



Baraga, Houghton, Keweenaw, & Ontonagon
Counties

Community Resources

Connecting you to available resources in our community!

Community Resources

Knowing you need help is one thing. Finding someone who can help you is another.

The best number to call for help in the Upper Peninsula is:

2-1-1 or 1-800-338-1119

Trained call specialists are ready 24 hours a day, 7 days a week, every day of the year including holidays to listen and connect you with the programs or services in your local area that can help. Assistance and information can be provided for long-term care options, aging and disability resources, employment, rent/utility assistance, home care, housing, volunteer opportunities, transportation, child and family services and more.

Pay phone and rotary phone users can dial 1-800-305-8137

www.211.org

Company	Phone	Company Website
Alcohol and Drug Avoidance		
Dial Help - Community Support and Outreach Center (24 hour crisis line)	906-482-4357 800-562-7622	www.dialhelp.org OR Text:(906) 35-NEEDS (63337)
Great Lakes Recovery Addiction Specialists	906-932-3481	www.greatlakesrecovery.org
Keweenaw Bay Substance Abuse Services	906-353-8121	
Michigan Tobacco Quitline	800-784-8669	www.michigan.gov/tobacco
National Hotlines:		
Addiction and abuse hotline	800-711-6375	
American Legacy Foundation - Smoking Quitline for Expectant Mothers	800-668-8278	
I Can Quit - Tobacco Quit Line	800-480-7848	
Nicotine Anonymous	415-750-3028	www.nicotine-anonymous.org
Recovery Hotline	800-234-0420	
SAMHSA - Substance Abuse and Mental Health Services Administration	800-662-4357	www.samhsa.gov
Sober Nation - Free 24 Hour Addiction Treatment Hotline	866-317-7050	
Treatment 4 Addiction - Online Recovery Resource Directory	866-206-8656	www.treatment4addiction.com
New Day Treatment Center	906-524-4411 800-275-5410	
Ontonagon City Sheriff Drug Hotline	906-884-4900	
Phoenix House	906-337-0763	www.phoenixhouse.com
Substance Abuse Groups:		
Al-Anon		www.area61afg.org/
Alcoholics Anonymous		www.area74.org
Narcotics Anonymous	866-506-6557	www.upnasite.org/1.html
Smart Recovery	906-337-2310	www.smartrecovery.org
Western UP Substance Abuse Services	906-482-7473	www.wupsasca.org
Child Care Resources and Centers		
BHK Child Development Board	906-482-3663	www.bhkresources.org
Barkell Elementary Rainbow Kids	906-487-9030 x6306	www.hancock.k12.mi.us/elementary-preschool.php
Great Start to Quality UP Regional Resource Center	906-228-3362 877-614-7328	www.greatstarttoquality.org
KBIC Pre-Primary Education Program	906-353-5437	
BHK Baraga June Forest Center	906-353-7154	

Community Resources

Company	Phone	Company Website
BHK L'Anse Center	906-525-7300	
BHK Little Gippers Child Care Center	906-337-3144	
BHK Little Red School House	906-482-6062	
BHK Ryan Child Care Center	906-487-6653	
Ojibwa Community College (OCC) Child Care	906-524-4847	
KBIC Early Head / Head Start	906-524-6626	www.kbic-nsn.gov
Keweenaw Family Resource Center - Play Group	906-482-9363	www.kfrckids.org
MTU Little Huskies	906-482-3435	www.gretchenhouse.com
MTU Preschool	906-487-2720	www.mtupreschool.org
My School Children's House	906-482-7146	www.myschoolchildrenshouse.com
Sts. Peter and Paul Lutheran Church - Parents' Day Out Program	906-482-4750	www.copperluth.org/service-groups
Community Assistance/Programs		
Catholic Social Services of the Upper Peninsula	906-482-1624	
Community Action Agency		www.mcaaa.org
Baraga County	906-353-6600	
Houghton/Keweenaw Counties	906-482-5528	
Community Access/Libraries		
CLK Library	906-337-0311	
L'Anse Library	906-524-6213	
Portage Lake District Library	906-482-4570	
Michigan Tech University Library	906-487-2508	
Ojibwa Community College Library	906-353-8163	
Copper Country Restore	906-337-0200	
Department of Human Services		
Baraga County	906-353-4700	
Houghton County	906-482-0500	
Keweenaw County	906-337-3302	
Empower	231-355-5890	
Goodwill	906-482-3680	
Green Path Debt Solutions	800-718-7077	
KBIC Social Services	906-353-4201	
Love, INC	906-523-5407	www.loveinc.org
Lutheran Social Services	906-226-7410 800-677-7410	www.lsswis.org
Michigan State University Extension		www.msue.anr.msu.edu/
Baraga	906-524-6300	
Houghton	906-482-5830	
New Beginnings Angel Mission	906-370-9240	
Red Cross	906-228-3659	www.redcross.org
Runaway Helpline	800-292-4517	
Salvation Army	906-482-3420	www.usc.salvationarmy.org/usc/www_usc_hancock.nsf
St. Vincent De Paul		
Hancock	906-482-7705	
L'Anse	906-524-7001	
Western Upper Peninsula Michigan Works!	800-285-9675	www.wupmwa.org

