

WESTERN MICHIGAN PEDIATRICS, PC

710 KENMOOR AVE SE, GRAND RAPIDS, MI 49546 • 1915 GEORGETOWN CENTER DR, JENISON, MI 49428
616-949-6112 616-457-3510

COMMUNITY BASED RESOURCES LIST

COMMUNITY RESOURCES

CHILD AND YOUTH SERVICES

Kent Regional 4C

www.4cchildcare.org

(616) 451-8281

Offers child care information, resources, and provider lists

First Steps

www.firststepskent.org

(616) 632-1003

Helps children get the care and support they need to stay healthy

Early On

www.1800earlyon.org

(616) 365-2310

Early On assists families with infants and toddlers, from birth until they turn 36 months or 3 years of age, who may be experiencing delays in their development or if they have a diagnosed disability.

Kent Intermediate School District

www.kentisd.org

(616) 364-8421

Information and services to 20 local school districts

Grand Rapids Public Library

www.grpl.org

(616) 988-5400

Connecting people to the transforming power of knowledge

Kent District Library

www.kdl.org

(616) 784-2007

Libraries in many locations within Kent County

Georgetown Township Public Library

www.georgetown-mi.gov/library

(616) 457 - 9620

Local Library. 1525 Baldwin St, Jenison

SAFETY SERVICES

Healthy Homes Coalition

www.healthyhomescoalition.org

(616) 241-3300

Works to eliminate housing conditions that harm children's health

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Safe Kids Coalition

www.safekids.org

Grand Rapids: (616) 391-7233 | Lakeshore: (616) 396-7566

Beach Awareness, Bicycle Safety Education, Child Passenger Safety Education, General Safety Education, Helmets, Household Safety Programs, Pedestrian Safety Education

TRANSLATION AND INTERPRETIVE SERVICES

Deaf and Hard of Hearing Services

www.deafhhs.org

(616) 732-7358 | Video Phone: (616) 828-0186

Interpreter services, mental and behavioral health, ASL classes, equipment distribution, community relations, and advocacy

Hispanic Center

www.hispanic-center.org

(616) 742-0200

The Hispanic Center provides document translations and interpretation services for individuals, multinational corporations, nonprofit organizations, schools and government entities.

ESSENTIAL NEEDS RESOURCES

FOOD, CLOTHING, HOUSING

In the Image

www.intheimage.org

(616) 456-6150

1823 South Division Avenue, Grand Rapids - Links gently used clothing, housewares, furniture and appliances with families in need.

Salvation Army Booth Family Services

www.boothfamilyservices.org

(616) 459-9468

Help center, food pantry, utility assistance, housing assistance. Helps meet basic needs.

St. Andrews Outreach

(616) 456-1454

267 Sheldon S.E., Grand Rapids | Free clothing and hygiene supplies; you can get socks, underwear, soap, shampoo, and a razor once a month | (T,Th 9:30-11:30am)

Goodwill Industries

www.goodwillgr.org

(800) GOODWILL

11625 Fulton St E, Lowell | 8390 Belmont Avenue NE, Belmont | 5371 Alpine Ave NW, Comstock Park | 740 28th St SW, Wyoming | 3270 29th St SE, Grand Rapids | 1655 Four Mile, Grand Rapids | 200 S Division Ave, Grand Rapids | 334 Baldwin St, Jenison | 3035 Prairie St. SW, Grandville | 5269 Lake Michigan Dr, Allendale | 9479 Riley, Zeeland

Project Hope of North East Allegan County

(616) 681-4673

To Partner Christians With People-In-Need, To Enable Them To Pursue Self-Help Goals. Provides food, counseling for those in need. Resale shop-open to the public.

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Kent County Department of Human Services Food Assistance Program (Bridge Cards)

www.mibridges.michigan.gov/access

Check to see if you are eligible for state funded food assistance.

Love INC.

www.loveinthenameofchrist.org

(616) 662-3300

Works to support Christians in bringing God's love and care into our communities (Hudsonville, Jenison, and Grandville, MI) by mobilizing churches to meet the unmet needs of individuals and families

HEALTH CARE PLANS

MI Child

www.healthcare4mi.com/michild-web

1-888-988-6300

Health and dental care for children age 18 and under. MIChild premiums are \$10 per family per month. Administered by the Michigan Department of Community Health

Kent County Department of Human Services

(616) 632-7058

Medicaid applications

TRANSPORTATION RESOURCES

Kent County Transportation Resource Directory

www.accesskent.com/Health/pdfs/Transportation_Resources_Directory.pdf

Comprehensive directory of Kent County travel resources

Red Cross Medical Transportation

www.redcrossggr.org

(616) 454-7433

Provides transportation within Kent County for eligible people to medical related appointments and emergency food pantry trips. Appointments are required for service. Begin taking appointments 7 days in advance.

