



Baraga, Houghton, Keweenaw & Ontonagon
Counties

Community Resources

Connecting you to available resources in our community!

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	Website	Additional Information
Alcohol and Drug Avoidance			
Dial Help - Community Support and Outreach Center (24 hour crisis line)	906-482-4357 800-562-7622	www.dialhelp.org	Text: 906-35-NEEDS (63337)
Great Lakes Recovery Centers - Hancock Outpatient Services	906-228-9696 855-906-4572	www.greatlakesrecovery.org	
Keweenaw Bay Indian Community Substance Abuse Program (KBICSAP)	Outpatient: 906-353-8121 Inpatient: 906-524-4411	www.ndtreatment.com	Office Hours: Monday-Friday, 8:00 a.m.-4:30 p.m.
Michigan Tobacco Quitline	800-784-8669	www.michigan.quitlogix.org/en-US/	
New Day Treatment Center	906-524-4411 800-275-5410		
Ontonagon County Sheriff	906-884-4900		
Phoenix House - Calumet	906-337-0763	www.phoenixhouse.com	
Phoenix House - Hancock	906-482-1234		
Phoenix House - Ontonagon	906-884-2093		
Western U.P. Substance Abuse Services	906-482-7710		
Great Lakes Recovery Centers			
Main Office	906-228-9696 855-906-4572	www.greatlakesrecovery.org	Marquette
Adult Residential Services	906-228-7611		Marquette
Marquette Outpatient	906-228-6545		
Ishpeming Outpatient	906-485-2347		
Iron Mountain Outpatient	906-774-2561		
Iron River Outpatient	906-214-4777		
Ironwood Outpatient Services	906-364-7506		
Sault Ste. Marie Outpatient	906-632-9809		
Adolescent Services Center	906-228-4692		Negaunee
Hancock Outpatient Services	906-482-7710		
Newberry Outpatient	906-293-1622		
St. Ignace Outpatient	906-643-0944		
Manistique Outpatient	906-341-2244		
Escanaba Outpatient Services	906-789-3528		
National Hotlines			
Alcohol and Drug Abuse Helpline and Treatment	800-234-0420		
American Legacy Foundation	800-668-8278		Smoking quitline for expectant mothers and cessation information for women
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	www.sobernation.com	

Treatment 4 Addiction - Online Recovery Resource Directory	888-480-1703 866-206-8656	www.treatment4addiction.com	
Substance Abuse Groups			
Al-Anon/Alateen Family Groups - Wisconsin & the U.P.		www.area61afg.org	
Alcoholics Anonymous - Northern Wisconsin & U.P.		www.area74.org	
Narcotics Anonymous	866-506-6557	www.upnasite.org	
Nicotine Anonymous	877-879-6422	www.nicotine-anonymous.org	
SMART Recovery		www.smartrecovery.org	SMART = Self-Management and Recovery Training
Camps for Children (U.P. and National)			
Camp STAR - Bay Cliff (U.P.)	906-345-9314	www.starcbcs.org	Children's bereavement
Camp Upeninsulin - Manistique, MI		www.diabetesinmichigan.org	Summer youth camp for kids in the U.P. with Type 1 Diabetes
Camp Sunshine - Maine		www.campsunshine.org	A retreat for children with life-threatening illnesses and their families
Child Care Resources and Centers			
Barkell Elementary - Rainbow Kids Child Care	906-487-9030 x6306	www.hancock.k12.mi.us/elementary-preschool.php	
Chassell Panther Cub Preschool	906-483-2132 x238	mrsrantamaki@gmail.com	Located within Chassell Township School. Accepts children 30 months and up.
Great Start to Quality U.P. Regional Resource Center	906-228-3362 877-614-7328	www.greatstarttoquality.org	
KBIC Early Head Start	906-524-6626	www.kbic-nsn.gov	
KBIC Pre-Primary Education Program	906-353-5437		
Keweenaw Bay Ojibwa Community College Childcare Services	906-524-4847		
Keweenaw Family Resource Center	906-482-9363	www.kfrckids.org	
Little Huskies Child Development Center - MTU	906-487-3528	www.mtu.edu/little-huskies	
Michigan Tech Preschool	906-487-2720	www.michigantechpreschool.org	
My School Children's House	906-482-7146		
Sts. Peter and Paul Lutheran Church - Parents' Day Out Program	906-482-4750	www.copperluth.org/service-groups	Wednesdays from 10:00 a.m. - 2:00 p.m.
