



ALGER-MARQUETTE  
**COMMUNITY ACTION**  
HELPING PEOPLE • CHANGING LIVES

**CAAM**

***Early Childhood Education***

***Head Start/Early Head Start/Great Start***



**Resource Directory  
2015-16**

**EARLY CHILDHOOD EDUCATION  
RESOURCE DIRECTORY**

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The Community Action Alger Marquette (CAAM) Head Start/Great Start and Early Head Start are comprehensive early childhood programs for low-income families. Eligibility is determined by economic guidelines established by the Department of Health and Human Services. Ten percent of the enrollment must be made available to serve handicapped children. There is no fee charged. Centers are located in Gwinn, Ishpeming, Marquette, Munising, and Eben Junction.

**CAAM Office**  
**1125 Commerce Drive**  
**Marquette, MI. 49855**  
**(906) 228-6522 or**  
**1-800-562-9762**  
**FAX: (888) 906-7488**

**COMMUNITY ACTION ALGER MARQUETTE**

Community Nutrition Services	<b>Ext. 302</b>	Meals on Wheels, Senior Nutrition
Outreach and Housing Services	<b>Ext. 206</b>	Emergency Assistance, Warm-up Marquette, Weatherization, and Home Rehabilitation (Alger Co.)
Outreach	<b>Ext. 301</b>	Commodity Foods (CSFP)
Early Childhood Education	<b>Ext. 210</b>	Head Start, Early Head Start, Great Start
Homeless Housing Services	<b>Ext. 207</b>	Emergency Homeless Services
Homeless Housing Services for Veterans	<b>Ext. 351</b>	Emergency Homeless Services

### CAAM Head Start/Great Start Centers

Jacobetti Head Start & Daycare Center NMU Jacobetti Center, Rooms 109 & 110 Marquette, MI. 49855 250-8182 & 250-8080	Brookton Head Start/Great Start Center 275 Lost Creek Drive Marquette, MI. 49855 225-1519	Country Lane Great Start Center 1025 Country Lane, #2 Ishpeming, MI. 49849 485-4521
Gwinn Area Early Childhood Center 211 Ventura Street Gwinn, MI. 49841 346-3680	Munising Head Start Center 413 Maple St. Munising, MI. 49862 387-2675	Greenwood Head Start Center 704 Greenwood Street Ishpeming, MI. 49849 485-2083
Silver Creek Head Start Center 219 Silver Creek Road Marquette, MI. 49855 249-4559	Superior Central Great Start Center E2865 Highway 94, Room 110 Eben Junction, MI. 49825 439-5531 Ext. 239	Aspen Ridge Head Start Center 350 Aspen Ridge School Road, Room 241 Ishpeming, MI. 49849 485-3176 Ext. 1241



### CAAM Early Head Start Centers

Marquette EHS Center 275 Lost Creek Drive Marquette, MI. 49855 251-8419	Ishpeming EHS Center 1025 Country Lane, #2 Ishpeming, MI. 49849 251-8419
Munising EHS Center 413 Maple St. Munising, MI. 49862 251-8506	Gwinn EHS Center 201-203 Ventura Street Gwinn, MI. 49841 251-8402

## Elected Officials

<p><b><u>President</u></b>                  Barack Obama                  1600 Pennsylvania Ave.                  Washington, D.C. 20500</p>	<p>Website: <a href="http://www.whitehouse.gov">www.whitehouse.gov</a>                  Phone: (202) 456-1414                  FAX: (202) 456-2461                  Email: <a href="mailto:president@whitehouse.gov">president@whitehouse.gov</a></p>
<p><b><u>Governor</u></b>                  Rick Snyder                  P.O. Box 30013                  Lansing, MI. 48909</p>	<p>Website: <a href="http://www.michigan.gov/snyder">www.michigan.gov/snyder</a>                  Phone: (517) 373-3400                  Local: (906) 228-2850                  Email: <a href="mailto:rick.snyder@michigan.gov">rick.snyder@michigan.gov</a></p>
<p><b><u>United States Senator</u></b>                  Debbie Stabenow                  731 Hart Senate Office Building                  Washington, D.C. 20510</p>	<p>Website: <a href="http://www.stabenow.senate.gov">www.stabenow.senate.gov</a>                  Phone: (202) 224-4822                  Email: <a href="mailto:senator@stabenow.senate.gov">senator@stabenow.senate.gov</a></p>
<p><b><u>United States Senator</u></b>                  Gary Peters                  724 Hart Senate Office Building                  Washington, D.C. 20510</p>	<p>Website: <a href="http://www.peters.senate.gov">www.peters.senate.gov</a>                  Phone: (202) 224-6221</p>
<p><b><u>United States Representative</u></b>                  Dan Benishek                  514 Cannon HOB                  Washington, D.C. 20515</p>	<p>Website: <a href="http://benishek.house.gov">benishek.house.gov</a>                  Phone: (202) 225-4735                  Local: (906) 273-1663</p>
<p><b><u>State Senator</u></b>                  Tom Casperson                  P.O. Box 30036                  Lansing, MI. 48909-7536</p>	<p>Website: <a href="http://www.senatortomcasperson.com/">www.senatortomcasperson.com/</a>                  Phone: (517) 373-7840</p>
<p><b><u>State Representative</u></b>                  John Kivela                  P.O. Box 30014                  Lansing, MI. 48909</p>	<p>Phone: (517) 373-0498                  Email: <a href="mailto:johnkivela@house.mi.gov">johnkivela@house.mi.gov</a></p>
<p><b><u>State Representative</u></b>                  Scott Dianda                  P.O. Box 30014                  Lansing, MI. 48909</p>	<p>Phone: (517) 373-0850                  Email: <a href="mailto:scottdianda@house.mi.gov">scottdianda@house.mi.gov</a></p>



### Childcare Services/Nursery Schools/Preschools

<b>Alger County</b>				
<b>Name</b>	<b>Address</b>	<b>City</b>	<b>Phone</b>	<b>Description</b>
St. Amour, Brenda	317 W. Superior Street	Munising	(906) 450-4011	<a href="#">Licensed Group Home Daycare</a>
Bonner, Katie	9885 E. Miller Road	Munising	(906) 387-5358	<a href="#">Registered Family Home Daycare</a>
Erickson, Carla	412 E. Varnum Street	Munising	(906) 387-5263	<a href="#">Registered Family Home Daycare</a>
Autrain Onota Preschool	Deerton Elementary	Deerton	(906) 343-6632	<a href="#">Center</a>
Good Shepard Early Childhood Center	E9035 M-28 East	Munising	(906) 387-3579	<a href="#">Center</a>
Little Peoples Day Care	201 W. Superior Street	Munising	(906) 387-4152	<a href="#">Center</a>
Munising Cooperative Preschool	N6382 Alger Heights Road	Munising	(906) 387-4476	<a href="#">Center</a>
Munising Head Start Center	N7278 Woodale Road	Munising	(906) 387-2675	<a href="#">Center</a>
Superior Central School Great Start	E2865 Highway M-94	Eben Junction	(906) 439-5531	<a href="#">Center</a>
William G. Mather Preschool	411 Elm Avenue	Munising	(906) 387-2102	<a href="#">Center</a>

<b>Marquette County</b>				
<b>Name</b>	<b>Address</b>	<b>City</b>	<b>Phone</b>	<b>Description</b>
Babies & Beyond	620 Talon Street	Gwinn	(906) 346-2299	<a href="#">Licensed Group Home Daycare</a>
Child Central Station – Amy Ahola	515 W. Bluff Street	Marquette	(906) 225-5594	<a href="#">Licensed Group Home Daycare</a>
Clark, Kimberly	801 Willow Road	Marquette	(906) 361-4705	<a href="#">Licensed Group Home Daycare</a>
Erm, Nancy	329 W. Park Street	Marquette	(906) 226-8841	<a href="#">Licensed Group Home Daycare</a>
Harsch, Kathryn	101 E. Hewitt Avenue	Marquette	(906) 226-6990	<a href="#">Licensed Group Home Daycare</a>
Karnack, Jessica	208 Bigelow Street	Ishpeming	(906) 485-1078	<a href="#">Licensed Group Home Daycare</a>
Lagina, Peggy	110 Aspen Drive	Marquette	(906) 236-9251	<a href="#">Licensed Group Home Daycare</a>
Little Punkins Daycare	303 Prince Street	Negaunee	(906) 475-7611	<a href="#">Licensed Group Home Daycare</a>
Magadanz, Keri	1589 E. M-28	Marquette	(906) 236-5362	<a href="#">Licensed Group Home Daycare</a>
Ms. Emma’s Christian Daycare	605 Brule Road	Marquette	(906) 226-9046	<a href="#">Licensed Group Home Daycare</a>
Paul, Katherine	511 North Road	Ishpeming	(906) 475-6635	<a href="#">Licensed Group Home Daycare</a>
Petrocik, Cynthia	2263 Badger Street	Marquette	(906) 226-9678	<a href="#">Licensed Group Home Daycare</a>
Taylor, Priscilla Tiffany	1301 N. Front Street	Marquette	(906) 228-2807	<a href="#">Licensed Group Home Daycare</a>
Bammert, Danielle	432 Mustang Street	Gwinn	(906) 346-6036	<a href="#">Registered Family Home Daycare</a>
Brandel, Tina	201 W. Terrace Street	Marquette	(906) 249-9000	<a href="#">Registered Family Home Daycare</a>
Brogan, Lindsay	21 Elder Drive	Marquette	(906) 360-9138	<a href="#">Registered Family Home Daycare</a>
Clement, Carol	1303 Russell Street	Marquette	(906) 226-2306	<a href="#">Registered Family Home Daycare</a>

