**Adult Day Care**

**UPAAA – UP Area Agency on Aging:** (906) 786-4701, or Dial 2-1-1, <http://upcap.org/program/u-p-area-agency-on-aging-upaaa/> The U.P. Area Agency on Aging helps to advocate for and provide services to older adults residing in the Upper Peninsula so they can lead independent, meaningful and dignified lives in their own homes and communities for as long as possible.
*Chippewa County* (906) 632-3363, <http://www.clmcaa.com>, Avery Senior Center, M – F 9am – 3pm
*Mackinac County* – (906) 643-8595, M, W, F 9am – 3pm

**Tahqua Journey Drop In Center:** (906) 293-9451 Monday through Friday 8am – 4pm. Members shall be open to any person who has experienced a mental illness, past or present, and is 18 years or older.

**Alzheimer’s Care**

**Alzheimer’s Support Group, Chippewa County:** (248) 878-6481 Contact: Sarah LewanUPHS, 510 Ashmun St., Sault Ste. Marie, Second Thursday 10-11am

**Alzheimer’s Association Michigan Chapter:** <https://www.alz.org/gmc/helping_you/support_groups>
*Statewide Virtual or Dial-In*, (906) 932-1500 Ext. 27543 Contact: Alicia C., Third Wednesday 3:30-4:30pm (CNT)
*Statewide Virtual or Dial-In*, (616) 459-7467 Ext. 8495 Contact: Claire Fisher, Last Thursday of the Month, 7-8pm

**National Institute on Aging:** [www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers) Offers information on diagnosis, treatment, patient care, caregiver needs, long-term care, and research and clinical trials related to Alzheimers.

**Behavioral Health**

**Compass North:** (989) 464-7938, offers several alternatives for youth and their families for runaway, homeless, and youth at risk (prevention counseling, suicide prevention work, and community based training options). All services are free and confidential.

**Laura Generou:** (906) 322-9576

**New Beginnings:** (906) 286-4412

**Weber & Devers Psychological Services:** (906) 635-7270

**Bay Mills Mental Health Services:** (906) 248-3204

**MyMichigan Sault Outpatient Psychiatry:** (906) 495-2209

**Great Lakes Christian Counseling Services:** (906) 630-8872

**Hiawatha Behavioral Health:** (906) 632-2805 Monday through Friday 8a-5p

**Sault Tribal Mental Health Services:** (906) 635-6075

**After Hours Crisis Line:** (800) 839-9443

**Dial Help:** (800) 562-7622 24/7 support

**988 Suicide & Crisis Lifeline:** Call 988 or (800) 273-8255 or text 741741

**Family Support Program:** (906) 291-1217

**Newberry Pathways:** (906) 293-3284

**Ellyn F. Plackowski, LPC:** (906) 630-8667

**Patrice Evans, MSW:** (906) 387-6404

**Janet Pratt, PMHNP:** (906) 256-6503 ext 1 located in Manistique, MI

**Ressie Stranaly, PMHNP:** (906) 256-6503 ext 1 located in Manistique, MI

**Lisa Tatrow, LMSW, CAADC:** (906) 256-6503 ext 1 located in Manistique, MI

**NorthCare Network:** (888) 333-8030, Behavioral Health Services: (888) 906-9060, <https://northcarenetwork.org/>, 1230 Wilson St., Marquette, MI 49855, NorthCare provides a comprehensive array of specialty mental health and substance abuse services and supports for adults with serious mental illnesses, children and adolescents with serious emotional disturbances, persons with intellectual/developmental disabilities, and persons with substance abuse disorders. NorthCare manages its responsibilities in a manner that promotes maximum value, efficiency and effectiveness consistent with state and federal statute and applicable waiver standards.

**NAMI (National Alliance on Mental Illness):** (906) 360-7107, [http://www.namimqt.com](http://www.namimqt.com/), PO Box 262, Marquette, MI 49855, Support groups on Zoom are 7pm – 9pm. Dates are on the website.

**Clothing**

**Tahquamenon Area Senior Citizens Center:** (906) 293-8891 123 E Truman Blvd, Newberry, MI

**LOVE Inc. of West Mackinac County:** (906) 477-1050 PO Box 4, Engadine, MI

**Ye Olde Thrift Shoppe:** (906) 635-5461 700 Court St., Sault Ste. Marie, MI

**Dental**

**Bay Mills Dental:** (906) 248-5527, <https://www.baymillshealthcenter.com/dental-clinic> 12124 W. Lakeshore Rd., Brimley, MI 49715 Serves Eastern Upper Peninsula – not limited to tribe members. Full service dental clinic including TMJ treatment and an on-site dental lab. Also will take emergency walk-ins. Medicaid, Medicare, most private insurances, fee-for-service, sliding fee.