BHK Child Development			
BHK Child Development Board	906-482-3663	www.bhkfirst.org	
BHK June Forest Child Development Center - Baraga	906-353-7154		
BHK Child Development Center - L'Anse	906-525-7300		
BHK Little Gippers Child Development Center - Calumet	906-337-3144		
BHK Little Red School House - Houghton	906-482-6062		
BHK Ryan Center - Hancock	906-487-6653		
Community Assistance/Programs			
American Red Cross	906-228-3659	www.redcross.org	Marquette location
BHK Community Action Agency	906-482-5528	www.bhkcaa.org	926 Dodge Street, Houghton
Copper Country Habitat for Humanity ReStore	906-337-0200		
Goodwill Industries - Houghton	906-482-3680	www.goodwillnorth.org/locations/stores/houghton-store/	
GreenPath Financial Wellness	800-550-1961		Debt and consumer credit counseling

KBIC Social Services	906-353-4201	www.ojibwa.com/content/social-services	
Love, Inc. (Love in the Name of Christ)	906-523-5407	www.loveinc.org	
Lutheran Social Services	906-226-7410 800-677-7410	www.lsswis.org	
National Runaway Safeline	800-786-2929	www.1800runaway.org	
New Beginnings Angel Mission	906-934-3602 906-370-9240	www.facebook.com/New-Beginnings-Angel-Mission-183528171729073/	
Parent HELP Line	800-942-4357	For child abuse and neglect	
RAP Line - Runaway Assistance Program	800-292-4517	www.co.marquette.mi.us/departments/health_department/community	
St. Vincent de Paul - Hancock	906-482-7705		
St. Vincent de Paul - L'Anse	906-524-7001		
The Salvation Army - Hancock	906-482-3420	www.salvationarmywi.org/wum/hancock	
TrueNorth emPower Program - Heating & Energy Assistance	231-355-5890	www.truenorthservices.org/Assistance/Heat-and-Energy	
Catholic Social Services			
Escanaba	906-786-7212	www.cssup.org	
Iron Mountain	906-774-3323		
Marquette	906-227-9119		
Michigan State University Extension			
Baraga County	906-524-9310	www.msue.anr.msu.edu/county/info/baraga	
Houghton County	906-482-5830	www.msue.anr.msu.edu/county/info/houghton	
Michigan Works!			
Baraga County	906-523-1072	www.upmichiganworks.org	
Houghton County	906-482-6916		
Ontonagon County	906-813-0627		
Community Access/Libraries			
Calumet Public School Library	906-337-0311		
L'Anse Area School Public Library	906-524-6213		
Portage Lake District Library	906-482-4570		
J. Robert Van Pelt and John and Ruanne Opie Library - MTU	906-487-2508		
Ojibwa Community Library	906-353-8163		
Department of Health & Human Services			
Baraga County	906-353-4700	www.michigan.gov/mdhhs	
Houghton County	906-482-0500		
Keweenaw County	906-337-3302		
Ontonagon County	906-884-4951		
Disability Services			
Bureau of Services for Blind Persons	800-323-2535	www.michigan.gov/lara/	
Lakestate Industries (Marquette)	906-273-2131	www.lakestateindustries.org	Monday - Friday 8:00 a.m. - 4:30 p.m.