Garnsey, Shellie	213 Jean Street	Marquette	(906) 249-9303	Registered Family Home Daycare
Kaare, Emily	1095 County Road PAA	Ishpeming	(906) 204-2172	Registered Family Home Daycare
Kruhak, Dawn	353 W. Crescent Street	Marquette	(906) 228-2719	Registered Family Home Daycare
Lefebvre, Jackie	201 Granite Street	Marquette	(906) 226-4033	Registered Family Home Daycare
Lotterman, Christy	2562 Moran Street	Marquette	(906) 228-4428	Registered Family Home Daycare
Malvasio, Calee	414 McMillan Street	Marquette	(906) 226-2195	Registered Family Home Daycare
Marceau, Shari	2018 Granite Street	Marquette	(906) 226-3635	Registered Family Home Daycare
McGrath, Laurie	116 Woodland Drive	Negaunee	(906) 475-9556	Registered Family Home Daycare
Moore, Jessie	219 Angeline Street	Ishpeming	(906) 204-2280	Registered Family Home Daycare
Poutanen, Jennifer	919 Baldwin Avenue	Negaunee	(906) 361-7585	Registered Family Home Daycare
Richards, Nicole	1006 N. 2 <sup>nd</sup> Street	Ishpeming	(906) 391-0095	Registered Family Home Daycare
Rossey's Little Rascals	128 Dana Lane	Marquette	(906) 399-8086	Registered Family Home Daycare
Salmi, Angela	1025 Ontario Avenue	Marquette	(906) 250-6996	Registered Family Home Daycare
Sayman, Geronima	101 Cambria Street	Negaunee	(906) 362-8354	Registered Family Home Daycare
Schwemin, Susan	1189 Ortman Road	Marquette	(906) 249-1373	Registered Family Home Daycare
Simmons, Megan	912 Jefferson Street	Marquette	(906) 228-3048	Registered Family Home Daycare
Smaby, Effie	229 Jean Street	Marquette	(906) 249-6425	Registered Family Home Daycare
Stahlman, Donna	1068 Suncliffe Drive	Ishpeming	(906) 485-4302	Registered Family Home Daycare
Stanchina, Trisha	212 W. Barnum Street	Ishpeming	(906) 204-2157	Registered Family Home Daycare
Stille, Nicole	921 N. Main Street	Ishpeming	(906) 486-8136	Registered Family Home Daycare
Thill, Jennie	375 Woodridge Avenue	Marquette	(906) 458-1415	Registered Family Home Daycare
Wilson, Melissa	1801 Wright Street	Marquette	(906) 226-7836	Registered Family Home Daycare
Wright, Margaret	500 County Road	Negaunee	(906) 475-4295	Registered Family Home Daycare
Brookton Early Childhood Center	275 Lost Creek Drive	Marquette	(906) 228-6522	Center
Cherry Creek Elementary School	1111 Ortman Road	Marquette	(906) 225-4399	Center
Chocolay Children's Center	197 Terrace Street	Marquette	(906) 249-1550	Center
Christ the King Lutheran Preschool	440 Stoneville Road	Ishpeming	(906) 485-4432	Center
Country Lane Early Childhood Center	1025 Country Lane	Ishpeming	(906) 228-6522	Center
Discovery Central	131 W. Washington Street	Marquette	(906) 362-0780	Center
Father Marquette Elementary	500 S. Fourth Street	Marquette	(906) 225-1129	Center
Graveraet Elementary	611 N. Front Street	Marquette	(906) 225-4302	Center
Greenwood Head Start Center	704 Greenwood Street	Ishpeming	(906) 228-6522	Center
Gwinn Head Start Center	211 Ventura Street	Gwinn	(906) 228-6522	Center
Jacobetti Head Start Center	NMU Campus	Marquette	(906) 228-6522	Center
KI Sawyer Child Development Center	411 Scorpion Street	Gwinn	(906) 372-4044	Center
Kids-R-U's Child Development Center	120 Voodoo Street	Gwinn	(906) 346-3662	Center
Lakeview Elementary School	200 N. Croix Street	Negaunee	(906) 475-7803	Center
Lakeview Elementary YMCA Program	200 N. Croix Street	Negaunee	(906) 475-7803	Center

Lily Pad Learning Center	201 Iron Street	Negaunee	(906) 475-7596	Center
Little Folks Cooperative Preschool	9812 US 41 South	Skandia	(906) 942-7245	Center
Little Friend's Children's Center	1025 Maas Street	Negaunee	(906) 475-4942	Center
Marquette Cooperative Nursery	111 E. Ridge Street	Marquette	(906) 225-0518	Center
Mister McGregor's Garden	510 McClellan Avenue	Marquette	(906) 226-6101	Center
Negaunee Cooperative Preschool	100 W. Case Street	Negaunee	(906) 475-5301	Center
NICE Start Kids Club	350 Aspen Ridge School Road	Ishpeming	(906) 485-3176	Center
North Star Academy Before & After	3030 Wright Street	Marquette	(906) 226-0156	Center
Powell Township School Fours	101 Deutsch Avenue	Big Bay	(906) 345-9355	Center
Punkin Patch Learning Center	216 Jackson Street	Negaunee	(906) 475-7596	Center
Redeemer Lutheran Preschool	1700 W. Fair Avenue	Marquette	(906) 228-9884	Center
Republic Michigamme School Preschool	227 Maple Street	Republic	(906) 376-2277	Center
Sandy Knoll Elementary School	401 N. Sixth Street	Marquette	(906) 225-4281	Center
Silver Creek Head Start	219 Silver Creek Road	Marquette	(906) 228-6522	Center
St. Christopher's Day School	2353 Badger Street	Marquette	(906) 225-1911	Center
Stepping Stones Daycare & Preschool	79 W. M-35	Gwinn	(906) 346-2215	Center
Superior Hills Elementary	1201 S. McClellan Avenue	Marquette	(906) 225-4295	Center
The Crayon Club	1910 Werner Street	Marquette	(906) 228-6230	Center
YMCA Before & After Program	660 Poplar Street	Ishpeming	(906) 485-6341	Center
YMCA Early Childhood Development Center	3052 Wright Street	Marquette	(906) 273-1121	Center

Marquette-Alger Great Start Regional Child Care Resource Center	(906) 226-5157 Marquette & (906) 202-3317 Alger
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### Community Schools/Education

Name, Address and Phone	Hours	Summary
<b>Community Action Alger Marquette</b> Head Start, Early Head Start, Preschool 1125 Commerce Drive (906) 228-6522	8:00 a.m. – 4:30 p.m. Monday – Friday	Early Head Start (Pregnant Moms to Age 3) Head Start (3 & 4 Year Olds) Great Start (4 Year Olds)
<b>Autrain-Onota Public School</b> N8790 Deerton Road Deerton, MI. 49822 (906) 343-6632	8:00 a.m. – 4:00 p.m. Monday – Friday	Preschool Kindergarten – 8 <sup>th</sup> Grade
<b>Burt Township School</b> 27 Cowell Avenue Grand Marais, MI. 49839 (906) 494-2521	8:00 a.m. – 3:00 p.m. Monday – Friday	K – 12
<b>Early On – Marquette</b> 321 E. Ohio Street Marquette, MI. 49855 (906) 226-5154	8:00 a.m. – 4:00 p.m. Monday – Friday	The Early On Program specializes in evaluating and treating children that are not developing at the same rate as other children. This can be physical, mental, communication, adaptive, social or emotional.
<b>Early On – Alger</b> E9526 Prospect Street Munising, MI. 49862 (906) 387-2297	8:00 a.m. – 4:00 p.m. Monday – Thursday	The Early On Program specializes in evaluating and treating children that are not developing at the same rate as other children. This can be physical, mental, communication, adaptive, social or emotional.
<b>Gwinn Area Community Schools</b> 50 West M-35 Gwinn, MI. 49841 (906) 346-9283	8:00 a.m. – 4:30 p.m. Monday – Friday	K – 12

<b>Ishpeming Public Schools</b> 319 E. Division Street Ishpeming, MI. 49849 (906) 485-5501	7:30 a.m. – 4:00 p.m. Monday – Friday	K – 12
<b>Marquette Area Public Schools</b> 1201 W. Fair Avenue Marquette, MI. 49855 (906) 225-4200	7:30 a.m. – 4:30 p.m. Monday – Friday	K – 12
<b>Marquette-Alger Regional Service Agency (MARESA)</b> 321 E. Ohio Street Marquette, MI. 49855 (906) 226-5100	8:00 a.m. – 4:00 p.m. Monday – Friday	Home Visits for infants, Hearing and Speech, Learning Technology, Occupational Therapy, Special Education
<b>Munising Public Schools</b> 810 State Hwy M-28 West Munising, MI. 49862 (906) 387-2251	8:00 a.m. – 4:00 p.m. Monday – Thursday 8:00 a.m. – 3:00 p.m. Friday	K – 12
<b>Negaunee Public Schools</b> 101 S. Pioneer Avenue Negaunee, MI. 49866 (906) 475-4157	8:00 a.m. – 4:30 p.m. Monday – Friday	K – 12
<b>NICE Community Schools</b> 300 Westwood Drive Ishpeming, MI. 49849 (906) 485-1021	8:00 a.m. – 4:00 p.m. Monday – Friday	K – 12
<b>North Star Academy High School &amp; Polaris Middle School</b> 3030 Wright Street Marquette, MI. 49855 (906) 226-0140	8:00 a.m. – 4:00 p.m. Monday – Friday	K – 12

<b>Northern Michigan University</b> 1401 Presque Isle Avenue Marquette, MI. 49855 (906) 227-1000	8:00 a.m. – 5:00 p.m. Monday – Friday	College Courses, Sports, Employment
<b>Powell Township School District</b> 101 Duetsch Avenue Big Bay, MI. 49808 (906) 345-9355	8:00 a.m. – 4:00 p.m. Monday – Friday	Preschool – 8 <sup>th</sup> Grade
<b>Republic – Michigamme Schools</b> 227 Maple Street Republic, MI. 49879 (906) 376-2277	7:30 a.m. – 4:30 p.m. Tuesday – Thursday	Preschool – 12
<b>Superior Central School District</b> E2895 Hwy 94 Eben Junction, MI. 49825 (906) 439-5531	7:30 a.m. – 4:00 p.m. Monday – Friday	K – 12
<b>Wells Township School District</b> 38211 County Road 426 Arnold, MI. 49819 (906) 238-4200	8:00 a.m. – 4:00 p.m. Monday – Friday	K – 8 <sup>th</sup> Grade



