RENTAL INFORMATION

Wexford/Missaukee area RENTAL HOTLINE 231-779-8090
Cadillac Housing Commission 111 S. Simon St., Cadillac 231-775-9491
Wexford County Habitat for Humanity 231 775-7561
Apartmentfinder.com

INCOME BASED HOUSING:

231-775-8509  Cadillac Shores - Cadillac
231-775-9491  Cornerstone Apartments - Cadillac
231-775-0402  Northern Park Apartments (301 Pearl Street) Cadillac
231-779-2992  Maple Hill Apartments - Cadillac
231-577-8027  North Ridge Homes - Cadillac
231-775-0831  Harbor View Apartments (Disabled, handicap, seniors) Cadillac
231-775-9491  Kirtland Terrace (Disabled & Seniors) - Cadillac
231-775-3171  Country Place (Disabled only) - Cadillac

800-225-7982  Stratford Group - Springfield Apartments Manton
www.stratfordgroupltd.com seniors and families

231-824-6831  Hillcrest Terrace - Manton

231-825-8231  Country View (Seniors & Disabled) McBain
231-825-2652  West Creek Terrace Apartments (seniors & others) McBain

231-839-0341  Lake City Apartments - Lake City

800-225-7982  Stratford Group- River Forest Apartments Roscommon
www.stratfordgroupltd.com seniors and families

---------------------------------------------------------------------------------------------------------------------

NOT INCOME BASED: (All in Cadillac)

989-889-4982  Alpine Apartments
231-577-4206  Sunnyside Estates
231-876-9830  Northland Meadow
231-775-0402  Northern Park
231-775-5599  White Pine Village
231-577-8027  North Ridge Homes
LANDLORD LIST

Wexford County

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walter Hutchinson</td>
<td>231 510-5724</td>
</tr>
<tr>
<td>Rick VanNortrick</td>
<td>231 878-1406</td>
</tr>
<tr>
<td>Barry Fall</td>
<td>231 779-8088</td>
</tr>
<tr>
<td>Rental Hotline</td>
<td>231 779-8090</td>
</tr>
<tr>
<td>Tom Duffy</td>
<td>231 775 3109</td>
</tr>
<tr>
<td>Bill Donnelly</td>
<td>231 295-1219 or 231 825-8245</td>
</tr>
</tbody>
</table>

Missaukee County

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steve Andrash</td>
<td>231 839-7347</td>
</tr>
<tr>
<td>Bill Donnelly</td>
<td>231 295-1219 or 231 825-8245</td>
</tr>
<tr>
<td>Dean Root</td>
<td>231 839-7648</td>
</tr>
<tr>
<td>Ron &amp; Mary Watson</td>
<td>231 839-7673</td>
</tr>
<tr>
<td>Everett Realty</td>
<td>231 839-4342</td>
</tr>
</tbody>
</table>

INTERNET SOURCES

www.lakecitymich.com
www.michiganhousinglocator.com
www.rent.com
https://nmi.craigslist.org
www.barryfall.net

Updated 5/6/19
# Northern Michigan Shelters

<table>
<thead>
<tr>
<th>City</th>
<th>Name</th>
<th>Phone</th>
<th>Type</th>
<th>Counties served/Misc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpena</td>
<td>Hope Shores Alliance</td>
<td>800-396-9129</td>
<td>Sexual &amp; domestic violence for women, but also serve men</td>
<td>Alpena, Alcona, Iosco, Presque Isle, Montmorency</td>
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<tr>
<td>Alpena</td>
<td>Sunrise Mission</td>
<td>989-356-1277</td>
<td>Mens, womens, children</td>
<td>Alpena, Alcona, Presque Isle, Montmorency</td>
</tr>
<tr>
<td>Big Rapids</td>
<td>Our Brothers Keeper</td>
<td>231-629-8033</td>
<td>Men, women, families</td>
<td>Lake, Mecosta, Newaygo, Osceola</td>
</tr>
<tr>
<td>Big Rapids</td>
<td>WISE</td>
<td>231-796-6600</td>
<td>Domestic violence, sexual assault, stalking, sex trafficking women &amp; children</td>
<td>Mecosta, Osceola, Newaygo</td>
</tr>
<tr>
<td>Cadillac</td>
<td>Beautiful Star - New Hope Center</td>
<td>231-468-2022</td>
<td>Women</td>
<td>Wexford, Missaukee</td>
</tr>
<tr>
<td>Cadillac</td>
<td>New Hope Center</td>
<td>231-775-3702</td>
<td>Men</td>
<td>Wexford, Missaukee</td>
</tr>
<tr>
<td>Cadillac</td>
<td>Oasis</td>
<td>231-775-7233</td>
<td>Domestic violence &amp; sexual assault</td>
<td>Wexford, Missaukee</td>
</tr>
<tr>
<td>Charlevoix</td>
<td>Night Light</td>
<td>231-330-5316</td>
<td>Men</td>
<td>Charlevoix</td>
</tr>
<tr>
<td>Gaylord</td>
<td>Patriot Place</td>
<td>989-448-2260</td>
<td>Male veterans</td>
<td>All counties</td>
</tr>
<tr>
<td>Grand Rapids</td>
<td>Mel Trotter</td>
<td>616-454-8249</td>
<td>Mens, women, families, youth</td>
<td>All counties</td>
</tr>
<tr>
<td>Grayling</td>
<td>River House</td>
<td>888-554-3169</td>
<td>Domestic violence/sexual assault women &amp; children</td>
<td><a href="http://www.riverhouseinc.org">www.riverhouseinc.org</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>989-348-3169</td>
<td></td>
<td>email:<a href="mailto:office@riverhouseinc.org">office@riverhouseinc.org</a></td>
</tr>
<tr>
<td>Ludington</td>
<td>Jericho House</td>
<td>231-843-3044</td>
<td>Women age 18 and over - no children</td>
<td>No county specific, but must meet criteria</td>
</tr>
<tr>
<td></td>
<td></td>
<td>or 231-690-3378</td>
<td></td>
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<tr>
<td>Ludington</td>
<td>C.O.V.E</td>
<td>231-843-2541</td>
<td>Domestic Violence &amp; sexual assault Men &amp; women</td>
<td>Mason, Lake, Oceana</td>
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<tr>
<td></td>
<td></td>
<td>press 0</td>
<td></td>
<td>800-950-5808 24 hr helpline</td>
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<tr>
<td>Manistee</td>
<td>Choices</td>
<td>231-723-6597</td>
<td>Domestic violence women</td>
<td>Manistee</td>
</tr>
<tr>
<td>Manistee</td>
<td>Safe Harbor</td>
<td>231-723-6613</td>
<td>Men, women, families</td>
<td>Manistee &amp; Benzie</td>
</tr>
<tr>
<td>Muskegon</td>
<td>Family Promise of the Lakeshore</td>
<td>231-747-8855</td>
<td>Family</td>
<td>All counties</td>
</tr>
</tbody>
</table>
# Northern Michigan Shelters