Leader Dogs for the Blind	248-651-9011 888-777-5332	www.leaderdog.org	
Michigan Rehabilitation Services	906-482-6045	Baraga, Houghton, Keweenaw, and Ontonagon Counties	
Social Security Administration	800-772-1213	www.ssa.gov	
Superior Alliance for Independent Living (Marquette)	906-228-5744 800-379-7245	www.upsail.com	
Vocational Strategies Inc.	906-482-6142		
Domestic Violence			
Adult & Children's Protective Services	855-444-3911	24 hour hotline to report abuse & neglect	

Baraga County Shelter Home	Office Line: 906-524-5017 Crisis Line: 906-524-7078	www.bcshelter.org	Crisis line is 24/7
Dial Help - 24 Hour Crisis Line	906-482-4357 800-562-7622	www.dialhelp.org	Text: 906-35-NEEDS (63337)
Dial Help - Victim Service Line	866-661-5588		
KBIC Social Services	906-353-4201	www.ojibwa.com/content/social-services	
National Domestic Violence Hotline	800-799-7232	www.thehotline.org	
Barbara Kettle Gundlach (BKG) Shelter			
Barbara Kettle Gundlach (BKG) Shelter	906-337-5623	www.bkgshelterhome.org	
BKG Ontonagon Outreach	906-884-4004		
BKG: Toll-free in the U.P.	888-337-5623		
Early Childhood Services			
American Academy of Pediatrics		www.aap.org	
BHK Child Development Board	906-482-3663 800-236-5657	www.bhkfirst.org	
Big Brothers/Big Sisters	906-487-9855	www.upkids.com/bbbs	
Boy Scouts - Hiawathaland District	906-228-5169		Number is for District Training Chair, Chuck Suckow
Copper Country Adoption Resource Group	Cindy: 906-281-1808		
Copper Country Intermediate School District Parent Advisory Committee	906-482-4250 ext. 181		Also try Alissa Meddings at 562-604-4709
Copper Country Early On	906-482-4250 ext. 106 Toll Free: 800-562-7618	www.copperisd.org/early-childhood/early-on/	
Copper Country Home Educators		www.facebook.com/Copper-Country-Home-Educators-	
Families First of Michigan	517-335-3704		
Girl Scouts of the Northwestern Great Lakes - GSNWGL	888-747-6945	www.gsnwgl.org	Email info@gsnwgl.org
KBIC Early Head Start	906-524-6626	www.kbic-nsn.gov	
KBIC Pre-Primary Education Program	906-353-5437		
Keweenaw Family Resource Center	906-482-9363	www.kfrckids.org	
MIHP - Maternal & Infant Health Program	906-482-7382	www.wupdhd.org	
Child and Family Services of the U.P.			
Main Office - Marquette	906-228-4050	www.cfsup.org	
Mary Miller-Strobel	906-482-4488		Western U.P. Services Supervisor
Matt Latterman	906-523-5601		Resource Specialist - Houghton
Copper Country Mental Health			
Baraga County Center	906-524-5885	www.cccmh.org After hours: 888-526-5059	15644 Skanee Road, L'Anse
Rice Memorial Center	906-482-9400		901 W. Memorial Dr, Houghton
Ontonagon County Center	906-884-4804		515 Quartz Street, Ontonagon
Rice Memorial Ctr. - CLK Branch	906-337-5810		56938 Calumet Ave, Calumet
KBOCC's Migiziinsag (Little Eagles) Preschool Program			
Wabanung (East) Campus - L'Anse	906-524-8400	www.kbocc.edu/gsrp-little-eagles/	Admissions: 906-524-8304 Financial Aid: 906-524-8301 Student Services: 906-524-8118
Niiwin Akeaa (Four Directions) Center - Baraga	906-353-4640		
U.P. Kids			
Main Office	906-482-0520		Mark Lambert, Exec. Director
Adoption	906-487-9832		
Big Brothers/Big Sisters	906-487-9855		

Foster Care	906-487-9832	www.upkids.com	
Family Services	906-482-0520		
Parenting for Success	906-482-0520		
Wheels Program - Donations	906-482-6650		
Supportive Independent Living	906-487-9832		
Residential Services	906-483-0656		
Emergency Housing/Shelters			
Arbor Green	906-482-8867		Low income and senior housing
Baraga County Shelter Home	Office Line: 906-524-5017 Crisis Line: 906-524-7078	www.bcselter.org	Crisis line is 24/7
Baraga Housing Commission	906-353-6432		
Barbara Kettle Gundlach (BKG) Shelter	906-337-5623	www.bkgshelterhome.org	
BKG Ontonagon Outreach	906-884-4004		
BKG: Toll-free in the U.P.	888-337-5623		
Calumet Housing Commission	906-337-0005		
Dickinson Housing Assistance	906-774-4325		Housing Choice Voucher (HCV) Housing Agencies
Golden Horizon Apartments - Lutheran Social Services	906-337-1401	www.lsswis.org/Locations/Golden-Horizons.htm	Independent living for age 62+ and/or disabled
Hancock Housing Commission	906-482-3252		
Houghton Housing Commission	906-482-0334		
Laurium Housing Commission	906-337-2306		
MSHDA Central Office (Lansing)	517-373-8370	www.michigan.gov/mshda	
Ojibwa Housing Authority	906-353-7117		
Pineview Community Apartments	906-482-3486		
American Red Cross	906-228-3659	www.redcross.org	
Superior Alliance for Independent Living	906-228-5744 Toll Free: 800-379-7245	www.upsail.com	
U.P. Kids - Residential Services	906-483-0656	www.upkids.com	
Western Upper Peninsula Planning & Development Region	906-482-7205	www.wuppdr.org	
Child and Family Services of the U.P.			
