Lapeer County
Community Resources

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Updated 11/2017
Visit our website for more up-to-date Resources

www.lapeercmh.org

For any changes, additions or misprints contact

cadelsburg@lapeercmh.org  or 810-667-0500
Counseling Services

Abundant Life Counseling
No Medicaid, sliding scale
456 S Main St. Lapeer (810) 252-1315

ACTS Christian Counseling - Sue Lovelette
All Medicaid plans (psychiatrist on staff)
4070 Huron St. North Branch, (810)270-2323

Amy Moore, MA, LPC
No insurance, sliding scale
1120 South Lapeer Rd, Oxford (248) 924-4722

Auburn Counseling Associates
McLaren, Health Plus, Medicaid accepted
Ask for a therapist who will use a sliding scale
3600 S. Dort Hwy. SW 44, Flint (810) 744-3300

Catholic Charities of Southeast Michigan
All Medicaid plans accepted, no sliding scale
700 S Main St. Sw. 211, Lapeer * (810) 664-4646

Concepts in Counseling
All Medicaid plans accepted, sliding scale
608 Fox St. Lapeer (810) 538-0229
Delta Family Clinic South
All Medicaid types accepted, no sliding scale
6195 Miller Rd., Swartz Creek (810) 630-1152

Dr. Erlinda Mercado (Psychiatrist)
No Medicaid, private insurance only, no sliding scale accepted
700 S Main St. Sw. 210, Lapeer (810) 245-1660

Dr. Janet Heasley (Psychiatrist)
Meridian, McLaren, Medicaid accepted, no sliding scale accepted
380 Mill St., Ortonville (248) 961-3088

Dr. Jafferany (Psychiatrist)
All Medicaid plans, sliding scale
1184 Cleaver Rd, Caro (989)-286-3330

The Lapeer County Health Department
AICC-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
1800 Imlay City Rd. Lapeer

Journey of Hope Counseling
Sliding scale, no insurance accepted
3834 N. Mill St, Dryden (810) 706-0081
Lapeer Counseling Center: Dr. Kachman

Meridian, McLaren, Medicaid accepted, sliding scale
700 S Main St. Sw. 210, Lapeer (810) 356-3293

Lapeer County Community Mental Health

Counseling for individuals, families, children and groups
Alcohol and other drug use treatment & psychiatry services
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

CMH also offers programs without being accepted to the public health system:

Senior Reach

For adults 60 and over who are isolated, confused, depressed, withdrawn, neglected, anxious etc.
Call Chelsea Edwards at 810-245-8781 to see if you qualify for home visits and counseling or refer an older adult who you believe needs help

The Red Road to Recovery

Anyone who has had an overdose, or a reversal of an overdose or who is struggling with an opioid addiction can call our team directly.
Call Dan Basey at 810-667-0500

Veterans Navigator Services

If you’re a Veteran and need help with housing, mental health care, resources or navigating through the system
Call Nicole Gauthier at 810-667-0500
North Branch CMH
Counseling Services available
most insurance plans accepted
call 810-270-2121
located at 3789 Huron St. North Branch

Imlay City CMH
Counseling Services available
most insurance plans accepted
call 810-721-7550
located at 6800 Newark Rd. Imlay City

Life Transitions Family Counseling
McLaren Medicaid, sliding scale accepted
172 N. Cedar St., Imlay City (810) 724-0598

Life Resource Center: Tim Campbell
All Medicaid plans, sliding scale accepted
431 N. Court SW 203, Lapeer (810) 338-6315

List Psychological Services
All Medicaid plans accepted, sliding scale
624 W. Nepessing St. SW 300, Lapeer (810) 667-4500

Nalo Therapy Center
Meridian, McLaren Medicaid accepted, sliding scale
1134 S Lapeer Rd., Lapeer (810) 667-4111
North Lapeer Counseling
Meridian, McLaren Medicaid, sliding scale accepted
5914 north Lapeer Road, North Branch (810) 793-4646

Personal Professional Counsel: Cliff Stevens
Meridian, McLaren Medicaid accepted
325 N Main St. #A, Davison (810) 658-7748