<table>
<thead>
<tr>
<th>City</th>
<th>Name</th>
<th>Phone</th>
<th>Type</th>
<th>Counties served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muskegon</td>
<td>Muskegon Rescue Mission</td>
<td>231-727-6010</td>
<td>Women &amp; children or dad with child &amp; no mom</td>
<td>All counties</td>
</tr>
<tr>
<td>Muskegon</td>
<td>Muskegon Rescue Mission</td>
<td>231-727-6085</td>
<td>Men age 18 and over</td>
<td>All counties</td>
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<tr>
<td>Muskegon</td>
<td>Every Woman’s Place</td>
<td>231-759-7909</td>
<td>Domestic &amp; sexual abuse women &amp; children</td>
<td>All counties</td>
</tr>
<tr>
<td>Oscoda</td>
<td>Emmanuel Mission</td>
<td>989-739-5751</td>
<td>Men, women, families</td>
<td>Alpena, Alcona, Iosco, Presque Isle, Montmorency</td>
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<tr>
<td>Petoskey</td>
<td>Nehemiah Project</td>
<td>844-900-0500</td>
<td>Men, women &amp; children</td>
<td>Emmett &amp; Charlevoix</td>
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<tr>
<td>Petoskey</td>
<td>Women's Resource Center</td>
<td>800-275-1995</td>
<td>Domestic Violence</td>
<td>Ostego, Antrim, Charlevoix, Emmet, Cheyboyan</td>
</tr>
<tr>
<td></td>
<td></td>
<td>or 231-347-0082</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sault St. Marie</td>
<td>Housing Commission</td>
<td>906-632-3363</td>
<td>Women &amp; families</td>
<td>Chippewa</td>
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<tr>
<td>Traverse City</td>
<td>Safe Harbor From Nov 2, 2019- April 2020</td>
<td>844-900-0500</td>
<td>Men, women, children, families</td>
<td>All counties</td>
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<tr>
<td>Traverse City</td>
<td>Goodwill Inn</td>
<td>231-922-4890</td>
<td>Men, women, families</td>
<td>Grand Traverse</td>
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<tr>
<td>Traverse City</td>
<td>Women’s Resource Center</td>
<td>231-946-1210</td>
<td>Domestic violence &amp; sexual assault women &amp; children</td>
<td>Grand Traverse, Leelanau, Kalkaska, Benzie</td>
</tr>
<tr>
<td>Traverse City</td>
<td>Pete’s Place</td>
<td>231-922-4800</td>
<td>Youth age 12-18</td>
<td>Grand Traverse, Antrim, Kalkaska, Leelanau, Benzie</td>
</tr>
</tbody>
</table>

11/26/2019
How to Find a Rental Unit

Where to Look

1. The Classified section of the local newspaper.

2. Bulletin boards in local Laundromats, grocery stores, banks, etc.

3. Family and friends—they may know places that are available or might become available.

4. If there is a specific area that you are interested in living, drive or walk around that area. You may spot "FOR RENT" signs on trees, in yards, in windows, etc. Write down the phone number and call for information.

5. Contact the apartment listings and landlords in our Rental Guide.

6. Check with real estate agents and landlords. Look in the yellow pages of the phone book under "Real Estate Rental Service" or "Real Estate Management".

Things to Think About

1. What type of unit am I looking at? Is it a single family home, mobile home, apartment, duplex, etc?

2. What area is the unit located in? Is it within the city limits? What county?

3. You may want to check with the utility companies to determine if there are deposits that are required.

4. Check with the landlord regarding any special restrictions on the unit such as no smoking, no pets, etc.

5. Find out what utilities you would have to pay (i.e., heat, electric, water, etc.)

6. Do a budget plan to assess whether the rental is affordable.

Making an Appointment

Once you have found a rental unit and it is what you are looking for ask the owner for an appointment to see the unit. Be sure to keep the appointment and be on time. You may want to arrive early so that you can look around the neighborhood and get a feel for the community. Remember, meeting with the landlord is like a job interview; dress well and be pleasant. Above all, be honest.
Questions you should ask a Prospective Landlord

1. The full address and telephone number of the apartment home you are interested in renting.

2. The name, address, and telephone number of the property owner or his/her agent.

3. The number of bedrooms and bathrooms in the home.

4. Amount of rent the landlord is asking.

5. The amount of security deposit required.

6. Will the landlord accept Section 8/Housing Choice Vouchers?

7. The type of utility service installed for the home. Are any utilities included in the rent?
   - Heat
   - Electric
   - Water
   - Sewer
   - Lawn Maintenance
   - Snow Removal
   - Trash pick-up

8. If utilities are not included in the rent, you need to ask the prospective landlord the following questions:
   a. What heats the home? Is it natural gas, propane, electric, fuel oil?
   b. What type of cooking does the unit have? Gas, propane, electric?
   c. What heats the water? Gas, propane, electric, fuel oil?
HELP STARTS HERE

211 is a vital service that connects millions of people to help every year. To get expert, caring help, simply call 211 today or search for your local 211 below.