Main Office - Marquette	906-228-4050	www.cfsup.org	
Mary Miller-Strobel	906-482-4488		Western U.P. Services Supervisor
Matt Latterman	906-523-5601		Resource Specialist - Houghton
Food Pantries			
31 Backpacks - Houghton	906-231-1472	www.31backpacks.com	
Baraga Senior Meals - Baraga County	906-524-5450		110 S. 6th Street, L'Anse
Bethel United Pentecostal - L'Anse	906-524-5425		
Bruce Crossing Apostolic Lutheran Church	906-827-3241		
Gloria Dei Lutheran Church - Hancock	906-482-2381	www.gdlch.org	2nd & 4th Thursday of each month from 1 - 2 p.m.
Holy Cross Lutheran Church - Baraga	906-353-6541	www.holycrossbaraga.org	3rd Wednesday of each month from 4 - 6 p.m.
Houghton Baptist Church	906-483-0821	www.houghtonbaptist.org	
Laurium Apostolic Lutheran Church	906-337-1021	pasty.com/~lalc/	
Lighthouse United Pentecostal Church - Hancock	906-482-2287	www.facebook.com/Lighthouse-United-Pentecostal-Church-113591578674752/	
Little Brothers Friends of the Elderly - Hancock	906-482-6944		Also: Medical loan closet, firewood, medical transport

Love Inc. - Hancock	906-523-5407		
MSU Exten. 4-H - Hancock	906-482-5830		
New Beginnings Angel Mission	906-934-3602 906-370-9240	www.facebook.com/New-Beginnings-Angel-Mission-183528171729073/	
New Day Treatment Center - L'Anse	906-524-4411		
Northwoods Community Church - Ontonagon	906-390-0453		
Ontonagon Assembly of God - Ontonagon	906-884-4622		Small pantry
Ontonagon Baptist Church - Ontonagon	906-884-2453		
Phoenix House - Houghton	906-337-0763		
Copper Country Senior Meals	906-483-1155	www.coppercountryseniormeals.org	
Salvation Army - Hancock	906-482-3420		
St. Paul's Lutheran Church - Mass City	906-883-3602		
Western UP Health Department - Hancock	906-482-7382		
White Pine Community United Methodist Church - White Pine	906-885-5419		
St. Vincent de Paul			
St. Vincent de Paul - Chassell	906-523-4904		
St. Vincent de Paul - Hancock Food Pantry	906-523-5504		Food Pantry Hours: Wednesdays, 1:00-4:00 p.m.
St. Vincent de Paul - L'Anse Food Pantry	906-524-7001		Food Pantry Hours: Mon., Wed., Fri. from 1:00-3:00 p.m.
St. Vincent de Paul - Ontonagon	906-884-4978		Food Pantry Hours: Monday - Friday, 11:00 a.m.-2:00 p.m.