## Dentists

<b>Name</b>	<b>Address</b>	<b>Phone</b>	<b>Area</b>
Buck	271 E. State Hwy. M-35	(906) 346-6349	<b>Gwinn</b>
Ekdahl	271 E. State Hwy. M-35	(906) 346-6349	<b>Gwinn</b>
Northern Trails Dental Care	271 E. State Hwy. M-35	(906) 346-6349	<b>Gwinn</b>
Anderson	125 N. Pansy Street	(906) 485-5575	<b>Ishpeming</b>
Frounfelter	125 N. Pansy Street	(906) 485-5575	<b>Ishpeming</b>
Heidelberger	125 N. Pansy Street	(906) 485-5575	<b>Ishpeming</b>
Remien	1720 US Hwy. 41 West	(906) 485-4810	<b>Ishpeming</b>
West Ishpeming Dental Center	125 N. Pansy Street	(906) 485-5575	<b>Ishpeming</b>
Allering	989 W. Washington Street	(906) 226-9992	<b>Marquette</b>
Alpha Omega Dental Center	1550 Commerce Drive	(906) 225-1100	<b>Marquette</b>
Asano Orthodontics	1055 W. Fair Avenue	(906) 228-6442	<b>Marquette</b>
Ballard	3135 Wright Street	(906) 226-8186	<b>Marquette</b>
Belpedio	801 N. Third Street	(906) 228-9290	<b>Marquette</b>
Berube	101 S. Front Street, Suite 405	(906) 228-6309	<b>Marquette</b>
Danek	1101 Lincoln Avenue	(906) 225-0617	<b>Marquette</b>
Dental Associates of Marquette	708 Chippewa Square	(906) 228-9594	<b>Marquette</b>
Farbod – Oral Surgeon	1029 Lincoln Avenue, Suite 4	(906) 228-7173	<b>Marquette</b>
Gerrish	2336 US Hwy. 41 South	(906) 249-1040	<b>Marquette</b>
Goymerac	760 W. Washington Street	(906) 226-4646	<b>Marquette</b>
Jamieson Orthodontics	1029 Lincoln Avenue, #3	(906) 228-8720	<b>Marquette</b>
Jackson	101 S. Front Street, Suite 201	(906) 228-9070	<b>Marquette</b>
Keierleber	1320 W. Ridge Street	(906) 228-9592	<b>Marquette</b>
Kipka	1010 N. Third Street	(906) 228-7087	<b>Marquette</b>
Ladd	989 W. Washington Street	(906) 226-9992	<b>Marquette</b>
Lindberg	760 W. Washington Street	(906) 228-4646	<b>Marquette</b>
Lower Harbor Family Dental	101 S. Front Street	(906) 228-9115	<b>Marquette</b>
McClellan	708 Chippewa Square	(906) 228-9594	<b>Marquette</b>
McGovern	708 Chippewa Square	(906) 228-9594	<b>Marquette</b>
Michigan Community Dental Clinic	989 W. Washington Street	(906) 226-9992	<b>Marquette</b>
Micklow	101 S. Front Street, #505	(906) 225-4520	<b>Marquette</b>
Miller	301 W. Magnetic Street	(906) 228-9333	<b>Marquette</b>
Orhanen	1029 Lincoln Avenue #B	(906) 228-1703	<b>Marquette</b>

Pavlov	1101 Lincoln Avenue	(906) 225-0617	Marquette
Kelly	101 S. Front Street, Suite 509	(906) 228-6830	Marquette
Pinkard Orthodontics	1029 Lincoln Avenue, #2	(906) 228-6310	Marquette
Palomaki	101 S. Front Street, Suite 401	(906) 228-9115	Marquette
Row	3135 Wright Street	(906) 226-8186	Marquette
Rudoni	989 W. Washington Street	(906) 226-9992	Marquette
Ruprecht	2333 US Hwy. 41 South	(906) 249-1434	Marquette
Schetter	708 Chippewa Square	(906) 228-9594	Marquette
Simons	708 Chippewa Square	(906) 228-9594	Marquette
Skaates	1320 W. Ridge Street	(906) 228-9592	Marquette
Stanchina – Oral Surgeon	1250 Wilson Street, Suite 101	(906) 228-7173	Marquette
Superior Dental Care	1320 W. Ridge Street	(906) 228-9592	Marquette
Sutherland	3135 Wright Street	(906) 226-8186	Marquette
Taylor	101 S. Front Street	(906) 225-4520	Marquette
Tyler – Pediatric Dentist	1025 N. Third Street	(906) 226-3600	Marquette
VanLandschoot	760 W. Washington Street	(906) 226-4646	Marquette
Washington Dental	760 W. Washington Street	(906) 226-4646	Marquette
Wiggins	1550 Commerce Drive	(906) 225-1100	Marquette
Wilkinson	3210 US Hwy. 41	(906) 226-9935	Marquette
Wissler	1055 W. Fair Avenue	(906) 226-9599	Marquette
Wright St. Dental	3135 Wright Street	(906) 226-8186	Marquette
Adams	116 W. Superior Street	(906) 387-4200	Munising
Dental Associates of Munising	416 Mill Street	(906) 387-3704	Munising
McGovern	416 Mill Street	(906) 387-3704	Munising
Myler	416 Mill Street	(906) 387-3704	Munising
Patronik	109 E. Superior Street	(906) 387-2482	Munising
Peura	416 Mill Street	(906) 387-3704	Munising
Schetter	416 Mill Street	(906) 387-3704	Munising
Winker Dental Center	118 W. Superior Street	(906) 387-2324	Munising
Collins	100 Croix Street	(906) 475-9558	Negaunee
Gould	100 Croix Street	(906) 475-9558	Negaunee
LaFreniere	200 Marquette Street	(906) 475-9933	Negaunee
U.P. Dental	109 US Hwy 41	(906) 475-2040	Negaunee

## Emergency Help/Financial Help

Name, Address, Phone	Accessibility	Summary
<b>CAAM Outreach – Lindsay Walker, Kate Eldridge</b> 1125 Commerce Drive Marquette, MI. 49855 (906) 228-6522 Ext. 206	8:00 a.m. – 4:30 p.m. Monday – Friday	Provides services to help individuals or families who are in danger of running out of deliverable heat or metered fuel and need emergency heating assistance. Shut-off notices.
<b>CAAM Homeless Housing Resources</b> 1125 Commerce Drive Marquette, MI. 49855 (906) 228-6522 Ext. 207 (906) 228-6522 Ext. 351 (VETERANS)	8:00 a.m. – 4:30 p.m. Monday – Friday	Provides emergency homeless services.
<b>CAAM Meals on Wheels</b> 1125 Commerce Drive Marquette, MI. 49855 (906) 228-6522 Ext. 302	8:00 a.m. – 4:30 p.m. Monday – Friday	Provides meals to home-bound seniors and congregate dining.
<b>CAAM Commodity Foods</b> 1125 Commerce Drive Marquette, MI. 49855 (906) 228-6522 Ext. 301	8:00 a.m. – 4:30 p.m. Monday – Friday	CAAM distributes a monthly box of healthy shelf-stable foods to over 1000 elderly and low-income families.
<b>American Red Cross – Superior Upper Peninsula Chapter</b> 104 Coles Drive Marquette, MI. 49855 (906) 228-3659	8:30 a.m. – 5:00 p.m. Monday – Friday	A program that helps people prevent, prepare for and respond to emergencies such as wildfires, floods, and oil spills, and provides aid to those affected by these disasters. Also provides CPR/AED training, first aid training, and other preparedness skills to area residents.
<b>Child and Family Services of the U.P.</b> 706 Chippewa Square, Suite 200 Marquette, MI. 49855 (906) 228-4050 <a href="http://www.cfsup.org">www.cfsup.org</a>	8:00 a.m. – 5:00 p.m. Monday – Friday	Counseling Services -Counseling for Youth, Adult in Marquette Child Welfare Services -Adoption -Foster Care Homeless Prevention Services Community-Based Services -Before and After School Programs and Summer Programs

		<ul style="list-style-type: none"> <li>-Botvin Life Skills Program</li> <li>-Family Dependency Treatment Court</li> <li>-Diversion</li> <li>-Juvenile Incentive Program</li> <li>-Peer Recovery Support Services</li> </ul>
<p><b>Children’s Special Healthcare Services</b>  Marquette County Health Department  184 US Hwy 41 East  Negaunee, MI. 49866  (906) 475-5765  (800) 359-3722</p>	<p>8:00 a.m. – 5:00 p.m.  Monday – Friday</p>	<p>Children’s Special Health Care Services (CSHCS) is a state and federally funded program that helps to cover the cost of medical care and treatment for Michigan children up to the age of 21 who have certain chronic medical conditions. Families of all incomes are eligible to join including those with other health insurance. Some families, based on their income, pay a fee to join. CSHCS may be able to help with paying specialty medical bills, covering co-pays and deductibles from private insurance and transportation costs.</p>
<p><b>Children with Special Needs Fund</b>  Marquette County Health Department  184 US Hwy 41 East  Negaunee, MI. 49866  (800) 359-3722  (517) 241-7420</p>	<p>8:00 a.m. – 5:00 p.m.  Monday – Friday</p>	<p>Families with a child enrolled or medically eligible to enroll in the CSHCS Program may apply to the Children with Special Needs Fund. For eligible recipients, the fund may provide payment assistance for items including but not limited to: wheelchair ramps, van lifts and tie downs, therapeutic tri-cycles. Applications are online at <a href="http://www.michigan.gov/csnfund">www.michigan.gov/csnfund</a>.</p>
<p><b>Department of Human Services – Marquette County</b>  234 W. Baraga Ave.  Marquette, MI. 49855  (906) 228-9691  (855) 275-6424</p>	<p>8:00 a.m. – 5:00 p.m.  Monday – Friday</p>	<p>The Dept. of Human Services (DHS) can help you and your family with temporary assistance when times are tough.</p>
<p><b>Department of Human Services – Alger County</b>  101 Court St.  Munising, MI. 49862  (906) 387-4440  (855) 275-6424</p>	<p>8:00 a.m. – 5:00 p.m.  Monday – Friday</p>	<p>The Dept. of Human Services (DHS) can help you and your family with temporary assistance when times are tough.</p>

