

Lapeer County
Community Resources

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Updated January 2020

Visit our website for the most recent update of Resources

www.lapeercmh.org

For any changes, additions or misprints contact

cadelsburg@lapeercmh.org or 810-667-0500

Counseling Services

Catholic Charities of Southeast Michigan

Master level Social Worker, Psychiatrist Services
offered off site adults only in Clinton Township
All Medicaid plans and most private plans, sliding fee scale offered
700 S Main St. Sw. 211, Lapeer * (810) 664-4646
www.ccsem.org

Delta Family Clinic South

Full scale services including eating disorders and
a nurse practitioner for prescribing
Most Medicaid plans and most private plans, no sliding fee scale
1309 S. Linden Rd. Suite C Flint (810) 630-1152
www.deltafamilyclinicsouth.com

Intimate Wellness

Counseling services for adults 18 and older;
sexual health concerns, complicated grief, trauma/Ptsd
Some Medicaid and private plans accepted
350 N. Court St, Ste. 208 Lapeer
810-272-9036 www.iwcmich.com
Chelsey.iwc@gmail.com

Lapeer Christian Counseling-Sue Lovelette

Several therapist who specialize in various types of counseling/therapy
Nurse practitioner for stabilizing medications short term only
All Medicaid plans and most private plans accepted, sliding fee scale offered
Payment expected at appointment
4070 Huron St. North Branch, (810)270-2323
www.actschristiancounseling.com

The Lapeer County Health Department

Outpatient treatment for people with substance abuse and addiction problems and their families' (810)-667-0243

Special Children's Services-For children with special health needs and their families (810)667-0448

Most Insurance plans accepted, sliding fee scale

1800 Imlay City Rd. Lapeer

www.lapeercountyweb.org click on Health Department

Lapeer Counseling Center: Dr. Kachman

Full scale service

Meridian, McLaren, Medicaid accepted, sliding scale

700 S Main St. Sw. 210, Lapeer (810) 356-3293

www.lapeercounselingcenter.com

Lapeer County Community Mental Health

Counseling for individuals, families, children and groups

Alcohol and other drug use treatment with mental illness

Call Region 10 ACCESS at 1-888-225-4447 for access

to public mental health treatment or call us at 810-667-0500

or walk-in during business hours to see if you qualify for services

Call us 24 hours a day, 7 days a week if in crisis

1570 Suncrest Dr. Lapeer, Michigan

Maple Grove Campus

2020 Imlay City Rd Lapeer

Children and Family Services

call the above access number for services

Imlay City CMH

Counseling Services available

Medicaid Plans only accepted call 810-721-7550

located at 6800 Newark Rd. Imlay City

**CMH also offers services without being
accepted to the public mental health system:**

Veterans Navigator Services

If you're a Veteran and need help with housing,
mental health care, resources or navigating
through the system 810-667-0500

Mental Health First Aid Classes

Free to the public offered monthly,
Learn about mental health disorders and how to help
someone who is in crisis, contact us at
mentalhealthfirstaid@lapeercmh.org or
sign up at Lapeercmh.org Or call 810-245-6850

Journey Therapy Center –Autism Treatment Center

Applied Behavior Analysis or ABA Therapy
Early Intensive Behavior Intervention, Youth ABA Therapy, Comprehensive Behavior
Intervention, Social Skills Classes Caregiver/Parent Training most insurances accepted
including Medicare and sliding fee scale
www.journeytherapycenter.com 1100 W. Newark Rd. 810-358-0373

List Psychological Services

Several Therapist who specialize in various types of
counseling/therapy and offers a nurse practitioner for
stabilizing medications short term only
Some Medicaid plans accepted and most private plans
no sliding fee scale
624 W. Nepessing St. SW 300, Lapeer (810) 667-4500
www.listpsych.com