Not sure where to turn? We are here for you.

CURRENT EMERGENCIES AND DISASTERS
Wexford and Missaukee Counties

United Way Help Line “211”  877-211-5253
Connects people with community resources from housing to health care and much more. Volunteer opportunities are available. Available 24 hours a day. Or visit http://www.michigan.gov/helpinghand/

Northwest Community Action Agency/NMCAA  1-800-443-2297
1640 Marty Paul Rd Cadillac, MI 49601  Wexford/Missaukee/Roscommon
To locate people in need and help them through special programs or help them find the appropriate resource service in the community. The focus is to support self-sufficiency. A 10 county service area including Wexford and Missaukee Counties. Provides assistance/resources in areas of:
- Heating assistance
- Housing
- Budgeting
- Utilities
- Senior nutrition/Meals on Wheels
- Food distributions
- Head Start/Child Development preschool programs (3-5 yr olds)
- Early Head Start home visiting program (pregnant moms and 0-3 year olds)

Friends Ministries  231-839-8816
3728 S. Morey Rd. Lake City, MI 49651  Hours: Mon--Fri. 10:00 a.m. - 5:00 p.m. Sat. 10:00 a.m. - 2:00 p.m.
Services that we provide:
- Budget & relationship mentoring
- Car repair/car needs
- Home heating needs
- Electricity /shut-offs
- Christian conversation and prayer
- Celebrate recovery - 12 step program
- Clothing, basic furniture needs and household items.
- More services available. Please call for more information.
- Currently we serve Missaukee County with limited services for Wexford County.

Foster Closet of Michigan  231-884-2363
221 Granite St Cadillac

Love, INC  231-779-1888
Serving Wexford and Osceola County. We strive to mobilize church members to meet the needs of people who have been screened and referred by Love, INC. It is our intention to reduce unnecessary duplication of agency services, identify and teach self-help skills to individuals and families and fashion a cooperative relationship between churches and agencies. Various pantries at local churches:
- Socks, underwear and layettes - Zion Lutheran
- Clothe a First Grader and linens - First Christian
- School supplies and children's books - Cadillac United Methodist
- Paper pantry - Cadillac Christian Reformed Church
• Furniture, bibles and bible story books, winter coats - Temple Hill Baptist Church
• Community Service Center - Seventh Day Adventist
• Firewood - Brighton Wesleyan Church
• Food, clothing, furniture, mentoring, minor home repairs. All referrals must be make through Love, INC

DHHS - Department of Health and Human Services 1-844-4MI-DHHS 1-844-464-3447

The State of Michigan, through DHHS, provides in every county financial and selected services to persons determined to be in need. Need is established within the policies and the laws of the State Department of Human Services and the Department of Human Services Board. Many programs exist to assist persons with low monthly income and limited financial resources. Each program has specific criteria for eligibility of services.

• Adoption and Adoption Subsidy - Adult Services
• Adult Community Placement Program
• Independent Living Service
• Cash Assistance - Family Independence Program (FIP)
• State Disability Assistance (SDA) Program
• Child Development and Care - Child Support
• Children’s Foster Care
• Emergency Service - State Emergency Relief Program
• Low Income Home Energy Assistance Program
• Food Assistance Program (FAP)
• Foster Care Licensing
• Juvenile Justice Program
• Medical Coverage - Medicaid (MA) - State Health Program - Preventative Services for Families
• Protective Services - Children’s Protective Services
• Adult Protective Services
• Volunteer Services

Oasis/Family Resource Center 231-775-7299
Crisis 231-775-4646
oasis@charterinternet.com

Oasis/FRC is a private, non-profit agency serving victims of domestic violence, sexual abuse, and homelessness. The Family Resource Center provides parenting assistance through home visiting programs and classes.

• Domestic Violence and Homeless Shelter
• 24-hour crisis hotline
• Parenting education and support groups.
• Legal advocacy for victims of violence and sexual assault
• Non-residential counseling for victims of crime
• Adoption/kinship program
• Women’s Empowerment groups


**Education**

*Act (adult career training)*

Adult education and training program.  
Assists with high school diploma, GED and job skills.  

**Baker College of Cadillac**  
231-876-3100

**Buckley Community Schools**  
231-269-3325

**Cadillac Area Public Schools**

- **Forest View Elementary:** 231-876-5100
- **Franklin Elementary:** 231-876-5200
- **Kenwood Elementary:** 231-876-5300
- **Lincoln Elementary:** 231-876-5400
- **Cadillac Junior High:** 231-876-5700
- **Mackinaw Trail Middle School:** 231-876-5600
- **Cadillac High School:** 231-876-5800
- **Cadillac Innovation Alternative High School:** 231-876-5900
- **Central Office:** 231-876-5000
- **Transportation:** 231-876-5050

**Cadillac Heritage Christian School**  
231-775-5272

**Lake City Area Schools**

- **Lower Elementary:** 231-839-7162
- **Upper Elementary:** 231-839-2665
- **Middle School:** 231-839-7163
- **High School:** 231-839-4331