Community Resources

Company	Phone	Company Website
Disability Services		
Bureau of Services for Blind Persons	906-786-8602	
Lakestate Industries (Marquette)	906-273-2131	www.lakestateindustries.org
Michigan Rehabilitation Services	906-482-6045	
Social Security Administration	800-772-1213	www.ssa.gov
Superior Alliance for Independent Living	800-379-7245	
Vocational Strategies Inc.	906-482-6142	
Domestic Violence		
Baraga County Shelter Home	906-524-5017	www.ahomewithaheart.org
Barbara Kettle Gundlach (BGK) Shelter	906-337-5623	www.bkgshelterhome.org
Child And Adult Protective Services B/H/K 24 hr hotline	855-444-3911	
Dial Help - Community Support and Outreach Center (24 hour crisis line)		
Local Helpline	906-482-HELP	www.dialhelp.org
Toll-free in the U.P.	800-562-7622	
Victim Service Hotline	866-661-5588	
KBIC Protective Services	906-353-4201	
National Domestic Violence Hotline	800-799-7232	www.thehotline.org
TDD Line	800-787-3223	
Ontonagon Outreach	906-884-4003	
Toll-free in the UP	888-337-5623	
Early Childhood Services		
American Academy of Pediatrics		www.aap.org
BHK Child Development Board Head Start	906-482-3663 800-236-5657	www.bhkresources.org
Big Brothers/Big Sisters	906-487-9855	
Boy Scouts Hiawatha Council	800-236-1441	
CCISD Copper Country Advisory Council	562-604-4709	contact: Alissa Meddings
Child and Family Services	906-482-4488 906-523-5601	www.cfsup.org
Copper Country Adoption Resource Group	906-281-1808	
Copper Country Early On	906-482-7260 800-562-7618	www.ccisd.k12.mi.us/ec-earlyon.html
Copper Country Home Educators		www.cchomeeducators.com
Copper Country Mental Health:		
Baraga County	906-524-5885	www.ccmh.org
Houghton/Keweenaw Counties	906-482-9400	www.ccmh.org
Rice Memorial Ctr. - CLK Branch	906-337-5810	
Families First	517-335-3704	
Girl Scouts of Northern Great Lakes	800-562-9787	
KBIC Early Head / Head Start	906-524-6626	
KBIC Pre-Primary Education Program	906-353-5437	
Keweenaw Family Resource Center	906-482-9363	www.kfrckids.org
Maternal and Infant Health Program	906-482-7382	www.wupdhd.org
Parent Helpline	800-942-4357	
UP Kids Housing Foster Care	906-487-9832	