MM Wolfe, Psychotherapy, PLLC

Specializing in mood disorders,
weight loss, anxiety, Alzheimer's, etc.
624 West Nepessing Street, Suite 203 Lapeer 810-277-9653

Recovery Pathways

Dr. Janet Heasley (Psychiatrist)
Most Medicaid plans, private pay and VA accepted
Discounted appointments available
380 Mill St., Ortonville (248) 961-3088
www.recoverypathwaysllc.com

Willows Edge Counseling & Healing Arts Center

Treatment for anxiety, anger management, depression,
trauma, crisis intervention, family dynamics, addiction, etc.
244 W. park St. Lapeer www.willowsedge.net 248-834-0614

Support Groups Lapeer County

Abuse

Domestic Violence Support Group

Similarities and connections are discovered when Survivors
come together to share their experiences.
Wednesdays, 5:00pm – 6:00pm
LACADA Outreach * 1127 Clark Rd., Lapeer (810)667-4175

Older Adult Abuse Support Group

Family violence, Emotional Abuse, Financial Exploitation
coping skills, boundary maintenance and group support
the second Tuesday of every month at 10:00am
Human Development Commission on 1559 Imlay City Rd.
contact chantelw@hdc-caro.org 989-672-1790

Sexual Assault Survivor Support Group

First Wednesday of the month from 6:00pm to 7:30pm
921 West Nepessing St. Marguerite de Angeli Library
For more information contact Amanda Overland 810-664-9990

Care Giver /Parents Support

Forever Friends Network

1st and the 3rd Friday of every month 5:30 – 7:30
Maple Grove School, 2020 Imlay City rd.
RSVP required at reginastrr@yahoo.com or
call (810)623-2041 Regina Starr
www.foreverfriendsnetwork.net

Caregiver Support Group

Caregivers who are taking care of those who
have cognitive disorders other than Alzheimer's
Including those suffering from the effects of such
conditions as stroke or dementia.
Fourth Wednesday of every month, 6:00pm-7:30 pm
Marguerite De Angeli Library,
921 W. Nepessing St., Lapeer (810)732-8500

Alzheimer's Association of Greater Michigan

Helpline 1-800-272-3900
Periodically offers a Creating
Confident Caregivers Workshop

Lapeer County KIND/ Kids in New Directions

parent support for kids who are at risk
contact Cheryl Clark 810-245-3978

Parents Helping Parents Support Group

We focus on foster and adoptive parents, but all parents
are encouraged to attend. Free childcare available.
Please call Kim Hall before attending to make
arrangements, Second Thursday of every month, 7:00
Lapeer Community Church in Attica

80 N. Lake Pleasant rd. Attica (Formerly the Attica
Elementary School) (810)664-4743

MOPS – Mothers of Preschoolers

Imlay City MOPS is a group for mothers of preschoolers.
We get together to talk about issues and struggles
that we as mothers face. We wanted to reach
beyond our community to help other moms.
Second and fourth Tuesday of every month
9:30am- 11:30 am (810)724-4315
Imlay City Christian Reformed Church
395 W. Cedar St. Imlay City (childcare provided)

Getting Free, Staying Free

Support group for women only * Thursdays, 12:00 noon
3440 Davison Rd. Lapeer (810)-667-0075

Grief Support

Suicide Survivor Group

This group is for individuals who have lost a loved one to suicide.
This group provides families a safe place to talk about their loss, to grieve
and to begin to heal. First and third Tuesday of every month, 6:00pm-7:30 pm
St. Matthew's Church, Tim Campbell, LPC -810-338-6315,
greatlakestim@gmail.com

Grief Share

For those who have lost a loved one
Senior Center Imlay City in the Lambsteel building on Third Street,
Pre-register by calling Tracy at 810-724-6030 or Ginger at 810-724-5772

Heartland Hospice (Lapeer)

Grief Support through Heartland Hospice
10 A.M. Third Friday
Lapeer Market Place,
700 S. Main ST. Ste. 209 Lapeer
888-427-6818

New Tomorrows Grief Support

Free ongoing grief education and support for anyone who
has experienced the loss of a loved one
Call 810-496-8625 for next schedules series and times

Health Disorders

Lupus Support Group

For Lupus patients, family, friends, and caregivers:
discussing Pain management, coping mechanisms, nutrition,
exercise, sleep patterns, insurance and much more.