**McBain Public Schools**  
231-825-2165

**Manton Consolidated Schools**

- **Manton Elementary School:** 231-824-6413
- **Manton Middle School:** 231-824-6401
- **Manton High School:** 231-824-6411

**Marion Public Schools**

- **Elementary School:** 231-743-6251
- **Middle School/High School:** 231-734-2836

**Mesick Consolidated Schools**

- **Mesick Elementary School:** 231-885-1211
- **Mesick High School:** 231-885-1201

**Michigan School for the Deaf & Blind**  
800-622-6730

**Northern Michigan Christian School**  
231-825-2492

**Northwestern Michigan College**  
231-995-1000

**Pine River Area Schools**

- **LeRoy Elementary School:** 231-768-4481
- **Luther Elementary School:** 231-797-5201
- **Tustin Elementary School:** 231-829-3251
- **Pine River Middle School:** 231-829-4064
- **Pine River High School:** 231-829-3881

**Wexford-Missaukee Intermediate School District**  
231-876-2260

- **Career Technical Center**  
  231-876-2200

- **Special Education**  
  231-876-2275
Early Childhood Services

Child and Family Services of Northwestern Michigan 231-946-8965
- Behavioral Health Services - counseling and assessment for all of life’s challenges - all ages.
- Family Group Decision Making - an intensive family preservation program.
- Foster Care - Regular, Intensive, and Treatment Foster Care and the Independent Living Program
- Infant Adoption
- Pregnancy and Birth Counseling
- Safe Haven - supervised visitation and exchange for children and family.
- Special Needs Adoption Program - children over 3 years old and sibling groups.
- Victims of Crime Act (VOCA) - treatment and support

Pine Rest 231-947-2255
- A free statewide consultation program that helps families and child care providers support infant and toddler social, emotional, and behavioral health. Consultants are available to answer questions about infant and toddler behavior. Free on-site consultation to develop and implement strategies to help infants and toddlers with challenging behavior. Free regular get-togethers for DHS-enrolled relative care providers and day care aides to share ideas about child behavior and development

Early Head Start
Missaukee, Wexford and Roscommon County 231-884-0776
EHS gives parents the skills and support to make the most of the first 3 years in their child’s life. Enrolled families receive weekly home visits from a child & family specialist certified in P.A.T. (Parents as Teachers).
Serving Missaukee and Wexford County families, pregnant moms, and children up to age 3.
- Provide weekly home visits. Certified in the P.A.T. (Parents As Teachers).
- Help transition children into the Head Start program.
- Monthly socialization groups
- Resource connections.

Early On 231-876-2300
A network of services for families of children birth to three who have developmental delays, disabilities, or medical conditions. We are based on a partnership between parents and service providers, developed to help families find the support they need for their child. The program is established by Part C of the Individuals with Disabilities Education Act (IDEA), a federal law mandating services to children found eligible for special education. What do we offer?
- Developmental assessments
- Home visits,
- Speech therapy
- Occupational therapy
- Physical therapy
- Playgroups at various locations within the ISD
- Connections with other community resources.
Great Start Collaborative 231-779-9776
Great Start Parent Coalition 231-876-2265
The Great Start Early Childhood Parent Coalition includes parents, grandparents, caregivers, and professionals who are involved with young children in Wexford, Missaukee, and Northern Osceola counties. The purpose of the Coalition is to increase parent participation in early childhood planning and decision-making for the counties. Serve as a "voice" for parents in their community. Assist in building public support for early childhood as an investment. Support and participate in the strategic planning work of the Great Start Collaborative. Strengthen the commitment of parents in the community, on behalf of young children.

Life Resources of Northern Michigan 231-775-1545
419 N Lake St, Cadillac
- Parenting Support - Parenting education programs for both mothers and fathers. Clients meet one-on-one with a client assistant to learn about parenting topics that span from early stages of pregnancy through the toddler years. While attending these sessions, clients earn the ability to shop in our store for the materials they might need - diapers, wipes, formula, baby food, baby clothes, maternity clothes, toiletries, gas cards, etc. We also have a crib program and a car seat program.

Michigan Alliance for Families 1-800-552-4821
Local - Nicole Miller 231-715-1503
Michigan Alliance for Families and Michigan Alliance - PTI provide information, support and education to families of children and adults with disabilities from birth to age 26 who are in the educational system. The purpose of the projects are to increase the involvement of families in their children’s education and the educational system in general.

MSU Extension 231-839-4667
6180 W Sanborn, Lake City 231-779-9480
401 North Lake St, Cadillac 1-888-678-3464
Home and Gardening Questions Contact: Jessica Ackerson, Office Manager ackers23@msu.edu
Services Provided: Michigan State University Extension offers a range of services and resources. Focus areas for MSU Extensions include Agriculture, Business & Community, Family, Food & Health, Lawn & Garden, Natural Resources, 4-H and Youth, Home lawn and garden soil test-self mailers for purchase and free pressure canner gages testing available daily.

United Way of Wexford and Missaukee Counties 231-775-3753
Local Libraries

Cadillac Wexford Public Library 231-775-6541
Falmouth Area Library 231-826-3738
Lake City Missaukee District Library 231-839-2166
LeRoy Community Library 231-768-4493
Luther Area Public Library 231-797-8006
Manton Public Library 231-824-3584
Marion Public Library 231-743-2421
McBain Community Library 231-825-2197
Mesick Public Library 231-885-1120
Tustin Community Library 231-829-3012
Adult Literacy Council 231-775-6541

Friends of the Cadillac-Wexford Public Library
411 S. Lake St. Cadillac, MI 49601

Purpose: The Adult Literacy Council offers tutoring for adults who would like to learn to read or improve their reading. Tutoring is Confidential and Free. One Tutor works with one Adult. Adults are matched with a tutor in their community and meet in a nearby location. Tutors are available in Wexford, Missaukee, and Osceola Counties.