Community Resources

Company	Phone	Company Website
Emergency Housing/Shelters		
Arbor Green -Low income and senior housing	906-482-8867	
Baraga County Shelter Home 24/7 Crisis Line	906-524-7078	www.ahomewithaheart.org
Baraga Housing Commission	906-353-6432	
Barbara Kettle Gundlach Shelter	906-337-5623	www.bkgshelterhome.org
Calumet Housing Commission	906-337-0005	
Child And Family Services	906-523-5601	
Habitat for Humanity	906-482-5376	www.coppercountryh4h.org/
Hancock Housing Commission	906-482-3252	
Houghton Housing Commission	906-482-0334	
Keweenaw Housing Commission	906-337-3515	
Lutheran Social Services Golden Horizon Apartments	906-337-1401	
MSHDA Central Office (Lansing)	517-373-8370	www.michigan.gov/mshda
MSHDA Housing Assistance	906-774-4325	
Ojibwa Housing Commission	906-353-7117	www.kboha.com
Pine View Community Apartments	906-482-3486	
Red Cross Emergency Shelter	906-482-8085	
Superior Alliance for Independent Living	800-379-7245	
Supportive Housing for Youth Program	906-482-4488	
UP Kids Residential Services	906-483-0656	www.upkids.com
Western UP Planning Region	800-562-7614 ext. 313	
Food Pantries		
31 Backpacks - Houghton	906-231-1472	
Angel Mission - Calumet	906-370-9240	
Apostolic Ladies Outreach - Bruce Crossing	906-827-3295	
Apostolic Lutheran Church - Laurium	906-337-1021	
Atlantic House - Houghton	906-487-7750	
Baraga County 4-H - L'Anse	906-524-6300	
Baraga Senior Meals - L'Anse	906-524-5450	
Bethel United Pentecostal - L'Anse	906-524-6974	
Calvary Chapel - Iron River	906-284-2592	
CLK Food Pantry - Calumet	906-337-3733	
Community Women's Group - Bruce Crossing	906-365-2113	
Conerstone Christian Church - Ramsay	906-663-4700	
Copper Country Intermediate School District - Hancock	906-482-4250	
Cornerstone Bible Church - Crystal Falls	906-875-6979	
Crystal Falls Senior Center - Crystal Falls	906-875-2023	
Gloria Dei Lutheran Church - Hancock	906-482-2381	
Gogebic-Ontonagon Community Action Agency - Bessemer	906-667-0283	
Goodwill Industries Calumet Work Center - Calumet	906-482-6142	
Harbor House - Ontonagon	906-884-4804	
Holy Cross Lutheran Church - Baraga	906-353-6541	
Houghton Baptist Church - Houghton	906-483-0821	
Iron River Senior Center - Iron River	906-265-6134	

Community Resources

Company	Phone	Company Website
Ironwood Wesley United Methodist Church - Ironwood	906-884-2871	
Keenager Corporation - Wakefield	906-229-5609	
Lac Vieux Desert Katikitegon - Gogebic County	906-358-4940	
Lakeside Home - Houghton	906-269-0669	
Lighthouse United Pentecostal Church - Hancock	906-482-9662	
Little Brothers Friends of the Elderly - Hancock	906-482-6944	
Locker Lunch - Iron River	906-265-3829	
Love Inc. - Hancock	906-523-5407	
Mission Bible Training Center - Gaastra	906-265-9546	
MSU Exten. 4-H - Hancock	906-482-5830	
New Day Treatment Center - L'Anse	906-524-4411	
Northern Lites House - Hancock	906-482-0741	
Northwoods Community Church - Ontonagon	906-390-0453	
Oak House - Hancock	906-482-4231	
Ontonagon Assembly of God - Ontonagon	906-884-2495	
Ontonagon Baptist Church - Ontonagon	906-884-2453	
Paint River Pentecostal Church - Crystal Falls	605-337-3354	
Phoenix House - Houghton	906-337-0763	
Portage Health Resources - Hancock	906-483-1157	
Portage House - Houghton	906-487-1746	
Quincy House - Houghton	906-482-3134	
Restoration of the Breach Ministries - Ironwood	906-364-3582	
Rice House - Houghton	906-482-9400	
Salvation Army - Hancock	906-482-3420	
South Ontonagon Food Pantry - White Pine	906-885-5362	
St. Paul The Apostle Sacred Heart - Calumet	906-483-1155	
St. Paul's Lutheran Church - Mass City	906-883-3602	
St. Vincent DePaul - Chassell	906-523-4904	
St. Vincent DePaul - Crystal Falls	906-874-3602	
St. Vincent DePaul - Hancock	906-482-7705	
St. Vincent DePaul - L'Anse	906-524-7001	
St. Vincent DePaul F. P. Watersmeet - Watersmeet	906-358-4268	
St. Vincent DePaul Our Lady of Peace - Ironwood	906-932-4325	
Stanton House - Houghton	906-487-1748	
Stepping Stone - Houghton	906-487-7727	
The Harvest Church - Baraga	906-353-5595	
The Omega House - Houghton	906-482-4438	
Wesley United Methodist Church - Ironwood	906-281-9008	
Western UP Health Department - Hancock	906-482-7382	
Westside Home Inc. - Calumet	906-337-1883	
Westside Residential - L'Anse	906-524-5994	
White Pine Community United Methodist Church - White Pine	906-885-5419	

