housing Assessment and Resource Agency (HARA) team is another helpful resource in the area. HARA teams work to assess your emergency housing situation within 48 hours. After they assess your situation, they will refer you to local resources that can help. Housing Services for Mid-Michigan (HSMM) serves as the HARA for Eaton and Clinton counties while Volunteers of America (VOA) is the HARA team for Ingham County.

<i>Ingham County: HARA</i> <i>Volunteers of America – Michigan</i> (517) 484-4414 430 N. Larch St. Lansing, MI 48912	<i>Eaton & Clinton Counties: HARA</i> <i>Housing Services for Mid-Michigan</i> (517) 541-1180 319 S. Cochran Ave. Charlotte, MI 48813
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In the area, there are overnight shelters, domestic violence shelters, and day shelters for those in need. There are also resources that help with housing assistance and case management. Listed below is the location and contact information for those resources.

Overnight Shelters

<i>Volunteers of America</i> (517) 484-4414 430 N Larch St, Lansing, MI 48912	<i>Loaves and Fishes</i> (517) 482-2099 831 N Sycamore St, Lansing, MI 48906	<i>Haven House</i> (517) 337-2731 121 Whitehills Dr, East Lansing, MI 48823	<i>City Rescue Mission</i> Men: (517) 485-0145 607 E Michigan Ave, Lansing, MI 48912	<i>City Rescue Mission</i> Women & Children: (517) 485-0145 2216 S Cedar St, Lansing, MI 48910
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Domestic Violence Shelters

<i>EVE</i> (517) 372-5572	<i>MSU Safe Place</i> (517) 355-1100
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Day Shelters

Monday – Friday	Saturday - Sunday	Sunday - Saturday
<i>Volunteers of America</i> (517) 484-4414 or (517) 489-5296 (Direct) 430 N Larch St, Lansing, MI 48912	<i>Advent House Ministries</i> (517) 485-4722 743 N Martin Luther King Jr Blvd, Lansing, MI 48915	<i>City Rescue Mission</i> Men: (517) 485-0145 607 E Michigan Ave, Lansing, MI 48912 Women & Children: (517) 485-0145 2216 S Cedar St, Lansing, MI 48910

Food

It is essential to your physical and mental health to eat well. You will have many obstacles to overcome in the next couple of weeks. It is important to apply for food benefits if you are in need. It may take a few days for DHHS to process your application for food benefits. In the meantime, many organizations offer free food pantries and prepared meals. This guide lists the organizations that operate free food pantries and that offer free meals daily. Eating a good meal will keep you energized and give you a better chance to be successful. All of the pantries have different schedules, so it is a good idea to call ahead. You will most likely need an ID at the food pantries. This is one of the times that your MDOC ID will come in handy.

Food Benefits/Bridge Card

If you have no income, you will qualify for food benefits from the State of Michigan DHHS. As you begin to earn an income, the benefit amount may be reduced. You will need to contact the Michigan DHHS for Cash, Food and Medical benefits.

1-855-275-6424 (855-ASK-MICH)

You can apply for online at:

https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

Free Meals

Advent House Ministries

743 N. Martin Luther King Blvd
Phone: (517)485-4722

Central Methodist Church

215 N. Capitol
Phone: (517)485-9477

Christ Lutheran

112 S. Pennsylvania
Phone: (517)482-2252

City Rescue Mission

813 E. Michigan Ave
Phone: (517)485-0145

Cristo Rey Community Center

1717 N. High St., Lansing, MI 48906
Phone: (517) 372-4700

Mt. Hope Church in the City

426 Walnut St.
Phone: (517)371-4838

Salvation Army

525 N. Pennsylvania
Phone: (517)484-4424

Southside Community Kitchen Galilee Baptist Church

2611 Reno
Phone: (517)887-0770

Southside Community Kitchen at St. Casimirs Holy Family Center

Phone: 800 W. Barnes Rd.

Volunteers of America

430 N. Larch
Phone: (517)484-0176 ext. 110

Food Pantries

Advent House Ministries

743 N. Martin Luther King Blvd., Lansing, MI 48915

Phone: (517) 485-4722 Website: www.adventhouse.com

Beacon of Hope

512 S. US-27, St. Johns, MI 48879

Phone: (988) 224-0328 Website: www.stjohnfbc/beacon.html

Catholic Charities of Shiawassee County

1480 N. M-53. Ste. 1, Owosso, MI 48867

Phone: (989) 723-8239 Website: www.catholiccharitiesflint.org

Christ Episcopal Church Outreach Center

120 E. Goodhue St., Owosso, MI 48867

Phone: (989) 723-2495

Provides personal care packages, food, and clothing.

Christian Services

P.O. Box 22112, Lansing, MI 48909

Phone: (517) 394-5411 Website: www.christinserviceslansing.com

Cristo Rey Community Center

1717 N. High St., Lansing, MI 48906

Phone: (517) 372-4700 Website: www.cristoreycommunity.org

Department of Health & Human Services

Phone: (888) 642-7434 Website: www.michigan.gov/mibridges

Dimondale Pantry

First Presbyterian Church, 162 Bridge St., P.O. Box 357, Dimondale/Windsor areas. 2nd and 4th Friday, 10 a.m. -12 p.m.

Phone: (517) 646-6183 2 p.m.-5 p.m. Website: www.fpcdimondale.org/missionwork

Provides food and emergency services for individuals in the Dimondale/Windsor areas.

Grand Ledge Seventh Day Adventist Community Service Center

4980 Burt Ave., Grand Ledge, MI 48837

Phone: (517) 627-4348

Provides emergency food, clothing, and household items through walk-in or appointment. Referrals for Eaton County Clothing and Furniture Center.

Helping Hands

600 S. Cochran Ave., Charlotte, MI 48813

Phone: (517) 543-8737

Food bank for the Charlotte and Vermontville School Districts. Also information and referrals to existing community services.

Lansing Church of God in Christ

5304 Wise Rd., Lansing, MI 48911

Phone: (517) 882-2335

Website: www.lansingcogic.org

Lansing Food Resource

Phone: 2-1-1

Central Michigan 2-1-1 will assist with locating a Food Bank in your area. 7 day per week/24 hours per day.

LMTS Community Outreach Service, Inc.

364 W. Holmes Rd. Lansing, MI 48911

Phone: (517) 882-6866 ext. 240

Website: www.todc.org

Meridian Township

5151 Marsh Rd., Okemos, MI 48864

Phone: (517) 853-4000

Assistance with rent, utilities, food baskets, school supplies, bus passes, personal needs, prescription medical supplies, and miscellaneous. For Meridian Township residents only.

North West Initiative

510 W. Ottawa St., 2nd Floor, Lansing, MI 48933

Phone: (517) 887-4319

Emergency food, goods and services

Operation Homefront – Michigan

P.O. Box 885, Holt, MI 48842

Phone: (517) 775-4015

Website: www.operationhomefront.org

Veterans returning from war and their families can get help with food, donated automobiles, household items, and furniture.

Potterville United Methodist Church

105 N. Church St., Potterville, MI 48867

Phone: (517) 645-7701

Website: www.pottervilleumc.org

Can provide a three-day supply of food or those in need in the Potterville area. Hours are Friday mornings only and must call for an appointment.

Salvation Army

525 N. Pennsylvania Ave., Lansing, MI 48912

Phone: (517) 482-9715

302 E. Exchange St., Owosso, MI 48867

Phone: (989) 725-7485

Website: www.centralusa.salvationarmy.org

Family and individual counseling, emergency assistance, alcohol/drug addiction treatment programs, transitional housing, senior social groups, soup kitchen, and food programs.

SIREN-Eaton Shelter

520 Robinson St., Charlotte, MI 48813

Phone: (517) 543-0748

24-Hour Hotline: (517) 543-4915

Provides food and shelter for homeless families and domestic violence shelters.

St. Vincent De Paul (Available at all Catholic churches)

Website: www.svdpusa.org

Society that assists with food, personal needs items, utility and shelter assistance, medicine, clothing, and other necessities to those in need.

Sunfield United Methodist Church Food Bank

227 Logan St., Sunfield, MI 48890

Phone: (517) 566-8448

Provides emergency food and some personal needs for those in the Sunfield area. Hours are Monday-Thursday 9 a.m.-12 p.m.

Women, Infant, & Children (WIC)

Provides food, nutrition education, and referrals. Program for pregnant or post-partum women, infants, and children (up to 5 years of age).

Clothing assistance

The resources listed below have a free clothing assistance. The days and hours are different for every organization. Do not hesitate to ask for assistance when necessary. Food, clothing and shelter are basic needs that everyone requires. You will get to a point where you can purchase these things for yourself. For right now, there is nothing to be ashamed about when asking for assistance. Some of the places listed below have restrictions based on which area you live in. It is a good idea to call ahead to see if you qualify.

Baby Pantry

Food, clothing, diapers, and special items for infants and toddlers. Cribs and layettes are available if these items are donated to the pantry. Parenting classes. Volunteers welcome.

Clinton County

First Congregational Church
100 Maple St., St. Johns, MI 48879
Phone: (989) 224-2636 Hours: Tuesdays 11 a.m.-5 p.m.

Shiawassee County

First Baptist Church
114 W. Mason St., Owosso, MI 48867
Phone: (989) 723-1670 Website: www.scapcouncil.com/babypantry.php
Hours: Second and fourth Monday of every month 11 a.m.-7 p.m.

Beacon of Hope

512 S. US-27, St. Johns, MI 48879
Phone: (988) 224-0328 Website: www.stjohnfbc/beacon.html

Peer counseling, bible study, workshops on family and parenting topics, food pantry, new and used clothing, baby equipment, and household items.

Capital Area Michigan Works

Website: <http://www.camw.org> or <https://www.camw.org/g/>

Free clothing closet that contains dress clothes for interviews and work. Monday – Friday, 8 a.m.-5 p.m.

Clinton County

101 W. Cass St., Ste. A
St. Johns, MI 48879
Phone: (989) 224-2000

Eaton County

945 Reynolds Rd.
Charlotte, MI 48813
Phone: (517) 816-6980

Ingham County

2110 S. Cedar St
Lansing, MI 48910
Phone: (517) 492-5500

Shiawassee County

1795 W. Main St., Ste. 117
Owosso, MI 48867
Phone: (989) 936-4001

Christ Episcopal Church Outreach Center

120 E. Goodhue St., Owosso, MI 48867
Phone: (989) 723-2495

Provides personal care packages, food, and clothing.

Christian Services

P.O. Box 22112, Lansing, MI 48909

Phone: (517) 394-5411 Website: www.christinserviceslansing.com

Cristo Rey Community Center

1717 N. High St., Lansing, MI 48906

Phone: (517) 372-4700 Website: www.cristoreycommunity.org

Eaton Clothing & Furniture Center, Inc.

135 S. Washington St., Charlotte, MI 48813

Phone: (517) 543-4334

First United Methodist Church of Mason

201 E. Ash St., Mason, MI 48854

Phone: (517) 676-9449 Website: www.masonfirst.org

Clothing bank the 1st Tuesday of every month from 1:30 p.m.-3:30p.m.

Grand Ledge Seventh Day Adventist Community Service Center

4980 Burt Ave., Grand Ledge, MI 48837

Phone: (517) 627-4348

Provides emergency food, clothing, and household items through walk-in or appointment.
Referrals for Eaton County Clothing and Furniture Center.

Lansing Church of God in Christ

5304 Wise Rd., Lansing, MI 48911

Phone: (517) 882-2335 Website: www.lansingcogic.org

LMTS Community Outreach Service, Inc.

364 W. Holmes Rd. Lansing, MI 48911

Phone: (517) 882-6866 ext. 240 Website: www.todc.org

North West Initiative

510 W. Ottawa St., 2nd Floor, Lansing, MI 48933

Phone: (517) 887-4319

Open Door Ministry Lansing

215 N. Capital Ave., Lansing, MI 48933

Phone: (517) 485-9477 ext. 108 Website: www.facebook.com/opendoorlansing

Seventh Day Adventist Community Services

1400 S. Oakland St., St. Johns, MI 48879

Phone: (517) 224-7779

Clothing and household items supplied to those in need. Wednesdays 1 p.m.-4 p.m. Donations accepted.