Child Care Services

www.greatstartforkids.org - This site will give you information on local Child Care referrals. Here are the steps you need to follow to get to the Child Care List:
1. From the homepage click on the green box that says "read more" at the Connect link.
2. On the next page click the "Early Learning" box.
3. Then click on the county in Michigan where you are hoping to find a Licensed Child Care Provider to see the list of possible choices.
If you do not have access to the internet you can contact the Child Care Connections office at your local Regional Resource Center. 1-800-968-4228

Employment

Corner Stone Staffing Solutions 231-779-8888
Manpower, Inc. 231-775-1226
Michigan DCD/Rehabilitation Services 231-775-3408
Michigan Works! 231-775-3408
401 N Lake Street #700 Cadillac, MI 49601
Services Provided: Employment information, placement and referral. Unemployment benefits.

Northern Staffing Services 231-775-8590
Housing

Homeless - NMCAA Housing Assistance 844-900-0500
Cadillac Housing Commission 231-775-9491
111 South Simons Street Cadillac, MI 49601
Services Provided: Low and moderate income housing.
Cadillac Shores Apartments (Subsidized Housing) 231-775-8509
Cornerstone Apartments Lake City (Subsidized Housing) 231-775-9491
Land Lord Rental Hotline 231-779-8090
Maple Hill Apartments 231-779-2992
Manton Hillcrest Terrace 231-824-6831
McBain West Creek Terrace 231-825-2652

N. Michigan Alliance for Independent Living (Disabilities) 866-869-8600
New Hope Shelter (Women) 231-468-2022
New Hope Shelter (Men) 231-775-3702
North Park Apartments 231-775-0402
Oasis Shelter (Women & Children) 231-775-7233
Salvation Army 231-775-7131
Tip of Mitt Rental Assistance 231-377-7155
Youth Service 1 888-267-6084

Community Activities

Cadillac Area Visitors Bureau 231-775-0657

Chamber of Commerce
Provides Information on community events and resources
Cadillac 231-775-9776
Lake City 231-839-4969
Manton 231-824-4158
Mesick 231-885-2679
Food Pantries - Meals - Household Items

**Assembly of God Church**
1120 West Division Cadillac, MI 49601
Hours: 3:30-5:00pm Every 2nd and 4th Monday of the Month Purpose: Basic food supply.

**Life Resources of Northern Michigan**
419 N. Lake St. Cadillac, MI 49601
24 Hour Hotline: 800-395-4357
Hours: Monday - Thursday 10:00am - 5:00pm Purpose: Baby food Formula Cereal

**Community Food Pantry**
Cadillac Revival Center 984 Platt Rd. Cadillac, MI 49601
Hours: Wednesday 8:30am Contact: Pastors Will & Pat Markham, Senior Pastors
Purpose: To fill the gap between the costs of necessities for those in need.

**DHHS - Department of Health and Human Services**
See front page

**Family Life Center**
Living Light Christian Church 7700 W. Blue Rd. Lake City, MI 49651
Call for an appointment. Hours: Tuesday 11:30-2:30pm Wednesday 11:30-2:45pm
Purpose: Basic food supply.

**King’s Storehouse Food Pantry**
First Baptist Church 125 Stimson St. Cadillac, MI 49601
Hours: 10-11:00am Monday, Wednesday, Friday. Contact: Carol Bogart Purpose: To give temporary help to those in need of food. Give food and some paper products at no cost to the families. Lend a listening ear and comfort to people in times of crisis, through the love of Jesus. Refer people to Love, INC. for further help. Our food orders usually last the family 3 days. We will help 3 times per year, unless Love, INC. asks us for more assistance. Because of the three times per year limit we now ask for picture I.D.

**Living Word Ministry Family Care Network**
800 S. Michigan Old Erb Lumber Building Manton, MI 79663
Call for an appointment one time a month. Hours: Monday 9:00am-12:00pm Purpose: Basic food supply.

**Manton Free Methodist Church**
201 N. Michigan Ave. US 131 Manton, MI 49663
Call for an appointment. Purpose: Emergency food supply.

**Mesick Community Food Pantry**
Mesick United Methodist Church
121 S. Alvin St. Mesick, MI 49688
Hours: Thursday 2:00-3:30pm Purpose: Emergency needs.

**Missaukee Cooperative Ministries**
6180 W Sanborn Lake City, MI 49651
Hours: Monday thru Thursday 9-12 Purpose food assistance and household toiletries also utilities shut off assistance.
### Salvation Army
725 Wright St. Cadillac, MI 49601
231-775-7131
Hours: Monday through Friday 1:00pm-2:30pm Purpose: To provide basic food needs. Some meats are available. Formula, Toiletries, Diapers May receive donations every 3 months. Must work with a caseworker. Any other services by appointment only.

### Seventh Day Adventist County Service Center
815 E. Division St. Cadillac, MI 49601
231-775-9331
Hours: Most Tuesdays 9:00am-1:45pm Contact: Penny Sluiter (if possible call before to set up appointment)
Purpose: To supply basic food needs, free clothes, odds and ends.

### Foster Closet of Michigan
New and gently used basic items
231-884-2363

## Health Care - Medical

### AIDS Hotline
800-872-2437

### Alcoholics Anonymous
888-245-7356

### Cadillac After Hours Clinic
440 Cobb Street Cadillac, MI 49601
231-775-8814

### Munson Urgent Care
302 Hobart Street Cadillac, Mi 49601
231-876-2644

### Sound Choices of Northern Michigan
909 Carmel St. Cadillac
231-775-8000
Free pregnancy testing, obstetrical ultrasounds and sexually transmitted infection testing. All services are free and confidential.