Fish for My People Transportation

(616) 774-2045

When other options have been exhausted, volunteers provide rides to medical appointments and other places free of charge. Must show need. Call at least one day in advanced.

The Rapid (Main line, Go Bus)

www.ridetherapid.org

(616) 456-7514

Public transportation for Grand Rapids.

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LOCAL SUPPORT RESOURCES

ADOPTION

Adoptive Family Support Network

www.afsn.org

(616) 458-7945

Adoptive parents are looking for guidance, reassurance, support, education and for resources. AFSN provides reliable direction for families who are considering adoption or who have already adopted. We give adoptive parents access to a network of people who can provide answers and share experiences.

ANXIETY

Catholic Charities of West Michigan

www.ccwestmi.org

(616) 796-9595

An open support group to any adults suffering from anxiety and depression

ATTENTION DEFICIT DISORDER

Grand Rapids CHADD

www.chadd.org

(616) 874-5662

Support Groups for Parents with children with ADHD and for Adults with ADHD

AUTISM SPECTRUM DISORDERS

The Arc of Kent County

www.arckent.org

(616) 459-3339

We work to improve systems of supports and services; connect families; inspire communities and influence public policy

The Gray Center for Social Learning and Understanding

www.thegraycenter.org

(616) 748-6030

Cultivates the strengths of individuals with autism and those who interact with them, and globally promotes social understanding

CANCER

Gilda's Club

www.gildasclubgr.org

(616) 453-8300

1806 Bridge Street NW, Grand Rapids - A free cancer and grief support community of adults, children and families

DISABILITIES/SPECIAL NEEDS

Parent HELpline

1-800-942-HELP

Helpline for parents with children with special needs

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MUMS: National Dissemination Center of Children with Disabilities

www.netnet.net/mums

1-877-336-5333

Provides support to parents in the form of a networking system that matches them with other parents whose children have the same or similar condition

DIVORCE

Good News Community

www.goodnewscommunity.org

(616) 455-3236

A volunteer community of persons who, having experienced the trauma and hurt of broken relationships, are committed to helping others

DOMESTIC VIOLENCE

Safe Haven Ministries

www.safehavenministries.org

(616) 452-6664

Provides shelter and services to abused women and partners with the faith community to respond appropriately to families affected by domestic violence.

INFANT/CHILD DEATH

Compassionate Friends

www.compassionatefriends.com

(616) 866-5067 | (877) 969-0010

Provides support for families who have lost a child of any age. Also offers support to bereaved siblings who have lost a brother or sister.

Kent County Health Department

www.accesskent.com/Health

(616) 632-6967

Provides public health nurse or social worker counseling and support to families who have experienced a SIDS or other child death. Home visits and support group meetings offer education, bereavement counseling, and advocacy for family members.

Hospice of North Ottawa County | HEART POINTS INFANT LOSS SUPPORT GROUP

www.noch.org/hospice.htm

(616) 846-2015

Provides compassionate and comprehensive bereavement support for parents who have lost an infant through miscarriage, stillbirth or infant death.

SUBSTANCE ABUSE-RELATED SUPPORT GROUPS

Al-Anon

www.grafg.org

(616) 774-1079

Al-Anon is a fellowship of family and friends affected by the drinking of loved ones, including adult children of alcoholics. Members share experiences, strengths, and hope in solving their common problems. Al-Anon is a separate entity from Alcoholics Anonymous.

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Al-Teen

www.grafg.org

(616) 774-1080

Fellowship of young people, usually teens, affected by the drinking of loved ones. Members meet together to share their experience, strength and hope in solving common problems. Alateen is a part of the Alanon Family groups for those affected by someone else's drinking

Families Anonymous

www.familiesanonymous.org

(616) 902-3919

A 12 Step fellowship for the families and friends who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavioral problems | Nearby location: Ionia, MI

SUICIDE SURVIVAL SUPPORT

West Michigan Survivors of Suicide

www.angelfire.com/mi2/westmisos

Jim Sailors (616) 957-3466

Support and information of support group meetings in the greater West Michigan area.