<p><b>Family Support Subsidy</b>  Pathways Community Mental Health  200 W. Spring St.  Marquette, MI. 49855  (906) 225-1181  (517) 241-5774</p>	<p>8:00 a.m. – 5:00 p.m.  Monday – Friday</p>	<p>The Family Support Subsidy (FSS) Program provides financial assistance to families that include a child with severe developmental disabilities. The intent is to help make it possible for children with developmental disabilities to remain with or return to their birth or adoptive families.</p>
<p><b>Love Inc. CUP (Love in the name of Christ Central Upper Peninsula)</b>  308 Cleveland Ave. Suite 202  Ishpeming, MI. 49849  (906) 486-8287</p>	<p>9:00 a.m. – 1 p.m.  Monday and Thursday</p>	<p>Love Inc. CUP serves as a clearinghouse for requests for help in a large variety of needs, legal, maintenance, car repair, babysitting, rides to work, help with utilities, moving, referrals. Love Inc. CUP pools the resources for local churches and matches those in need with help.</p>
<p><b>Lutheran Social Services</b>  1029 N. Third St.  Marquette, MI. 49855  (906) 226-7410 Ext. 24</p>	<p>8:00 a.m. – 4:00 p.m.  Monday – Friday  Best by Appointment</p>	<p>Offers assistance with counseling, parenting, aging, addiction, homelessness, adoption, mental health and refugee resettlement.</p>
<p><b>Medicaid Hotline</b>  (800) 642 – 3195  <a href="http://medicaide.gov/">http://medicaide.gov/</a></p>	<p>24-hour phone contact</p>	<p>Medicaid information.</p>
<p><b>MIChild Insurance</b>  (888) 988-6300</p>	<p>On-line application and information</p>	<p>MIChild is a health insurance program. It is for uninsured children of Michigan's working families. MIChild services are provided by many HMOs and other health care plans throughout Michigan.</p>
<p><b>Ronald McDonald House Charities</b>  (630) 623-7048  <a href="http://www.rmhc.org/">http://www.rmhc.org/</a></p>	<p>8:30 a.m. – 5:30 p.m.  Central Time</p>	<p>The mission of Ronald McDonald House Charities (RMHC) is to create, find and support programs that directly improve the health and wellbeing of children.</p>
<p><b>Salvation Army – Ishpeming</b>  222 E. Division St.  Ishpeming, MI. 49849  (906) 486-8121  <a href="http://www.saishpeming.org">http://www.saishpeming.org</a></p>	<p>9:00 a.m. – 12:00 a.m.  1:00 p.m. – 4:00 p.m.  Monday – Friday</p>	<p>Food and Nutrition, Emergency Financial Services, Emergency shelter, Christmas Assistance, Casework Services, Worship Services (Church), Residential Camping Activities, Character Building Programs, Disaster Services</p> <p>The Salvation Army believes in meeting the basic needs of individuals and families, young and old. These basic needs include food, clothing, shelter and household needs.</p>



<p><b>Salvation Army – Marquette</b>  1009 W. Baraga Ave.  Marquette, MI. 49855  (906) 226-2241  <a href="http://www.samarquette.org">http://www.samarquette.org</a></p>	<p>9:00 a.m. – 4:45 p.m.  Monday, Tuesday,  Wednesday, Friday  9:00 a.m. – 7:45 p.m.  Thursday  10:00 a.m. – 3:45 p.m.  Saturday</p>	<p>Food and Nutrition, Disaster Services, Emergency Financial Services, Emergency shelter, Christmas Assistance, Casework Services, Worship Services (Church), Residential Camping Activities</p> <p>The Salvation Army believes in meeting the basic needs of individuals and families, young and old. These basic needs include food, clothing, shelter and household needs.</p>
<p><b>Shriner’s Hospital for Children</b>  (800) 237-5055  <a href="https://www.shrinershospitalsforchildren.org/">https://www.shrinershospitalsforchildren.org/</a></p>	<p>24 Hour 800#</p>	<p>Committed to providing the best care for children in specialty areas of Orthopedics, Burn Care, Spinal Cord Injury, and Cleft Lip and Palate, regardless of a family’s ability to pay.</p>
<p><b>St. Vincent De Paul – Marquette</b>  2119 Presque Isle Ave.  Marquette, MI. 49855  (906) 226-3721</p>	<p>9:00 a.m. – 4:45 p.m.  Monday, Tuesday,  Wednesday, Friday  9:00 a.m. – 7:45 a.m.  Thursday  10:00 a.m. – 3:45 p.m.  Saturday</p>	<p>Thrift Store, Assistance with food, shelter, utilities, rent, material needs, transportation, emergency prescriptions, birth certificates, state id’s, driver’s license), Food Pantry</p>
<p><b>St. Vincent De Paul – Ishpeming</b>  322 Cleveland Ave.  Ishpeming, MI. 49849  (906) 486-4237</p>	<p>10:00 a.m. – 4:45  Monday – Friday  10:00 a.m. – 3:45 p.m.  Saturday</p>	<p>Thrift Store, Assistance with food, shelter, utilities, rent, material needs, transportation, emergency prescriptions, birth certificates, state id’s, driver’s license), Food Pantry</p>
<p><b>St. Vincent De Paul – Gwinn</b>  111 N. Pine St.  Gwinn, MI. 49841  (906) 346-5610</p>	<p>9:00 a.m. – 4:45 p.m.  Monday, Tuesday,  Wednesday, Friday  9:00 a.m. – 6:45 p.m.  Thursday  10:00 a.m. – 2:45 p.m.  Saturday</p>	<p>Thrift Store, Assistance with food, shelter, utilities, rent, material needs, transportation, emergency prescriptions, birth certificates, state id’s, driver’s license), Food Pantry</p>
<p><b>St. Vincent De Paul – Republic</b>  317 Kloman Ave.  Republic, MI. 49879  (906) 376-2276</p>	<p>10:00 a.m. – 2:00 p.m.  Tuesday, Thursday,  Friday, Saturday  10:00 a.m. – 4:00 p.m.  Wednesday</p>	<p>Thrift Store, Assistance with food, shelter, utilities, rent, material needs, transportation, emergency prescriptions, birth certificates, state id’s, driver’s license), Food Pantry</p>

<p><b>United Way of Marquette County</b>  401 E. Fair Ave.  Marquette, MI. 49855  (906) 226-8171</p>	<p>8:00 a.m. – 5:00 p.m.  Monday – Friday  Routes questions about  charitable services  available.</p>	<p>Distributes donations to specific non-profit programs. Habitat for Humanity, Janzen House, Lutheran Social Services, Salvation Army, Women’s Center, CAAM, Alzheimer’s Association, Commission on Aging, Marquette Adult Day Services, Negaunee Senior Center, Propylon Non-Profit Housing, Retired Senior Volunteer Program, Bay Cliff Health Camp, Great Lakes Recovery, Teaching Family Homes, Lake Superior Hospice, Big Brother Big Sister Program, Child and Family Services, Girl Scouts, Lake Superior Village Youth and Family Center, YMCA.</p>
<p><b>Voices for Youth – Marquette</b>  1024 N. 4<sup>th</sup> St.  Marquette, MI. 49855  (906) 225-5437</p>	<p>Toll-Free 24-Hour  helpline for runaway  and homeless youth.  (877) 641-5437</p>	<p>Voices for Youth (VFY) is dedicated to helping young adults between the ages of 10-21, who are without a home or facing losing their housing. Services at VFY are free of charge and are available 24-hours a day, 7 days a week. Services vary by location/county.</p>
<p><b>Voices for Youth – Gwinn</b>  501 Hustler St.  Gwinn, MI. 49841  (906) 235-8407</p>	<p>Toll-Free 24-Hour  helpline for runaway  and homeless youth.  (877) 641-5437</p>	<p>Voices for Youth (VFY) is dedicated to helping young adults between the ages of 10-21, who are without a home or facing losing their housing. Services at VFY are free of charge and are available 24-hours a day, 7 days a week. Services vary by location/county.</p>
<p><b>Voices for Youth – Alger County</b>  Eden Lutheran Church  1150 W. M-28  Munising, MI. 49862  (906) 202-1164</p>	<p>Toll-Free 24-Hour  helpline for runaway  and homeless youth.  (877) 641-5437</p>	<p>Voices for Youth (VFY) is dedicated to helping young adults between the ages of 10-21, who are without a home or facing losing their housing. Services at VFY are free of charge and are available 24-hours a day, 7 days a week. Services vary by location/county.</p>
<p><b>WIC (Women, Infants and Children)</b>  184 US Hwy 41 East  Negaunee, MI. 49866  (906) 475-7846</p>	<p>8:00 a.m. – 5:00 p.m.  Monday, Wednesday,  Thursday, Friday</p>	<p>WIC provides supplemental food, nutrition education and referrals to healthcare, at no cost, to low income pregnant, breastfeeding and postpartum women, infants, and children up to age 5 who are determined to be at nutritional risk.  WIC Helps YOU Help Your FAMILY by providing health screenings and nutritional counseling to help you, your baby and your children stay healthy, food packages to help you purchase healthy nutritious food, and free lactation services to help you with your breastfed baby.</p>

## Employment

Name, Address, Phone	Accessibility	Summary
<b>Experience Works</b> 105 W. State Hwy M-35 Gwinn, MI. 49841 (906) 346-9410	9:00 a.m. – 5:00 p.m. Monday – Friday	Employment Training
<b>Goodwill Industries</b> 3125 US Hwy. 41 West Marquette, MI. 49855 (906) 226-2444	9:00 a.m. – 9:00 p.m. Monday – Saturday 10:00 a.m. – 6:00 p.m. Sunday	Career/Job Training, Industrial Services, Personal-Social-Community Skills, Recycling
<b>Manpower</b> 925 W. Washington St. Marquette, MI. 49855 (906) 226-2211	8:00 a.m. – 5:00 p.m. Monday – Friday	Provides employment services leading to temporary or permanent employment.
<b>Michigan Rehabilitation Services</b> 1498 O'Dovero Dr. Suite A Marquette, MI. 49855 (906) 226-6578	Call to Schedule Appointment	The Michigan Rehabilitation Services (MRS) partners with individuals and employers to achieve quality employment outcomes and independence for individuals with disabilities.
<b>Michigan Works – Alger County</b> 413 Elm St. Munising, MI. 49862 (906) 387-4937	9:00 a.m. – 5:00 p.m. Monday – Friday	Michigan Works! is one of the most valuable and accessible resources for those seeking employment.
<b>Michigan Works – Marquette County</b> 1498 O'Dovero Dr. Suite 2 Marquette, MI. 49855 (906) 228-3075	9:00 a.m. – 5:00 p.m. Monday – Friday	Michigan Works! is one of the most valuable and accessible resources for those seeking employment.
<b>Midwest Skills Development Center</b> 411 Avenue A Gwinn, MI. 49841 (906) 346-9155	Call to Schedule Appointment	Employment Training