Second Tuesday every Month, 7:00pm – 8:30pm
McLaren Lapeer Region * 1375 N. Main St., Lapeer
Conference rooms 4 and 5 * 800-705-6677 – 586-775-8310,
info@milupus.org or lisa@milupus.org

Cancer Support Group

Join to share information, support, and friendship
Every other Monday, 1:00pm
Deerfield Township Hall * 30 Burnside Rd. North Branch
Wilma, 810-793-2706 or Mavis, 810-793-1295

Breast Cancer Support Group

Third Wednesday of every month, 6:00pm – 7:30pm
McLaren Cancer Institute * 1295 Barry Drive, Lapeer
810-667-5578 ask for the Social Work Department

Better Breathers Club

This support group is designed to help people learn
how to better manage and live with lung disease

Third Tuesday of every month * 2:00pm

McLaren Lapeer Region
1375 North Main Street, Lapeer
810-667-5675

Diabetes Support Group

Because We Love You We Speak of Diabetes
Caregivers support group,
Fourth Tuesday at Marlette Regional Hospital
2770 Main St., Marlette, 989-635-4348

Stroke Support Group

The support group meets the second Friday of every month
from 1:00pm to 3:00pm at the Karmanos Cancer Center on

1295 Barry Dr. Suite B Lapeer

Contact Jacque Raymond Stroke Coordinator
at McLaren Lapeer Region 810-667-5539 or
email her at Jacqueline.Raymond@mclaren.org

Mental Health

OCD support group

Second Wednesday of each month, 7:00-9:00

Meditation Self-Healing Center
244 Law St. Lapeer * Mary 810-441-9822

Depression and Bipolar Support Group

First and third Thursdays of the month 6:30pm-8:00 pm
Holy Family Church * 11714 S. Saginaw ST. Grand Blanc
Angela * 810-347-4706

Non Substance Abuse Addictions

Gamblers Anonymous

Meetings are a free 12-step program for men and women
who have a gambling problem.

Tuesdays & Thursdays, 6:30pm -8:00pm
United Methodist Church * 225 W. Court St., Flint

Mondays, 6:30pm-8:00pm
Goodrich United Methodist Church
8071 S. State rd., Goodrich
855-424-4677 * gamblersanonymous.org

Tuesdays, 7:00 pm– 8:30 pm
Marlette Methodist Church
3155 Main St. Marlette
(Please use back entrance at SE corner of church building) 989-225-8284

Sex Addicts Anonymous/ Shame to Serenity

Mondays, 6:30pm
Bristol Road Church of Christ
Room 111, 1st floor, around back use SW door
1315 W Bristol rd. *E of Van Slyke rd.
Sid H, 810-919-1989 or Don C, 810-240-6050

Taking off Pounds Sensibly (Tops)

Goals are healthy eating, mobility, and support for
people who have food addictions * 6:00pm – 7:30 pm
725 DeMille * Linda - 810-664-7579
Hunters Creek Mobile Home Park Club House

Wednesday – 8:30am-10:45am
River Ridge Club MHC clubhouse
25 Pine Ridge DR., Lapeer * Linda 810-245-3955

Substance Abuse/Addiction

Families Anonymous –Lapeer

Family support for anyone suffering
the effects of drug abuse and addiction
Every Thursday – 7:00pm – 8:30pm
St. Matthews Church, 220 Nepessing St. Lapeer
Peggy Patten (810)441-8027 / peggpatten@aol.com

Families Against Narcotics

Support for families affected by addiction and those in recovery
Second Thursday of every month, 7:00pm -9:00pm
St. Matthew Anglican Church
220 W. Nepessing St., Lapeer (810)728-2033
All are welcome to attend.
(Children 10 and older please.)
(810) 728-2033 lapeer@familiesagainstnarcotics.org

Hope Not Handcuffs

A program through FAN who allows anyone struggling with drug addiction
to walk into a police station and ask for help with his or her troubles.
Volunteers known as “angles” are called to help link people with treatment.