St. Vincent De Paul (Available at all Catholic churches)

Website: www.svdpusa.org

Society that assists with food, personal needs utility, and shelter assistance, medicine, clothing, and other necessities to those in need.

Thrift Store

1020 S. Washington St., Lansing, MI 48910
Phone: (517) 484-5395

Clothing Center

1009 S. US-27, St. Johns, MI 48879
Phone: (989) 224-8852

The Basic Needs Center

105 N. Clinton Ave., St. Johns, MI 48879
Phone: (517) 230-4618

Volunteers of America – Michigan

430 N. Larch St., Lansing, MI 48912
Phone: (517) 484-4414 Website: www.voami.org

Hygiene products/Personal needs

Hygiene is obviously important for your well-being and health. Good hygiene is also important when looking for employment and reporting to your agent. If you do not maintain good hygiene, it will seem as if you need more supervision. Good hygiene will give you confidence and show that you are doing well. Some of the food banks also have these kinds of products. It is worth a shot to call around.

Homeless Angels

Address: 3216 W Main St, Lansing, MI
Phone: (517) 487-9119

Cristo Rey Community Center

Address: 1717 N High St, Lansing, MI
Phone: (517) 372-4700

Greater Lansing Goods Bank

Lansing, MI
Phone: (517) 908-3680

Transportation

Transportation can be a serious barrier, so it is essential to figure out your transportation plan early. When you are looking for a new home or employment, make sure that you have access to

the bus routes. The bus system is very helpful, and if you learn to use it, can be a key to success. Always be sure to give yourself extra time when using the bus. The transportation companies listed in this guide do not guarantee travel times.

In the Lansing area

Capital Area Transportation Authority

www.cata.org

The Capital Area Transportation Authority is the public transit authority that operates mass transit bus service and paratransit within the metro Lansing, Michigan area, including service on the campus of Michigan State University. Bus passes can be purchased at a discounted rate in several lengths including 10 day and 30 day passes. If you are unable to purchase a bus pass, parole agents and employment agencies can issue you a bus pass at no cost to you. The cata.org website has a route planner and route finder that makes it very easy to plan your ride.

Address: 420 S Grand Ave, Lansing, MI 48933

Phone: (517) 394-1000

In Eaton County

Eatran

Bus charter in Charlotte, Michigan

Address: 916 Packard Hwy, Charlotte, MI 48813

Phone: (517) 543-4087

Eatran Buses Operate Monday – Friday 6:00 am - 6:00 pm

All Rides are Subject to Availability.

Curb-to-Curb service within all of Eaton County

Reservations need to be made in advance. Reservations can be scheduled one (1) month in advance. If you call the day of, availability may be limited.

Eatran Downtown Lansing Express

Morning buses leave Charlotte, Grand ledge and Delta Township and arrive in Downtown Lansing approximately 7:45 am. Return from Downtown Lansing between 5:00 - 5:15 pm. This service has a standard \$3.00 fare.

Out of County Medical Trips

Available Monday-Friday. EATRAN can transport passengers to and from medical appointments outside of Eaton County into Ingham County, between the appointment hours of 11:00 am and return no later than 3:30 pm. Reservations for this service need to be scheduled in advance. This is a popular service and fills up quickly, it is suggested that you schedule two (2) weeks in advance but no later than the day before at 12:00 pm. This service has a standard \$3.00 fare.

Eaton County Connector

Available Monday - Friday 6:30 am to 6:30 pm.

The connector is a quick and convenient way to get from the Charlotte Wal*Mart to the Lansing Mall. Plan time for your trip as a one-way trip takes approximately 1/2 hour.

The Eaton County Connector makes three (3) stops. Charlotte Wal*Mart, Potterville BP/Franks and the Lansing Mall.

Simply meet the bus at any of the three stops, click the link below for schedule or call the EATRAN office for time and other available options.

The Eaton County Connector is the same fare as any other in county EATRAN ride.

Age 5-60 is \$2.00

Seniors and Persons with disabilities is \$1.00

In Clinton County

Clinton Area Transit System

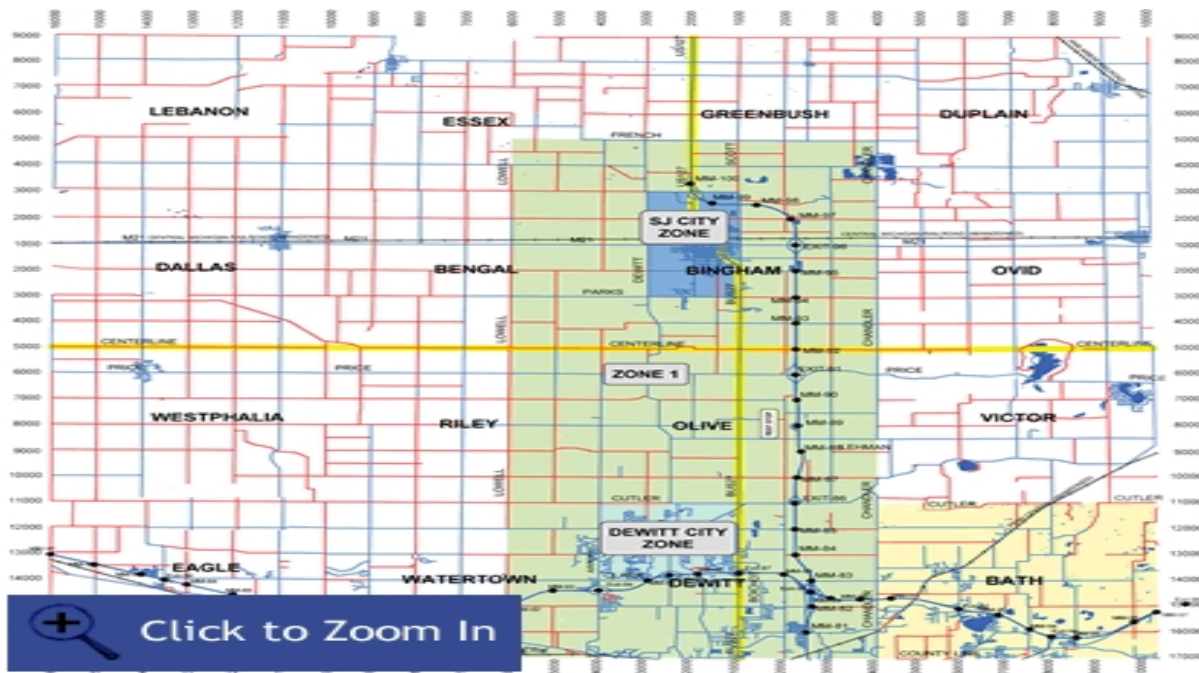
Website: www.clintontransit.com

Transit line in St. Johns, Michigan

Address: 215 N Scott Rd, St Johns, MI 48879

Phone: (989) 224-8127

Please call the day before to arrange for a pickup time closer to your schedule. Same day call-in, picked up as schedule permits. Usually 1 hour in Zone 1, and a 1/2 hour to 1 hour in the city.



Driver's License and Driver's Responsibility Fees

Many people with past criminal offenses owe money to the state for driver's responsibility fees. Recently legislation, or laws, passed to eliminate those fees. The Michigan Department of Treasury handles these fees. Many people have entered into payment plans as a way to restore their license. The following information is from the Department of Treasury website. The website is listed below. If you are trying to get your license back, look at the website, or call the number listed. Be careful when making a payment plan with the Department of Treasury. Do not agree to an amount that is larger than what you can afford.

As of March 31, 2018, individuals who entered into a payment plan on or before February 1, 2018 have been identified and their outstanding Driver Responsibility Fees have been eliminated. If there are no additional offenses against their license, these individuals may request a reinstatement of their driver's license without paying a reinstatement fee through December 31, 2018.

Individuals who did not enter into a payment plan on or before February 1, 2018 are still responsible for their Driver Responsibility Fees until October 1, 2018. All Driver Responsibility Fees will be eliminated ON October 1, 2018.

Michigan Department of Treasury and Michigan Secretary of State are partnering with local workforce development agencies to eliminate qualifying Driver Responsibility Fees before October 1, 2018 for individuals who participate in a workforce development training program.

There are a number of programs available to the public to eliminate qualifying Driver Responsibility Fees and local workforce development agencies will assist individuals with enrollment.

Not all offenses will qualify for early elimination under the workforce development program. You can find more information on the fees and elimination of fees at the following website:

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

(or) by calling the Department of Treasury at:

1-800-950-6227

Medical Insurance

Some reentry facilities start the Medicaid application process for you before you are released. Even if the process has been started, you will still have to contact DHHS to activate your insurance and request an insurance card. If the application has not been started for you, you need to start one immediately. You can do this by finding a navigator. Navigators are people that help you to file the application for Medicaid, Health plans, and sometimes food assistance or cash assistance. Navigators can be found at the local health department and sometimes at smaller organizations. MDOC ID is sufficient to get the process started. Below is a list of navigators:

Health Insurance Navigators:

Ingham County Health Department

Noreen Allman: Certified Navigator
nallman@ingham.org
Phone: (517) 887-4306 option 3
5303 South Cedar Street
Lansing, MI 48911

Clinton Eaton Ingham Community Mental Health Authority

Suzanne Brisbois: Certified Navigator
healthcoverage@ceicmh.org
Phone: (517) 346-8259
812 E. Jolly Road
Lansing, MI 48910

Barry Eaton District Health Department

Phone: (517) 543-2430
1033 Health Care Drive
Charlotte, MI 48813

Care Free Medical and Dental

Phone: (517) 244-0120
5135 S. Pennsylvania Ave.
Lansing, MI 48910

CEI – Community Mental Health Authority

Phone: (517) 346-8200
812 E. Jolly Rd.
Lansing, MI 48910

Cristo Rey Community Center

Phone: (517) 372-4700
1717 N. High Street
Lansing, MI 48906

Edward W. Sparrow Hospital Association

Phone: (517) 364-1000

1215 East Michigan Ave.
Lansing, MI 48912

Ingham County Health Department

Phone: (517) 887-4306
5303 S Cedar Street
Lansing, MI 48911

Ingham Health Plan Corporation

Phone: (866) 291-8691
5656 S. Cedar Street, Ste. 130
Lansing, MI 48911

Lansing Area AIDS Network

Phone: (517) 394-3560
913 W. Holmes Rd. Suite 115
Lansing, MI 48910

Mclaren Greater Lansing

Phone: (517) 975-6000
401 West Greenlawn Ave
Lansing, MI 48910

Michigan Primary Care Association

Phone: (517) 827-0876 or (517) 381-8000
Lansing, MI

Planned Parenthood Affiliates Of Michigan

Phone: (517) 482-1080
P.O. Box 15041
Lansing, MI 48901

Mid-Michigan District Health Department

Phone: (989) 831-5237
1307 E. Townsend Road
St. Johns, MI 48879

Peckham, Inc.

Phone: (517) 316-4000
3910 Capital City Blvd
Lansing, MI 48906

You can also search for a local navigator by entering your address at the website below.

https://newmibridges.michigan.gov/s/isd-find-community-partners?language=en_US

Medicare Hotline

Phone: (800) 633-4227 Website: www.medicare.gov

Mental health treatment and counseling services

Community Mental Health (CMH) is always available for those with insurance, but they do not accept patients without insurance unless it is an emergency, such as suicidal thoughts or feeling as if you may injure someone. If you have followed the guide up to this point, you should know how to get insurance. Otherwise, refer back to the insurance portion of this guide. Additionally, the medical section of this guide has a list of clinics.

Cristo Rey Community Center

Phone: (517) 372-4700

Cristo Rey Community Center offers the following three programs:

1) Parenting Program

Description: Teaches essential skills for parents with children 0-8 years old. Topics include healthy communication, how to address different stages of development, and how to discipline children without the use of physical punishment.

Eligibility: No restrictions.

Application Process: Call to set up appointment.

Documents Required: Photo ID

Fees: \$10 per class, 10-week session.

Hours: Monday Sessions: (10am-11:30am), (2:30pm-4:00pm), (5:30pm-7:00pm).

Please come 30 minutes before class to do paperwork. Must attend the same time every week.

2) Roots and Wings (Free!)

Description: A parent and teen (ages 9-16) program that helps strengthen families by teaching them how to build healthy and clear communication skills.