**Dental Clinics North:** (877) 321-7070, <https://www.dentalclinicsnorth.org> 810 S Main St #4, Cheboygan, MI 49721 Accepting most insurances including: Medicaid, Delta Healthy Kids, MIChild, and low income and uninsured patients

**Dr. Newby Hilary, DDS:** (906) 293-8382, 7793 M-123, Newberry, MI

**Dr. Eric S. Laroue, DDS:** (906) 293-8291, 501 W. Harrie St., Newberry, MI M-TH 8am – 4:30pm

**West Mackinac Dental Center:** (906) 477-6596, (877) 313-6232, W140434 Melville St., Engadine, MI Offers a full suite of treatments ranging from preventive to restorative dentistry. From kids to adults, we are fully equipped to treat the unique needs of each patient.

**Disabilities**

**SAIL (Superior Alliance for Independent Living):** (906) 228-5744, (800) 379-7245, <http://www.upsail.org> 1200 Wright St. Ste A, Marquette, MI 49855, M-F 8:30am – 4:30pm Our staff provides information, resources, referrals and support services to people with a wide variety of disabilities, both visible and invisible.

**Domestic Abuse**

**Diane Peppler Resource Center:** (906) 635-0566, <https://dprcenter.org/> PO Box 698, Sault Ste Marie, MI 49783, M-S 8am – 11pm, 24-hour crisis hotline, crisis support, emergency medical service, counseling referrals, legal and financial referrals.
*Newberry Office* (906) 293-4853
*St. Ignace Office* (906) 643-0498

**24 Hour Protective Services for Adults/Children:** (906) 293-0103

**Education**

**Community Action Agency – Head Start:** (906) 293-8081, 207 Newberry Ave, Newberry, MI

**Michigan State University Extension – 4-H:** (906) 293-3203, 14126 Co Rd 428, Newberry, MI

**Tahquamenon Area Public Library:** (906) 293-5214

**Tahquamenon Area Schools:** (906) 293-3226

**Falls**

**UPCAP – A Matter of Balance:** (906) 786-4701 <http://upcap.org/matter-balance-managing-concerns-falls/> This program can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.

**Food**

**Feeding America Food Trucks:** (616) 784-3250, M-F 8:30am – 4:30pm

**Luce County Resource and Recreation (LINK):** (906) 293-3729, 103 W. Helen Street Newberry, MI Pantry Monday-Friday 9:00am-5:00pm

**Community Action Agency:** (906) 293-5621, <https://cms.clmcaa.org/>, 207 Newberry Ave., Newberry, MI

**St. Gregory’s Catholic Church:** (906) 293-5511 W. Harrie St, Newberry, MI – 3rd Monday every month from 9:00am-3:00pm

**First Presbyterian Church:** (906) 293-5631 113 W John Street, Newberry, MI. Free community meal on the 3rd Thursday of every month from 5:00pm-6:30pm.

**Marcy’s Pantry:** (906) 586-9525, W17421 Main Street, Curtis, MI. Open Thursdays 9:00am until 12:00pm

**Goods**

**Baby Pantry:** (906) 293-5641, First Baptist Church

**Communities That Care:** <https://upctc.com/>

**Dunlap Center:** (906) 293-5711

**Senior Center:** (906) 293-8891, M-S 11am – 4:50pm

**LOVE Inc. of West Mackinac County:** (906) 477-1050 PO Box 4, Engadine, MI

**Healthcare Services**

**CHAC Luce County:** (906) 293-8355, <https://www.upchac.org/> 500 W. McMillan Ave, Ste. C, Newberry, MI

**LMAS Health Department:** (906) 293-5107, <https://www.lmasdhd.org/> 14150 Hamilton Lake Rd, Newberry, MI, M-TH 8am – 4pm, Services: WIC Nutrition Program, Reproductive Health, Breast and Cervical Cancer Control Program.

**Housing**

**Compass North:** (989) 464-7938, offers several alternatives for youth and their families for runaway, homeless, and youth at risk (prevention counseling, suicide prevention work, and community based training options). All services are free and confidential.

**Community Action Agency:** (906) 293-5621, <https://cms.clmcaa.org/>, 207 Newberry Ave., Newberry, MI, Contact – Marie Johson

**Luce County Housing Commission:** (906) 293-5988, 550 W. Victory, Newberry, MI, M-F 8am – 4pm Provides housing assistance to low income residents. This program is income based and the eligibility guidelines are set by HUD.

