



CommunityAction



Serving Barry, Branch, Calhoun, and St. Joseph Counties since 1966

Education and Children's Services
Head Start
Early Head Start
Head Start/GSRP

ST. JOSEPH COUNTY
Community Resource Guide

www.caascm.org

2015-2016

Community Action Office

St. Joseph County
1000 E. Broadway
Three Rivers, MI 49093
(269) 273-8563
Fax(269) 273-3164

St. Joseph County ECS Offices

1000 E. Broadway
Three Rivers, MI 49093
(269) 273-8563
Fax(269) 273-3164

306 S. Nottawa
Sturgis, MI 49091
(269) 651-9195
Fax (269) 659-3439

These materials were developed with federal funds allocated by the Department of Health and Human Services as well as with State funds allocated by the Michigan Department of Education.

St Joseph County:

When you don't know who to call for help, Dial 211

What is 211? 211 is an easy to remember telephone number that connects callers to information about critical health and human services available in their community. As the number of organizations providing specialized services is on the rise, people find it frustrating and confusing to access community services. 211 provides a one-stop service for vital information. With just one simple call to 211 you will have access to thousands of programs to GIVE HELP or GET HELP!

If you need help with... Food if you have been served with a utility shut off, eviction notice, or need help finding clothes? Do you need child care or emergency shelter? Whatever your situation or need, 211 is a three digit number that allows you to find help when you need it.

In addition to helping those in need, people who want to give something back to the community by volunteering or making donations can call 211 and get connected.

Legal Aid	Support Groups	Rent	Transportation
Literacy	Utilities	Hearing/Visual	Aids
Dental Care	Prescriptions	Clothing	Medical Care
Home	Rehabilitation	Health	Insurance
Child Care	Home Repair	Substance Abuse	
Car Seats	Emergency Shelter	Household Goods	
Public Assistance		Diapers	Donations

...and other needs.

Thousands of programs. One call.

GIVE HELP | GET HELP



Community Action is a private, non-profit human service organization founded in 1966 as part of then-President Johnson's anti-poverty initiatives. The agency's mission statement is "to help people achieve and maintain independence." Community Action:

- **Provides** responsive and supportive **services** to the community.
- **Cares** for each person individually with **dignity** and **respect**.
- **Resolves** and prevents problems through immediate **action**.

Its vision is as an organization with strong social service programming in which individuals can develop their potential for self-sufficiency and personal well being. Community Action's mission is carried out through numerous programs, in three major areas, including:

Housing and Transportation Services, which offers services to, and provides programs for, low- to moderate-income families, including:

- *Major and Minor Home Repair/Rehab*
- *Senior and disabled transportation*
- *Weatherization*

Emergency and Nutritional Services, which provides meal assistance for people age sixty and over and food for low-to moderate-income individuals:

- *Home Delivered Meals(Branch County Only)*
- *Congregate Dining Centers(Branch County Only)*
- *Commodity Food Distribution*
- *Emergency utility, rent assistance*
- *Head Start and Early Head Start Meals*
- *The Emergency Food Assistance Program*

Education and Children's Services, which seeks to meet the educational and family development needs of children and their families through the following programs:

- *Head Start*
- *Early Head Start*
- *Great Start Readiness Program*
- *Foster Grandparent Program*

Each of the programs mentioned above are described in more detail below. **For more information or to see if you qualify for any of these programs, call (269) 965-7766 or toll free (877) 422-2726.**

Housing & Transportation Services

Housing & Transportation Services provides a variety of programs to qualified residents. These include Weatherization and Home Rehab Services in Barry, Branch, Calhoun and St. Joseph counties. In Calhoun County, Senior and Disabled Transportation is offered. To make an appointment to apply for any of these programs call **(269) 965-7766** or toll free **(877) 422-2726**.

Emergency and Nutritional Services

The Commodity Supplemental Food Program provides seniors 60 years of age and older with nutritious food. Food is distributed eight times per year, and should provide 12-15 days of complete, balanced meals. Applicants must be 60 years of age or older, and have income at or below 130 percent of poverty. Another food distribution program, The Emergency Food Assistance Program (TEFAP), is available on a quarterly basis for those 18 years and older. Income guidelines for TEFAP are at or below 200 percent of poverty.