Eligibility: Ages 9-16

Application Process: Call to set up appointment.

Documents Required: Photo ID

Fees: None!

Hours: Mon-Fri: 8am-5pm

3) Anger Management Program

Description: An educational group program for individuals struggling with emotional regulation and want to develop healthy stress coping mechanisms.

Eligibility: 18 and over

Application Process: Call to set up appointment.

Fees: \$300 total program fee. (\$100 for Assessment. \$20 per class for the 10-week program.)

Hours: Classes every Tuesday: 5:30pm-7:00pm. Assessments and intakes are Mon-Fri: 8am-3pm.

St. Vincent Catholic Charities

Phone: (517) 323.4734 ext. 1700

How To Access Counseling Services

- Services are available to residents of Ingham, Clinton and Eaton Counties. Services are available to all beliefs, ethnicities, genders, disabilities or ages.
- Most major insurances are accepted.
- Services are available on a sliding fee scale to those with limited income.
- Interpretation and translation services can be made available in a variety of languages.
- Please call, if you are unsure whether you qualify for services. One of our intake staff will talk with you and answer any questions you might have. To schedule an appointment, please call **(517) 323.4734 ext. 1700.**

WHAT ISSUES ARE TREATED?

Therapy is offered for the following issues, but many more issues may be addressed:

- Abuse and trauma
- Child behavior issues
- Family/couple conflicts
- Addiction
- Communication skills
- Family illness
- Anger management
- Depression
- Financial stressors
- Anxiety
- Employment issues
- Grief and loss

- PTSD
- Self-esteem issues
- Substance abuse

Medical treatment

Whether or not you have a medical condition, you will need to sign up for, or activate your Medicaid or county health plan. In the Medical Insurance portion of this guide, you can find assistance in attaining insurance. The navigators may also be able to help you to locate a doctor or specialist. The following list of providers offers medical care to individuals with or without insurance. Some of these providers offer a sliding scale fee for care. That means that the cost for care is adjusted to meet your income level. Often, if you have no income, you can get medical care free of charge. Your health is important. You must take care of yourself if you are going to live a successful life. If you have just been released from incarceration and you have a 30-day supply of prescribed medication, it is important to find a medical provider immediately.

His Healing Hands Complete Health Center in Lansing may be able to assist you in attaining a prescription for an additional 30-day supply of medication while you search for a primary care provider to treat you long-term. Keep the white prescription pop-out cards for proof of the prescription. If you do not have insurance, or insurance does not cover the medication, remember that there are prescription assistance programs to help you pay for medication. Cristo Rey Community Center has a prescription assistance program.

Cristo Rey Community Center - Prescription Assistance

1717 N High
Lansing, MI 48906
Phone: (517) 253-8247

His Healing Hands Complete Health Center – Additional 30 days medication

2025 W Holmes Rd
Lansing, MI 48910
Phone: (517) 882-2025

Medical Clinics

Clinton County

Clinton County Medical Center - Counseling Services

Mental health service in St. Johns, Michigan
Located in: Clinton County Medical Center

Address: 1505 Waterford Pkwy, St Johns, MI 48879

Phone: (989) 224-3000

My Community Dental Centers ~ St. Johns

Dental clinic in St. Johns, Michigan

Address: 1307 E Townsend Rd, St Johns, MI 48879

Phone: (855) 878-5026

Website: <http://www.mydental.org/>

Clinton County Medical Center

Medical clinic in St. Johns, Michigan

Address: 1005 S, Old U.S. 27, St Johns, MI 48879

Phone: (989) 224-3000

Eaton County

Barry-Eaton District Health

Medical clinic in Charlotte, Michigan

Address: 528 Beech St, Charlotte, MI 48813

Phone: (517) 541-2630

Ingham County

Birch Health Center

812 E. Jolly Suite 112

Lansing, MI 48910

Phone: (517) 244-8030

Carefree Medical & Dental Clinic

5135 S Pennsylvania Ave, Lansing, MI 48911

Phone: (517)887-5922

Cedar Community Health Center

5303 S. Cedar St. Lansing, MI 48911
Pediatric Health - Phone: (517) 887-4305 Women's Health – Phone: (517) 887-4320

Cristo Rey Family Health Center

1717 N High St Lansing, MI 48906
Phone: (517)371-1700

Forest Community Health Center

Primary Care for Adults (over 18) - Dental Care for all ages
2316 S. Cedar St. Lansing, MI 48910
Phone: (517) 8874302

Ingham County Health Department

5303 S. Cedar St. Lansing, MI 48911
Phone: (517) 887-4311

River Oak Community Health Center

Primary care for all ages
1115 S. Pennsylvania Ave. Lansing, MI 48912
Phone: (517) 244-8060

Willow Health Center

Primary Care & Family Planning (ages 5-25)
306 W. Willow St. Lansing, MI 48906
Phone: (517) 702-3500

Substance abuse counseling and AA/NA groups

You have just been away from the world for an extended period. The fastest way to get back into trouble is to fall back into those old habits. You do not need to celebrate your freedom with a drink or by getting high. Enjoy the freedom itself. Always remember that old habits did not work for you then, and they will not work for you now. The amount of heroin overdoses in the Capital Area has grown at a staggering rate lately. If you suffer from addiction, please seek out support. Drugs will never give you real happiness; they will only hold you back. If you cannot do it for yourself, do it for your family. Addiction affects everyone around you. Find the strength inside you to avoid falling back into that cycle. Seek out help and support to stay sober.

Cristo Rey Community Center

Phone: (517) 372-4700

Cristo Rey Community Center offers the following two programs:

1) Substance Abuse Assessment and Treatment

Description: Provides assessment and referral, case management, individual, group and family therapy. Assesses substance abuse, provides drug screening and diagnosis.

Eligibility: No restrictions.

Application Process: Call to set up appointment. (517) 372-4700 ext. 140

Documents Required: Photo ID

Fees: Call for details. Accepts Medicare, Medicaid, and Government issued insurance.

Hours: Mon-Fri: 8am-5pm

2) Substance Abuse Recovery Family Program (SURF)

Description: Teaches youth how to deal with family members using substances, information about substances and tools to seek help for their own substance abuse.

Eligibility: Up to age 18

Application Process: Call to set up appointment.

Documents Required: Photo ID

Fees: Call for details. Accepts Medicare, Medicaid and Government issued insurance.

Hours: Mon-Fri: 8am-5pm

St Vincent Catholic Charities

Phone: (517) 323.4734 ext. 1700

How to Access Counseling Services

- Services are available to residents of Ingham, Clinton and Eaton Counties. Services are available to all beliefs, ethnicities, genders, disabilities or ages.
- Most major insurances are accepted.
- Services are available on a sliding fee scale to those with limited income.
- Interpretation and translation services are available in a variety of languages.
- Please call, if you are unsure whether you qualify for services. One of our intake staff will talk with you and answer any questions you might have. To schedule an appointment, please call **(517) 323.4734 ext. 1700.**

WHAT ISSUES ARE TREATED?

Therapy is offered, but not limited to:

- Abuse and trauma
- Depression
- PTSD
- Addiction
- Employment issues
- Self-esteem issues
- Anger management
- Family/couple conflicts
- Substance abuse
- Anxiety
- Family illness
- Child behavior issues
- Financial stressors
- Communication skills
- Grief and loss

Finding a Telephone

Remember to check with your agent before obtaining a telephone, as you may have restrictions on the type of phone you can have. Also, remember to share the number with your agent so that you can be in communication.

Assurance Wireless (Virgin Mobile)

Phone: (888) 898-4888 Website: www.assurancewireless.com

Free telephone service to ensure availability and affordability for low-income individuals.

SafeLink Wireless

SafeLink is a free government phone provider offering free and affordable cell phones for the low-income families, and individuals, who qualify financially. Many who are disabled, have lost their jobs, and work low-waged jobs, now have access to the important resources phone providers.

Phone: (800) 723-3546 Website: www.safelinkwireless.com

Obtaining vital documents (birth certificate, Social Security card and ID)

You have been issued a MDOC ID - do not throw this ID away. You will need the MDOC ID to secure other forms of identification. The Secretary of State requires multiple documents to get an ID or license. One of those documents can be the MDOC ID. You will also need a birth certificate, Social Security card and 2 pieces of mail. Hopefully you were able to get a Social Security card and birth certificate before you were released. If you do not have these documents, you may be able to find assistance obtaining them from some of these local organizations.

NorthWest Initiative

Address: 510 W Ottawa St, Lansing, MI 48933

Phone: (517) 999-2894

The Arrow program at Northwest Initiative offers assistance in obtaining ID documents

Vitalchek is an online source to order a birth certificate. You will need to be able to prove your identity with a photo ID to order here:

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

Employment and finding a job with a criminal record

You will need to secure an income. Finding a job is not always easy, but it is absolutely possible. Many jobs out there will look past a criminal conviction. Some jobs do not ask for background checks, but may still ask about convictions on the application. It is important to be honest and up-front.

If you are able to work, then you need to start looking for employment. There are skills that will improve your chances of finding a job such as writing a resume or cover letter. The organizations listed below will assist in developing those skills. These organizations are also very familiar with helping individuals with a criminal record to find employment. The resources are there - it is up to you to use them. The following are resources available to assist in job seeking.

If you are disabled, then refer to the Social Security section of this resource guide. If you need help finding a job, the following resources are available.

Advent House Ministries

743 N Martin Luther King Blvd
Lansing, MI 48915
Phone: (517) 485-4722

Goodwill

Website: www.goodwill.org

We believe that anyone who wants to go to work deserves a second chance. We understand the challenges people with criminal backgrounds face as they reenter the community and offer services for men, women and young adults who are committed to getting their lives back on track.

Here are some ways Goodwill can support you during your journey:

- **Basic skills development:** Prepare for your GED, and take ESL or other basic education classes.
- **Employment-readiness training:** Develop the soft skills that help you succeed at work, including interviewing and workplace communication techniques.
- **Occupational skills training:** Learn a skill or trade that can help you get back to work or move on to a better job.
- **Job placement assistance:** Open doors to employment opportunities at companies and organizations committed to giving people with criminal backgrounds a second chance.

- **Life skills:** Gain new skills to help you improve other areas of your life, such as parenting, relationship and communication skills.

To see what programs are available in your community, contact your nearest Goodwill and ask to speak with an employment specialist.

<p>Goodwill - Charlotte Phone: (517) 541-2455</p> <p>Goodwill - Dewitt Phone: (517) 669-2914</p>	<p>Goodwill - East Lansing Phone: (517) 203-2548</p> <p>Goodwill - Holt Phone: (517) 709-3353</p> <p>Goodwill - Lansing Phone: (517) 393-4908</p> <p>Goodwill - Lansing Phone: (517) 323-1167</p>
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Capital Area Michigan Works

Website: www.camw.org

Clinton County
101 W. Cass St., Suite A
St. Johns, MI 48879
Phone: (989) 224-2000

Ingham County
2110 S. Cedar St
Lansing, MI 48910
Phone: (517) 492-5500

Eaton County
945 Reynolds Rd.
Charlotte, MI 48813
Phone: (517) 816-6980

Shiawassee County
1795 W. Main St., Ste. 117
Owosso, MI 48867
Phone: (989) 936-4001

Clinton Task Force on Employment

101 W. Cass St. Suite A, St. Johns, MI 48879
Phone: (989) 224-2000

Peckham, Inc.

3510 Capital City Blvd., Lansing, MI 48906
Phone: (517) 316-4000 Website: www.peckham.org

Provides entry-level skills training in industrial occupations, food service, custodial, vocational training for adults, especially with people who may have vocational disabilities.

Michigan Rehabilitation

Lansing District Office
1048 Pierpont Suite 1, Lansing MI, 48913
Phone: (517) 241-5122 OR (800) 901-7392

Transportation and employment services for those with disabilities. Michigan Rehabilitation also has offices in the Michigan Works offices in each county.

St. Vincent Catholic Charities

Phone: (517) 323-4734

Eliminate jobs for which your record will automatically disqualify you. Your record may disqualify you for some positions, especially government jobs requiring security clearances, positions with financial responsibility, or jobs working with children.