Health, Dental, and Nutrition			
Beacon House (Marquette)	906-225-7100	www.upbeaconhouse.org	
KBIC Donald LaPoint Health & Education Center	906-353-8787	www.kbichealth.org	
KBIC Main building	906-353-8666		Community Health
KBIC Commodity Food Program	906-524-7340		
Nutrition: Salvation Army	906-483-3420		
Western UP Health Dept. (WUPHD)			
Houghton-Keweenaw	906-482-7382	Visit www.wuphd.org for full list of services offered. Includes Breast and Cervical Cancer Control Program, Children's Special Health Care	540 Depot Street, Hancock
Baraga County	906-524-6142		303 Baraga Avenue, L'Anse
Ontonagon County	906-884-4485		408 Copper Street, Ontonagon
Gogebic County	906-667-0200		210 N. Moore Street, Bessemer
Community Action Agencies			
Baraga	906-353-6600		
Houghton	906-482-5528		
Ontonagon	906-667-0283		
Healthcare/Medication Assistance Programs			
Contact the Michigan Department of Health & Human Services (MDHHS) to apply for certain assistance programs			
MDHHS - Baraga County	906-353-4700	www.michigan.gov/mdhhs	
MDHHS - Houghton County	906-482-0500		
MDHHS - Keweenaw County	906-337-3302		
MDHHS - Ontonagon Country	906-884-4951		
MDHHS may then refer you to one of the following programs			
Bridges to Access - Medication Assistance	866-728-4368	www.bridgestoaccess.com	
Medicaid/MiChild		www.mibridges.michigan.gov/access/	
Other local and/or national assistance programs			
Centers for Medicare and Medicaid	877-267-2323	www.cms.gov	

Keweenaw Random Acts of Community Kindness (R.A.C.K.)	906-369-1103		keweenawrack@gmail.com
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		
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.wupdhd.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	
Legal Services			
Adult & Children's Protective Services	855-444-3911		24 hour hotline to report abuse & neglect
Friend of the Court	906-482-2102	www.houghtoncounty.net/directory-friend-of-court.php	401 E. Houghton Ave, Houghton
Legal Services of Northern Michigan	906-482-3908 888-482-2343	www.lsnm.org	706 Sharon Ave, Houghton
Mothers Against Drunk Driving (MADD)	877-275-6233	www.madd.org	
Michigan Coalition to End Domestic and Sexual Violence	517-347-7000	www.mcedsv.org	
Michigan Victim Information & Notification Network	800-770-7657	www.vinelink.com	
Michigan Dept. of Corrections Crime Victim Notification Unit	877-886-5401	www.michigan.gov/corrections	
Elder Law of Michigan	866-400-9164 800-347-5297	www.elderlawofmi.org/legal-hotline	
Parent HELP Line	800-942-4357		For child abuse and neglect
Parents of Murdered Children (POMC)	888-818-7662	www.pomc.org	
National Runaway Safeline	800-786-2929	www.1800runaway.org/	
KBIC Tribal Court	906-353-8124	www.ojibwa.com/content/court	
Mental Health Services/Counseling			
Aspirus Keweenaw Hospital - Behavioral Health Services	906-337-6500	www.aspirus.org/main/behavioralhealth	
Baraga County Memorial Hospital	906-524-3300	www.bcmh.org	
Copper Island Behavioral Health	906-482-9440	www.cibhs.com	Thomas Collins, LMSW, CAADC
Dial Help - Community Support and Outreach Center	906-482-4357 800-562-7622	www.dialhelp.org	Text: (906) 35-NEEDS (63337)
Ele's Place		www.elesplace.org	
Indigo Creek Counseling Center	906-281-4852		Kim Menzel, LMSW
Kathryn Salmi - Christian Counseling	906-482-2231		
Kids Connected	800-899-2866	www.kidsconnected.org	Support for kids and teens who have/lost a parent with cancer