In addition, Community Action provides Congregate Meals for persons over age 60 at many senior dining centers along with Home Delivered Meals (often referred to as "Meals on Wheels") in Branch County. Call (269) 965-7766 or (877) 422-2726 (toll-free) for more information on any of the Emergency and Nutritional Services programs.

Education and Children's Services

Education and Children's Services (ECS) Mission Statement: With the involvement of the community, we strive to enhance the self-dignity and self-worth of the children and families that we serve.

ECS Philosophy: Give all children an equal opportunity to achieve success. Families, staff and the community are included as active partners in the success of children and the program. For all children to be successful, families need support in achieving their goals.

Education and Children's Services includes Early Head Start for pregnant women, infants and toddlers 0-3 years old and Head Start for 3-5 year old children. These are free programs to prepare children to enter kindergarten, and are offered in Barry, Calhoun and St. Joseph counties. The program's Fatherhood and Male Involvement initiative encourages father figures to engage with their Head Start children. The department also hosts the Foster Grandparent Program, where seniors mentor children in schools and childcare settings in these counties as well as in Branch County.

For Information Call (877) KIDS-577 (877-543-7577) on any of our programs.

EMERGENCY NUMBERS

My Doctor's Office _____

My Doctor's Home: _____

My Local Hospital: _____

Any Emergency 911

Poison Control..... (800) 222-1222

Family Help Line (877) 898-8484

For your safety, and the safety of your family, please check **now** to see which ambulance service, fire department, and police department serves your area. Do not guess this information, especially in rural areas.

LOCAL AMBULANCE SERVICES

Ambulance/Emergencies 911

LOCAL FIRE DEPARTMENTS

Emergencies 911

Central Dispatch for all of St. Joseph County (269) 467-4195

Centreville (269) 467-6871

Burr Oak (269) 489-2414

Constantine (269) 435-5825

Fabius-Park Township (269) 278-1104

Leonidas Township (269) 496-7521

Mendon (269) 496-3355

Newberg-Porter Township (269) 445-8644

Three Rivers (269) 278-3755

White Pigeon Village (269) 483-7109

CITY POLICE DEPARTMENTS

Emergencies	911
Central Dispatch for all of St. Joseph County	(269) 467-4195
Colon	(269) 432-3182
Constantine	(269) 435-4355
Marcellus	(269) 646-3166
Mendon	(269) 496-8096
Schoolcraft	(269) 679-5600
Sturgis 122 & 124 N. Nottawa Sturgis, MI 49091	(269) 651-3231
Three Rivers 333 W. Michigan Avenue Three Rivers, MI 49093.....	(269) 278-1235
White Pigeon Village Police Department	(269) 483-7109

COUNTY SHERIFF OFFICE

Emergencies	911
St. Joseph County Office 650 E. Main Street Centreville, MI 49032	(269) 467-9045

STATE POLICE DEPARTMENT

Emergencies	911
St. Joseph County Office 101 US-131 White Pigeon, MI 49099.....	(269) 483-7612 (incoming calls may be route to the Coldwater station at certain times of the day.)

HEALTH SERVICES

HEALTH CARE – GENERAL (Medicaid and Non-Medicaid)

(Doctors accepting Medicaid are subject to change. Always check if a doctor accepts Medicaid before making an appointment.)

Center of Health and Wellness

201 Broadus St.

Sturgis, MI 49091.....(269) 659-8474

(Also a walk-in clinic)

Center of Healing/Grace Center

831 W. Marion

Elkhart, IN 45616.....(574) 534-4744

(Walk-in hours: Mondays 4:15-6:00pm. Donation of \$20)

Center of Healing/Belmont

925 Oxford St.

Elkhart, IN 45616.....(574) 534-4744

(Walk-in hours: Wednesdays 9:30-11:00am & 5:30-7:00pm.