Some tips to remember during your job search

Talk to personal connections. If a friend or family member is either hiring or knows someone who is hiring, ask them to hire you or to advocate for you. You will have a much better chance of finding work when you talk to someone who knows you or your family and is interested in you.

Network. In many cases, having personal connections can help you get a job that you might not have otherwise been considered for. If your parole conditions allow you to use the internet, create a professional profile on LinkedIn and Twitter. Find an association in the industry you want to enter, and become a member. Attend industry meetings and get to know people.

Start small and work your way up. Understand that when a person sees your record, he or she may be reluctant to hire you for a position with a lot of responsibility. That same person may be more than willing to give you a chance in another, usually lower-paid, position. You can use this chance to demonstrate that you are a reliable and trustworthy employee, and to rebuild your resume.

Try applying with a temp agency. You will need to disclose your criminal record to the agency. However, these agencies are sometimes able to place employees at other companies without running additional background checks, which can give you the chance to prove yourself.

Be honest about your history. You may be tempted to lie when an application asks if you have a criminal record, but you must be honest with potential employers. Many employers now conduct some sort of background check. If they find that you have been dishonest on the application, you will not be hired. If you have already been hired, and the lie is discovered later, you can be fired for it. In an interview, when you are asked about convictions or arrests, explain your answers honestly and completely. Job applications and interviewers will give you an opportunity to explain the circumstances behind the offense or alleged offense. You may find that the interviewer is interested in someone who made a mistake but is now motivated to get a job.

Contact a local advocacy group for people just getting out of jail or prison. These groups can help you find and apply for positions that do not require a squeaky-clean record. To find a local group, ask your probation or parole officer or look online. You can also search for “Ex-Offender support” or “Reentry resources” to find assistance in your area.

Take advantage of education or job training programs that may be available to you after you are released. Government agencies and non-profit organizations provide many opportunities for job seekers to get more training or education. The experience and skills you develop in these programs can make a big difference in the success of your job search. Some agencies will also help you to find a job after you complete your training program. Stop by your local library and check out adult education centers in your area to find out what they offer.

The type of job you are applying for should also be considered.

For example, if you were convicted of a violent assault, it would probably be difficult for you to find a job where you have to interact with people. Employers should consider if your conviction is “job-related” and would hamper your ability or trustworthiness to perform your job.

Resources for opening your own business

A criminal record can often make it a challenge to find employment that pays a good wage. In the employment section of this guide it suggests that you consider starting your own business. If this is something that you are interested in, it is a good idea to research the market. Try to find out what businesses the community may be missing. If you find something that you feel you will be good at, or if you have a great idea, look into making it happen. I have seen successful starts happen with multiple businesses, including lawn-care and snow removal. There are many opportunities for starting a small business. Below you will find some research websites and some links to organizations that can help you to plan your new business, and may help you find funding.

Consider becoming a skilled laborer, such as an electrician, plumber, or barber. Some professions require you to get a professional license. In many cases, the licensing process may require you to disclose a criminal record. However, a conviction on its own is usually not enough to disqualify you from licensure. This is especially true if your conviction was a long time ago and/or you have not had multiple convictions for the same type of crime.

Most state licensing boards will have a list of criminal convictions that may pose a barrier to entering a specific profession. For example, a person wishing to become a cosmetologist would likely have trouble getting licensed if he or she had a conviction involving children, sexual misconduct, or personal assaults. This is because a cosmetologist often has direct contact with the public in unsupervised settings, so a history of crimes against people could pose a threat.

Consider what you are good at. If you have maintenance or lawn-care skills, try starting a small business that uses those skills. People who employ handymen or lawn-care specialists are more likely to judge you based on the quality of the work you can do, instead of your background. If you were part of a work release program, you may consider staying in the industry that you worked in.

Small Business Association of Michigan

Website: <https://www.sbam.org/>

120 N Washington Square, Lansing, MI 48933
Phone: (517) 482-8788

Lansing Economic Area Partnership (LEAP)

Website: www.purelansing.com

1000 S Washington Ave, Suite 201, Lansing, MI 48933
Phone: (517) 702-3387

Check out this article for some tips: <https://www.entrepreneur.com/article/248802>

Applying for Social Security Benefits

If you have a disability and need to apply for Social Security benefits, it is often a good idea to get in touch with a disability advocate.

Disability Appeals Advocates

2110 S Cedar St. Lansing, MI 48910
1-800-371-0516
<http://www.disabilityappealsadvocates.com/index.php>

***There may be a fee for this service, which is paid *after* you successfully receive Social Security.**

Legal Services of South Central Michigan

3490 Belle Chase Blvd., #50, Lansing, MI 48910
(517) 394-3121 Website: www.lsscm.org

Social Security Administration

Lansing, MI
(800) 772-1213

If you are disabled, and have already applied for Social Security benefits, you will need to make sure that those benefits will be deposited into a safe and affordable bank account. The Social Security Administration will issue a Direct Express prepaid card to you if you do not have a bank account. It is important to know that the Direct Express card charges fees every time you use it at a store or at an ATM. These fees will add up and money is not easy to come by. It is important to find the right bank account that will not cost you money to have. The Lansing Financial Empowerment Center ((517) 256-6336) can assist you in finding the right bank account to have Social Security benefits deposited.

Second chance bank accounts (almost everyone is approved)

Not all financial institutions offer products that will be the best fit for you. It is very important to find a bank or credit union that will offer a safe and affordable account. What is a safe and affordable account? It is an account that is free to have, does not charge hidden fees, and gives you access to your money, without ridiculous ATM fees. The following banks/credit unions have products that match those standards. Each of these of these institutions also offers second chance bank accounts for those who may have had a bank account in the past that did not go so well.

Dart Bank
Multiple locations
Phone: (517) 853-5100

Flagstar
Multiple locations
Phone: (517) 327-2265

CASE Credit Union
Multiple locations
Phone: (517) 393-7710

The Lansing Financial Empowerment Center at Cristo Rey can help you locate a safe and affordable bank account. Call 517-483-4550 to schedule your free one-on-one financial counseling appointment.

Establishing or rebuilding your credit

It is important to work on building your credit. Credit can hinder your ability to find employment, car or house insurance, bank accounts, loans, and much more. You will have severely limited options if you have not worked on establishing or building your credit.

The Lansing Financial Empowerment Center at Cristo Rey can help you develop a budget, decrease your debt, increase your savings and establish or raise your credit score. Call 517-483-4550 to schedule your free one-on-one financial counseling appointment.

Annual Credit Report.com
Website: www.annualcreditreport.com

Official site to obtain a free credit report, also known as a free credit file disclosure, once every 12 months from each of the nationwide consumer credit reporting companies: Equifax, Experian, and TransUnion.

Finding out if you have been the victim of identity theft while you were incarcerated (and how to fix it if you have)

Incarcerated individuals are often the victim of some form of identity theft, most often by someone that they know, or are related to. It is important to look at your credit report to see if your Social Security number has been used without your consent. If someone has put a bill or credit line in your name, you do have options. Most often, you can dispute the charges by sending proof of incarceration with a dispute letter to the credit monitoring bureaus.

The Lansing Financial Empowerment Center at Cristo Rey can help you look at your credit report to see if you have been a victim. Call 517-483-4550 to schedule your free one-on-one financial counseling appointment.

Stay away from payday loans

Payday loans charge an effective annual interest rate of over 300%. The companies that offer these loans are not there to help you. They are there to put you into an almost inescapable situation. If you can, access resources in the community from faith-based or community organizations first, before borrowing money. If you must borrow money, stick with reputable financial institutions, or borrow from friends and family where possible.

Taxes

You may not have filed a tax return in a while. If you have not filed taxes in several years, the IRS may ask you to confirm your identity before they will process your return. It is necessary to have your state ID when filing taxes. You may need additional ID documents to confirm your identity if requested. Refer to the ID and vital documents section of this guide for assistance in securing identification. If you have an ID, you will be able to file for taxes. The Asset Independence Coalition offers free tax preparation for qualified individuals and families.

Asset Independence Coalition

2500 S. Washington Ave., Lansing, MI 48910

Phone: Call 211 for tax appointments Website: www.aicmidmichigan.org

Provides free tax preparation assistance using the IRS's Volunteer Income Tax Assistance Program (VITA) for families that qualify. The AIC also provides financial education and second chance bank accounts to tri-county residents.

Applying for school grants and loans

Going to school may be a great option for you. A degree can give you a serious edge when looking for a job. There are many employment opportunities out there. Some people have a hard time finding employment that will pay a decent wage and accept that you have a criminal record. When you explore the option of finishing your high school education, attending college, or completing a certification, remember that these are all steps in the right direction. Even with a criminal record, you can still make yourself a desirable candidate. Having a certification or degree will open many new doors. There are many resources to help you decide what the best path will be. There is plenty of funding available to most people for college. The Federal Pell Grant is available and will often pay the entire cost of classes and books if you qualify. Community college is a great place to start. In addition, many schools have resources and guidance available for those with a criminal conviction on their record. Attending school not only helps your resume, but it also gives you a chance to build relationships with people who may be in a position to hire you. The federal Pell grant system has an online application available at www.fafsa.ed.gov if you do not have online access, you can find assistance with filling out applications at any of the schools listed below. They all have staff to assist in finding grants and loans.

Davenport University Lansing
200 S. Grand Ave. Lansing, MI 48933
(866) 698-9034
<https://degree.davenport.edu>

Lansing Community College - Welcome Center
Address: 610 N Capitol Ave, Lansing, MI 48933
(800) 644-4522
www.lcc.edu

Career Quest Learning Center - Lansing Campus
3215 S Pennsylvania Ave, Lansing, MI 48910
(877) 710-6788
<https://www.careerquest.edu/>

The website below has online resources to help you find education and funding

http://www.michigan.gov/documents/mistudentaid/MTGFactSheet2015-16_495494_7.pdf?20150803082638

Child support and Friend of the Court issues

It is extremely important to address your child support case as soon as you possibly can. If your child support order was stopped while you were incarcerated, it will start back up 60 days after your release. Often the support order will not reflect your current circumstances and ability to earn wages. It is vital that you contact the Friend of the Court to ask for a review of your child support order. If you have been incarcerated for more than 120 days, you will qualify for a free review. You will need to send a letter requesting a review to the Friend of the Court office that is handling your case. If you have multiple cases in multiple counties, you must send a letter to each county. It must be signed and include your case number or your Social Security number. Sometimes you may qualify for a forgiveness of state owed arrears. You must file a DHS form 681 to request a forgiveness of arrears. Not everyone qualifies, but it is worth a shot.

DHS form 681 available at <https://dhhs.michigan.gov/ChildSupport/policy/Documents/DHS-681.dot>

The City of Lansing Office of Financial Empowerment may be able to help you find the forms you need to file for review or forgiveness. They can be reached by calling: 517-256-6336.

State of Michigan Office of Child Support
Child Support: 866-540-0008
Report Abuse and Neglect: 855-444-3911

General Information: 517-373-3740

Hearing impaired callers may contact the Michigan Relay Center at 711 or 800-649-3777 and ask for the number above.

333 S. Grand Ave
P.O. Box 30195
Lansing, Michigan 48909

Below is a list of some of the local Friend of the Court offices. You can call the state office if you are not sure which county your case is in.

Ingham County Friend of the Court

313 W Kalamazoo St #1, Lansing, MI 48933
Phone: (517) 483-6500

Phone: (517) 788-4470

Jackson County Friend of the Court

1697 Lansing Ave, Jackson, MI 49202

Eaton County Friend of the Court

1045 Independence Blvd # 202, Charlotte,
MI 48813

Phone: (517) 543-6850

Clinton County Friend of the Court

100 E State St #4100, St Johns, MI 48879
Phone: (989) 224-5136

Legal Aid Services

Grace Legal Services

909 N Washington Ave, Lansing, MI 48906
9AM–5PM

Phone: (517) 886-8950

Cristo Rey Community Center

1717 N. High St., Lansing, MI 48906

Phone: (517) 372-4700 Website: www.cristoreycommunity.org

Legal Services of South Central Michigan

3490 Belle Chase Blvd., #50, Lansing, MI 48910

(517) 394-3121 Website: www.lsscm.org

Free legal advice and representation in general civil legal services to low-income and senior citizens of Clinton, Eaton, Ingham, and Shiawassee counties.