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

Adult Survivors of Sexual Abuse
Support Group meets one Saturday per month
Nalo Therapy Center * 1134 S. Lapeer Rd. Lapeer
Contact Beth McElroy-Kremm (810)667-4111

Care Giver /Parents Support

Forever Friends Network
1st and the 3rd Friday of every month5:30 – 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. Nepassing St., Lapeer (810)732-8500

**Alzheimer’s Association of Greater Michigan**

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

**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

**Adoptive and Foster Care Families**

Parents or grandparents of adopted children support group
Second Monday of every month 6:30-9:00
Nalo Therapy Center * 1134 S. Lapeer Rd. Lapeer
(810)667-4111 (call if you need childcare)

**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, Upstairs Conference Room
431 N. Court Street, Lapeer, Michigan 48446
Tim Campbell, LPC (810)338-6315 * greatlakestim@gmail.com

Heartland Hospice (Flint)
Grief Support for anyone who has experienced the death of a loved one. Our purpose is to provide education about normal grief reactions, as well as a safe environment. Light refreshments are provided
First Tuesday of each month at 5:30 pm
6211 Taylor Dr. Flint * 1-888-427-6818
Heartland Hospice (Lapeer)
Grief Support through Heartland Hospice
Every Thursday at 2:00 p.m.
Calvary Bible Church 923 S. Main St. Lapeer
810-230-1318

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 scheduled series and times.
The group is located at McLaren Hospital
1375 N. Main St. Lapeer

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
Open to Diabetics, family members and friends
Second Wednesday of every month except November
6:00pm- 7:30pm * G3200 Beecher Rd.
Beech Hill Center, Flint * 810-342-4110

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

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
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

Celebrate Recovery

Every Thursday night at 7:00pm
New Hope Event Center, 655 N Saginaw St. Lapeer
A support group for those who are working through their hurts, habits, or hang-ups
For more information call 810-441-7114

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 -8:00pm
St. Matthew Church at 220 W. Nepessing St., Lapeer (810)728-2033

**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**
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
Family and Friends Support Network

Open to anyone who wants to receive support and education regarding his or her loved one who has a mental health and/or substance use disorder whether or not they are receiving services at Community Mental Health. The first Thursday of every Month, 4:00pm-5:00pm and the third Thursday of every month 6:00pm to 7:00pm
Lapeer County Community Mental Health
1570 Suncrest Blvd. Dan Basey (810)-667-0500

Double Trouble – The Recovery Network

Participants help each other recover from addiction and to manage their mental health disorders, commonly called Dual Diagnosis.* Every Thursday 3:00-4:30 p.m.
Community Mental Health, 1570 Suncrest Dr. Lapeer
Carl Velliquette or Matt McKinney at (810)667-0500

Veterans Support

The group provides Veterans the opportunity to meet in an informal setting and discuss issues they are facing. The group is open to all Veterans of all eras. Female Veterans are encouraged to attend, as well. The meeting provides an opportunity to share experiences, concerns, and veteran issues among fellow veterans. There is no agenda.

The Lapeer Veteran Support Group (LVSG) meets the second Tuesday of each month at the LCVA office, 287 W. Nepessing, Lapeer.
There is no fee but registration is encouraged.
To register, email jokreiner@lapeercounty.org or call (810)667-0256.

**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 Español.................................................................800-628-9454
- DHS Adult Abuse Hotline...........................................800-996-6228
- DHS Child Abuse Hotline............................................800-942-4357
- DHS Emergency Shelter Hotline..............................800-ASHELTER
- 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
- LACADA Domestic Abuse .........................................810-667-4175
- Lapeer Area Citizens Against Domestic Abuse/LACADA
- Local Mental Health Center............................................1-810-667-0500
- Self-Injury........................................................................1 800-366-8288
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)

**The Golden Arrow or Drop in** 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.

Food Resources

**Nutrition Programs**

Commodity Supplemental Food Program (CSFP) provides free food for senior citizens, 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.