Donation of \$20)

Center of Healing/Goshen

902 S. Main

Goshen, IN 45616.....(574) 534-4744

(Walk-in hours: Tuesdays 9:30-11:00am & 4:15-6:00pm. Thursdays
4:15-6:00pm. Fridays 8:30am-10:00am. Donation of \$20)

Constance Brown/Hearing and Speech.....(269) 343-2601

Commission on Aging

103 South Douglas Avenue

Three Rivers, MI 49093.....(269) 279-8083 or 800-641-9899

Children's Special Health Care

1110 Hill Street

Three Rivers, MI 49093.....(269) 273-2161

Family Care Marcellus

110 E Main St

Marcellus, MI.....(269) 646-0443

Free Clinics of Michigan
2918 Portage St.
Kalamazoo, MI 49001.....(269) 344-2507

Goshen Family Physicians
1811 Charleston Court
Goshen, IN 46516.....(574) 534-8200
(English/Spanish. Payment plans available)

Heart City Health Center
236 Simpson Ave.
Elkhart, IN 46516.....(574) 293-0052
(English/Spanish. Income based. Must present 2 recent paystubs)

Riverside Church Clinic
207 E. Michigan Ave.
Three Rivers, MI 49093.....(269) 273-3744
Tuesday evenings registration 5:30 -7:00 pm first come first serve basis.
On the 1st & 3rd Tuesday each month is dental referral evaluations; on the
2nd & 4th Tuesday medical provider, these services are provided for the
low and uninsured.

Healthy Families
1110 Hill Street
Three Rivers, MI 49093.....269-273-2161

Lending Hands
5850 Ivanhoe Court
Portage MI 49002.....269-567-4381
Lending home medical equipment for free and on a temporary basis, up
to 9 months, to anyone living in Southwest Michigan.

Hillsdale, Branch, St. Joseph County Health Department
1110 Hill Street
Three Rivers, MI 49093.....(269) 273-2161
.....or (800) 258-1092
Provides WIC, family planning services, STD clinic, and immunizations.)
For physicians in your area, look in the yellow pages of your local phone
book under "Physicians."
Phone books can be found at local libraries, or can be ordered by calling
(800) 346-4377.

NOTE: The State of Michigan has a program to provide additional health care services to children not receiving Medicaid. Families must complete an application and meet income guidelines to receive services. Contact your Head Start office for more information.

Michigan Enrolls 1-800-ENROLLS
1-800-367-6557

HEALTH CARE – DENTAL (Medicaid and Non-Medicaid)

(Dentists accepting Medicaid are subject to change. Always check if a dentist accepts Medicaid/Delta Dental before making an appointment.)

For dentists in your area, look in the yellow pages of your local phone book under “Dentists.” Phone books can be found at local libraries, or can be ordered by calling (800) 346-4377.

Dr. Blank
213 Spring Street
Three Rivers, MI
49093.....(269) 279-5278

Dr. Carl
435 E. Main,
Mendon, MI 49072.....(269) 496-5835

Dr. Christopher
715 N Broadway
Union City, MI
49094.....(517) 741-4565

Dr. Cucci
221 N. Hooker Ave.
Three Rivers, 49093.....(269) 273-3065

Dr. Deppen
6121 S. Westnedge Ave.
Kalamazoo, MI 49002.....(616)323-8016

Dr. Goodman
113 S. Kalamazoo St.
White Pigeon, MI
49099.....(269) 483-9621

Dr. Malinoski & Associates
717 South Health Pkwy
Three Rivers, 49093.....(269) 279-7876

Dr. Ocampo
935 E. Chicago Rd.
Quincy, MI 49082.....(517) 639-7151

Dr. Shields
664- E. Main St.
Centreville, MI 49032.....(269) 467-9325

Heart City (in the basement)
236 Simpson Ave.
Elkhart, IN 45616.....(574) 970-1937
(English/Spanish. Income based. Must present 2 recent paystubs)

Michigan Community Dental Clinics
721 6th Ave.
Three Rivers, MI 49093.....(877) 283-8889

Riverside Health Clinic
207 E. Michigan Ave.
Three Rivers, MI 49093.....(269) 273-3744)
(Dental appointments 1st & 3rd Tuesdays 5:30-7:00pm)

HEALTH CARE – PREGNANCY INFORMATION AND CONCERNS

Planned Parenthood
4201 W Michigan Ave
Kalamazoo, MI 49006(269) 372-1200

Pregnancy Helpline St Joseph County
1125 N. Nottawa
Sturgis, MI 49091(269) 659-1100

Pregnancy Helpline
172 E. Michigan Avenue
Three Rivers, MI 49093.....(269) 278-2211

HEALTH CARE – OPTICAL (Medicaid and Non-Medicaid)

(Optical providers accepting Medicaid are subject to change. Always check if an optical provider accepts Medicaid before making an appointment.)