MSU Law Clinic

610 Abbot Rd, East Lansing, MI 48823

Open · 9AM–5PM

Phone: (517) 336-8088

Remember:

This is your chance to take control of your life. There are many resources to help you find your path. The key to success is, recognizing where and when you need help, and knowing where to find that help. This is your life - make the best of it. Do not concentrate on the mistakes of your

past. It is important to remember the mistakes, but instead of dwelling on the past, learn from it. Take all of the lessons learned through the hard times, and use the experiences to make yourself a better person. You have the strength and the power to make something better of yourself. Keep your eye on the prize, and the rewards will come to you. This will not be easy, but the challenges will make you stronger. Success is always within you. You are not powerless. You have been through tough times, but the future is yours for the taking!

Service providers in alphabetical order

Abused Women's Assistance & Resources (AWARE)

706 West Michigan Ave, Jackson, MI 489201

Office Phone: (517) 783-1638

Crisis Hotline Phone: (517) 783-2861

Website: www.awareshelter.org

Domestic violence and sexual assault services for women and children. Programs include 24-hour crisis intervention, temporary housing for battered women and their children, advocacy with legal, financial, and parenting issues, confidential support sessions for women.

Advent House Ministries

743 N. Martin Luther King Blvd., Lansing, MI 48915

Phone: (517) 485-4722 Website: www.adventhouse.com

Anyone welcome for weekend day shelter with free meals Saturday and Sunday 8 a.m.-5:30 p.m. Other programs include employment services for the homeless, veterans, or single adults receiving food assistance, GED prep and Adult Basic Education, and several shelter programs.

American Diabetes Association

2727 S. Pennsylvania Ave., Suite W1004, Lansing, MI 48910

Phone: (517) 975-2270 Website: www.diabetes.org

Support and education.

Annual Credit Report.com

Website: www.annualcreditreport.com

Official site to obtain a free credit report, also known as a free credit file disclosure, once every 12 months from each of the nationwide consumer credit reporting companies: Equifax, Experian, and TransUnion.

Asset Independence Coalition

2500 S. Washington Ave., Lansing, MI 48910

Phone: (517) 256-1466 Website: www.aicmidmichigan.org

Provides free tax preparation assistance using the IRS's Volunteer Income Tax Assistance Program (VITA) for families that qualify. The AIC also provides financial education and second chance bank accounts to tri-county residents.

Association for Children's Mental Health

6017 W. St. Joseph Hwy., Ste. 200, Lansing MI 48917

Phone: (517) 372-4016 Parent Line: (888) 226-4543 Website: www.acmh-mi.org

Support services and advocacy for children with mental, emotional, or behavioral disorders, and their families. Monday-Friday, 9 a.m.-3 p.m. No fee.

Assurance Wireless (Virgin Mobile)

Phone: (888) 898-4888 Website: www.assurancewireless.com

Free telephone service to ensure availability and affordability for low-income individuals.

Attorney General of Michigan

P.O. Box 30212, Lansing, MI 48909

Phone: (877) 765-8388 Consumer Protection: (517) 373-1110

Website: www.michigan.gov/ag

Investigates consumer complaints. Complaints must be in written format. Assistance offered is informal.

Baby Pantry

Food, clothing, diapers, and special items for infants and toddlers. Cribs and layettes available as donations are made. Parenting classes. Volunteers welcome.

Clinton County

First Congregational Church

100 Maple St., St. Johns, MI 48879

Phone: (989) 224-2636 Hours: Tuesdays 11 a.m.-5 p.m.

Shiawassee County

First Baptist Church

114 W. Mason St., Owosso, MI 48867

Phone: (989) 723-1670 Website: www.scapcouncil.com/babypantry.php

Hours: Second and fourth Monday of every month 11 a.m.-7 p.m.

Donations can be left at the church on Tuesdays and Thursdays 9 a.m.-11 a.m.

Ballentine Stepping Stones

825 N. Pennsylvania Rd., Lansing, MI 48906

Phone: (517) 316-2558

Traditional housing for homeless mothers, single men, and women.

Bath Charter Township Senior Center

14480 Webster Rd., P. O. Box 247, Bath, MI 48808

Phone: (517) 641-5169 Website: www.bathtownship.us

Home cooked take-out meals available for seniors in the community. Medical equipment, literature, books, card games, events, bingo, parties, and puzzles are available. Monday-Friday, 12 p.m. Office is open 10 a.m.-4 p.m.

Beacon of Hope

512 S. US-27, St. Johns, MI 48879

Phone: (989) 224-0328 Website: www.stjohnfbc/beacon.html

Peer counseling, bible study, workshops on family and parenting topics, food pantry, new and used clothing, baby equipment, and household items.

Big Brothers/ Big Sisters – Michigan Capital Region

330 Marshall St., #103, Lansing, MI 48912

Phone: (517) 372-0160 Hotline: (887) 483-7145 Website: www.bbbsmcr.org

Provides children facing adversity with strong and enduring, professionally supported one-on-one relationships that change their lives for the better.

Birch Health Center

812 E. Jolly Suite 112

Lansing, MI 48910

Phone: (517) 244-8030 Website: www.hd.ingham.org

Capital Area Community Services, Inc. (CACS)

Website: www.cacs-inc.org

CACS is a Community Action Agency whose mission is to eliminate the cause and conditions of poverty in Clinton, Eaton, Ingham, and Shiawassee Counties. Services include direct utility and shelter assistance, commodity food programs, free income tax preparation, home weatherization, energy conservation, money management workshops, and information and referral.

Clinton County

1001 S. Oakland St.,
St. Johns, MI 48879
Phone: (989) 224-6702

Eaton County

1370 N. Clinton Trail
Charlotte, MI 48813
Phone: (517) 543-5465
Or (517) 482-3005

Rural Ingham

218 E. Maple St.
Mason, MI 48854
Phone: (517) 676-1065

Shiawassee County

1845 Corunna Ave.
Owosso, MI 48867
Phone: (989) 723-3115

Capital Area Community Services Head Start & Early Head Start

Website: www.cacsheadstart.org

Provides comprehensive developmental programs at no cost for low-income families. Approximately 1,641 children from birth to 5 years of age, as well as, pregnant mothers are enrolled in the program. Children with disabilities comprise a minimum of 10% of the total number of children enrolled in the programs. The goal of the program is to help each child be ready for future school and life experiences.

Main Office

101 E. Willow St.
Lansing, MI 48906
Phone: (989) 224-6702

Early Head Start Office

727 N. Jenison St.
Lansing, MI 48915
Phone: (517) 482-1504

Clinton County

100 W. State St.
St. Johns, MI 48879
Phone: (989) 224-6731

Eaton County

1370 N. Clinton Trail
Charlotte, MI 48813
Phone: (517) 543-2751

Shiawassee County

201 N. Brooks St.
Owosso, MI 48867
Phone: (989) 723-5849

Capital Area Literacy Coalition

1028 E. Saginaw St., Lansing, MI 48906

Phone: (517) 485-4949

Website: www.thereadingpeople.org

Helping adults and children learn to read, write, and speak English with an ultimate goal of helping individuals achieve self-sufficiency. Offers free vision screening and houses the Migrant Literacy Project.

Capital Area Housing Partnership

1290 Deerpath Lane, East Lansing, MI 48823

Phone: (517) 332-4663 Website: www.capitalareahousing.org

Provides free credit counseling, homebuyer education classes, financial management classes, mortgage and foreclosure counseling, and information about Down Payment Assistance Programs, including the Individual Development Account (IDA) Program.

Capital Area Michigan Works

Website: www.camw.org

Provides employment services to youth and adults. Programs include resume building, on-the-job training, GED testing, vocational skills, employability training and counseling.

Clinton County

101 W. Cass St., Ste. A
St. Johns, MI 48879
Phone: (989) 224-2000

Ingham County

2110 S. Cedar St
Lansing, MI 48910
Phone: (517) 492-5500

Eaton County

945 Reynolds Rd.
Charlotte, MI 48813
Phone: (517) 816-6980

Shiawassee County

1795 W. Main St., Ste. 117
Owosso, MI 48867
Phone: (989) 936-4001

Capital Area Response Effort (CARE)

2500 S. Washington, Lansing, MI 48910

Phone: (517) 272-7436 Website: www.lansingmi.gov/721/capital-area-response-effort-care

Works with individuals and organizations to reduce domestic partner violence and help citizens develop a long-term safety plan to avoid domestic violence.

Capital Area Transportation Authority (CATA)

Website: www.cata.org

Call for scheduling and transportation costs.

Standard Routes

Phone: (517) 394-1000

Spec-Tran/Redi-Ride/Rural Services

Phone: (517) 394-2282

MSU Lot Link/Night Owl

Phone: (517) 432-8888

Rider Alert

Phone: (517) 367-7277

Capital Area United Way

330 Marshall St., Suite 203, Lansing, MI 48912

Phone: (517) 203-5000 Website: www.micauw.org

Provides resources and referrals for community health and human service needs for Clinton, Ingham, and Eaton.

Carefree Medical & Dental Clinic

Phone: (517) 887-5922 Website: www.carefreemedical.com

Provides family practice, ob/gyn, and pediatrician services. Access to neurologist, orthopedic surgeon, and cardiologist. Open to Ingham County residents without insurance. Accepts patients who have no insurance, Medicaid, Ingham Health Plan, Medicare, and commercial insurances. Also, Carefree Dental and Optometry Clinic available after becoming a client of the clinic.

Cedar Community Health Center

5303 S. Cedar St. Lansing, MI 48911

Pediatric Health - Phone: (517) 887-4305 Women's Health – Phone: (517) 887-4320

Center for Educational Networking

6142 Centurion Drive, Suite 130, Lansing, MI 48917

Phone: (517) 908-3900 Website: www.cenmi.org

The Center for Educational Networking (CEN) is an *Individuals with Disabilities Education Act* (IDEA) grant-funded initiative, awarded through the Michigan Department of Education, Office of Special Education.

Center for Financial Health

3815 W. St. Joseph, Lansing, MI 48906

Phone: (517) 708-2550 Website: www.centerforfinancialhealth.org

HUD and MSHDA approved housing counseling agency. Provides free financial health assessments, homebuyer education, down payment assistance, pre-purchase counseling, foreclosure prevention assistance, reverse mortgage/HECM counseling, financial management training, post purchase workshops, rental counseling, and land contract counseling.

Central Michigan 2-1-1

Phone: 2-1-1 TDD: (517) 789-2492 Website: www.centralmichigan211.org

Provides callers with information and referrals to human services for everyday needs and in times of crisis. Offers access to the following types of services: basic human needs, physical and mental health, employment support, support for older Americans and persons with disabilities, support for children, youth, and families.

Child Abuse Prevention Council

325 S. Clinton St., Lower Level S.E., Grand Ledge, MI 48837

Phone: (517) 622-4543

Provides information, resources, and educational programs at no fee.

Child & Family Charities

4287 Five Oaks Dr., Lansing, MI 48911

Phone: (517) 882-4000 Website: www.childandfamily.org

Offers counseling, substance abuse assessments, mental health, foster care, and adoption services.

Christ Episcopal Church Outreach Center

120 E. Goodhue St., Owosso, MI 48867

Phone: (989) 723-2495

Provides personal care packages, food, and clothing.

Christian Services

P.O. Box 22112, Lansing, MI 48909

Phone: (517) 394-5411 Website: www.christinserviceslansing.com

Offers such services as: The Hope Closet for Women, Crib Ministry, emergency diapers and formula, personal needs, small household items, furniture, Clothing Ministry, Car Seat Ministry, Twin Bed Ministry, transportation and vehicles, Layette Ministry, Teddy Bear Ministry, holiday food, fresh produce, Quality Living –budgeting class, New Image- life skills class, Prescription Ministry. Services are based on income. Monday-Friday 9 a.m-12 p.m.

City Rescue Mission Ministries

Phone: (517) 485-0145 Website: www.bearescuer.com

Provides assistance in the forms of temporary shelter and meals to individuals and families experiencing crisis within the City of Lansing.

City Rescue Mission – Lansing (Men)

607 E. Michigan Ave., Lansing, MI 48912

City Rescue Mission – Maplewood (Women/Children)

2216 S. Cedar St., Lansing MI 48910

Clinton Area Transit System

304 N. Brush St., St. Johns, MI 48879

Phone: (989) 224-8127 Website: www.clintontransit.com

Operates curb-to-curb services. Fares are based on distance traveled by passengers.