WELLNESS RESOURCES

COUNSELING

Arbor Circle

www.arborcircle.org

(616) 459-7215

Arbor Circle provides a wide variety of mental health, family support and substance abuse services. These programs are provided in outpatient clinic settings, in the home and at community based sites.

Bethany Christian Services

www.bethany.org

(616) 396-0623

Offers counseling on a variety of concerns for adults, children, and youth

Catholic Charities of West Michigan

www.cctestmi.org

(616) 356-6289

Individual, family, group, marriage and substance abuse counseling. The behavioral health and counseling program provides counseling, psychotherapy and education for families and individuals with concerns of everyday living.

Forest View

www.forestviewhospital.com

1-800-949-8439

Offers acute care inpatient as well as partial hospitalization for mental health issues to children, adolescents and adults. Programs include eating disorder treatment, trauma program, and co-occurring disorder treatment. Assessment and referral center available 24 hours.

Infant & Toddler Support Program

<http://www.miottawa.org/HealthComm/CMH/pdf/Brochures/InfantToddlersSupport.pdf>

(616) 393-5681

Infant and toddler mental health support.

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Network 180

www.network180.org

(616) 336-3909

1-800-749-7720

Counseling referral services

Pine Rest Christian Mental Health Services

www.pinerest.org

(616) 455-5000

Provides outpatient counseling services for all ages. Services include outpatient evaluation, individual, group, marital, and family therapy; vocational counseling, pastoral counseling, medication services, case consultation, and support groups

DENTAL/VISION SERVICES

Cherry Street Health Services

www.cherryhealth.org

(616) 235-7289 Dental Clinic | (616) 965-8200 Lion's Club Vision Clinic | (616) 235-7272 Main

Provides dental services including initial exams, x-rays, cleaning, restorative work (fillings, etc.), extractions, partial and complete dentures

Health Intervention Services

www.hisgr.org

(616) 475-8446

Routine Dental Care, Ophthalmology and Optometry (reduced cost lenses/frames)

GRCC Dental Hygiene and Assisting

<http://cms.grcc.edu/dentalclinic>

(616) 234-4349

Provides low cost comprehensive dental exams and preventative maintenance for adults and children 5+

DOMESTIC VIOLENCE/ABUSE

YWCA Domestic Crisis Center

www.ywcawcmi.org/dv-services.php

(616) 459-4652

Domestic violence shelter, counseling and support

DHS Child Protective Services

www.michigan.gov/dhs

855-444-3911

Abuse investigation, intervention, treatment, foster care

Children's Assessment Center - Kent County

www.cac-kent.org

(616) 336-5160

Assessing, supporting, and caring for child victims of suspected sexual assault

Children's Advocacy Center - Ottawa County

www.cac-ottawa.org

(616) 393-6123

Assessing, supporting, and caring for child victims of suspected sexual assault

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National Domestic Violence Hotline

www.thehotline.org

800-799-7233

Provides crisis intervention, information and referral to victims of domestic violence, perpetrators, friends and families

MEDICATION ASSISTANCE

Partnership for Prescription Assistance

www.pparx.org

1-888-477-2669

Helps qualifying patients without prescription drug coverage get the medicines they need through the program that is right for them

Kent County Prescription Discount Card

<http://www.accesskent.com/OnlineServices/rxcad.htm>

FREE Prescription Drug Card program for Kent County residents

Ottawa County Prescription Discount Card

<http://www.miottawa.org/healthcomm/health/drug.htm>

FREE Ottawa County Prescription Discount Card. No income or age restrictions

Kent Health Plan Medication Assistance Program

<http://www.kenthealthplan.org/pap.aspx>

(616) 726-8204

Provides coordinated access to prescription medications for Kent County residents whose incomes are 200% or less of poverty and who are not eligible for any government sponsored prescription program.

Needy Meds.org

www.needymeds.org

Save on Your Prescriptions.

PREGNANCY/EARLY MOTHERHOOD WELLNESS

Alpha Women's Center

www.alphawc.org

(616) 459-9955

Free pregnancy testing, confidential counseling; information about alternatives to abortion, STDs, and fetal development. Clothing and supplies for children 0-24 months, maternity clothing. Omega Maternity Home - provides safe nurturing environment where women can stay while awaiting the arrival of their babies.