Sussex
706 S. Centreville Street
Sturgis, MI 49091.....(269) 651-2960

Eye Care West
26289 US 12
Sturgis, MI 49091.....(269) 651-7874

Sussex
56847 N. Main Street
Three Rivers, MI.....(269) 273-2020

For optical providers in your area, look in the yellow pages of your local phone book under “Opticians” or “Optometrists.” Phone books can be found at local libraries, or can be ordered by calling (800) 346-4377.

HOSPITALS

Borgess Hospital
1521 Gull Road
Kalamazoo, MI 49048(269) 226-7000

Bronson Hospital
601 John Street
Kalamazoo, MI 49007(269) 341-7654

Bronson-Vicksburg
13326 N. Boulevard
Vicksburg, MI 49097(269) 649-2321

Sturgis Hospital
916 Myrtle Avenue
Sturgis, MI 49091(269) 651-7824

Three Rivers Health Medical Center
701 S. Health Parkway
Three Rivers, MI 49093(269) 278-1145

HELP LINES

- AIDS Hotline Michigan (800) 872-2437
Spanish.....(800) 344-7432
National.....(800) 342-2437
- Alcoholics' Anonymous(269) 467-1107
- American Cancer Society
5110 S. Sprinkle
Portage, MI 49002..... (800) 227-2345
- ARK for Runaways (Shelter and Family Support)
990 W. Kilgore
Kalamazoo, MI 49008 (800) 873-8336
- Better Business Bureau of Western Michigan(248) 644-9100
- Bereavement Support Group(800) 500-7111
- Department of Human Services(269) 467-1200
- Fair Housing & Equal Opportunity Office(269) 276-9100
(Provides information on a variety of housing issues or concerns particularly discrimination.)
- Family Support Hotline(800) 359-3722
(for families of children with special needs)
- Free Clinics of Michigan (Health Care)(269) 344-0044
- Lifeline Telephone Assistance Program(800) 621 8650
- Mental Health Crisis Line (evenings)(800) 622-3967
(During the day call Community Mental Health)
- Michigan Department of Civil Rights(517) 335-3165
(Investigates discrimination complaints)
- Migrant Services Centro de Ayuda
107 W. West Street
Sturgis, MI 49001(269) 659-3088
<http://www.michigan.gov/dhs>
- Narcotics Anonymous(269) 382-6262

- National Child Abuse Hotline (800) 422-4453
- National Hotline for Missing Children (800) 843-5678
- Michigan Runaway Hotline(800) 292-4517
- Smoking Cessation contact American Cancer Society..... (800) 227-2345
- Substance Abuse Info & Treatment Referrals (800) 662-4357
- Vulnerable Adult Abuse & Exploitation Hotline..... (800) 996-6228
- Parent Help Line (800) 942-HELP
- Consumer Product the Safety Commission (800) 638-2772
(Receives reports on injuries or fatalities related to hazardous products, and evaluates safety of products sold to consumers.)
- Domestic Assault Shelter (Three Rivers)..... (800) 828-2030
- No Means No (Sexual Abuse Hotline) (877) 666-3267
- Social Security Administration..... (800) 772-1213
- Welfare Fraud Hotline (800) 222-8558

LOCAL AGENCIES
(By Type of Service Provided)

COMMUNITY ORGANIZATIONS

Community Action St Joseph County
Please refer to front cover and pages 2 & 3 for address, phone number and explanation of services offered at Barry County locations.

Counseling and Guidance

Alcoholic Anonymous/Alanon/Alateen
Centreville(269) 467-1107

Child & Adult Protective Services
692 E. Main Street
Centreville, MI 49032 (269) 467-1200

After hours call central dispatch: (800) 444-3911

Early On
St Joe Intermediate School District
62445 Shimmel Rd
Centreville, MI 49032 (269) 467-5400

Department of Human Services
692 E. Main
Centreville, MI 49032 (269) 467-1200

Healthy Families
Community Health Agency
Three Rivers, MI 49093..... (269) 273-2161

Community Mental Health and Substance Abuse Services of St. Joseph
County
677 E. Main St Suite A
Centreville, MI 49032 (269) 467-1000
Toll Free..... (800) 622-3967

CHILD CARE

Michigan Community Coordinated Child Care Association
839 Centennial Way
Lansing, Michigan 48917..... (517) 351-4171
Toll Free..... (800) 950- 4171

Child Care Resources
268 E. Kilgore Rd. Suite D
Portage, MI 49002..... (269) 349-3296
(Provide referrals to day care services.)