Monday-Friday 6:30 a.m.-5:30 p.m.

Clinton County Senior Center

201 E. Walker St., St. Johns, MI 48879

Phone: (989) 224-4257

Provides socialization, exercise, opportunity to play cards/BINGO/puzzles/Wii, low-cost lunches, veteran information from AmVets representative, hearing tests, blood pressure, and blood sugar checks.

Clinton Task Force on Employment

101 W. Cass St. Suite A, St. Johns, MI 48879

Phone: (989) 224-2000

Community Mental Health (Main Office)

812 E. Jolly Rd., Lansing, MI 48910

Phone: (517) 346-8318 Toll Free: (800) 346-8200 Website: www.ceicmh.org

Advocacy for individuals dealing with mental illness, developmental disabilities, substance use disorders, children with serious emotional disturbances (SED). Assistance offered includes services, coordination, clinical support, adult vocational and residential services, and respite.

After Hours Emergency Services for Clinton, Eaton, and Ingham Counties

Phone: (800) 372-8460 Hearing Impaired: (800) 649-3777

Community Services for Developmentally Disabled

812. E. Jolly Rd., Lansing MI 48910

Phone: (517) 346-8318 Toll Free: (888) 800-1559 Website: www.ceimh.org

Provides residential and vocational services. Offers community inclusion, case management and transition planning, day activities, family support, and more.

Congregational Child Development Center

327 N. Washington St., Owosso, MI 48867

24-Hour Phone: (989) 725-9092 Website: www.ccdrocks.com

A preschool program for children 2 ½ to 5 years old, a childcare program for children 2 ½ to 12 years old, and before and after care. Hours are Monday-Friday 6:30 a.m.-6 p.m.

Council for Child Abuse Prevention

1216 W. Main St., Owosso, MI 48867

Phone: (989) 723-5877

Provides forensic interviews and free crisis counseling for survivors of sexual abuse and severe physical abuse. Advocacy for victims, education, and collaboration with the community. Also, has a baby pantry.

Covenant House (National Crisis Hotline)

Phone: (800) 999-9999 Website: www.covenanthouse.org

Offers counseling to homeless youth. Rite of Passage Program – working with families.

Referrals for shelter and drug assistance are available.

Crisis Hotline

Phone: (800) 521-7128 Website: www.allaboutcounseling.com

Information and referral for problems such as cancer, child abuse, crisis intervention/suicide, domestic violence, eating and associated disorders, elder abuse, HIV/AIDS/Sexually transmitted diseases, parent hotline, poison control, rape, runaway/exploited children, substance abuse/alcoholism, and youth.

Cristo Rey Community Center

1717 N. High St., Lansing, MI 48906

Phone: (517) 372-4700 Website: www.cristoreycommunity.org

Offers direct assistance, prescription assistance, employment and training, GED programs, translations, family health clinic, people with disabilities program, counseling and guidance,

substance abuse counseling, family nutrition program, diaper bank for children and adults, Roots and Wings, Living Free, Anger Management for Teens, Child Services, Legal Services, Nutrition, Community Kitchen, Senior Programs, and Clothing Boutique. Monday-Friday, 8 a.m.-5 p.m.

Department of Health & Human Services

Phone: (888) 642-7434 Website: www.michigan.gov/mibridges

Centralized Intake for Abuse and Neglect

Phone: (855) 444-3911 Adults-Phone: (517) 887-9653 (Home Help)

Programs include temporary cash assistance, childcare, medical assistance, food assistance, emergency relief, and burial assistance.

Clinton County

105 W. Tolles Rd.
St. Johns, MI 48879
Phone: (989) 224-5500

Eaton County

1050 Independence Blvd.
Charlotte, MI 48813
Phone: (517) 543-0860

Ingham County

5303 S. Cedar St.
Lansing, MI 48909
Phone: (517) 887-9400

Shiawassee County

1720 E. Main St., Suite 1
Owosso, MI 48867
Phone: (989) 725-3200

Dimondale Pantry

First Presbyterian Church, 162 Bridge St., P.O. Box 357, Dimondale/Windsor areas. 2nd and 4th Friday, 10 a.m. -12 .p.m.

Phone: (517) 646-6183 2 p.m.-5 p.m. Website: www.fpcdimondale.org/missionwork

Provides food and emergency services for individuals in the Dimondale/Windsor areas.

Disability Network Capital Area

2812 N. Martin Luther King Blvd., Lansing, MI 48910

Phone: (517) 999-2760 Website: www.dncap.org

Advocacy, case management, and training toward development of independent living skills for disabled individuals regardless of income.

Eastern Health Center

School-based health care

220 N. Pennsylvania Ave. Lansing, MI 48912

Phone: (517) 244-8014

Early On/ Project Find

240 S. Bridge St., Ste. 250. Dewitt, MI 48820

Toll Free: (800) 327-5966 Website: www.1800earlyon.org

Early On provides intervention and healthcare for special needs children ages birth to 3 years old. Project Find is a system of services to promote special services by the public school system for children for 3-26 years old.

Clinton County

Regional Education Services Agency
1013 Old US-27, Suite A
St. Johns, MI 48879
Phone: (989) 224-6831

Eaton County

Eaton Inter-Agency Coordination County
1790 Packard Highway
Charlotte, MI 48813
Phone: (517) 543-5500

Ingham County

Ingham Co. Intermediate School District
2630 W. Howell Road
Mason, MI 48854
Phone: (517) 676-1051

Shiawassee County

Regional Education Services District
1025 N. Shiawassee Street
Corunna, MI 48817
Phone: (989) 743-3471

Eaton Clothing & Furniture Center, Inc.

135 S. Washington St., Charlotte, MI 48813
Phone: (517) 543-4334

Provides clothing and some furniture with a referral from an agency or available to general public for a small fee.

Eaton Rapids Senior Center

201 Grand St., Eaton Rapids, MI 48827

Phone: (517) 663-2335 Website: www.eatonrapidsseniorcenter.com

Socialization for 60+ with exercise classes, cards/BINGO, blood pressure/sugar/oxygen checks, music, crafts, and buffet luncheons for a small fee.

EATRAN

916 E. Packard Hwy., Charlotte, MI 48813

Phone: (517) 543-4087 Website: www.eatran.com

Offers transportation throughout Eaton County. Reservations are required. Medical trips outside of Eaton County are provided.

Elle's Place

1145 W. Oakland Rd., Lansing, MI 48915

Phone: (517) 482-1315 Website: www.eleplace.org

Grieving support center for children and families. Offers a Peer Support group in the evening at no cost.

End Violent Encounters (EVE, Inc.)

Phone: (517) 372-5572 Website: www.eveinc.org

Provide shelter and supportive services to victims of domestic violence. Programs are client centered and free. Programs are intended to empower survivors by assisting with housing, legal issues, parenting, job skill, health, and safety.

Epilepsy Foundation of Michigan

Toll Free Phone: (800) 377-6226 Website: www.epilepsymichigan.org

Supports and empowers people with epilepsy and their families to have access to full life experiences.

Expectant Parents Organization

1101 E. Cavanaugh Rd., Lansing, MI 48910

Phone: (517) 337-7365 Website: www.epobaby.org

Information on pregnancy, childbirth, and parenting the newborn. Support to reduce discomfort, complications, reduce anxiety, and promote ability to cope.

Farmworker Legal Services

3030 S. 9th St., Ste. 1A, Kalamazoo, MI 49009

Phone: (269) 492-7190 Website: www.farmworkerlaw.org

Provides free legal advice, representation, and referrals to migrant and seasonal farmworkers throughout the state via telephone, camp outreach, and in the office. Our priorities include wages, working conditions, migrant housing, unemployment benefits, and immigration law. English and Spanish speakers available.

Financial Empowerment Center

Phone: (517) 483-4550 Website: www.lansingmi.gov/595/financial-empowerment-center

The Center provides free one-on-one financial counseling for City of Lansing residents.

First United Methodist Church of Mason

201 E. Ash St., Mason, MI 48854

Phone: (517) 676-9449 Website: www.masonfirst.org

Clothing bank the 1st and 3rd Tuesday of every month from 1:30 p.m.-3:30p.m and 6 p.m. – 8 p.m.

Food Bank Council of Michigan

330 Marshall St., Ste. 102, Lansing, MI 48912

Phone: (517) 485-1202 Website: www.fbcmich.org

To create a food secure state through advocacy, resource management, and collaboration among stakeholders and Michigan's unified food bank network.

Forest Community Health Center

Primary Care for Adults (over 18)

Dental Care for all ages

2316 S. Cedar St. Lansing, MI 48910

Phone: (517) 887-4302

Glass House

419 N. Martin Luther King Jr. Blvd., Lansing, MI 48915

Phone: (517) 482-2028

Provides residential treatment for women with chronic alcohol and other drug dependencies.

Grand Ledge Assistance Program (GLEAP)

211 Harrison St., Grand Ledge, MI 48837

Phone: (517) 627-3256 Website: www.gleap.net

Provides one-time shelter/utility assistance for individuals in the Grand Ledge School District.

Grand Ledge Seventh Day Adventist Community Service Center

4980 Burt Ave., Grand Ledge, MI 48837

Phone: (517) 627-4348

Provides emergency food, clothing, and household items through walk-in or appointment. Referrals for Eaton County Clothing and Furniture Center. Open Tuesday 10 A.M. to 5 P.M. and Thursday 10 A.M. to 3 P.M. and the first Saturday of the month from 2 P.M. to 5 P.M.

Greater Lansing African American Health Institute

1220 W. Kalamazoo St., Lansing, MI 48915

Phone: (517) 492-0376

Information and advocacy on health-related issues focused on African Americans.

Greater Lansing Food Bank

P.O. Box 16224, Lansing, MI 48901

Call 2-1-1 Website: www.greaterlansingfoodbank.org

Greater Lansing Food Bank (GLFB) is a non-profit organization that provides emergency food to individuals and families in need in Ingham, Eaton, Clinton, Shiawassee, Clare, Isabella and Gratiot counties. Food is distributed through an extensive network of food pantries and community kitchens located throughout the region. The Food Bank annually serves tens of thousands of people, many of them seniors and children. Our recipients also include the “working poor,” those individuals who are employed but do not earn enough to meet housing, health, transportation and food needs.

Greater Lansing Housing Coalition

600 W. Maple St., Lansing, MI 48906

Phone: (517) 372-5980 Website: www.glhc.org

Buys and rehabilitates homes to sell and offers quality, affordable rental housing for eligible persons. Eligibility is based on your household size and income. The Tuesday Toolmen program is senior volunteers that build accessibility ramps or perform minor home safety improvements free of charge. Homeowner Education Resource Organization (HERO) provides free and affordable services to seniors, persons with permanent disabilities, and residents who are at or below 80% of the median area income. The Tool Mobile is a mobile tool lending library with an inventory of over 500 tools for your painting, plumbing, and landscaping needs. Individuals

wishing to apply for the Tool Mobile must be 18 years or older, reside in the City of Lansing, and have an income between 40% and 80% of the area median income.

Habitat for Humanity

Website: www.habitat.org

Help available to low-income families to build or renovate a home for eventual ownership. Must currently be in substandard housing, have stable income, and able to work on home between 300-500 hours.

Administrative Offices
Phone: (800) 422-4828

Clinton County
Phone: (989) 227-1771

Eaton County
Phone: (517) 543-0400

Ingham County
Phone: (517) 374-6235

Rural Ingham County
Phone: (517) 655-1872

Shiawassee County
Phone: (989) 723-9776

Habitat for Humanity Re-Store

Website: www.habitat.org

Materials of better quality for dwelling construction, repair, and improvement at low costs to homeowners and landlords.