Larry Pollack, PHD	906-482-8332		1273 Hickory Lane, Houghton
Mark Campbell-Olszewski, MA, LLP	906-482-9400		901 Memorial Road, Houghton
Finlandia University - Director of Residence Life, Leann Forgle	906-487-7276		
MTU Counseling Services	906-487-2538	www.mtu.edu/counseling	
MTU Counseling Services - Crystal McLeod, MA, LLP	906-370-4701	www.mtu.edu/counseling/about-us/meet-staff/	

North Coast Counseling Services	906-523-5580 888 227-9884	northcoastcounselingservices.com	300 Dunstan Street, Hancock
Portage Psychological Services	906-281-3459		
Psychology Associates	906-337-6839		56730 Calumet Ave, Calumet
Sharon Levine, MSW	906-482-9404		901 Memorial Road, Houghton
UP Health System - Portage	906-483-1000	www.portagehealth.org	
Copper Country Community Mental Health			
Baraga County Center	906-524-5885	www.cccmh.org After hours: 888-526-5059	15644 Skanee Road, L'Anse
Rice Memorial Center	906-482-9400		901 W. Memorial Dr, Houghton
Ontonagon County Center	906-884-4804		515 Quartz Street, Ontonagon
Rice Memorial Ctr. - CLK Branch	906-337-5810		56938 Calumet Ave, Calumet
The Institute	906-482-4880		900 W. Sharon Ave, Houghton
NorthCare Network			
Gogebic County Community Mental Health	906-229-6100	www.northcare-up.org	103 West US Hwy 2, Wakefield
Northpointe Behavioral Health Systems - Dickinson County			
Northpointe Kingsford Office	906-774-0522	www.nbhs.org 24 Hour Crisis Line: 800-750-0522	715 Pyle Drive, Kingsford
Phoenix Center	906-779-0624		701 Pyle Drive, Kingsford
Belgium Pointe Group Home	906-563-5383		230 Belgiumtown Rd, Norway
The Pines Group Home	906-779-2143		165 N. Pyle Drive, Kingsford
Lighthouse Group Home	906-774-7663		1336 Riverview Dr, Kingsford
Hughitt Street Apartments	906-776-0980		500 W. Hughitt Street, Iron Mountain
Northpointe Behavioral Health Systems - Iron County			
Northpointe Iron River Office	906-265-5126	www.nbhs.org 24 Hour Crisis Line: 800-750-0522	703 Second Ave, Iron River
Gathering Pointe	906-265-3517		220 2nd Ave, Iron River
Boyington Place Group Home	906-265-9113		115 W. Boyington, Iron River
Crossroads Apartments	906-265-4708		123 W. Boyington, Iron River
Northpointe Behavioral Health Systems - Menominee County			
Northpointe Menominee Office	906-863-7841	www.nbhs.org 24 Hour Crisis Line: 800-750-0522	401 10th Ave, Menominee
Northpointe Powers Office	906-863-7841		N16005 Main Street, Powers
Maple Ridge Group Home	906-753-6656		P.O. Box 605, Stephenson
House of Dreams Clubhouse	906-290-3192		927 1st St, Ste. A, Menominee
Pathways Community Mental Health			
Alger County Office	906-387-3611	www.pathwaysup.org	601 W. Superior, Munising
Delta County Office	906-786-6441		2500 7th Ave. South, Ste. 100, Escanaba
Luce County Office	906-293-3284		P.O. Box 448, Hamilton Lake Road, Newberry
Marquette County Office	906-225-1181		200 W. Spring St, Marquette
Upper Great Lakes Family Health Center - Behavioral Health Services			
UGL Houghton Family Health Center	906-483-1860	www.uglhealth.org	Referrals from UGL provider
UGL Hancock Family Health Center	906-483-1060		
UGL Calumet Family Health Center	906-483-1177		
UGL Lake Linden Family Health Center	906-483-1030		
UGL Ontonagon Family Health Center	906-884-4120		
Pregnancy & Parenting			
Baby Closet - Keweenaw Family Resource Center	906-482-9363	www.kfrckids.org	
Western Upper Peninsula Health Department (WUPHD)	906-482-7382	www.wuphd.org	Maternal support services, WIC, Healthy Kids, etc.