http://www.hdc-caro.org/?page_id=55

For eligibility, please contact
Stone Soup provides bakery, produce, meat, dairy and non-perishable food to the hungry throughout Lapeer County. Stone Soup also supports other Lapeer County pantries and soup kitchens through excess food donation assistance. 475 South Court Street, Lapeer 810-245-0500 * info@stonesoupfoodpantry.org

Hours of Operation: Monday through Friday 9am to 3pm
Food Assistance Hours * Tuesday: 9am to 3 pm
Wednesday: 11am to 5 pm * Friday: 9am to 3 pm

Below are the recent requirements:

1. Resident of Lapeer County
2. Must have a valid Michigan ID or Michigan driver’s license
3. Current piece of mail with the name & current address for each member household.
4. Verification of income for ALL household income
   Children under the age of 18 must have verification with their name and address, i.e. a piece of first class mail, health insurance card, DHS paper work, medical record, school, report card/something from school to parents with name of child.
5. For infants under the age of one (1) year, one of the following: birth certificate, cradle roll from hospital, WIC paperwork, or DHS paperwork.

Note: There is a two-week waiting period after registering to get food.
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Congregational Church</td>
<td>810-724-6207</td>
</tr>
<tr>
<td>ST. Paul Lutheran</td>
<td>810-724-1200</td>
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<tr>
<td>Lapeer Dept. of Human Services</td>
<td>810-667-0800</td>
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<tr>
<td>Human Development Commission</td>
<td>810-664-7133</td>
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<tr>
<td>Love Inc.</td>
<td>810-245-2414</td>
</tr>
<tr>
<td>Trinity United Methodist Church</td>
<td>810-245-2414</td>
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<tr>
<td>Grace Episcopal Church</td>
<td>810-245-2414</td>
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<tr>
<td>Immaculate Conception Church</td>
<td>810-664-8594</td>
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<tr>
<td>St. Paul Lutheran Church</td>
<td>810-245-2414</td>
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<tr>
<td>Free Methodist Church</td>
<td>810-245-2414</td>
</tr>
<tr>
<td>Mayville Area Share Shop</td>
<td>989-843-5370</td>
</tr>
<tr>
<td>North Branch Community Aid</td>
<td>810-688-2920</td>
</tr>
</tbody>
</table>

**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).

<table>
<thead>
<tr>
<th>Household size</th>
<th>Gross Monthly Income</th>
<th>Net monthly Income</th>
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<tr>
<td>1</td>
<td>$1,276</td>
<td>$ 981</td>
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<tr>
<td>2</td>
<td>1,726</td>
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<tr>
<td>3</td>
<td>2,177</td>
<td>1,675</td>
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</table>

Each additional member add 440. For more information go to: [http://www.fns.usda.gov/snap/eligibility#Income](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](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.

**Monday**

Lapeer, 4:00-5:30pm  
Trinity United Methodist Church  
810-664-9941  
1310 N Main St. Lapeer
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
<table>
<thead>
<tr>
<th>Family Size</th>
<th>Hourly</th>
<th>Weekly</th>
<th>Bi-Monthly</th>
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<td>$ 2,022</td>
<td>$ 2,190</td>
<td>$ 4,380</td>
<td>$ 52,559</td>
</tr>
</tbody>
</table>

**The Good Samaritans**

FREE Food and Clothes available every Saturday between 1:00 – 2:30 located at Church of Nazarene
1247 N. Five Lakes Road,
For coats please register on The Good Samaritans Facebook page

**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 or outreach@Hamiltonchn.org

**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

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

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 you’re nice
State your opinion about a topic * Reasons for your opinion
Explain your situation* Ask questions

**Michigan’s 10 Congressional District Representative**

Paul Mitchell- 586-997-5010
48701 Van Dyke Ave, Shelby Township, Michigan 48317
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**Michigan’s House of Representatives District 82**

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

**Michigan Senators**

Debbie Stabenow - (810) 720-4172
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31st District State Senator: Bay County, Lapeer County, Tuscola County
Mike Green, R-Mayville * PO Box 30036
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