Financial Help for Child Care (269) 467-1200

For child care providers in your area, also look in the yellow pages of your phone book under “Child Care.” Phone books can be found at local libraries, or can be ordered by calling (800) 346-4377.

EMERGENCY FOOD, CLOTHING, and SHELTER

Arc for Runaways
677 E. Main Street
Centreville, MI 49032 (800) 873-8336

Building Hope Free Clothing
261 E. Main Street Centerville, MI 49042.....(269) 625-3125

County Closet (clothing)
901 S. Main Street
Three Rivers, MI 49093..... (269) 279-6183

Domestic Assault Shelter Coalition..... (269) 273-6154

Emergency Care Network (food/clothing) (269) 467-1240

Habitat for Humanity (269) 273-4663

Key Stone Place Emergency Shelter
Main Street
Centreville, MI 49032 (269) 467-7078

Salvation Army
210 W. Chicago Rd.
Sturgis, MI 49091 (269) 651-3805

St. Johns Lutheran Church
56050 Buckham Rd.
Three Rivers, MI 49093..... (269) 278-7245

Sturgis Holy Angels (food pantry)
306 S. Nottawa St.
Sturgis, MI 49091.....(269) 651-5200

Sturgis Wesleyan Church
907 N. Nottawa St.
Sturgis, MI 49091.....269) 651-7802

Sturgis Neighborhood Program..... (269) 651-4780

St. Joseph County Transportation Authority
810 Webber Ave.
Three Rivers, MI 49093.....(800) 964-5700 or (269) 273-7808

Three Rivers Food Site
18 Railroad Dr.
Three Rivers, MI 49093..... (269) 273-2147

Three Rivers Community Kitchen – Soup Kitchen
321 North Main St.
Three Rivers, MI 49093..... (269) 273-3795

EMPLOYMENT & TRAINING

Glen Oaks Community College
Glen Oaks Career Development Specialist:
..... (269) 467-9945
Student Support Specialist: Karen Webber
..... (269) 294-4241
Apprenticeship Program Lyle Raven

Michigan Works!
16587 Enterprise Dr,
Three Rivers, MI 49093..... (269) 273-2717

Michigan Rehabilitation Services (269) 337-3700

Sturgis Literacy Council (269) 651-1116
English as Second Language

For temporary employment opportunities in your area, look in the yellow pages of your local phone book under “Employment Contractors – Temporary Help.” Phone books can be found at local libraries, or can be ordered by calling (800) 346-4377.

LEGAL ASSISTANCE

County Government
St. Joseph County Court Building
125 W. Main Street
Centreville, MI 49032 (269) 467-5500

Dispute Resolution Center
1200 S. Westnedge
Kalamazoo, MI 49008 (800) 873-7658

Friend of the Court County Courts Building
125 W. Main Street
Centreville, MI 49032(269) 467-5570
(Enforces divorce decrees and orders pertaining to custody and alimony.)

Juvenile Courts
County Courts Building
125 W. Main Street Centreville, MI 49032 (269) 467-5561

Michigan Department of Civil Rights (800) 482-3604

Lawyer Referral Service (800) 968-0738

Legal Aid/Legal Services..... (800) 819-0773

LIBRARIES

Nottawa Township Library
685 E. Main St.
Centreville, MI 49032 (269) 467-6289

Colon Township Library
128 S. Blackstone Avenue
Colon, MI 49040 (269) 432-3958

Sturgis Public Library
255 North Street
Sturgis, MI 49091 (269) 659-7224

Three Rivers Public Library
920 W. Michigan Avenue
Three Rivers, MI 49093..... (269) 273-8666
.....

SCHOOLS

Adult Education/GED Classes Call Your Local School
Centreville(269) 467-5515
Sturgis(269) 659-1540

Adult Education/GED Classes Call:
Three Rivers Middle School.....(269) 279-1130
Classes will be held in the evening only, childcare will not be provided.