Childbirth Classes at UP Health System - Portage	906-483-1275 800-573-5001	www.portagehealth.org/classes-events/childbirth-classes	Free classes
KARS Program	906-483-1395	www.portagehealth.org/our-services/all-services/kars-program	

KellyMom Parenting and Breastfeeding		www.kellymom.com	
Life Outreach Center	906-482-8681	www.houghtonpregnancy.org	222 Shelden Ave, Houghton
Michigan Alliance for Families	906-483-0442 800-552-4821	www.michiganallianceforfamilies.org	
Breastfeeding Support			
BHK Child Development - Prenatal Services	906-482-3663	www.bhkfirst.org/services-prenatal	Katie Waara, Nutrition & Lactation Coordinator: 906-524-7300
La Leche League of Michigan	906-483-2058	www.lalecheleagueofmichigan.org	
Services for Seniors			
Apria Healthcare	906-228-2230	www.apria.com	
Aspirus At Home	906-337-5700	www.aspirus.org	
Baraga County Community Action Agency	906-353-6600		100 Hemlock Street, Baraga
Baraga County Home Care & Hospice	906-524-4663	www.bcmh.org/homecare	
Baraga County Senior Meals	906-524-5450		
Baragaland Senior Citizens Bus Service	906-524-6922	www.getaroundwup.org/providers/baragaland-senior-citizens/	
Baragaland Senior Citizens Center	906-524-6711		
BHK Community Action Agency	906-482-5528	www.bhkcaa.org	926 Dodge Street, Houghton
Doelle Senior Citizens Center	906-334-2535		17290 Kallungi Road, Chassell
Elder Law of Michigan	866-400-9164 800-347-5297	www.elderlawofmi.org/legal-hotline	
Gogebic-Ontonagon Community Action Agency	906-667-0283	www.gocaa.org	100 S. Mill Street, Bessemer
Greenhill Manor Kitchen Senior Nutrition Program	906-524-5450		110 6th Street, L'Anse
Keweenaw Bay Indian Community Elder/Adult Protective Services	906-353-4201		
Kiwanis Nailbenders	906-482-9673	Warren Winegarten	Handicap ramps
Lifeline Medical Alert Service	800-380-3111 855-681-5351	www.uat.lifeline.philips.com/lifeline-support	
Little Brothers Friends of the Elderly	906-482-6944	www.houghton.littlebrothers.org	
Omega House	906-482-4438	www.omega-house.org	2211 Maureen Lane, Houghton
Ontonagon Housing Commission	906-884-2258		Ages 18+
Our Lady of Mercy Health and Rehab	906-296-3301		52225 B Avenue, Hubbell
UP Health System - Portage Ear, Nose, & Throat Department	906-483-1000	www.portagehealth.org/our-services/all-services/ear-nose-throat	
UP Health System - Portage Hospice	906-483-1160	www.portagehealth.org/our-services/all-services/hospice	
UP Health System - PortagePionte	906-483-1300	www.portagehealth.org/our-services/portagepointe	
Western Upper Peninsula Health Department (WUPHD) RSVP (Retired & Senior Volunteer Program)	906-482-7382	www.wuphd.org/retired-and-senior-volunteer-program-rsvp/	
Portage Health Resources Home Delivered Meals	906-483-1155		
Social Security Administration	800-772-1213	www.ssa.gov	
UPCAP	906-228-6169 800-305-8137	www.upcap.org	
Michigan Department of Health & Human Services (MDHHS)			
Baraga County	906-353-4700	www.michigan.gov/mdhhs	
Houghton County	906-482-0500		
Keweenaw County	906-337-3302		
Ontonagon Country	906-884-4951		
Senior Housing			
Douglass House	906-482-2003		
Gardenview Assisted Living	906-934-6111		

Houghton County Medical Care Facility	906-482-5050	www.houghtonmcf.com	
The Bluffs Senior Community	906-483-4400	www.thebluffs.org	
Support Groups/Self-Management Programs/National Associations			
Alzheimer's Association	800-272-3900	www.alz.org	
Alzheimer's Association - Greater Michigan Chapter, Upper Peninsula Region	906-228-3910 800-272-3900	www.alz.org/gmc	
Alzheimer's Association Support Group - Dial-In, All Cities	248-865-1000: 1st Tuesday, Noon - 1 p.m.		www.alz.org