Help Pregnancy Crisis Aid

www.helppregnancy.org

(616) 459-9139

705 Bridge Street NW, Grand Rapids | Provides a wide range of services to assist pregnant women, including ultrasounds, material assistance, and a range of education and counseling services | info@helppregnancy.org | 9:30 a.m.-2:30 p.m. M-TH

Pregnancy Resource Center

www.prcgr.org

(616) 456-6873

Provides information on abortion & adoption, pregnancy, medical care referrals, social services, foster care, housing. Services include free pregnancy tests, counseling, abstinence education, parenting and life-skills classes.

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Text for Baby

www.text4baby.org

Text “Baby” to 511411 to get 3 free health tips a week throughout pregnancy and the baby’s first year (Text “Help” for help, and “Stop” to stop receiving texts for baby)

W.I.C.

Kent County Residents:

www.accesskent.com/Health/HealthDepartment/health_clinics.htm

Allegan and Ottawa County Residents:

www.intercare.org

Provides nutrition counseling and food coupons for healthier pregnancies and childhood growth.

See last page for list of local WIC contacts.

SUBSTANCE ABUSE HELP

Network 180

www.network180.org

1-800-749-7720

Kent County’s mental health, substance use disorder, and developmental disability authority

Substance Abuse and Mental Health Services Administration (SAMHSA)

www.samhsa.gov

1-877-SAMHSA-7

National Mental Health Information Center | Focuses on the prevention and treatment of mental disorders | Seeks to prevent and reduce the abuse of illegal drugs, alcohol, and tobacco | Supports the provision of effective substance abuse treatment and recovery services | Provides a collection, analysis and dissemination of behavioral health data

Arbor Circle

www.arborcircle.org/programs-services/alcohol-and-drug-counseling

(616) 456-6571

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

Pine Rest Christian Mental Health Services

www.pinerest.org/addiction-services

1-866-852-4001

Offers a full continuum of addiction services that range from residential detoxification to traditional outpatient services

Proaction Behavioral Health Alliance

www.proactionalliance.org

(616) 776-0891

Project Rehab, Community Treatment Centers, Life Guidance Services, EAC Employee Assistance Center

Kent County Central Office of Alcoholics Anonymous

www.grandrapidsaa.org

(616) 913-9149

Alcoholics anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Meetings take place in a multitude of places.

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O.A.R. Inc. (Ottagan Addictions Recovery)

www.oar-inc.org

(616) 396-5284

Ottawa County | Provides treatment for chemically dependent individuals and their families through comprehensive education, assessment, treatment, and referral services. Services do not include detoxification

Greater Grand Rapids Area Narcotics Anonymous

www.michigan-na.org

(800) 230-4085

Narcotics Anonymous is a nonprofit fellowship or society comprised of men and women that hold regular meetings to reflect upon and share personal substance abuse issues. This program is only for people who have personally struggled with, or are currently struggling with substance abuse. The purpose of the meetings is to provide support and encouragement to those looking to 'stay clean'. The program applies to any type of drug, including alcohol.

Nicotine Anonymous

www.nicotine-anonymous.org

877-TRY-NICA (877-879-6422)

A 12 Step Program offering support to those who want to quit cigarettes and quit smoking and stop other forms of tobacco and nicotine addiction.

Tobacco Free Partners

www.tobaccofreepartners.org

Promotes comprehensive evidence based intervention, prevention, advocacy and educational resources to the citizens of West Michigan so that they may become free from the medical, economic and emotional burden that results from tobacco

SUICIDE/CRISIS RESOURCES

Network 180

1-800-749-7720

Provides Kent County Residents with confidential crisis intervention 24 hours a day, 7 days a week

Community Mental Health of Ottawa County

1-866-512-HELP (4357)

Provides Ottawa County Residents with confidential crisis intervention 24 hours a day, 7 days a week

Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

1-800-273-TALK (8255)

Provides confidential crisis intervention 24 hours a day, 7 days a week.