Burr Oak
326 E. Eagle Road
Burr Oak, MI 49030 (269) 489-5534

Centreville
190 Hogan
Centreville, MI 49032 (269) 467-5220

Pathfinder Center
62445 Shimmel Rd.
Centreville, MI 49032 (269) 467-5454

Colon
400 Dallas
Colon, MI 49040 (269) 432-3231

Constantine
West 6th Street
Constantine, MI 49042 (269) 435-2015

Mendon High School
26393 Kirby Road
Mendon, MI 49072 (269) 496-8491

Nottawa
26438 M-86
Sturgis, MI 49091 (269) 467-7153

St. Joseph County Intermediate School District and Great Start
62445 Shimmel Road
Centreville, MI 49032 (269) 467-5400

Sturgis
216 Vinewood
Sturgis, MI 49091 (269) 659-1500

Congress
421 E. Congress
Sturgis, MI 49091 (269) 659-1565

Eastwood
909 Franks
Sturgis, MI 49091 (269) 659-1560

Wall
702 E. Lafayette
Sturgis, MI 49091(269) 659-1570

Wenzel
403 E. Park
Sturgis, MI 49091(269) 659-1575

Sturgis Middle School
107 W. West
Sturgis, MI 49091 (269) 659-1550

Sturgis High School
216 Vinewood
Sturgis, MI 49091 (269) 659-1515

Adult Education
216 Vinewood
Sturgis, MI.....(269) 659-1540

Transportation
216 Vinewood
Sturgis, MI 49091.....(269) 659-1590

Three Rivers Community Schools
17601 6th Avenue Road
Three Rivers, MI 49093(269) 279-1100

Andrews
200 S. Douglas
Three Rivers, MI 49093.....(269) 279-1140

Hoppin
415 N. Main
Three Rivers, MI 49093.....(269) 279-1142

Park
52806 Wilbur Rd
Three Rivers, MI 49093.....(269) 279-1143

Norton
59692 A.L. Jones
Three Rivers, MI 49093.....(269) 279-1144

Middle School
1101 Jefferson
Three Rivers, MI 49093.....(269) 279-1130

High School
700 6th Ave. Rd.
Three Rivers, MI 49093.....(269) 279-1120

Adult Education
416 Washington
Three Rivers, MI 49093.....(269) 279-1141

Transportation
17601 6th Ave
Three Rivers, MI 49093.....(269) 279-1148

White Pigeon Central Elementary
305 E. Hochtlin Ave.
White Pigeon, MI 49099.....(269) 483-7107

Glen Oaks Community College
62249 Shimmel Road
Centreville, MI 49032(269) 467-9945

Davenport Business College
4123 W. Main
Kalamazoo, MI 49006(800) 632-8928

Kalamazoo College
1153 Academy
Kalamazoo, MI(269) 337-7000

Kellogg Community College
450 North Avenue
Battle Creek, MI 49015(269) 965-3931

Kalamazoo Valley Community College
6767 West O Ave.
Kalamazoo, MI 49009(269) 488-4400

Southwestern Michigan College
58900 Cherry Grove
Dowagiac, MI 49047(800) 456-8675

YOUTH OPPORTUNITIES

4-H Youth Programs
MSU Extension
612 E. Main
Centreville, MI 49032(269) 467-5521

Big Brothers/Big Sisters of South Central Michigan
2 W. Michigan Avenue Suite 208
Battle Creek, MI 49017..... (269) 964-7117

Michigan Works! Youth Opportunities Unlimited
16587 Enterprise Dr.
Three Rivers, MI 49093(269) 273-2717

Boy Scouts of America
Post 478
650 E. Main Street
Centreville, MI 49008(269) 467-9045
Toll Free(800) 272-7962

Girl Scouts of America for local information..... (269) 343-1516

Three Rivers Area Mentoring
25 Railroad Drive
Three Rivers, MI 49093.....(269) 278-8726

NATIONAL HEALTH ORGANIZATIONS

Call 1-800... or toll free number listed

NOTE: This general information is not intended to replace the advice of a medical professional as it relates to your specific situation

CANCER

American Cancer Society.....(269) 349-8719

American Institute for Cancer Research(800) 843-8114

Leukemia Society of America (LSA) (800) 955-4572
National Cancer Institute, Cancer
Information Services (CIS) (800) 422-6237
Skin Cancer Foundation (SCF) (800) 754-6490