## Government/Legal Services

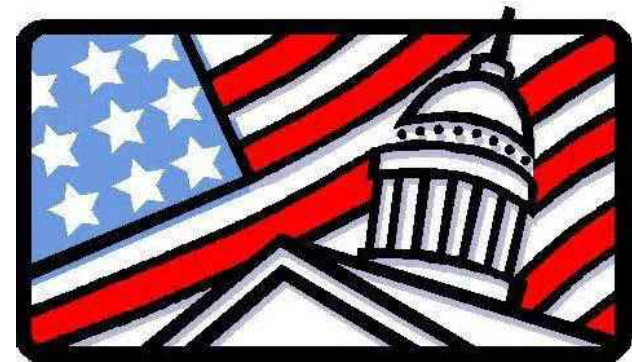
<p><b>Civil Rights Department</b> 234 W. Baraga Ave. Marquette, MI. 49855 (906) 226-6393</p>	<p>An appointment is advised.</p>	<p>The Department of Civil Rights investigates and resolves discrimination complaints and works to prevent discrimination through educational programs that promote voluntary compliance with civil rights laws.</p>
<p><b>County Clerk – Marquette County</b> Courthouse/Annex 234 W. Baraga Ave. Marquette, MI. (906) 225-8330</p> <p>Ishpeming Service Center 215 W. Hematite Dr. Ishpeming, MI. 49849 (906) 486-6510</p>	<p>8:00 a.m. – 5:00 p.m. Monday – Friday</p> <p>9:00 a.m. – 5:00 p.m. Tuesday and Thursday</p>	<p>The County Clerk acts as a general secretary to the County.</p> <ul style="list-style-type: none"> <li>• Maintenance of public records</li> <li>• Clerk of the Marquette County Board of Commissioners</li> <li>• Clerk of the circuit court</li> <li>• Administrator of elections</li> <li>• Passport agent.</li> </ul> <p>Public records which must be maintained according to law, including those of births, deaths, marriages, concealed weapons permits, notaries public, assumed names, Circuit Court files, and minutes, resolutions, and contracts approved by the County Board.</p>
<p><b>County Clerk – Alger County</b> 101 Court St. Munising, MI. 49862 (906) 387-2076</p>	<p>8:00 a.m. – 4:00 p.m. Monday - Friday</p>	<p>The County Clerk is an officer of the County whose duties are prescribed by State law. The Clerk's Office maintains birth and death records, marriage licenses, assumed business names, concealed weapon permits, notary public records, veteran discharge records, circuit court records, passports and voter registration records. The Clerk is the Chief Election Officer of the County. The County Clerk is also in care of the county seal, all records, books and papers pertaining to the office.</p>
<p><b>Department of Human Services – Alger County</b> 101 Court St. Munising, MI. 49862 (906) 387-4440</p>	<p>8:00 a.m. – 5:00 p.m. Monday – Friday</p>	<p>Provides applications for food, cash, childcare, medical, home &amp; burial. Department of Human Services can help you and your family with temporary assistance when times are tough.</p>
<p><b>Department of Human Services – Marquette County</b> 234 W. Baraga Ave. Marquette, MI. 49855 (906) 228-9691</p>	<p>8:00 a.m. – 5:00 p.m. Monday – Friday</p>	<p>Provides applications for food, cash, childcare, medical, home &amp; burial. Department of Human Services can help you and your family with temporary assistance when times are tough.</p>

<p><b>Protective Services</b>  234 W. Baraga Ave.  Marquette, MI. 49855  (906) 228-7570</p>	<p>24/7 Hotline  1-855-444-3911  Report Abuse &amp;  Neglect</p>	<p>Our Children's Protective Services (CPS) program is responsible for investigating allegations of child abuse and neglect. Adult Protective Services investigators protect vulnerable adults from abuse, neglect and exploitation by coordinating with mental health, public health, law enforcement, the probate courts, the aging network, community groups and the general public.</p>
<p><b>Friend of the Court – Alger County</b>  101 Court St.  Munising, MI. 49862  (906) 387-4636</p>	<p>8:00 a.m. – 5:00 p.m.  Monday – Friday</p>	<p>Custody, Parenting time (which may include transportation), Amount of child support, which includes medical support, To offer mediation, when both parents agree to participate, as an optional way of settling disagreements over custody or parenting time of children, To collect, record, and disburse all support payments as ordered by the court. Payments are processed through the Michigan State Disbursement Unit (MISDU) in Lansing, To provide enforcement services on all custody, parenting time, and support orders (including medical support) entered by the court.</p>
<p><b>Friend of the Court – Marquette County</b>  234 W. Baraga Ave.  Marquette, MI. 49855  (906) 225-8262</p>	<p>8:00 a.m. – 5:00 p.m.  Monday – Friday</p>	<p>Custody, Parenting time (which may include transportation), Amount of child support, which includes medical support, To offer mediation, when both parents agree to participate, as an optional way of settling disagreements over custody or parenting time of children, To collect, record, and disburse all support payments as ordered by the court. Payments are processed through the Michigan State Disbursement Unit (MISDU) in Lansing, To provide enforcement services on all custody, parenting time, and support orders (including medical support) entered by the court.</p>
<p><b>Ishpeming City Police</b>  100 E. Division St.  Ishpeming, MI. 49849  (906) 486-4416  Dial 911  <a href="http://ishpemingcity.org/departments/police-department/">http://ishpemingcity.org/departments/police-department/</a></p>	<p>Officers on duty 24 hours.</p>	<p>The duties of the officers of the police department include:  *All aspects of criminal investigations  *Traffic enforcement  *Ordinance enforcement  *Public relations activities</p>

<p><b>Juvenile Court</b>  234 W. Baraga Ave.  Marquette, MI. 49855  (906) 225-8300</p>	<p>8:00 a.m. – 5:00 p.m.  Monday – Friday</p>	<p>Cases involving children under age 17 are handled by the Family Division of the Circuit Court. This includes but is not limited to the following offenses:  Cases involving a minor under age 17 who has been accused of committing an offense that would be considered criminal if committed by an adult.  A status offense where a minor repeatedly disobeys his or her parents (incurability), fails to attend school (truancy) or runs away from home (runaway).</p>
<p><b>Legal Services of Northern Michigan</b>  112 W. Washington St. #1  Marquette, MI. 49855  (906) 228-5620  <a href="http://lsnm.org/">http://lsnm.org/</a></p>	<p>8:00 a.m. – 12:00 p.m.  1:00 p.m. – 4:00 p.m.  Need an appointment.</p>	<p>Legal Services of Northern Michigan provides a full range of legal services in most areas of civil law for people who meet Federal poverty guidelines or who are 60 years of age or older. These services include: basic discussion of client rights; counseling; preparation of letters, documents, deeds, and pleadings; negotiations; administrative hearings; trials; and, in some cases, appeals, and community legal education presentations.  Legal Services of Northern Michigan does not provide service for criminal cases, traffic tickets or "fee-generating" cases. Services may be limited based upon funding levels and restrictions.</p>
<p><b>Marquette City Police</b>  300 W. Baraga Ave.  Marquette, MI. 49855  (906) 228-0400  Dial 911  <a href="mailto:police@mqycty.org">police@mqycty.org</a></p>	<p>Officers on duty 24 hours.</p>	<p>In addition to crime prevention, law enforcement and traffic control, the department offers many other services to the community including bicycle patrol, rescue/dive teams, snowmobile patrol, a school liaison officer, and youth services officer.</p>
<p><b>MI Protection &amp; Advocacy Services</b>  129 W. Baraga Ave. Suite A  Marquette, MI. 49855  (906) 228-5910</p>	<p>8:30 a.m. – 5:00 p.m.  Monday – Friday</p>	<p>Michigan Protection &amp; Advocacy Service, Inc. (MPAS) is the independent, private, nonprofit organization designated by the governor of the State of Michigan to advocate and protect the legal rights of people with disabilities in Michigan. MPAS services include information and referral, short-term assistance, selected individual and legal representation, systemic advocacy, monitoring, and training.</p>

<p><b>MI State Police</b> 180 US Hwy. 41 West Negaunee, MI. 49866 (906) 475-9922 Dial 911</p> <p>1924 Industrial Parkway, Suite A Marquette, MI. 49855 (906) 225-7030 Dial 911</p>	<p>Officers on duty 24 hours.</p>	<p>The Michigan State Police is a full-service law enforcement agency that protects resident's lives and their property and safeguards individual rights and community values. It offers services for managing traffic and emergency incidents and protecting public and state assets. The Michigan State Police provides a variety of online services, such as sex offender registries, handgun safety instructor searches, statewide crash records and criminal background checks.</p>
<p><b>Munising City Police</b> 301 E. Superior St. Munising, MI. 49862 (906) 387-2275</p>	<p>Officers on duty 24 hours.</p>	<p>The duties of the officers of the police department include: *All aspects of criminal investigations *Traffic enforcement *Ordinance enforcement *Public relations activities</p>
<p><b>Negaunee City Police</b> 100 Silver St. Negaunee, MI. 49866 (906) 475- 4154 Dial 911 <a href="http://www.cityofnegaunee.com/police.html">http://www.cityofnegaunee.com/police.html</a></p>	<p>Officers on duty 24 hours.</p>	<p>In addition to regular police services, the Negaunee Police Department provides various free services including bicycle licensing, vehicle lockout assists, and live trap sign-out. We also provide gun locks at no charge.</p>
<p><b>Probate Court – Alger County</b> 101 Court St. Munising, MI. 49862 (906) 387-2080</p>	<p>8:00 a.m. – 4:00 p.m. Monday – Friday</p>	<p>Probate Court: *appoints guardians and conservator for minors, incapacitated individuals, and developmentally disabled individuals *files wills and trusts and for safekeeping *commit mentally ill individuals *adjudicates and disposes deceased estates</p>
<p><b>Probate Court – Marquette County</b> 234 W. Baraga Ave. Marquette, MI. 49855 (906) 225-8300</p>	<p>8:00 a.m. – 5:00 p.m. Monday – Friday</p>	<p>Probate Court: *adjudicates and disposes of cases involving property of persons who have died or become incompetent *interprets wills and trusts *commits the mentally ill when necessary *appoints guardians and conservators for minors, incapacitated individuals and individuals with developmental disability</p>