Community Resources

Company	Phone	Company Website
Health, Dental, and Nutrition		
Beacon House (Marquette)	906-225-7100	www.upbeaconhouse.org
Community Action Agencies		
Baraga	906-353-6600	
Houghton	906-482-5528	
Ontonagon	906-667-0283	
KBIC Dental Clinic	906-353-8787	
KBIC Vision/Hearing	906-353-8666	
KBIC Commodity Food Program	906-353-4201	
Nutrition: Salvation Army	906-483-3420	
Western UP District Health Department (WUPHD):	906-482-7382	www.wuphd.org
Breast and Cervical Cancer Control Program (BCCCP)		
Breastfeeding Support		
Children's Special Health Care Services		
Dental Health		
Hearing and Vision Screening		
Immunizations		
Maternal Infant Health Program		
Women, Infants, & Children (WIC)		
Healthcare/Medication Assistance Programs		
Contact the Department of Human Services (DHS) to apply for certain assistance programs:		
Baraga County DHS	906-353-4700	www.michigan.gov/dhs
Houghton County DHS	906-482-0500	www.michigan.gov/dhs
Keweenaw County DHS	906-337-3302	www.michigan.gov/dhs
Ontonagon Country DHS	906-884-4951	www.michigan.gov/dhs
DHS may then refer you to one the following programs:		
Bridge to Access - Medication Assistance	866-728-4368	www.BridgesToAccess.com
Medication Assistance Program	888-331-1002	
MI Child	888-988-6300	www.healthcare4mi.com
Other local and/or national assistance programs:		
Centers for Medicare and Medicaid	877-267-2323	www.cms.gov
Hancock	906-482-7705	
L'Anse	906-524-7001	
Office of Minority Health	800-444-6472	www.omhrc.gov
PATH Program	906-786-4701 800-338-7227	
Portage Health Financial Assistance Program	906-483-1100 800-573-5001	
St. Vincent DePaul / Medication Assistance		
UPCAP	800-305-8137	www.upcap.org
Veteran's Health Administration - Hancock Clinic	906-482-7762	www.va.gov
Western UP District Health Department (WUPDHD)	906-482-7382	www.wuphd.org
Western UP Healthcare Access Coalition (WUHPAC)	906-482-7122 877-482-7122	www.wuphac.org
Wings of Mercy Michigan	888-78-MERCY	www.wingsofmercy.org