Narcotics Anonymous

“Sundown Serenity” is held at 6:00 pm every
Tuesday at 1310 N Main St. in Lapeer
Together We Can is held at 8:00pm every Tuesday at
5677 North Lapeer Country Christian Church

Alcohol Addiction

Alcoholics for Christ

A 12-step support group for alcohol and drug addictions.
Thursdays, 6:00p.m. (810)667-0075
Faith Christian Family Church, 35440 Davison rd. Lapeer

Al-Anon Meetings

For families of persons with an alcohol addiction
7:30 p.m. every Friday * St. John School,
420 Genesee rd. Bldg., Davison (810)234-1460
Tuesdays 7:00-8:00 pm and Fridays 11:00am -12:00 pm
First Presbyterian Church * 433 N. Calhoun ST. Lapeer
Dorothy (810)793-7159 or Barb at (810)796-3287

Substance Abuse & Mental Health Disorder

Double Trouble – The Recovery Network

Members help each other recover from addiction and to
manage their mental health disorders, commonly called
Dual Diagnosis * Every Thursday 1:00-2:00 p.m.
Community Mental Health, 1570 Suncrest Dr. Lapeer
Matt McKinney at (810)667-0500

Veterans

Lapeer County Veterans Affairs Office

Help with applying for VA – benefits, healthcare, disability, pension, aid and attendance, education benefits, emergency funds, etc.
Call 810-667-0256 or stop by at 287 W Nepessing St #

LOV-The Loving Our Vets

Lapeer Veteran Spouse Support Group- Established to give the spouses of active and retired veterans a place to talk about how the armed services have impacted family life, or anything that may be on their mind. The group meets every 2 weeks starting July 3rd at Louie’s Sports Tavern at 3301 Davison Rd. in Lapeer. You may contact the group on Facebook under- Loving Our Vets-Lapeer County Veteran Spouse Help and Support. Meetings are at 6:00p.m.

Hotline Numbers

Aids 24-Hour Hotline.....	800-342-2437
Alcoholics Anonymous Hotline.....	810- 234-0815
En Española.....	800-628-9454
DHS Adult Abuse Hotline.....	800-996-6228
DHS Child Abuse Hotline.....	800-942-4357
DHS Home Heating Hotline (energy assistance hotline..	800-292-5650
DHS Homeless Hotline.....	800-274-3583
DHS Runaway Assistance Hotline.....	800-292-4517
Domestic Violence	800-799-SAFE (7233)
FAN – Families Against Narcotics.....	810-728-2033
GLBT National Help Center	1-888-843-4564
Low Health Insurance Help.....	810-787-5097
LACADA Domestic Abuse	810-667-4175
Lapeer Area Citizens Against Domestic Abuse/LACADA	

Legal Services of Eastern Michigan..... 1-800-322-4512
 Local Mental Health Center.....1-810-667-0500
 The Refuge 24-hour hot line assistance1-810-356-9880
 Self-Injury..... 1800-366-8288
 Suicide Hotline1-800 - 273 - TALK (8255)

Housing

Blue Water Center for Independent Living

Housing Assistant Programs:

Project Home for Homeless and At-Risk Veterans

ESG: Emergency Solutions Grant for Homeless and At-Risk Families

Section 8 Housing Choice Voucher for Homeless or “Doubled-up Families

Lapeer County (810)648-2555 (Call for an appointment)