Clinton County
2352 N. US-27, St. Johns, MI 48879
Phone: (989) 227-0000

Ingham County
941 Benjamin Dr., Lansing, MI 48906
Phone: (517) 374-6235

Rural Ingham County
954 E. Grand River Ave., Williamston, MI 48895
Phone: (517) 655-1872

Hannah's House

P.O. Box 14013, Lansing, MI 48901

Phone: (517) 482-5856 Website: www.hannahshouselansing.org

Email: hannahshouselansing@gmail.com

Temporary housing providing security, comfort, and stability for homeless, pregnant women

Haven House

121 Whitehills Dr., P.O. Box 961, East Lansing, MI 48823

Phone: (517) 337-2731 Website: www.havenhouseel.org

Provides emergency housing and support services for one-parent and two-parent families with children. The shelter helps families who are homeless prepare for permanent housing by developing and promoting self-sufficiency, stability, and financial responsibility.

Health Department

Health clinics, hearing/vision screening, AIDS testing/counseling, child health service, immunizations, general health services, Women's Health Clinic, Healthy Families Program, public health nursing, STD clinics, TB control, and WIC program.

Mid-Michigan District Health Department (Clinton County)

1307 E. Townsend Rd., St. Johns, MI 48879

Phone: (989) 224-2195 Website: www.mmdhd.org

Barry-Eaton District Health Department

1033 Health Care Dr., Charlotte, MI 48813

Phone: (517) 543-2430 Website: www.barryeatonhealth.org

Ingham County Health Department

5303 S. Cedar St., Lansing, MI 48909

Phone: (517) 887-4311 Website: www.hd.ingham.org

River Oak Community Health Center

1115 S. Pennsylvania Ave., Lansing, MI 48912

Phone: (517) 244-8060 Website: www.chc.ingham.org/locationhours/riveroak.aspx

Shiawassee County Health Department

149 E. Corunna Ave., Corunna, MI 48817

Phone: (989) 743-2318 Website: www.health.shiawassee.net

Hearts & Hands

9220 Kinneville Rd., Eaton Rapids, MI 48827

Phone: (517) 663-7104 Website: <http://www.fumer.org/hearts--hands.html>

Assists with emergency help in the Eaton Rapids and Springport areas.

Helping Hands

600 S. Cochran Ave., Charlotte, MI 48813

Phone: (517) 543-8737

Food bank for the Charlotte and Vermontville School Districts. Also information and referrals to existing community services.

Helping Hands Respite Care

201 Hillside Court, East Lansing, MI 48823

Phone: (517) 372-6671 Website: www.helpinghandsrespite.care

Respite care for children with special needs, adults, and senior citizens. Serving Clinton, Eaton, and Ingham Counties.

Holden House

3300 S. Pennsylvania Rd., Lansing, MI 48910

Phone: (517) 394-0004 Website: www.midmichiganrecovery.com

Provides residential treatment for men with chronic alcohol and other drug dependencies.

House of Commons

706 Curtis Street. Mason, MI 48854

Phone (517) 244-0393 Website: www.ceichm.org

Residential substance abuse treatment for felony convicted males. Detoxification program is available for men and women.

Housing Services for Mid-Michigan

319 S. Cochran Ave., P. O. Box 746, Charlotte, MI 48813

Phone: (517) 541-1180 Website: www.hs-mm.org

Email: hsecinfo@housingservicesec.org

Provides homelessness assistance, rental subsidies for people with disabilities, first time homebuyer's down-payment assistance, housing search assistance extended services, case management for the homeless, rental rehabilitation, supportive housing to the chronically homeless, and homeless prevention services.

Ingham County Adult Health Clinic

5303 S. Cedar St., P.O. Box 30161, Lansing, MI 489909

Phone: (517) 887-4302

Provides primary care for adults along with support to maintain healthy lifestyles and make access to health care a reality. For low-income Ingham County residents. Must apply in person.

Ingham County Dental Clinic

5303 S. Cedar St., P.O. Box 30161, Lansing, MI 489909

Phone: (517) 887-4423

Provides preventative and restoration treatment for low-income Ingham County residents.

Ingham Health Plan Corporation

P.O. Box 30125, Lansing, MI 48909

Phone: (866) 291-8691 Website: www.ihpmi.org

Do you qualify for Medicaid, Medicare, or IHP-A? Do you have two or more chronic health conditions (like asthma, diabetes, heart disease, etc.)? Would you like to improve your health? Are you 18 years or older? If you answered "yes" to these questions, you may qualify for free medical assistance.

Intermediate School Districts

Parent education referral system, Developmental Assessment, and Children's Playgroups.

Clinton County RESA

Phone: (989) 224-6831

Eaton County RESA

Phone: (517) 543-5500

Ingham County ISD

Phone: (517) -676-1051

Shiawassee County RESD

Phone: (989) 743-3471

Justice in Mental Health Organization (JIMHO)

520 Cherry St., Lansing, MI 48933

Phone: (517) 371-4661 Website: www.jimho.org

Provides housing assistance to individuals with mental illness. As a drop-in center, JIMHO provides assistance by offering a stigma-free space where individuals with mental illnesses can have their taxes looked over, play foosball, and potentially get access to transportation.

Kinship Care Resource Center

Baker Hall, 655 Auditorium Rd., Rm 254, Michigan State Uni., East Lansing, MI 48824

Phone: (517) 355-9600 Website: www.kinship.msu.edu

Provides support for the physical, emotional, cultural, and social well-being of kinship families in the state of Michigan.

Lansing Area Aids Network (LAAN)

913 W. Holmes Rd., Ste. 115, Lansing, MI 48910

Phone: (517) 394-3560 Website: www.laanonline.org

Free advocacy, referral prevention and care case management for HIV positive individuals.

Lansing Central AA (Alcoholics Anonymous)

1915 E. Michigan, Ste. D, Lansing, MI 48912

24 Hour Hotline: (517) 377-1444 Website: www.aalansingmi.org

Information on substance abuse treatment centers, halfway house for men and women in the Lansing area, and out-of-town locations. Also provides AA and Al-Anon meeting information.

Lansing Church of God in Christ

5304 Wise Rd., Lansing, MI 48911

Phone: (517) 882-2335 Website: www.lansingcogic.org

Lansing Food Resource

Phone: 2-1-1

Central Michigan 2-1-1 will assist with locating a Food Bank in your area. 7 days per week/24 hours per day.

Legal Services of South Central Michigan

3490 Belle Chase Blvd., #50, Lansing, MI 48910

(517) 394-3121 Website: www.lsscm.org

Free legal advice and representation in general civil legal services to low-income and senior citizens of Clinton, Eaton, Ingham, and Shiawassee counties.

Lion Clubs of Michigan

5730 Executive Dr. Lansing, MI 48911

Phone: (517) 887-6640 Website: www.lionsofmi.com

Volunteer organization dedicated to leadership development through community service. Assistance for those with hearing or sight disabilities.

LMTS Community Outreach Service, Inc.

2645 W. Holmes Rd. Lansing, MI 48911

Phone: (517) 882-6866 ext. 240 Transportation: (517) 643-9713

Website: www.todc.org

Provides families with referrals to other community organizations and governmental agencies. Limited emergency resources onsite including: food services, distribution of clothing and furniture upon availability. The main goal is to assist in meeting the unmet needs of families.

Loaves & Fishes Ministries

831 Sycamore St., Lansing, MI 48906

Phone: (517) 482-2099 Website: www.loavesandfisheslansing.org

Emergency overnight shelter for up to 14 days. Also, runs two temporary transitional housing units: Luke's House for Men and Zacchaeus' House for women and children. Doors open from 6:00 to 9:00 P.M.

Lutheran Social Services

Offers assistance for Foster Care, Families First, and independent living skills programs for adolescents and more.

Samaritas

1545 Keystone Ave., Lansing, MI 48911

Phone: (517) 321-7663

Families First (Eaton County)

830 N. Cochran Rd., Charlotte, MI 48813

Phone: (517) 543-2118

Medicare Hotline

Phone: (800) 633-4227 Website: www.medicare.gov

Meridian Township

5151 Marsh Rd., Okemos, MI 48864

Phone: (517) 853-4000

Assistance with rent, utilities, food baskets, school supplies, bus passes, personal needs, prescription medical supplies, and miscellaneous. For Meridian Township residents only.

Michigan Coalition to End Domestic & Sexual Violence

3893 Okemos Rd., Suite B-2, Okemos, MI 48864

Phone: (517) 347-7000 Website: www.mcedsv.org

MCEDSV is dedicated to the empowerment of all the state's survivors of domestic and sexual violence. Our mission is to develop and promote efforts aimed at the elimination of all domestic and sexual violence in Michigan.

Michigan Coalition for Deaf & Hard of Hearing People

P.O. Box 16234, Lansing, MI 48901

Phone: (586) 932-6090 Website: www.michdhh.org

Statewide coalition of agencies and organizations working together to improve accessibility and services to this population through the promotion of networking, communication, information sharing, collaboration, and service delivery.

Michigan Department of Civil Rights

110 W. Michigan Ave., Suite 800, Lansing, MI 48933

Phone: (517) 335-3165 or (800) 482-3604 Website: www.michigan.gov/mdcr

Provides training in Civil Right law, sexual harassment, cultural diversity and disability law, mediation of civil rights concerns, and informal complaint resolution. The Enforcement Bureau takes and investigates formal civil rights complaints. Must receive complaints within 180 days of incident.

Michigan Indian Employment & Training Services

1048 Pier Pont St., Ste. 202, Lansing, MI 48911

Phone: (517) 393-0712

Provides the Native American community assistance with employment, training, referral services, and other social services.

Michigan Protection & Advocacy Service, Inc.

4095 Legacy Parkway, Ste. 500, Lansing, MI 48911

Phone: (517) 487-1755 Toll Free: (800) 288-5923 Website: www.mpas.org

Provides advocacy and legal services for individuals with disabilities. Also assists with informational referrals. Provides training for individual and organizations.

Michigan Rehabilitation

Lansing District Office

1048 Pierpont Suite 1, Lansing MI, 48913

Phone: (517) 241-5122 OR (800) 901-7392

Transportation and employment services for those with disabilities. Michigan Rehabilitation also has offices in the Michigan Works offices in each county.

Michigan State Housing Development Authority

735 Michigan Avenue, Lansing, MI 48909

Phone: (517) 373-8370 Website: www.michigan.gov/mshda

Section 8 (located in every county), rental assistance program, first-time homebuyers, foreclosure prevention, low-interest home improvement loans, and apartment lists. Eligibility varies.

Michigan State University Surplus Store

468 Green Way, East Lansing, MI 38824

Phone: (517) 335-1723 Website: www.msusurplusstore.com

Large choice of items for sale. Storage units to rent for MSU students. Public sales on Monday:

12:00 p.m. - 3:30 p.m.

Tuesday: 7:30 a.m. - 5:30 p.m.

Wednesday: 12:00 p.m. - 3:30 p.m.

Thursday: 12:00 p.m. - 3:30 p.m.

Friday: 7:30 a.m. - 3:30 p.m.

Open to everyone on the first Saturday of each month.

Mid-Michigan Health Plan

Mid-Michigan District Health Department

1307 E. Townsend St., St. Johns, MI 48879

Phone: (989) 224-2195 Website: www.mmdhd.org

Offers community and environmental health, dental services, clinic schedules, and health plans.

Mid-Michigan Recovery Services

913 West Holmes Road, Suite 200, Lansing, MI 48910

Phone: (517) 887-0226 Toll Free: (800) 337-2310

Website: www.midmichiganrecoveryervices.org

Provides assessments and counseling. Group therapy available for both alcohol and drug abuse.

National Alliance on Mental Illness – Michigan

401 S. Washington Ave., Ste. 104, Lansing, MI 48906

Phone: (517) 485-4049 Toll Free: (800) 331-4264 Website: www.namimi.org

Provides information, referral, support, and advocacy to families and persons experiencing the symptoms of mental illness. NAMI organizations all doing the same things – working to inform, educate, and end discrimination against the mentally ill and those who care for them as part of the National NAMI. Provides classes and free support groups for families and friends, friends and individuals over age eighteen who suffer from mental illness. Monday-Friday 9 a.m.-4 p.m.

Northern Plains Reservation Aid (NPRA)

Toll Free Phone: (800) 416-8102 Website: www.nativepartnership.org

Advocacy and information to the area Native American population.

National Network to End Domestic Violence

Toll Free Phone: (800) 799-7233 Website: www.nnedv.org/resources

National Parent Helpline

Phone (855) 427-2736

Provides emotional support from a trained Advocate and become empowered and a stronger parent.