Community Resources

Company	Phone	Company Website
Legal Services		
Friend of the Court	906-482-2102	
Legal Services of Northern Michigan	906-482-3908 888-482-2343	www.lsnm.org
MADD	800-323-6233	
Michigan Coalition Against Domestic and Sexual Violence	517-347-7000	
Michigan Crime Victim Notification Network	800-770-7657	
Michigan Dept. of Corrections Crime Victim Notification Unit	877-886-5401	
Michigan Senior Law Hotline	800-347-5297	
Parent Hotline	800-942-4357	
POMC (Parents of Murdered Children)	888-818-7662	
Protective Services (Children and Adult Hotline)	855-444-3911	
Runaway Hotline	800-292-4517	
KBIC Tribal Court	906-353-8124	
Mental Health Services/Counseling		
Aspirus Keweenaw Hospital	906-337-6500	
Baraga County Memorial Hospital	906-524-3300	
Copper Country Community Mental Health Houghton	906-482-9404	
Copper Country Community Mental Health- Keweenaw -Calumet	906-337-5810	
Copper Country Community Mental Health - Baraga, L'Anse	800-526-5059	
Copper Country Mental Health Emergency Services	906-482-9404	www.cccmh.org
Copper Island Behavioral Health - Tom Collins	906-482-9440	
Crystal McLeod	906-370-4701	
Dial Help - Community Support and Outreach Center	906-482-4357	www.dialhelp.org OR Text:(906) 35-NEEDS (63337)
Indigo Creek Counseling- Kim Menzel	906-281-4852	
Kathryn Salmi- Christian Counseling	906-482-2231	
Larry Pollack	906-482-8332	
Mark Campbell-Olszewski	906-482-3551	
Melissa Luse	906-231-9555	
Michelle Lambert- Finlandia University students	906-487-7276	
MTU Counseling Services students	906-487-2538	www.mtu.edu/counseling
Nancy Taglion	906-369-5551	
North Coast Counseling- Tim Payment, Carol Salo, DeRocher-Lerma	Terry 906-523-5580	
Northcare	888-906-9060	www.northcare-up.org
Portage Hospital Hancock	906-483-1000	
Portage Psychological Services- Gary Kipila	906-281-3459	
Psychology Associates- Robert Sharkey, Susan Donnelly	906-337-6839	Bob Sharkey/Susan Donnelly serve all ages
Robert Lamb- Psychological Associates	906-458-3999	
Sharon Levine - Creek House	906-523-5868	
Shirley Gabraith	906-370-5480	
Upper Great Lakes Family Health Centers	906-483-1860	Referrals from doctor within Upper Great Lakes Family Health system

Community Resources

Company	Phone	Company Website
Pregnancy & Parenting		
Baby & Maternity Closet (Keweenaw Family Resource Center)	906-482-9363	www.kfrckids.org
Breastfeeding and Parenting Information		www.kellymom.com
Breastfeeding Support:		
BHK Lactation Specialists	906-483-3663 906-353-7154	www.bhkresources.org/children/pregnancy-services
La Leche League	906-483-2058	
Western UP District Health Department (WUPHD)	906-482-7382	www.wupdhd.org
Childbirth Classes	906-483-1149 800-573-5001	www.portagehealth.org
Infant Car Seat Inspections (Houghton & Keweenaw County) - Judy Pruner	906-483-1395	
KARS Program		www.portagehealth.org/KARS/
Life Outreach Center	906-482-8681	www.houghtonpregnancy.org
Maternal Support Services	906-482-7382	
Michigan Alliance for Families	906-483-0442 800-552-4821	www.michiganallianceforfamilies.org
Services for Seniors		
Apria Home Healthcare	906-482-3071	www.apria.com
Aspirus Keweenaw Home Health	906-337-5700	www.aspirus.org
Baraga County Home Care and Hospice	906-524-4663	
Baraga County Senior Meals	906-524-5450	
Baragaland Senior Citizens Bus Service	906-524-6922	
Baragaland Senior Citizens Center	906-524-6711	
C-L-K Senior Citizen Center	906-337-0904	
Community Action Agencies		
Baraga County	906-353-6600	
Houghton/Keweenaw Counties	906-482-5528	
Ontonagon County	906-667-0283	
DHS	906-482-0500	
Doelle Senior Citizens Center	906-334-2535	
Greenhill Manor Senior Nutrition Site	906-524-5450	
Keweenaw Bay Indian Comm Youth, Elder & Family Services	906-353-4532	
Lifeline Emergency Alert System (Medical Alert Service) Contact Jean Riley	906-483-1651 800-380-3111	www.lifelinesystems.com
Little Brothers - Friends of the Elderly	906-482-6944	www.houghton.littlebrothers.org
Michigan Senior Law Hotline	800-347-5297	
Nail Benders - Wheelchair ramp assistance	906-482-5472	Chuck Isaacson
Omega House	906-482-4438	www.omega-house.org
Ontonagon Senior Housing Office	906-884-2258	
Our Lady of Mercy Nursing Home and Rehabilitation	906-296-3301	
Portage Health Audiology Department	906-483-1458	www.portagehealth.org
Portage Health Home Care and Hospice	906-483-1160	www.portagehealth.org
Portage Pointe	906-483-1300	www.portagehealth.org/portagepointe
Retired & Senior Volunteer Program (WUPHD)	906-482-7382	www.wupdhd.org