<p><b>Sheriff Department – Alger County</b>  101 E. Varnum St.  Munising, MI. 49862  (906) 387-4444  <a href="mailto:sheriff@algercourthouse.com">sheriff@algercourthouse.com</a></p>	<p>24 Hours  7 Days a Week</p>	<p>The Mission of the Alger County Sheriff's Department is to enforce the laws of the state and county, safeguard life and property, prevent and detect crime, preserve the peace, and protect the rights of all citizens.</p>
<p><b>Sheriff Department – Marquette County</b>  236 W. Baraga Ave.  Marquette, MI. 49855  (906) 225-8435  <a href="mailto:mlovelace@mqtcty.org">mlovelace@mqtcty.org</a></p>	<p>24 Hours  7 Days a Week</p>	<p>The Sheriff is an elected officer responsible for the planning, administration and direction of the Sheriff's Office. The Sheriff oversees all departmental operations, including the road patrol, detective division, special operations, criminal and civil process, prisoner transport, court security, and operation of the county jail, including the constitutional and statutory provisions relating to the care and custody of inmates.</p>
<p><b>Social Security Administration Office</b>  300 S. Front St. Suite 1  Marquette, MI. 49855  (906) 228-3532  <a href="http://www.ssa.gov">www.ssa.gov</a></p>	<p>9:00 a.m. – 4:00  Monday, Tuesday  Thursday, Friday  9:00 a.m. – 12:00 p.m.  Wednesday</p>	<p>The United States Social Security Administration (SSA) is an independent agency of the United States federal government that administers Social Security, a social insurance program consisting of retirement, disability, and survivors' benefits. To qualify for most of these benefits, most workers pay Social Security taxes on their earnings; the claimant's benefits are based on the wage earner's contributions.</p>





## Housing

Name, Address, Phone	Accessibility	Summary
<p><b>Adult Learning Systems</b>            290 Rublein St. Suite F            Marquette, MI. 49855            (906) 228-7370</p>	<p>8:00 a.m. – 4:00 p.m.            Monday – Friday</p>	<p>Small Group Homes and Supported Independent Programs and Respite Programs.            ALS – UP is a non-profit agency centered around the idea that every adult has the right to an education and to be a participating member of his or her community. ALS – UP, founded in 1998, provides the framework needed to move these rights into the reality of daily living for adults with disabilities.</p>
<p><b>CAAM Home Rehabilitation – Alger County</b>            1125 Commerce Drive            Marquette, MI. 49855            (906) 228-6522</p>	<p>8:00 a.m. – 4:30 p.m.            Monday - Friday</p>	<p>Alger County Home Rehabilitation Program that is the Community Development Block Grant Housing Rehabilitation Program funded by the Michigan State Housing Development Authority. This program is available only to homeowners who reside in Alger County. Extensive work such as roofing, wells, septic systems, heating systems, electrical wiring and plumbing are offered. All work contracted is performed by local licensed private contractors.            Eligibility for the Housing Services Programs is based upon gross household income and the number of occupants in the home.</p>
<p><b>CAAM Weatherization Program</b>            1125 Commerce Drive            Marquette, MI. 49855            (906) 228-6522 Ext. 206</p>	<p>8:00 a.m. – 4:30 p.m.            Monday - Friday</p>	<p>Low-income homeowners and renters are provided services such as weather-stripping, caulking, and insulation of attics, walls and crawl spaces. The goal of the Weatherization Assistance Program is to lower energy costs to the individual thereby freeing up precious income that can be applied toward another living expense or to make paying the high energy bills more attainable through energy efficiency measures.</p>
<p><b>CAAM Homeless Housing Resources</b>  <b>CAAM Homeless Housing Resources for Veterans</b>            1125 Commerce Drive            Marquette, MI. 49855            (906) 228-6522 Ext. 207            (906) 228-6522 Ext. 351 (Veterans)</p>	<p>8:00 a.m. – 4:30 p.m.            Monday - Friday</p>	<p>Emergency Homeless Services for individuals or families.            Emergency Homeless Services for Veterans</p>

<p><b>Canda Manor</b> 711 W. Empire St. Ishpeming, MI. 49849 (906) 485-1686</p>	<p>8:00 a.m. – 5:00 p.m. Monday - Friday</p>	<p>1 and 2 bedroom apartment homes and select homes have balconies. Off-street parking, a playground, and a picnic area with barbecue grills are just a few of the amenities Canda Manor offers, also ample living and closet space in each apartment. Affordable Housing. Subsidized Housing.</p>
<p><b>Cherry Creek Village</b> 201 Cherry Creek Rd. Marquette, MI. 49855 (906) 249-4026</p>	<p>Call for information.</p>	<p>Cherry Creek Village is a one-story subsidized apartment complex. The apartments are designated for those 62 and over and are all one bedroom units.</p>
<p><b>Habitat for Humanity</b> 1027 N. Third St. Marquette, MI. 49855 (906) 228-3578 <a href="http://mqthabitat.org/">http://mqthabitat.org/</a></p>	<p>8:00 a.m. – 4:30 p.m. Monday - Friday</p>	<p>Marquette County Habitat for Humanity in Marquette MI is part of a global, nonprofit housing organization operated on Christian principles that seeks to put God’s love into action by building homes, communities and hope. Marquette County Habitat for Humanity is dedicated to eliminating substandard housing locally and worldwide through constructing, rehabilitating and preserving homes; by advocating for fair and just housing policies; and by providing training and access to resources to help families improve their shelter conditions. Habitat for Humanity was founded on the conviction that every man, woman and child should have a simple, durable place to live in dignity and safety, and that decent shelter in decent communities should be a matter of conscience and action for all.</p>
<p><b>Harbor House – Alger County</b> 101 Court Street Munising, MI. 49862 (906) 387-4554 (800) 455-6611</p>	<p>7:30 a.m. – 4:30 p.m. Monday – Friday</p>	<p>The Harbor House crisis line is staffed 24 hours a day, 7 days a week, 365 days a year to respond to the needs of survivors of domestic and sexual violence, dating violence and stalking. Emergency crisis intervention response services for domestic and sexual assault can be accessed by calling the 24/7 crisis line. Collaborative partners, concerned persons, donors, and individuals requesting general domestic and sexual violence information can access information by calling the crisis line.</p>
<p><b>Harbor House Domestic Abuse Shelter – Marquette County</b> 245 W. Baraga St. Marquette, MI. 49855 (906) 226-6611 (800) 455-6611</p>	<p>24 Hours 7 Days a Week</p>	<p>This Women's Center program provides shelter to victims of intimate partner violence and provides services to both residential and outreach clients. The Harbor House crisis line is staffed 24 hours a day, 7 days a week, 365 days a year to respond to the needs of survivors of domestic and sexual violence, dating violence and stalking. Emergency crisis intervention response services for domestic and</p>

		sexual assault can be accessed by calling the 24/7 crisis line. Collaborative partners, concerned persons, donors, and individuals requesting general domestic and sexual violence information can access information by calling the crisis line.
<b>Ishpeming Housing Commission</b> 111 Bluff St. Ishpeming, MI. 49849 (906) 485-4100	8:00 a.m. – 5:00 p.m. Monday - Friday	Ishpeming Housing Commission provides housing assistance to low income residents through the management of Low Rent Public Housing. This program is income based and the eligibility guidelines are set by HUD. There may be waiting lists for these rentals and at times the lists may close to new applicants based on the size of and length of wait on the lists. If you are in need of housing assistance in the area please contact the Housing Commission directly to obtain more information about eligibility requirements, availability of rentals, the status of any waiting lists and their application procedures.
<b>Lost Creek</b> 200 Lost Creek Dr. Marquette, MI. 49855 (906) 226-2035	8:00 a.m. – 5:00 p.m. Monday - Friday	A senior housing development, located in Marquette Township on County Road 492. Lost Creek is a 151-unit development for seniors, 55 years or older. Rental rates are based on income for 90 of the units, while the other 60 units have no income qualifiers and rents are based on the current market. Lost Creek offers residents an attractive senior community in a rural setting and that includes amenities such as a library, crafts room, and comfortable lounge areas. It also includes a 7,000 sq. ft. community building which houses an CAAM community nutrition congregate dining site for seniors and a commercial meal preparation kitchen for home delivered meals to the surrounding area.
<b>Lutheran Social Services – Homeless Program</b> 1029 N. Third St. Suite B Marquette, MI. 49855 (906) 226-7410 Ext. 24	Call for information.	The Welcome Home program helps individuals and families make the transition from homelessness to safe, secure and permanent housing. In addition, the program provides rental assistance and support services along with personalized services to help participants achieve self-identified goals. The Welcome Home Program is grant funded to specifically serve Marquette and Alger counties in Michigan.
<b>Marquette Housing Commission</b> 316 Pine St. Marquette, MI. 49855 (906) 226-7559	9:00 a.m. – 4:00 p.m. Monday - Friday	Marquette Housing Commission provides housing assistance to low income residents through the management of programs such as Low Rent Public Housing and the Housing Choice Voucher Program - Section 8. These programs are income based and the eligibility guidelines are set by HUD. There may be waiting lists for rentals or