### Dental Clinics North
877-321-7070
To provide free dental services to people through District Health Department #10.

### District Health Department #10 Lake City
231-839-7167

### District Health Department #10 Cadillac
231-775-9942

#### Maternal and Infant Health Program
- A home visiting program for women and infants on Medicaid. Team approach of nurse, social worker and dietician are assigned to the family based on what their needs are. Education, support through pregnancy and up to 1 year old (or older in some cases).
- **Immunizations:** Needed vaccines offered for birth through adulthood, including flu vaccine. It is recommended this year that all children 6 months-18 years old get the flu vaccine (and caregivers caring for that age group).
• Healthy Futures available to all pregnant women and infants, regardless of income, who deliver at Munson of Traverse City or Munson Health Care of Cadillac. Phone calls and a postpartum home visit by an RN.
• Children's Special Health Care Services - health insurance and nursing support to children with certain health needs.
• Public Health Services - Disease surveillance and follow-up etc.
• W.I.C. women, infant, children nutrition. Family planning services. Outreach agency to get all children insured.
• Healthy Families Northern Michigan - is a volunteer program that offers guidance, information, and support to families through home visits that may continue until your child is four years of age.
• Medicaid Information

Hospice of Michigan 888-247-5701

Munson Health Care of Cadillac (formally Mercy Hospital) 231-876-7200
Since we opened our doors in 1908, Munson Healthcare Cadillac Hospital has been working to improve the health of people in the Cadillac community. Today, we provide quality health care to more than 80,000 residents across seven counties. Our hospital staffs 49 acute-care beds and has 96 active physicians along with allied health professionals that have expertise in more than 30 specialties. On-staff specialists offer care in cardiology, general and orthopedic surgery, obstetrics and gynecology, pediatrics, podiatry, and urology. We invest heavily in attracting the top medical specialists and acquiring the newest technology. Our ultimate goal: to offer you every possible advantage, so you can achieve the best possible health.

Michigan Enrolls 800-975-7630

Northern Lakes Community Mental Health 231-775-3463
527 Cobb Street Cadillac, MI 49601
Services provided to promote the behavioral health of our individuals, families, and communities. Case Management Advocacy with families and the schools, medication (Psychiatric) primarily work with Developmentally Disabled Children and Adults. Sit on Family Support Team
• Crisis intervention, emergency services
• Home-based infant mental health services birth-age 5
• Respite Family Support Subsidy
• Counseling
• Case Management Advocacy

Pine Rest 231-947-2255
Sixth and Madison Traverse City, MI 49684
Services Provided: Counseling with children (behavioral, emotional and medical)

Parent Help-Line 1-855-427-2736
Services Provided: For families who need immediate assistance with parenting concerns - 24 hours a day - confidential, trained counselors available.
Stehouwer Free Clinic
201 N Mitchell St, Suite L-1, Cadillac
We help patients obtain free and reduced-cost medication. As well as serves as a referral source for many other health-related programs in the community.
- Non emergency medical help
- Free and reduced-cost Medication Access Program (MAP)
- Referrals

Wexford-Missaukee I.S.D. General Education Prevention Services
231-876-2265
Purpose: Prevention Services provides support/resources for those who are dealing with substance abuse, violence, and homeless issues. Services fall into any of the following categories: ID and referral Education / Training
Community School
- Substance abuse education and support
- Support with homelessness
- Support with present or past violence issues

Wexford Adolescent Wellness Center(run by District Health Department #10) located inside
Cadillac Jr. High School,
500 Chestnut St., Cadillac
231-306-4900
Healthcare services include treatment for acute and chronic illness and injuries, physical exams/well child visits, immunizations, STI testing and treatment, pregnancy testing and counseling, and health education. All insurances accepted. Individuals with no insurance welcome. Assistance in Medicaid Enrollment for the uninsured.

Manton Adolescent Wellness Center(run by District Health Department #10) located inside
Manton High School
105 5th St., Manton
231-306-3010
Nursing services include:
Acute care for illness and injuries, Immunizations, STI testing and treatment, Pregnancy testing and treatment, health education, and referral for care. Assistance in Medicaid enrollment for the uninsured.

Mesick Adolescent Wellness Center (run by District Health Department #10) located inside Mesick High School,
581 Clark St., Mesick
231-876-3805
Nursing and Mental health services are provided to 6-12th grade Mesick Schools students. Nursing services include:
Acute care for illness and injuries, Immunizations, STI testing and treatment, Pregnancy testing and treatment, health education, and referral for care. Assistance in Medicaid enrollment for the uninsured.
Health Care—Mental Health

Al-Anon/Ala-teen 231-779-2006

Cadillac Area Family Resource Center (Oasis) 231-775-7299

Catholic Human Services, Inc. 231-775-6581
140 W. River, Suite #7 Cadillac, MI 49601
Services Provided: Counseling on alcohol and drug-related problems. Problem pregnancy & adoption services. Child & family services for any reason, individualized or group.
- Counseling on alcohol and drug-related problems
- Problem pregnancy and adoption services

Child & Family Services (Foster/Adoption) 231-946-8975

Sound Choices of Northern Michigan 231-775-8000

Post Abortion Support - We recognize that many individuals in our region may have experienced an abortion in the past - whether recent or several years ago. We have a faith-based program to address their concerns, provide a listening ear, and help them along the way to a point of healing.
We do also have an educational program for schools regarding making healthy choices regarding students’ sexual health (abstinence education). All services are free and confidential.
- Past abortion support
- Educational programs on sexual health