Community Resources

Company	Phone	Company Website
Senior Housing:		
Douglas House	906-482-2000	
Garden View Assisted Living/Senior Care	906-934-6000	
Houghton County Medical Care Facility	906-482-5050	
North Ridge Pines Assisted Living	906-337-1416	
The Bluffs	906-483-4400	www.thebluffs.org
Senior Meals Program	906-483-1155	
Senior Screening (WUPHD)	906-482-7382	www.wuphd.org
Social Security Administration	800-772-1213	www.ssa.gov
UPCAP	800-305-8137	www.upcap.org
Support Groups/Self-Management Programs/National Associations		
Alzheimer's Association		
(24/7 Helpline)	800-272-3900	www.alz.org
Greater Michigan Chapter Upper Peninsula Region	906-228-3910	www.alz.org/gmc
American Cancer Society (24hr)	800-227-2345	www.cancer.org
ACS Look Good, Feel Better Group	800-227-2345	
Adult Caregiver Support Group	800-594-7053	
Aspirus Keweenaw Parkinson's Support Group	906-932-5330	x6050
Autism Spectrum Support Group (Marquette)	906-226-2971	
Baragaland Senior Caregiver Support Group	906-524-6711	
Bridges (AIDS) Support Group	906-475-7651	
Community Coalition for Grief and Bereavement	906-482-9077	
Divorce Care (Marquette)	906-228-9883	
Eating Disorders Hotline	800-931-2237	
ISD Parent Advisory Counsel	586-604-4709	
K-Snagg Spay and Neuter Assistance Group	906-296-9114	
Marquette General Hospital Pain Management Support Group	906-225-3470	
Men's Alzheimer's Caregiver Lunch Group (Hancock)	906-228-3910	
Michigan Alliance for Families - Special Needs	906-483-0442 800-552-4821	
Michigan Problem Gambling Hotline	800-270-7177	
MS Support Group (Marquette)	906-249-9627	
NAMI Support Group	906-226-6808 906-226-8551	
Overeaters Anonymous	906-361-4947	www.upperpeninsulaoa.com
Parkinson's Support Group	800-594-7053	
Rainbow Pride		www.uprainbowpride.com
Support Groups at Portage Health		www.portagehealth.org
Bereavement Support Group	906-483-1160	
Caregiver Support Group	906-483-1160	
Women's Cancer Support Group	906-482-8221 906-482-9675	
Survivors of Suicide	800-562-9753 ext. 7540	
TOPS Weight Loss Support	800-932-8677	www.TOPs.org
Traumatic Brain Injury Support Group www.uglhealth.org	906-439-5148	www.biami.org

Community Resources

Company	Phone	Company Website
UP Pet Loss Support Group		email: uppetloss@gmail.com
UPCAP	800-305-8137	www.upcap.org
Personal Action Towards Health (PATH) - 6 week program for chronic disease management	906-786-4701 ext. 3019	
Transportation Services		
B&B Wheelchair Transportation	906-482-6147	
Baragaland Senior Citizens Bus Service	906-524-6922	
Community Action Agency - Houghton	906-482-5528	
Copper Country Limo	906-370-4761	www.coppercountrylimo.com
DDIY (Don't Do It Yourself)	906-370-9476	
Department of Human Services		
Baraga	906-353-4700	
Houghton	906-482-0500	
Keweenaw	906-337-3302	
Disabled American Veterans B/H/K counties	906-482-0102	
Hancock Transit	906-482-3450	
Houghton Transit	906-482-6092	
Indian Trails Bus Service	800-292-3831	
Little Brothers - Friends of the Elderly	906-482-6944	www.houghton.littlebrothers.org
Love Inc.	906-523-5407	
Neil's Taxi	906-482-5515	
Paula's Taxi (Baraga)	906-395-1108	
Secretary of State	888-767-2424	
SS Taxi Service	906-369-4041	
UPHP Transportation Dept.	906-225-7085 800-835-2556	