		vouchers and at times the lists may close to new applicants based on the size of and length of wait on the lists. If you are in need of housing assistance in the area please contact the Housing Commission directly to obtain more information about eligibility requirements, availability of rentals or vouchers, the status of any waiting lists and their application procedures.
<b>Michigan State Housing Authority (MSHDA)</b> 735 E. Michigan Ave P.O. Box 30044 Lansing, MI 48909 (517) 373-8370 (800) 382-4568	Call for information.	The Michigan State Housing Development Authority (MSHDA), established in 1966, provides financial and technical assistance through public and private partnerships to create and preserve safe and decent affordable housing, engage in community economic development activities, develop vibrant cities, towns and villages, and address homeless issues. MSHDA's loans and operating expenses are financed through the sale of tax-exempt and taxable bonds and notes to private investors, not from state tax revenues. Proceeds of the bonds and notes are loaned at below-market interest rates to developers of rental housing, and also fund home mortgages and home improvement loans. MSHDA also administers various federal housing programs.
<b>Munising Housing Commission</b> 200 City Park Dr. Munising, MI. 49862 (906) 387- 4084	Call for information.	Munising Housing Commission provides housing assistance to low income residents through the management of Low Rent Public Housing. This program is income based and the eligibility guidelines are set by HUD. There may be waiting lists for these rentals and at times the lists may close to new applicants based on the size of and length of wait on the lists. If you are in need of housing assistance in the area please contact the Housing Commission directly to obtain more information about eligibility requirements, availability of rentals, the status of any waiting lists and their application procedures. The Section 8 and Public Housing programs administered by this housing authority are often oversubscribed requiring the use of a waiting list. The waiting list would typically only open for brief periods. To find out if the waiting list is open or when it may open, please contact the housing authority directly.
<b>Negaunee Housing Commission</b> 98 Croix St. Negaunee, MI. 49866 (906) 475-9107	8:30 a.m. – 4:30 p.m. Monday – Friday	Negaunee Housing Commission provides housing assistance to low income residents through the management of Low Rent Public Housing. This program is income based and the eligibility guidelines are set by HUD. There may be waiting lists for these rentals and at times the lists may close to new applicants based on the size of and

		length of wait on the lists. If you are in need of housing assistance in the area please contact the Housing Commission directly to obtain more information about eligibility requirements, availability of rentals, the status of any waiting lists and their application procedures.
<b>Northern Michigan University Housing</b> 3502 C.B. Hedgcock Bldg. Marquette, MI. 49855 (906) 227-2620	8:30 a.m. – 4:30 p.m. Monday - Friday	Northern Michigan University provides apartment housing for: *Single students who are at least 21 years old, have lived in a university or college residence hall for at least 4 semesters or have earned at least 56 credit hours. *Married or single parent students who are enrolled in at least 8 credit hours per semester (or a total of 24 credits per year). *Single graduate students who are enrolled in at least 6 credits per semester (or a total of 16 credits per year). *Faculty and staff employed full-time at the university (when space permits).
<b>Oakwood Village</b> 580 Cox Ave. Marquette, MI. 49855 (906) 226-8140	Call for information.	Oakwood Village is an affordable apartment community located in Marquette. Oakwood Village was developed and operates with Federal housing financing. The property was developed with funding through the HUD Section 202 program which provides funding for housing for seniors who are 62 or older.
<b>Ojibwa Housing Authority</b> 105 Acre Trl. Marquette, MI. 49855 (906) 249-4533	Call for information.	The OHA's mission is to provide affordable and attractive housing opportunities in a safe and healthy environment to qualifying members of the KBIC, to encourage self-improvement, and to provide employment opportunities.
<b>Propylon Handicapped Housing</b> 1500 Norway Ave. Marquette, MI. 49855 (906) 228-4446	Call for information.	Propylon Non-Profit has a total of 16 units, all of which are Section 8 assisted living units. This housing is intended for low income, elderly persons.
<b>Riverview Heights Apartments</b> 174 Willow Dr. Republic, MI. 49879 (906) 376-8133	Call for information.	Riverview Heights Apts. is an affordable apartment community located in Republic, Michigan which is located in Marquette County. It is an apartment community containing 32 assisted rental units. It was developed and operates with Federal housing financing. The property utilizes the Project Based Sec. 8 Federal housing program to make rent affordable to lower income tenants.

<p><b>Sawyer Village Property Management</b>  250 Voodoo Ave.  Gwinn, MI. 49841  (906) 346-3919</p>	<p>8:00 a.m. – 5:00 p.m.  Monday - Friday</p>	<p>Sawyer Village offers affordable 3 &amp; 4 bedroom townhouse apartments, duplexes, and single family homes to lease, on a monthly basis. Standard amenities in our homes include new appliances, new flooring, washer/dryer hookups, one and half bathrooms, basement, garage, and storage/garbage sheds. Sawyer Village promotes community and economic development by offering affordable, clean and comfortable rentals to individuals of all income levels. Sawyer Village accomplishes this through 1) prudent property and asset management practices, 2) offering employment and career training opportunities, and 3) providing excellence in customer service. We are organized as an enterprise of the Sault Ste. Marie Tribe of Chippewa Indians (The Sault Tribe). Our employment opportunities are consistent with the Tribe's goal of self-sufficiency.</p>
<p><b>Sundara Non-Profit Housing Corporation</b>  401 Lincoln St.  Marquette, MI. 49855  (906) 225-0848</p>	<p>Call for information.</p>	<p>Sundara NPHC has a total of 14 units, all of which are Section 8 assisted living units. All units on this property are one-bedroom. Sundara NPHC in Marquette, Michigan is covered by the Housing Finance and Development Authority (HFDA).</p>
<p><b>The Preserve at Orianna Ridge</b>  1906 Freedom Dr.  Marquette, MI. 49855  (906) 225-4075</p>	<p>8:00 a.m. – 5:00 p.m.  Monday - Friday</p>	<p>An 80 unit affordable family development located in the City of Marquette on Pioneer Road. It is a mix of 1 and 2 story apartments and town homes. All rents are based on household income. Twenty of the units were constructed and are set-aside for residents with special needs. A collaboration with other service providers in the area allows these individuals with developmental disabilities the opportunity to live independently and also receive assistance with their day-to-day living needs.</p>
<p><b>Voices for Youth Homeless Program – Marquette</b>  1024 N. 4<sup>th</sup> St.  Marquette, MI. 49855  (906) 225-5437</p>	<p>Toll-Free 24-Hour helpline for runaway and homeless youth.  (877) 641-5437</p>	<p>Voices for Youth (VFY) is dedicated to helping young adults between the ages of 10-21, who are without a home or facing losing their housing. Services at VFY are free of charge and are available 24-hours a day, 7 days a week. Services vary by location/county.</p>
<p><b>Whetstone Village</b>  200 Whetstone Rd.  Marquette, MI. 49855  (906) 228-3630</p>	<p>8:00 a.m. – 5:00 p.m.  Monday - Friday</p>	<p>Subsidized, Low-Rent Apartment - Family</p>

<b>Snowberry Heights</b> 222 S. Fifth St. Marquette, MI. 49855 (906) 228-4160	8:00 a.m. – 5:00 p.m. Monday - Friday	An eleven story 191-unit development for low-income elderly persons. It is a mix of 1 and 2 bedroom apartments and has amenities such as laundry facilities, community room, hair salon and air conditioning in each unit. All rents are based on income and all of the apartments carry a H.U.D. Section 8 project based housing voucher.
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### Humane Society

<b>Name, Address, Phone</b>	<b>Accessibility</b>	<b>Summary</b>
<b>Alger County Animal Shelter</b> 510 E. Munising Ave. Munising, MI. 49862 (906) 387-4131	9:00 a.m. – 12:00 p.m. Monday, Wednesday, Friday and Weekends 9:00 a.m. – 5:00 p.m. Tuesday, Thursday	The Alger County Animal Shelter is committed to the humane treatment of animals. They shelter and care for the lost and unwanted animals in their County, they place animals into humane environments, they implement programs and provide service to promote responsible pet ownership, and they give voices to the animals who cannot speak for themselves.
<b>Upper Peninsula Animal Welfare Shelter (UPAWS)</b> 84 Snowfield Rd. Negaunee, MI. 49866 (906) 475-6661	12:00 p.m. - 4:00 p.m. Monday - Wednesday 12:00 p.m. - 6:30 p.m. Thursday 12:00 p.m. - 4:00 p.m. Friday - Sunday	They are a local non-profit organization run and staffed by your neighbors. They make decisions on caring for homeless, unwanted, abandoned and abused domestic animals based on what they believe is best for them. They have no affiliation with any larger group and they receive no funding from any larger group that might influence their decisions or actions.  They advocate only for the animals in their care to help them find their forever home with you.

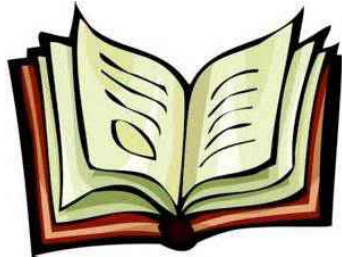
## Libraries

Name, Address, Phone	Accessibility	Summary
<p><b>Aspen Ridge Family Resource Center</b>                      Aspen Ridge Elementary &amp; Middle School                      350 Aspen Ridge School Rd.                      Ishpeming, MI. 49849                      (906) 485-3175</p>	<p>During School Hours</p>	<p>The Family Resource Room, established in 1997, is an example of one such collaborative effort. The Family Resource Room at Aspen Ridge Elementary School assists the school and parents as they work to meet the social, emotional, and academic needs of children and has had a significant effect on parental involvement in the education of the youth in our community for more than a decade.</p> <p>Since its inception, the Family Resource Room has provided a place where families are welcomed to participate in children’s activities during the day and in the evening; making important information and services available to families; and creating an early and vital link between home and school.</p> <p>Among the programs and resources the Family Resource Center provides are:</p> <ul style="list-style-type: none"> <li>*Playgroup and Workshop Activities for Families</li> <li>*NICE Babies (A program which reaches out to families with newborns and invites them to be a part of the NICE Community School District in a positive way)</li> <li>*After-School Child Care</li> <li>*YMCA Link (Saturday and after-school programs)</li> <li>*Guest Speakers and Workshops (“Active Parenting of Teens”, “Helping Your Child Succeed in School”, “Strengthening Families”, “Proud Fathers”, etc.)</li> <li>*Public Access to Computers and Family Technology instruction</li> <li>*Access to a “Lending Library” (Resources include parenting books and videos, children books and videos, computer software, and toys)</li> <li>*Access to an “Information Center” (Bulletin boards and newsletters of activities and events);</li> <li>*Fundraisers and Recognition Activities (Friendship Luncheons, Teacher Appreciation Week, Volunteer Appreciation Week, “Share the Love” Day, Family Night, and Family Game Night)</li> </ul> <p>All of these activities and accomplishments are a result of volunteers who work tirelessly in the Family Resource Room, in the school library, and in classrooms, supporting parents, families, and the community partner together to support the education and welfare of children in the district.</p>