Crisis Intervention Services (After hours mental health crisis) 833-295-0616

Local service numbers
- Northern Lakes Community Mental Health, Cadillac 231-775-3463
- Northern Lakes Community Mental Health, Houghton Lake 989-366-8550
- Northern Lakes Community Mental Health, Grayling 989-348-8522
- Northern Lakes Community Mental Health, Traverse City 231-922-4850

National services numbers
- National Suicide Hotline 1-800-273-8255 or Text 741741
- or 1-800-SUICIDE or 1-800-784-2433
- NLMHA Crisis Line 1-800-422-7315

If you are experiencing a medical Emergency call 911. If you are having a mental health crisis you can call Northern Lakes CMH FAST Crisis Response at 1-833-295-0616

Life Skills Psychological Services, PC 231-775-6517

Psychological services have been provided by this office since 1977. A broad range of psychological interventions are utilized to provide problem-specific services to the full age span from small children to older adults. Initial visits usually will consist of an assessment of you situation, an interview with a psychologist, and perhaps some psychological testing to provide an understanding of how we can best assist you. The results of this assessment are shared with you in subsequent sessions and an individual treatment plan is designed to assist you in resolving your concerns. As part of an overall assessment we may recommend that you have a physical examination by your physician. A variety of clinical methods and services are available to assist you and may be included in your treatment plan.
- Psychological services
- Assessments and testing
- Individual treatment plans
- Individual, Marital, Family, and Group Psychotherapy

**Wexford Adolescent Wellness Center** (run by District Health Department #10) located inside Cadillac Jr. High School, 500 Chestnut St., Cadillac 231-306-4900
Mental health services are provided to 10-21 year olds who reside in or go to school in Wexford County. Services include mental health assessment and diagnosing, risk assessment, individual and family counseling, grief and loss counseling, trauma assessment and treatment, and groups. All insurances accepted. Individuals with no insurance welcome. Assistance in Medicaid Enrollment for the uninsured.

**Manton Adolescent Wellness Center** (run by District Health Department #10) located inside Manton High School 105 5th St., Manton 231-306-3010
Mental health services are provided to 7-12th grade Manton Schools students. Services include mental health assessment and diagnosing, risk assessment, individual and family counseling, grief and loss counseling, trauma assessment and treatment, and groups. All insurances accepted. Individuals with no insurance welcome. Assistance in Medicaid Enrollment for the uninsured.

**Mesick Adolescent Wellness Center** (run by District Health Department #10) located inside Mesick High School, 581 Clark St., Mesick 231-876-3805
Mental health services are provided to 6-12th grade Mesick Schools students. Services include mental health assessment and diagnosing, risk assessment, individual and family counseling, grief and loss counseling, trauma assessment and treatment, and groups. All insurances accepted. Individuals with no insurance welcome. Assistance in Medicaid Enrollment for the uninsured.

**Michael's Place**
1212 Veterans Dr, Traverse City 231-947-6453
Grief Support center, servicing grieving children, teens, adults, and families throughout northern Michigan. Innovative and compassionate support programs designed to ease the impact of loss.

**Northern Lakes Community Mental Health**
527 Cobb Street Cadillac, MI 49601
231-775-3463
Services provided to promote the behavioral health of our individuals, families, and communities. Case Management Advocacy with families and the schools, medication (Psychiatric) primarily work with Developmentally Disabled Children and Adults. Sit on Family Support Team
- Crisis intervention, emergency services
- Home-based infant mental health services birth-age 5
- Respite Family Support Subsidy
- Counseling
- Case Management Advocacy

If you are experiencing a medical Emergency call 911. If you are having a mental health crisis you can call Northern Lakes CMH FAST Crisis Response at 1-833-295-0616
Other Wellness Related Links

**Alcoholism or Alcohol Abuse**
National Interactive Screening Project. Call for a free anonymous Alcohol Screening
Toll free 1-800-887-5676, or go online at [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".
State of Michigan, Employee Service Program, toll free 1-800-521-1377

**Depression Screening**
National Interactive Screening Project. Call for a free anonymous Depression Screening
toll free 1-800-887-5676, or go online at [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".
State of Michigan, Employee Service Program, toll free 1-800-521-1377

**Anxiety Screening**
For a free anonymous Anxiety Screening go online at: [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".
State of Michigan, Employee Service Program, toll free 1-800-521-1377

**Eating Disorders Screening**
For a free anonymous Screening go online at: [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".
State of Michigan, Employee Service Program, toll free 1-800-521-1377

**Michigan Coalition against Domestic & Sexual Violence**
3893 Okemos Road, Ste B2 Okemos MI 48864
Ph: 517 347-7000 fax: 517 347-1377
National Hotline: 1 800 799-SAFE
[www.ncadv.org](http://www.ncadv.org)

**Wexford-Missaukee Child Protection Council**
The Wexford-Missaukee Child Protection Council is the local council of the State of Michigan's Children's Trust Fund and national Prevent Child Abuse America that serves as a voice for the primary prevention of child abuse and neglect. We seek to educate parents, caregivers and community members on various issues surrounding the growing epidemic child abuse. Our focus is on the importance of preventing child abuse and neglect before it happens, which then strengthens our families and our community.
If you would like to learn more about primary prevention of child abuse and how you can get involved, contact our council through our website at [www.wexfordmissaukeecpc.com](http://www.wexfordmissaukeecpc.com)

- Prevention of child abuse and neglect
- Education service for parents, caregivers, and community members
- Strengthening the community
Legal-Law Enforcement
Emergency 911

Legal Services of Northern Michigan, Inc. 231-941-0771
221 Garland Street, Suite H Traverse City, MI 49684
Services Provided: Legal services and representation, legal information. Representation for divorce, some landlord-tenant, SSI, and some collection cases. Fees vary depending on income.