Project Home

For Veterans who are Homeless or at risk 810-664-9098

The Golden Arrow or Drop in is a place that provides people who have high-risk mental health issues with critical social support, as well as organized and informal recreational and social activities. Individuals and employees at the drop-in assist each other in solving daily living problems, which may include social, recreational, housing, transportation, and vocational assistance. Open Monday through Friday, 8:00am – 4:00pm. 24 S. Court Street, Lapeer. (810)660-8333

The Refuge is a transitional housing program for families and individuals (male and female) that are ready, willing, and able to make changes that will move them toward self-sufficiency. You must pass an alcohol test each evening and submit to it at dawn. To schedule an Intake, contact The Refuge or come to the office during office hours only. Office hours are Tuesday-Thursday 8AM-1:30PM. Sunday hours by appointment only. Call 810-441-9990. No Drop-ins allowed. You must schedule an intake.

St. Matthew's Anglican Church

Free to all- The Community Closet at 220 W. Nepessing st. 2nd Floor
Saturday mornings, 9:00 am to noon

Food Resources

Nutrition Programs

Commodity Supplemental Food Program (CSFP) provides free food and includes things such as canned fruits, vegetables and meats, dried beans, pasta, etc. Senior Citizens (age 60 and older), but must fall within USDA income guidelines. If you are not a senior, you will still get food. For eligibility, please contact PHONE: (810) 664-7133.

Home Delivered Meals-Seniors

This program is administered through the Lapeer County Health Department. You must be 60 and over, home bound, and a resident of Lapeer County. To determine eligibility call (810)245-8566 for an appointment. If you qualify, home cooked food is delivered daily to your home. Senior Centers in Lapeer and Imlay City serve lunch Monday through Friday except holidays at 11:40, the cost is \$3:00 (Please call to reserve your spot)
Lapeer Senior Building: 287 West Nepessing St. Ste 3 (810)245- 6896
Imlay City Senior Center: 395 E. Third St. (810)724-6030

Supplemental Nutrition Assistance Program (SNAP) Formerly called: Food Stamps, EBT (Electronic Benefits Transfer), or Bridge Card

To get SNAP benefits, households must meet resource and income requirements. Households may have \$2,250 in countable resources, such as a bank account, or \$3,250 in countable resources if at least one person is age 60 or older, or is disabled. However, certain resources are NOT counted, such as a home and lot, the resources of people who receive Supplemental Security Income (SSI), the resources of people who receive Temporary Assistance for Needy Families (TANF, formerly AFDC), and most retirement (pension) plans. The procedures for handling vehicles are determined at the state level. Michigan excludes the value of all vehicles.

For more information: [Www.fns.usda.gov/snap/eligibility](http://www.fns.usda.gov/snap/eligibility)

Income Requirements

Households have to meet income tests unless all members are receiving TANF, SSI, or in some places general assistance. Most households must meet both the gross and net income tests, but a household with an elderly person or a person who is receiving certain types of disability payments only has to meet the net income test. Households, except those noted, that have income over the amounts listed below cannot get SNAP benefits. (September 30, 2016) Household Size & Gross monthly income (130 percent of poverty) Net monthly income (100 percent of poverty).

Household size	Gross Monthly Income	Net monthly Income
1	\$1,276	\$ 981
2	1,726	1,328
3	2,177	1,675

Each additional member add 440. For more information, go to:

<http://www.fns.usda.gov/snap/eligibility#Income>

There are other factors, which determine eligibility; the above is just the income and resource requirement. Sudden change in income could be a qualifying factor. To find out if you qualify, apply online or in person at:

Michigan Department of Health and Human Services
1505 Suncrest Dr. Lapeer Michigan 48446

http://www.michigan.gov/dhs/0,1607,7-124-5453_5527---,00.html

Accepted at: Grocery Stores, Big Lots, Walgreens

Lapeer Free Methodist Church

1621 Saginaw rd. (Between Oregon and Davis Lake rd.)
Free food boxes, clothes etc. with no income requirement
Saturdays between 1:00 -2:30

The Food for Families Program (Soup Kitchens)

The soup kitchens are open five days a week, rotating each day at a different church. The soup kitchen provides a hot meal for anyone in need. The soup kitchens are open to anyone and everyone with no questions asked. According to the churches, hundreds of

local residents attend the soup kitchen meals every week simply looking for a hot meal. Most nights, the churches are able to hand out sack lunches for people to take with them so that they can have a healthy meal for tomorrow.