TRAVERS' RESOURCES

Kent County Health Department

www.accesskent.com/Health/HealthDepartment/Immunizations/immun.htm

(616) 632-7200

Provides foreign travel vaccines to residents of Kent County in accordance with CDC recommendations for individuals traveling outside the United States

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Ottawa County Health Department

www.miottawa.org/HealthComm/Health/Imms.htm#travel

Holland (616) 396-5266 | Hudsonville (616) 669-0040

Provides foreign travel vaccines to residents of Ottawa County in accordance with CDC recommendations for individuals traveling outside the United States

Spectrum Health Travel Medicine

www.spectrumhealth.org/TravelMedicine

(616) 391-2778

Full service travel clinic, certified yellow fever vaccination center, travel-related vaccines, counseling and information on common health hazards for a specific destination

Center for Disease Control and Prevention

<http://wwwnc.cdc.gov/travel>

800-CDC-INFO | 800-232-4636

Provides information to the public regarding health risks abroad which may affect an individual's decision to travel, offers recommendations to prevent risk of infection and outlines how to prepare for essential travel to areas that may be experiencing an outbreak of infectious disease.

ADDITIONAL COMPREHENSIVE STATE & LOCAL RESOURCE DIRECTORIES

Family Resource Guide

www.familyresourceguide.info

A directory with an emphasis on services for children and families in the Kent County area.

Grand Rapids Community College Community Resources List

<http://cms.grcc.edu/counseling-and-career-center/resources/community-resources>

A Comprehensive Resource Guide to the Grand Rapids Area

Helping Hand

www.michigan.gov/helpinghand

This site helps Michigan citizens facing economic hardship find the services they need.

Heart of West Michigan United Way Community Resource Directory

www.refersoftware.com/hwmi

2-1-1

This resource compendium may be more helpful to Kent County Residents, but can be used by all.

CALL 2-1-1 | Community Access Line of the Lakeshore

www.referweb.net/call211

2-1-1

This resource compendium may be more helpful to Ottawa County Residents, but can be used by all.

ADDITIONAL NATIONAL HEALTH RELATED ORGANIZATIONS FOR SUPPORT AND WELLNESS

American Association of Poison Control

www.aapcc.org

1-800-222-1222

Provide poison expertise and treatment advice by phone. All calls to a poison center are answered by a medical professional trained to answer questions about poisons.

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American Diabetes Association

www.diabetes.org

1-800-DIABETES (1-800-342-2383)

The American Diabetes Association is leading the fight against the deadly consequences of diabetes and fighting for those affected by diabetes.

American Heart Association

www.heart.org

(616) 285-1888

To build healthier lives, free of cardiovascular diseases and stroke

American Cancer Society

www.cancer.org

1-800-227-2345

Dedicated to helping persons who face cancer. Supports research, patient services, early detection, treatment and education.

American Lung Association

www.lung.org

1-800-LUNGUSA or for a Medical Professional 1-800-548-8252

Learn how to improve your lung health. Make efforts towards clean air and smoke-free living. Find facts about lung disease

Asthma and Allergy Foundation of America

www.aafa.org

1-800-7-ASTHMA (1-800-727-8462)

Get FREE information and resources from the leading national nonprofit organization for people with allergies and asthma - Info@aafa.org

American Autoimmune Related Diseases Association

www.aarda.org

586-776-3900

Dedicated to the eradication of autoimmune diseases and the alleviation of suffering and the socioeconomic impact of autoimmunity through fostering and facilitating collaboration in the areas of education, public awareness, research, and patient services in an effective, ethical and efficient manner

Center for Disease Control and Prevention

www.cdc.gov

1-800-232-4636

Maintains several departments concerned with occupational safety and health

National Kidney Foundation

www.kidney.org

(313) 259-1574

Provides patient services, education, research to prevent kidney disease and promotes organ donation

Disease Resource Page

www.needymeds.org/indices/disease_resource_pages.htm

A "one-stop shopping" concept developed to save time for those with specific diseases or conditions.

LOCAL WIC CONTACTS

Allendale WIC

11160 W. J. Presley Suite 300, Allendale, MI 49401
(616) 895.1375

Fuller Clinic

700 Fuller Avenue NE, Grand Rapids, MI 49503
(616) 632-7020

Holland WIC

285 James St., Holland, MI 49424
(616) 399-0202

Kentwood Clinic

1620 44th Street SE, Kentwood, MI 49508
(616) 336-8577

North County Clinic

4388 14 Mile Road NE, Rockford, MI 49341
(616) 866-0632

Sheldon Clinic

121 Franklin SE Suite 130, Grand Rapids, MI 49507
(616) 336-3914

Sparta WIC

540 South State St., Sparta, MI 49345
(616) 887-3800

Wayland WIC

145 S. Main St. Suite 3, Wayland, MI 49348
(269) 792-1231

Wyoming Clinic

852 47th Street SW, Wyoming, MI 49509
(616) 531-8120

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