**Mackinac County Housing Commission:** (906) 586-3414, N9174 Kozy St. #50, Curtis, MI 49820, Housing also located in the Engadine area. Public housing agency that helps provide decent and safe rental housing for eligible low-income families, the elderly, and persons with disabilities. Residents of public housing pay rent based on their income. The rent contribution of the tenant is called the Total Tenant Payment (TTP). The TTP is generally 30% of a resident’s income with a $25 (National minimum) to $50 (some PHA’s) minimum rent.

**Parkview Manor:** (906) 293-3300, PO Box 54, Newberry, MI, M-F 8am – 4pm, This is a low income apartment. The government gives funds directly to this apartment owner. They charge lower rent for low income persons.

**Sault Ste. Marie Housing Commission:** (906) 635-5841, 608 Pine St., Sault Ste Marie, MI 49783, M-F 9am – 5pm Provides 264 units of public housing to low income families, senior citizens, handicapped/disabled individuals, near elderly (50-62), and single individuals. Rent is computed on 30% of adjusted income. Eligibility is based on income and assets. Homeless Services – Tri-County Safe Haven

**Medication**

**Hometown Pharmacy:** (906) 293-9900

**NeedyMeds:** (800) 503-6897, <https://www.needymeds.org/>,

**Snyder’s Pharmacy:** (906) 293-8571

**Curtis Family Pharmacy:** 906-586-3333

**Daycare/Childcare**

**Barkers Tiny Tots, LLC:** (906) 291-5054

**Pregnancy**

**Care Net Pregnancy Center:** (906) 635-1103, <https://www.euppregnancyoptions.com/>, 1420 Ashmun St., Sault Ste. Marie, MI 49783, M: 10am – 5pm, T: 12pm – 5pm, W and TH: 12pm – 5pm, We're your shame-free, judgment-free, go-to place for unplanned pregnancy services and solutions in Sault Ste. Marie and serving all of Michigan's Eastern Upper Peninsula. We provide confidential and free services including but not limited to pregnancy testing, ultrasounds, option consultations, abortion information, pregnancy and parenting help, referrals and more.

**Health Families Upper Peninsula:** (906) 293-5107 x336, <https://www.lmasdhd.org/hfup>, Parenting is one of the most important, rewarding, and challenging jobs a person will ever do. Healthy Families Upper Peninsula (HFUP) is here to come alongside families and provide support on the parenting journey.

**Recovery**

**AA:** <https://alcoholicsanonymous.com/aa-meetings/michigan/newberry/>

**Celebrate Recovery:** CFC Naubinway, MI Campus Wednesdays at 6:30pm, contacts are Sam and Carol Norman/Katti Gouza

**Narcotics Anonymous:** 906-322-0620 Meetings are held every Friday from 7:30pm-8:30pm in the Huron Conference Room at Helen Newberry Joy Hospital. Use the Huron Room Northeastern Entrance.

**Gamblers Anonymous:** 855-222-5542 or [www.gamblersanonymous.org](http://www.gamblersanonymous.org) . A fellowship of men and women who share experiences, strength and hope with each other.

**Spirituality/Churches**

**First Baptist Church:** (906) 293-5641

**Newberry United Methodist:** (906) 293-5711

**First Presbyterian:** (906) 293-5631

**Trinity Lutheran:** (906) 293-9340

**Our Redeemer Lutheran:** (906) 293-8331

**St. Gregory’s Catholic:** (906) 293-5511

**All Saints Episcopal:** (906) 293-3180

**Living Water Assembly of God:** (906) 293-8868

**Kingdom Hall of Jehovah’s Witnesses:** (906) 293-3731

**Transportation**

**American Cancer Society Van:** (231) 487-3488, Contact: Dawn Behling @ McLaren Northern Michigan, Leave War Memorial Hospital M-F between 8 and 9am, 2 vans available, services patients above the bridge, no charge, arrives at McLaren around 11am, patients appts are scheduled during that hour and the van leaves at noon.

**Dial a Ride:** (906) 293-3305, Hours: M-F 8am – 4pm, W/F Nights 5pm – 8pm, Sat 9am – 4pm

**Indian Trails Bus:** (800) 292-3831, <https://www.indiantrails.com>

**Newberry Motors Rental:** (906) 293-5104, M-F 8am – 6pm Sat 9am – 3pm

**Rides to Wellness:** (844) 532-7433 ext 1, Contact Tracy Paramski for more information

**Veterans Services**

**Luce County Veterans Service Officer, Rick Minard:** (906) 293-4890 located at 407 W Harrie Street Newberry, MI. Appointments only-Monday, Wednesday, and Friday. Walk ins on Tuesday and Thursday.