	800-272-3900: 4th Wednesday, 6-7 p.m. number to register prior to calling-in	Call	For more information email alzdialin@seniorhelpers.com
American Cancer Society - 24 Hours	800-227-2345	www.cancer.org	
American Cancer Society - "Look Good, Feel Better" Group	800-227-2345	www.cancer.org/treatment/support-programs-and-services/look-good-feel-better.html	
Aspirus Keweenaw Parkinson's Support Group	906-932-5330	x6050	
Autism Spectrum Support Group - Marquette	906-226-2971		
Baragaland Senior Citizens Caregiver/Care Receiver Support Group	906-524-6711		6 North Main Street, L'Anse Meets every other Wed. 4-5 pm
Brain Injury Association of Michigan	906-439-5148	www.biami.org	Brain injury support group
Community Coalition on Grief and Bereavement	906-482-8048 906-482-4357	www.grief-ccgb.org	
Copper Country Intermediate School District Parent Advisory Committee	906-482-4250 ext. 181	Also try Alissa Meddings at 562-604-4709	
"I Will Survive" HIV/STD Support Group through the Marquette County Health Department	906-475-7651	www.michigan.gov/mdhhs/0,5885,7-339-71550_2955_2982---,00.html	
K-SNAG Keweenaw Spay Neuter Assistance Group	906-296-9144		
Michigan Alliance for Families - Special Needs	800-552-4821	michiganallianceforfamilies.org	For families who have children (birth - 26 years) who receive special education services
Michigan Problem Gambling Help-Line	800-270-7117		
National Alliance on Mental Illness (NAMI) Support Group - Marquette	906-360-7107 800-950-6264	www.namiam.org	Meetings held at 129 W. Baraga Ave, Marquette
National Eating Disorders Association Hotline	800-931-2237	www.nationaleatingdisorders.org/helpline-support/contact-helpline	Crisis Situations: Text "NEDA" to 741741
Overeaters Anonymous	906-361-4947	www.upperpeninsulaoa.com	
Parkinson's Support Group - Houghton County	Sarah Baratono 906-337-5700	Meetings held the 2nd Monday of every month at 1:00 p.m.	Aspirus Keweenaw Home Nursing, 311 6th St, Calumet
Personal Action Towards Health (PATH)	517-335-1236 906-786-4701 ext. 3019	www.michigan.gov/mdhhs/0,5885,7-339-71550_2955_21222_53526-259210--,00.html	6 week program for chronic disease management
TOPS Club, Inc. (Take Off Pounds Sensibly)	414-482-1563 800-932-8677	www.tops.org	
UP Health System - Marquette Education Services	906-225-3470		
UP Health System - Portage Support Groups	906-483-1160	www.portagehealth.org/classes-events/support-groups	
Upper Peninsula Rainbow Pride		www.uprainbowpride.com	uprainbowpride@gmail.com
UP Pet Loss Support Group	906-249-5667	www.bayshorevethospital.com	uppetloss@gmail.com
UPCAP	906-228-6169	www.upcap.org	
Transportation Services			

B&B Wheelchair Transportation	906-482-6147 906-281-7202		Non-emergency medical transportation
Baragaland Senior Citizens Bus Service	906-524-6922	www.getaroundwup.org/providers/baragaland-senior-citizens/	
Checker Transport	906-226-7772	www.checkertransport.com	
Copper Country Limo	906-370-4761	www.coppercountrylimo.com	
Don't Do It Yourself (DDIY)	906-370-4922	www.ddiyup.org	
Houghton/Keweenaw Department of Veterans Affairs	906-482-0102		
Hancock Public Transit	906-482-3450	www.cityof Hancock.com/info-transit.php	
Houghton Public Transit	906-482-6092	www.cityofhoughton.com/info-transit.php	
Indian Trails Bus Service	800-292-3831	www.indiantrails.com	
Little Brothers Friends of the Elderly - Hancock	906-482-6944		Also: Medical loan closet, firewood, medical transport
Love Inc. - Hancock	906-523-5407		
Paula's Taxi - Baraga	906-395-1108		
Secretary of State Office	888-767-6424		
SS Taxi Service	906-369-4041		
UPHP Transportation Department	906-225-7500 800-835-2556		
Community Action Agencies			
Baraga	906-353-6600		
Houghton	906-482-5528		
Ontonagon	906-667-0283		