CHILDREN’S HEALTH

American SIDS Institute (800) 232-7437
Cystic Fibrosis Foundation (CFF) (800) 344-4823
Juvenile Diabetes Foundation (800) 223-1138
Tomorrow’s Child- Michigan Sudden Infant
Death Syndrome (SIDS) (800) 331-7437
First Candle National (SIDS)
(English and Spanish) (800) 221-7437
National Reyne’s Syndrome Foundation, Inc..... (800) 233-7393
Spina bifida Association of America
(English and Spanish) (800) 621-3141

INFECTIOUS DISEASES

American Social Health Association CDC
National STD Hotline..... (800) 872-2437

INTERNAL MEDICINE

American Diabetes Association (800) 232-3472
American Foundation for Urologic Diseases..... (800) 491-4673
American Heart Association..... (877) 242-4277
American Kidney Fund
260 Leonard NW, Ste. 260
Grand Rapids, MI 49504 (866) 300-2900
American Liver Foundation (212) 668-1000

39 Broadway, Suite 2700
New York, NY 10006

Arthritis Foundation (248) 649-2891
1050 Wilshire Dr. Suite 302
Troy, MI 48084

Crohn's and Colitis Foundation (248) 737-0900
25882 Orchard Lake Rd.
Farmington Hills, MI 48336

American Lung Association..... (800)LUNGUSA
..... (800)586-4872

Lupus Foundation Org (800) 705-6677

MENTAL HEALTH

National Alliance on Mental Illness (NAMI)
information and helpline (800) 950-6264

National Down Syndrome Society..... (800) 221-4602

Mental Health of America Crisis Line (800) 273-TALK

Mental Health Association of Michigan (248) 473-3143
27655 Middlebelt Rd, Suite 170
Farmington Hills, MI 48334

NEUROLOGY

Alzheimer's Association (800) 272-3900

Christopher and Dana Reeve Foundation (800) 225-0292

American Parkinson's Disease Association (800) 223-2732

Epilepsy Foundation of America (800) 332-1000

Michigan Chapter (800) 377-6226

United Cerebral Palsy Association (UCPA) (800) 872-5827

United Cerebral Palsy of Michigan..... (517) 201-1200

Huntington Disease Society of America..... (800) 345-4372

Michigan Chapter (800) 909-0073

National BrainInjury Foundation, Family Helpline (800) 444-6443

National Headache Foundation..... 888-643-5552
 or 843-2256

National Multiple Sclerosis Society (800) 344-4867

PATIENT CARE

Medic Alert Foundation US (800) 432-5378

National Hospice Pallative Care Organization (800) 658-8898

Shriner’s Hospital Referral Line (800) 237-5055

Visiting Nurse Association of America (800) 426-2547

PHYSICAL DISABILITIES/SPECIAL NEEDS

American Council of the Blind, National
 Legislative Hotline (800) 424-8666

National Easter Seal Society..... (800) 221-6827

C.A.U.S.E. (Citizens Alliance to Uphold
 Special Education) (800) 221-9105

WOMEN’S HEALTH

Y-ME National Organization for Breast Cancer Information Support
 Program..... (800) 221-2141

This is only a partial list of national health organizations; contact the
 National Health Information Center (NHIC) at 800-336-4797 for a more
 complete listing.

GOVERNMENT

Mailing for All State Senators:
Michigan Senate-State Capitol Bldg.
P.O. Box 30036
Lansing, MI 48909-7536

Mailing for All State Representatives:
House of Representative – State Capitol Bldg.
P.O. Box 30014
Lansing, MI 48909-7514

EXAMPLE:

My State Senator is:

Contact Number is:

My State Representative is

Contact Number _____

My County Commissioner is:

Contact Number is:

Letter Writing Tips:

1. Make certain that your letter is timely-write when the legislation is pending in committee.
2. Keep your letters short and state your views clearly.
3. Identify bills by titles and number, or popular title e.g.: “ the Whistleblower’s Act.”
4. Avoid threats. Be reasonable and constructive.
5. State reason for your position. Tell how the issues will affect you, your business-or its effect upon your Community or State.
6. Address your letter properly: know the legislator’s full name and correct spelling.