**Civil Legal Services:** 1-231-941-0771 or 1-888-783-8190 \*Must be homeless or at risk of being homeless, must be civil legal concerns and must be low income\*

**Vietnam Veterans of America:** (906) 293-8412

**Veterans Crisis Line:** Call 988 or (800) 273-8255 and press 1 or text 838255

**Veterans Affairs:** (906) 635-6370

**\*Veterans who have received a bill after emergency care for suicidal crisis and believe it should be covered by VA can call 1-877-881-7618\***

**Vision**

**New Eyes for the Needy:** (973) 376-4903, <https://new-eyes.org/>, 549 Millburn Ave, PO Box 332, Short Hills, NJ 07078

**Reduced Cost Eye Glasses:** <http://www.zennioptical.com>

**Reduced Cost Contact Options:** <https://www.opticontacts.com>

**Support Groups**

**Faith Against Cancer: (**906) 440-9095, geoffreyvanhise@gmail.com is a cancer support group at Christian Fellowship Church Naubinway Campus W11621 Main Street. Meetings take place the 2nd and 4th Thursdays of the month.

**Alliance of Hope:** (847) 868-3313, <https://allianceofhope.org/> provides online healing support and other services for people who are coping with devastating loss to suicide. Online forum operates like a 24/7 support group. Website contains support resources and information on the survivor experience.

**Kevin’s Song:** (313) 236-7109, <https://kevinssong.org/> The mission of Kevin’s Song is to empower communities to prevent suicide and offer hope and healing to survivors. Offering knowledge, hope and healing to individuals, families and communities touched by suicide.

**The Compassionate fiends-Support Families After a Child Dies:** (877) 969-0010, <https://www.compassionatefriends.org/> Whether your family has had a child die (at any age, from any cause) or you are trying to help those who have gone through this life altering experience, this exists to provide friendship, understanding, and hope to those going through the natural grieving process.

**New Hope Grief Support Community:** (562) 429-0075, <https://www.newhopegrief.org/programs-services/support-groups-for-adults/> Mission is to help bereaved children and families find hope and healing through connect and support. Offers peer to peer support groups, family camps, community groups, and dinner parties we offer and opportunity to share experiences and feelings in a safe environment free of judgement.

**SMART Recovery:** (440) 951-5357, <https://smartrecovery.org/> Online session available to help overcome addiction of any kind in a stress free and self-directed way.

**Co-Dependents Anonymous:** (888\_ 444-2359, <https://coda.org/find-a-meeting/> Online meetings available if you visit the website.

**Chronic Pain Anonymous:** (888) 561-2220, <https://www.xpintergroup.org/recurring-events> Chronic Pain Anonymous is a fellowship of people who share their experience, strength, and hope with each other so that they may solve their common problem and help other recover from the disabling effects of chronic pain and chronic illness. No dues or fees for CPA membership. You can call or join online on the 4th Monday at 4pm Eastern to the monthly meetings.

**Post-partum Support International:** text or call (800) 944-4773, <https://www.postpartum.net/get-help/help-for-moms/> Contact the HelpLine and leave a confidential message and a trained and caring volunteer will return your call or text. They will listen, answer questions, offer encouragement, and connect you with local resources as needed.

**Depression and Bipolar Support Alliance (DBSA):** (800) 826-3632 ext. 171, <https://www.dbsametrodetroit.org/> Envisions wellness for people living with mood disorders (depression and bipolar disorder). DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders. DBSA offers online support groups to help you find support.

**Henry Ford Health Cancer Support Groups:** Contact the Cancer Team 24/7 at (888) 777-4167, <https://www.henryford.com/services/cancer/support> Henry Ford Health Cancer support groups and programming are offered to help create community and promote healing during the cancer journey. All support groups are hosted by licensed mental health professionals. All groups are free unless otherwise noted. Please register in advance for groups you would like to attend. Offering in person and virtual programming.

**Gam-Anon:** 718-352-1671 or [www.gam-anon.org](http://www.gam-anon.org) . For family members and friends of the compulsive gambler.

**Michigan Department of Health and Human Services Gambling Disorder Helpline:** 1-800-270-7117. 24 hour helpline for crisis intervention and treatment referral and other options including screening services and referrals to treatment or support groups.