Food Pantries Call for Eligibility

ALMONT	LAPEER
Manna Ministries	Grace Episcopal Church
3835 Van Dyke Rd	735 W. Nepeessing Street
Almont, MI	Lapeer, MI
810-673-3040	810-664-2841
Thursdays 2 - 4 pm	Tues 1-4 pm
ATTICA	Immaculate Conception Church
Attica Food Pantry	841 W. Nepeessing St.
27 Elk Lake Rd.	Lapeer, MI
Attica, MI - 810	810-664-8594
810-724-0690	Wed. 1-4 pm
2nd & 4th Monday each month 2-4 p.m.	Lapeer Interfaith Community Assoc.
DRYDEN	90 Millville Road
Linked Hearts	Lapeer, MI
5595 Main Street	Fri 2 - 5 pm
Dryden, MI	810-664-6653
810-796-3407	NORTH BRANCH
Mon 11-4 pm/Wed 10-3 pm	Community House of Hope
IMLAY CITY	5677 N. Lapeer Road
Hispanic Service Center	North Branch, MI
113 Almont Avenue	810-441-0322
Imlay City, MI 48444	Call ahead to make appointment
810-724-3665j please call first	Blessings in the Country
M-F 1 to 5 pm	Country Christian Church
St. Paul's Lutheran Church	5677 North Lapeer Road
200 Cedar St. North	North Branch MI 48461
Imlay City, MI 48444	Tues, Wed and 2nd Sat of month
810-724-1200	
Mon & Wed 4-5:30 pm	
This Heart Loves (Gateway Church)	

2796 S. Van Dyke Road		
Imlay City, MI 48444		
810-724-3642		
Tues and Wednesday & 2nd Sat of month		

WIC (Women, Infants, and Children)

WIC provides Federal grants to States for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age 5 who are found to be at nutritional risk. Please call at 810-667-0448 or 1-800-26-BIRTH for an appointment. For more information, visit: <http://lchd.lapeer.org/WIC.php>

Michigan WIC Income Guidelines/Effective Date: 05/15/2015

If you run out of formula, you may go to Stone Soup for more.

Contact them at 810-245-0500. You will have to show your WIC card.

Family Size	Hourly	Weekly	Bi-Monthly	Semi-Monthly	Monthly	Annually
1	\$ 10.46	\$ 419	\$ 838	\$ 908	\$ 1,815	\$ 21,775
2	\$ 14.16	\$ 567	\$ 1,134	\$ 1,228	\$ 2,456	\$ 29,471
3	\$ 17.86	\$ 715	\$ 1,430	\$1,549	\$ 3,098	\$ 37,167
4	\$ 21.56	\$ 863	\$ 1,726	\$1,870	\$ 3,739	\$ 44,863
5	\$ 25.26	\$ 1,011	\$ 2,022	\$ 2,190	\$ 4,380	\$ 52,559

The Good Samaritans

Gives away food, clothes and other items. Locations may change

For more information, visit "The Good Samaritans Facebook page" and contact Donna

Low Income Health Clinics

Hamilton Community Health Network

A non-profit organization dedicated to providing comprehensive, quality, community-oriented healthcare for the underserved community. All Medicaid Plans and sliding scale accepted. Located in the east wing of Lapeer County Community Mental Health, 1570 Suncrest Rd. Lapeer Michigan. Call 810-410-2832 for an appointment or walk-in. Outreach Department 810-787-5097

Lapeer County Health Department

Immunizations and Vaccinations

Please call for appointment (810)667-0448, 1800 Imlay City Rd.