Missaukee County District Court 231-839-4590
Probate & Juvenile Court 231-839-2266
Family Court 231-839-2480

Missaukee County Sheriff Department 231-839-4388

Michigan State Police - Cadillac Post 231-779-6040

Wexford County District Court 231-779-9515
Probate & Juvenile Court 231-779-9510
Wexford County Sheriff Department 231-779-9211

Transportation
Secretary Of State / Driver License Bureau 888-767-6424

Cadillac/Wexford Transit Authority (CWTA) 231-779-0123
TOLL FREE 1-866-647-5465

951 Casa Rd. Cadillac, MI 49601. Hours: Monday- Friday, 5:00am-7:00pm Saturday, 10:00am-4:00pm
Door to Door (Demand-Response) - Works in time ranges by grouping rides within the same area utilizing one vehicle. Please request a ride at least one hour in advance if possible. Time Calls - Customers can make advance reservations for community appointments. Subscription Service - Customers can make advance reservations on a long term basis when their travel requests remain consistent.

- Subscription Services
- Group rides
- Demand-Response (door to door)
- Wheelchair accessible
- Healthway Express for non-emergency, medical related services for residents of Wexford

Youth Services
Cadillac Area YMCA 231-775-3369

Families programs  Health and fitness programs NOTE: This is not a free service. There is an admission/membership charge upon entrance.

- Aquatics programs
- Arts and humanities programs
- Parenting classes
- Preschool programs
- Teen & school age programs
- Senior programs
- Volunteer and leadership development programs
IF YOU HAVE ANY QUESTIONS OR WOULD LIKE FURTHER INFORMATION, PLEASE CONTACT

Wexford County Home Based Early Head Start Staff

716 Lincoln St
Cadillac MI 49601
Fax # (231)-876-9840

105 5th St
Manton MI 49663
Fax # (231)-824-9888

Wexford/Missaukee/Roscommon EHS Program Service Coordinator
Rebecca Schichtel
rschichtel@nmcao.net
(231) 920-4016

EHS Program Recruitment/Health Specialists:
Mary Heady
mheady@nmcao.net
(231) 884-0776

EHS Child and Family Specialists:
Laura Bachman
labachman@nmcao.net
(231) 878-2526

Geena Girard
ggirard@nmcao.net
(248) 497-1516

Jill Gines
jjgines@nmcao.net
(231) 429-2028

Evie Hirdning
eviehirdning@nmcao.net
(231) 878-6046

Missaukee County Early Head Start Staff
1751 S Morey Rd
Lake City MI, 49651
Contact (231)-884-0776
Fax # (231)-839-5700

EHS Child and Family Specialists:
Kim Reitz
kreitz@nmcao.net
office (231) 920-3999

Amy Pitz
apitz@nmcao.net
office (231) 878-7062

8/2019 F/forms/FSW/Resources/Wexford
Roscommon and Wexford County Center Based Early Head Start Staff
716 Lincoln Street
Cadillac, MI 49601
Fax # (231)-876-9840

Wexford/Roscommon EHS Center Site Supervisor:
Kim Stackpoole
kstackpoole@nmcao.net
office (231) 920-0204

Roscommon EHS Center Staff
716 Lincoln St
Cadillac Mi 49601
Fax # (231)-876-9840

Teacher:
Michelle Maxwell
mmaxwell@nmcao.net
office (231) 920-3442

Teacher:
Bridgett Sanford
bsanford@nmcao.net
office (989) 600-3755

Family Specialist:
Keri VanSteenis
kvansteenis@nmcao.net
(989) 889-5619

(See the next page for Wexford EHS Center Staff)
8/2019 F/forms/FSW/Resources/Wexford
Roscommon and Wexford County Center Based Early Head Start Staff
716 Lincoln Street
Cadillac, MI 49601
Fax # (231)-876-9840

Wexford/Roscommon EHS Center Site Supervisor:
Kim Stackpoole office (231) 920-0204
kstackpoole@nmcao.net

Wexford EHS Center Staff
716 Lincoln St
Cadillac Mi 49601
Fax # (231)-876-9840

Teacher:
Liz Dykgraaf office (231) 920-4326
edykgraaf@nmcao.net

Teacher:
Chelsea Knoph office (231) 884-9921
edykgraaf@nmcao.net

Family Service Specialist:
Kimberly Steinacker (231) 884-2545
ksteinacker@nmcao.net

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IF YOU HAVE ANY QUESTIONS OR WOULD LIKE FURTHER INFORMATION, PLEASE CONTACT:

Wexford/ Missaukee County Head Start Staff

**Wexford County**

Lincoln Street Head Start Staff
716 Lincoln St
Cadillac, Mi 49601

Wexford County Family Engagement Specialist
Michelle Jacobs- Marty Paul Head Start Office
231-493-8642

Teachers:
Cathy Hubbard: 231-876-9336
chubbard@nmcaa.net

Marty Paul Head Start Staff
1640 Marty Paul
Cadillac, Mi 49601
Office (231) 775-9781
Fax # (231) 775-1448

Teachers:
Schonnie Markham: 231-775-7871
smarkham@nmcaa.net
Dianna Medendorp: 231-775-7531
dmedendorp@nmcaa.net

**Missaukee County**

Missaukee County Head Start Staff
1751 S Morey Rd
Lake City MI, 49651

Missaukee County Family Engagement Specialist
Larisa Galnares- Missaukee Head Start
231-493-8643

Teachers:
Kris Daniel: 231-839-7606
kDaniel@nmcaa.net
Mistie Watson: 231-839-7595
mwatson@nmcaa.net

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