Northpointe Community Church – Free Medical Clinic

505 E. Webb Dr., Dewitt, MI 48820

Phone: (517) 669-5133 Website: www.ceicmh.org

Free medical clinic for uninsured persons. Second Saturday of every month from 9 a.m.-12 p.m.

First come, first serve.

North West Initiative

510 W. Ottawa St., 2nd Floor, Lansing, MI 48933

Phone: (517) 999-2894 Website: www.nwlansing.org

Serves those who reside on the north and west sides of Lansing. Provides assistance with signing up or Healthy Kids, Plan First, Ingham Health Plan, MICHild, Medicaid, Medicare, Social Security, Disability, MIBridges (SNAP), free tax preparation, emergency food distribution, free cell phones, workshops, community gardening, and more specialized services for those returning from a correctional facility, such as clothing, eyewear, driver's license, personal needs items, CATA bus passes and more.

Office for Young Children

5303 S. Cedar St., Lansing, MI 48911

Phone: (517) 887-4319 Website: www.hd.ingham.org

Provides free child care referrals and information for families living in Clinton, Eaton, Ingham, and Shiawassee counties, free consultation and support services to parents, financial assistance information, and work-site services.

Open Door Ministry Lansing

215 N. Capital Ave., Lansing, MI 48933

Phone: (517) 485-9477 ext. 108 Website: www.facebook.com/opendoorlansing

Open Door Ministry is a day shelter offering a hospitality suite (8:30-4:00) laundry and shower services, telephone access, clothing, personal need items, limited storage for homeless individuals, mailing address, referral services, and our Thursday Fellowship Free Lunch. Certain services require sign-up or are available on specific days.

Parents Without Partners

Flint Chapter Phone: (810) 422-5283 Website: www.parentswithoutpartners.org

Provides single parents and their children with an opportunity for enhancing personal growth, self-confidence and sensitivity towards others by offering an environment of support, friendship, and the exchange of parenting techniques.

Peckham, Inc.

3510 Capital City Blvd., Lansing, MI 48906

Phone: (517) 316-4000 Website: www.peckham.org

Provides entry-level skills training in industrial occupations, food service, custodial, vocational training for adults, especially with people who may have vocational disabilities.

Planned Parenthood

300 N. Clipper ST., Ste. 6, Lansing, MI 48912

Phone: (517) 351-0550

Website: www.plannedparenthood.org/health-center/michigan/lansing

Offers birth control information, exams, pregnancy testing, sexuality awareness, HIV testing and counseling, and state required HIV classes.

Potterville United Methodist Church

105 N. Church St., Potterville, MI 48867

Phone: (517) 645-7701

Can provide a three-day supply of food or those in need in the Potterville area. Hours are Friday mornings only and must call for an appointment.

Pregnancy Resource Center

224 N. Ball St., Owosso, MI 48867

Phone: (989) 723-4025 Website: www.prcowosso.com

Provides free pregnancy tests and counseling. The PRC helps women no matter their circumstances, and regardless of age, race, finances, and religious beliefs. All assistance is provided free of charge and fully confidential.

Pregnancy Services of Greater Lansing

South Side Location

6810 S. Cedar St., Ste. C, Lansing, MI 48911
Phone: (517) 889-5135

East Side Location

1045 Grand River Rd., East Lansing, MI 48823
Phone: (517) 332-0633

West Side Location

420 Elmwood Rd., Lansing, MI 48917

Phone: (517) 580-8185

Website for all locations: www.pregnancylansing.com

Resolution Center of Central Michigan

516 S. Creyts Rd., Ste. A, Lansing MI 48917

Phone: (517) 485-2274 Website: <https://www.rscm.org>

Provides mediation services, assistance with landlord/tenant issues, neighborhood disputes, and more.

River Oak Community Health Center

1115 S. Pennsylvania Ave. Lansing, MI 48912

Phone: (517) 244-8060

Primary care for all ages. Hours of operation are M, T, Th, F: 8am-5pm, W: 8am-7pm

Safe Center

Clinton County Office

323 N. Clinton Ave., St. Johns, MI 48879

Phone: (989) 723-9716

Shiawassee County Office

1300 N. Hickory Street, Owosso, MI 48867

(989) 723-9716

Website: www.thesafecenter.org

24-hour toll free crisis help line (877) 952-7283

A place to turn for help when you are facing domestic and sexual abuse. Provides emergency shelter, individual counseling, basic needs, information and referral, along with the comfort and support you need to help make decisions that are right for you and your family.

Safelink Wireless

Phone: (800) 723-3546

Website: www.safelinkwireless.com

Offers the Lifeline Program to low-income subscribers ensuring telephone service is available.

Salvation Army

525 N. Pennsylvania Ave., Lansing, MI 48912

Phone: (517) 482-9715

302 E. Exchange St., Owosso, MI 48867

Phone: (989) 725-7485

Website: www.centralusa.salvationarmy.org

Family and individual counseling, emergency assistance, alcohol/drug addiction treatment programs, transitional housing, senior social groups, soup kitchen, and food programs.

Service Member, Veteran, & Family Assistance Center (SVFAC)

3423 N. Martin Luther King Jr. Blvd., Lansing, MI 48906

Phone: (517) 481-9889 Website: www.fp.minationalguard.com/svfac

“One Stop Shopping” to provide assistance to service members, veterans, retirees, and families through simplifying the process of accessing a variety of available services and support.

Seventh Day Adventist Community Services

1400 S. Oakland St., St. Johns, MI 48879

Phone: (989) 224-3530 Website: <http://saintjohns22.adventistchurchconnect.org/>

Clothing and household items supplied to those in need. Wednesdays 1 p.m.-4 p.m. Donations accepted.

Sexually Transmitted Infections Resource Center Hotline

American Sexual Health Association

Phone: (800) 227-8922 Website: www.ashastd.org Website: www.iwannaknow.org

For teens and young adults.

Shared Pregnancy Women’s Center

503 N. Walnut St., Lansing, MI 48933

Phone: (517) 484-1882 Toll Free: (800) 395-4357

Website: www.sharedpregnancy.org

Free pregnancy testing, counseling, parenting education, baby and maternity items. Hours are Monday-Thursday, 9 a.m.-4 p.m.

SIREN-Eaton Shelter

520 Robinson St., Charlotte, MI 48813

Phone: (517) 543-0748 24-Hour Hotline: (517) 543-4915

Provides food and shelter for homeless families and survivors of domestic violence.

Sixty Plus Elder Law Clinic, Inc.

Cooley Center, 9th Floor, 300 S. Capitol Ave., Lansing, MI 48933

Phone: (517) 372-3484 Website: www.cooley.edu/sixtyplus

Free legal services for 60+ living in Eaton, Ingham, and Clinton counties. No legal advice given over the phone.

Social Security Administration

Fraud Line: (800) 269-0271

National Line: 7 a.m.-7 p.m.: (800) 772-1213

Website: www.ssa.gov

5210 Perry Robinson Circle, Lansing, MI 48911

Toll Free Phone: (877) 512-5944

306 N. Gould St., Owosso, MI 48867

Toll Free Phone: (855)-628-1592

Helps individuals and survivors with Social Security benefits, Disability benefits, S.S. Card, Early retirement age 62-65.

Sparrow Behavioral Health Center (St. Lawrence Campus)

1210 W. Saginaw St., Lansing, MI 48915

Phone: (517) 364-7650 Website: www.sparrow.org/behavioralhealth

Assists with detoxification, inpatient treatment, and counseling. 24 hours/7 days a week. Insurance accepted.

St. Vincent Catholic Charities

2800 W Willow St., Lansing, MI 48917

Phone: (517) 323-4734 Website: www.stvcc.org

Family counseling center, housing support for homeless families, Foster Care, youth mentoring, youth life skills, immigration laws clinic, adoption, refugee services, and residential treatment center

St. Vincent De Paul (Available at all Catholic churches)

Website: www.svdpusa.org

Society that assists with food, personal needs items, utility, and shelter assistance, medicine, clothing, and other necessities to those in need.

Thrift Store

1020 S. Washington St., Lansing, MI 48910 1009 S.

Phone: (517) 484-5395

Clothing, appliances, furniture, and other items.

Clothing Center

US-27, St. Johns, MI 48879

Phone: (989) 224-8852

Low cost clothing and some household items.

Substance Abuse & Central Diagnostic & Referral Agency

3215 S. Pennsylvania Ave., Lansing, MI 48910

Phone: (517) 337-7209 Toll Free: (800) 342-0349

Substance abuse referral information.

Substance Abuse & Mental Health Facility Locator (SAMHSA)

Phone: (800) 662-4357 Website: www.samhsa.gov

Resource line to help locate mental health facilities.

Substance Abuse Program, Inc.

Barry/Eaton District Health Department

1033 Health Care Dr., Charlotte, MI 48813

Phone: (517) 543-2430 Website: www.barryeatonhealth.org

Individual and family treatment. Women Recovery Group. Childcare available.

Sunfield United Methodist Church Food Bank

227 Logan St., Sunfield, MI 48890

Phone: (517) 566-8448

Provides emergency food and some personal needs for those in the Sunfield area. Hours are Monday, Tuesday, and Friday 9 a.m.-12 p.m.

Supplemental Nutrition Assistance Program (SNAP)

Provided by local MSU Extension Offices. Skilled instructors offer training in basic nutrition, meal planning, preparation, and more. Call for more information.

Clinton County

Phone: (989) 224-5240

Ingham County

Phone: (517) 887-4588

Eaton County

Phone: (517) 543-2310

Shiawassee County

Phone: (989) 743-2251

The Basic Needs Center

213 N. Clinton Ave., St. Johns, MI 48879

Phone: (517) 230-4618

Food pantry and clothing closet for families in need. The Basic Needs Center requires that you have a valid Michigan driver's license MI photo ID. Open on Tuesdays, Wednesdays, and Thursdays from 10 a.m-4 p.m. If those hours do not fit your schedule, please call to schedule an appointment.

Thursday's Child

National Hotline Phone: (800) 872-5437 Website: www.thursdayschild.org

Assistance hotline for runaway youth as well as those who are/have been abused or are substance abusers.

Tri-County Office on Aging (TCOA)

5303 S. Cedar St., Building 1, Lansing, MI 48911

Phone: (517) 887-1440 Toll Free: (800) 405-9141 Website: www.tcoa.org

Offers adult day care, elder abuse education, home health aide, homemakers information, a referral, in-home respite care, legal assistance, Spanish speaking information and referral, and volunteer transportation, Medicare/Medicaid Assistance Program (MMAP), Meals-On-Wheels, Project Choices program, tax assistance program, and Kinship Care respite program.

Unified

3011 W. Grand Blvd., Suite 230, Detroit, MI 48202

Phone: (313) 446-9800 National AIDS Hotline: (800) 872-AIDS (2437)

Website: www.miunified.org

Advocacy, support, and information for individuals suffering from AIDS/HIV.

Veterans Affairs

Ingham County

5303 S. Cedar St., P.O. Box 30161, Lansing, MI 48909

Phone: (517) 887-4331 Website: <http://va.ingham.org/>

Offers temporary emergency help for Ingham county veterans. Also assists veterans with burial services and information, pension assistance, rehabilitation services, and other counseling services.

Shiawassee County

201 N. Shiawassee St., Surbeck Bldg., 3rd Floor, Corunna, MI 48817

Phone: (989) 743-2231 Website: www.shiawassee.net/Veterans-Affairs/

Offers help to veterans and spouses to obtain benefits, including medical, health, and vocational rehabilitation.

Volunteers of America – Michigan

430 N. Larch St., Lansing, MI 48912

Phone: (517) 484-4414 Website: www.voami.org

Housing coordination and referral service, community cafeteria, emergency overnight and day shelter, transitional housing and employment services for Veterans, life skills and coaching, clothing, counseling, housing financial assistance, thrift stores, and permanent housing for seniors.

Willow Health Center

Primary Care & Family Planning (ages 5-25)

306 W. Willow St. Lansing, MI 48906

Phone: (517) 702-3500 Website:

<http://hd.ingham.org/seekingcare/communityhealthcenters/LocationsHours/WillowHealthCenter.aspx>

Licensed doctors and providers at Child and Adolescent Health Centers offer primary health care services.