Great Lakes Bay Health Centers

Where everyone is welcome regardless of insurance coverage!
6800 Newark Rd. (Medical Suite 200 - Dental Suite 400) Imlay City, MI 48444
Medical Phone: (810) 724-3201 - Dental Phone: (810) 721-7453
Sliding fee scale available to those that qualify based on family size and income.
Appointments preferred. Walk-ins accepted on most days.
Medical Hours: Monday: 11:00 am – 8:00 pm
Wednesday: 9:00 am - 6:00 pm Tuesday & Thursday: 8:00 am – 5:00 pm
Friday 8:30 am – 2:00 pm
Dental Hours: Mon – Thurs: 8:00 am -4:30 pm
Dental Emergency Walk in hours: Mon – Wed 8:00 am-2:00 pm

The Michigan Breast and Cervical Cancer Navigation (Women only)

The Program can help you get screening services whether you have insurance or not. Call 877-221-6505 for information on free screenings. The Hamilton Clinic is a provider for Lapeer County residents and is located inside Community Mental Health East Wing, 1570 Suncrest Dr. Lapeer. Navigational services are available whether it is breast or cervical cancer screening, follow-up care for an abnormal test result, and/or treatment if a breast or cervical cancer is diagnosed. If you are UNINSURED, the navigators can enroll you in the program and arrange for you to receive these services:

- Clinical Breast Exam
- Screening Mammogram
- Pap Test

- Pelvic Exam Diagnostic Services specific to breast and/or cervical cancer

If you have insurance, but you have a high deductible that you must pay before receiving services or your insurance does not completely cover your follow-up care, our navigators can provide help in paying for these follow-up exams:

- Consultation visit with a Breast Surgeon or OB/GYN doctor
- Diagnostic mammogram, extra views, breast ultrasounds, MRI
- Breast biopsy or aspiration
- Colposcopy with cervical biopsy

Michigan Medicare/Medicaid Assistance Program/MMAP

Call 810-245-6850 to set up your appointment at Lapeer County Community Mental Health, 1570 Suncrest dr. every Tuesday from 9:00 -3:00. Receive assistance with applying, comparing drug plans, reviewing supplemental insurance needs, applying for food assistance, care heating, etc.

Contact Your Elected Representative

To exercise your power on major concerns: healthcare, jobs, the environment, Social Security etc., write or call your representative.

Tips

Always state your address (Representatives represent regions, districts, etc.)

Always be polite - You're more likely to get a response if your nice

State your opinion about a topic * Reasons for your opinion

Explain your situation*Ask questions*Ask for help. In some instances, your representative may be able to fix red tape or get involved to advocate

Michigan's 10 Congressional District Representative

Paul Mitchell- 586-997-5010
48701 Van Dyke Ave, Shelby Township, Michigan 48317
www.paulmitchell.house.gov

Michigan's House of Representatives District 82

Gary Howell, 517-373-1800 - GaryHowell@house.mi.gov

Michigan Senators

Debbie Stabenow – 202-224-4822 Flint/Saginaw Bay Office
www.stabenow.senate.gov
432 N. Saginaw St. Suite 301, Flint, MI 48502

Gary C. Peters
2 Russell Courtyard Washington, D.C. 20510
202-224-6221 www.senate.gov/peters

Michigan Governor

Gretchen Whitmer P.O. Box 30013 Lansing Mi. 48909
517-373-3400 Services - 517-335-7858

Lieutenant Governor- Garlin Gilchrist II

PO Box 10058, Lansing, MI 48901
[517-284-9088](tel:517-284-9088) or Facebook

Register to vote at the Secretary of State

301 W Genesee St #105, Lapeer, MI 48446 or go to www.michigan.gov/vote to see if you are registered.