		The Family Resource Room is a shining example of our school's commitment to parents and families and what can be accomplished when parents, staff and the community work toward common goals.
<b>Carnegie Public Library</b> 317 N. Main St. Ishpeming, MI. 49849 (906) 486-4381	9:00 a.m. – 5:00 p.m. Tuesday & Friday 9:00 a.m. – 7:00 p.m. Wednesday & Thursday 10:00 a.m. – 4:00 p.m. Saturday	Public Library, Online Catalog, Public Computer Access, Make black or color copies, Children's Teen's and Adult Reading Programs, Family Movie Nights, Proctor Exams.
<b>Early On Resource Library</b> 321 E. Ohio St. Marquette, MI. 49855 (906) 226-5154	8:00 a.m. – 4:30 p.m. Monday – Friday	Parenting Resources
<b>Forsyth Township Public Library</b> 180 W. Flint St. Gwinn, MI. 49841 (906) 346-3433	12:00 p.m. – 7:00 p.m. Monday, Wednesday 10:00 a.m. – 5:00 p.m. Tuesday, Thursday, Friday 10:00 a.m. – 1:00 p.m. Saturday	Public Library
<b>Munising Public Library</b> 810 State Hwy. M-28 W Suite A Munising, MI. 49862 (906) 387-2125	During School Hours	The Munising School / Public Library is a combination school and public library. It serves students in grades 6 -12 of the Munising Middle/High school and the Public for all of Alger County. The library is currently located on the first floor of Munising High School.
<b>Northern Michigan University Library</b> The Lydia M. Olson library is located on the second and third floors of the Harden Learning Resources Center on the campus of Northern Michigan University. Marquette, MI. 49855 (906) 227-2260	7:30 a.m. – 6:30 p.m. Monday – Friday Open longer during the fall and winter semester.	Lydia M. Olson Library ( <a href="http://library.nmu.edu">http://library.nmu.edu</a> ). The library contains books and journals and provides access to numerous databases. Librarians offer personal guidance in the use of the online catalog, indexes, abstracts, reference sources, online databases and Internet sources. Students are encouraged to seek assistance in accessing and evaluating the many resources available. Library tours and instructional presentations are offered to help students become familiar with the library and information resources and to help them develop their research skills.

<p><b>Peter White Public Library</b>  217 N. Front St.  Marquette, MI. 49855  (906) 228-9510</p>	<p>10:00 a.m. – 9:00 p.m.  Monday – Thursday  10:00 a.m. – 6:00 p.m.  Friday  10:00 a.m. – 5:00 p.m.  Sunday</p>	<p>Public Library, Online Catalog, Books by mail, Computer Classes, Copy-Print-Fax, Meeting Rooms, Passports, Proctor Exams, Public Computer Access, Wireless Internet.</p>
<p><b>Richmond Township Library</b>  101 Smith St.  Palmer, MI. 49871  (906) 475-5241</p>	<p>1:00 p.m. – 7:00 p.m.  Monday  11:00 a.m. – 5:00 p.m.  Tuesday, Wednesday,  Thursday  7:00 p.m. – 9:00 p.m.  Tuesday Only  10:00 a.m. – Noon  1<sup>st</sup> Saturday of Month</p>	<p>Public Library</p>
<p><b>U.P. Library for the Blind &amp; Physically Handicapped</b>  1615 Presque Isle Ave.  Marquette, MI. 49855  (906) 228-7697</p>	<p>8:00 a.m. – 5:00 p.m.  Monday - Friday</p>	<p>Public Library</p>



## Medical/Health Agencies

Name, Address, Phone	Accessibility	Summary
<p><b>Alger County Health Department</b>                      LMAS Health Department                      E9526 Prospect St.                      Munising, MI. 49862                      (906) 387-2297</p>	<p>8:00 a.m. – 4:00 p.m.                      Monday - Thursday</p>	<p>School Communicable Disease Reporting, WIC, Breast &amp; Cervical Cancer Screening, HIV/AIDS and other STD Screening, Maternal Infant Health Program, Children’s Special Care Services, Family Planning, MiChild &amp; Healthy Kids, Hearing &amp; Vision Screening, Communicable Disease, Flu Vaccines, Emergency Preparedness. Dedicated to providing county residents with disease prevention, environmental hazard protection, health promotion and emergency management through education and advocacy.</p>
<p><b>American Red Cross – Superior Upper Peninsula Chapter</b>                      104 Coles Drive                      Marquette, MI. 49855                      (906) 228-3659</p>	<p>8:30 a.m. – 5:00 p.m.                      Monday – Friday</p>	<p>A program that helps people prevent, prepare for and respond to emergencies such as wildfires, floods, and oil spills, and provides aid to those affected by these disasters. Also provides CPR/AED training, first aid training, and other preparedness skills to area residents.</p>
<p><b>Arcadia Health Care</b>                      2292 US Hwy. 41 West #3                      Marquette, MI. 49855                      (906) 228-4204                      (800) 259-2323</p>	<p>24 Hours                      7 Days a Week                       Office Hours:                      8:00 a.m. – 5:00 p.m.                      Monday - Friday</p>	<p>Arcadia ensures the highest of quality care by employing the best caregivers. We will serve you with compassion and respect whether it is companionship, light housekeeping, meal preparation, personal care, medication reminders, errands or respite. Caregivers are specially trained to assist with condition specific needs such as Traumatic Brain Injury, Alzheimer's, Spinal Cord Injury, ALS and Parkinson's. Our Registered Nurses and Licensed Practical Nurses can provide medication setup, foot care, skilled nursing and more. We are Nurse Supervised and Nurse Directed.</p>
<p><b>Bay Care Medical Center</b>                      1500 Sand Point Rd.                      Munising, MI. 49862                      (906) 387-4338</p>	<p>8:00 a.m. – 5:00 p.m.                      Monday - Friday</p>	<p>Bay Care Medical Center provides a full range of family care including the following services:                      -General Office Visits                      -Yearly/Routine Physicals                      -Sports Physicals                      -Gynecological Exams                      -Company Exams/Drug Screening                      -Allergy shots                      -Immunizations                      -Wart Removals</p>

		<ul style="list-style-type: none"> <li>-Lesion Removals</li> <li>-Pulmonary Function Tests</li> <li>-ECG's</li> <li>-Nebulizer Treatments</li> <li>-Birth Control Management</li> <li>-Joint Aspirations</li> <li>-Ear Irrigation</li> <li>-Nail Avulsion</li> <li>-Acupuncture</li> </ul>
<p><b>Bay Cliff Health Camp</b>  N4175 County Road KCA  Big Bay, MI. 49808  (906) 345-9314</p>	Call for information.	<p>Bay Cliff is a year-round, nonprofit therapy and wellness center for children and adults with physical disabilities. Bay Cliff's priority program is a seven-week, summer therapy camp session serving children with orthopedic, speech, hearing, and vision disabilities. The children work towards goals of increased independence and living a fuller life. Bay Cliff also sponsors a week-long recreational camp for adults with physical disabilities, an adaptive paddling workshop, a health and wellness retreat for polio survivors, winter recreation for the children and adults that attend our summer programs, family programs for children with cerebral palsy, spina bifida, and obesity, and a professional development workshop for pediatric therapists. Bay Cliff partners with non-profit organizations and schools interested in conducting programs at camp. These guest programs include health and wellness retreats, youth development camps, science and outdoor recreation programs, or volunteer and leadership trainings for people with &amp; without disabilities.</p>
<p><b>Bell Medical Family Practice &amp; Walk In Clinic</b>  901 Lakeshore Dr.  Ishpeming, MI. 49849  (906) 485-2686</p>	8:00 a.m. – 5:00 p.m. Monday - Friday	<p>Women's Care, Orthopedics, Family Medicine, Occupational Medicine, General Surgery, Pediatrics, Pharmacy, Wellness, Urology, Walk-In</p>
<p><b>Bell Memorial Hospital &amp; Teal Lake Medical Center</b>  901 Lakeshore Dr.  Ishpeming, MI. 49849  (906) 486-4431</p> <p>100 Malton Rd.  Negaunee, MI. 49866</p>	Call for appointment.	<p>Birthing Suites, Breast Center, Acute Care, Bone Mineral Density, Childbirth Education, CT Scan, Diagnostic Radiology (x-ray), Diagnostic Ultrasound, Lifeline, MRI, Nuclear Medicine, Occupational Medicine, Pulmonary Rehabilitation, Rehabilitation Services, Sleep Diagnostics, Surgical Services, Swing Bed Care, Chapel, Gift Shop, Cafeteria, Pharmacy, Emergency</p>

<p><b>Breast Feeding Support - MCHD</b> 184 US Hwy. 41 East Negaunee, MI. 49866 (906) 315-2638</p>	<p>Call for information.</p>	<p>Marquette County WIC Breastfeeding Support is located in the Marquette County Health Department in Negaunee. Prenatal Breastfeeding Classes, One on One support and assistance, and breastfeeding moms group.</p>
<p><b>Breast Feeding Support</b> LMAS Dist. Health Department E9526 Prospect St. Munising, MI. 49862 (906) 387-2297</p>	<p>Call for information.</p>	<p>Breast feeding promotion and support, and support counselor on call 24-hours a day.</p>
<p><b>Care Clinic - Marquette</b> 1213 N. Third St. Marquette, MI. 49855 (906) 228-2273</p>	<p>10:00 a.m. – 4:00 p.m. Monday, Wednesday, Friday 10:00 a.m. – 6:00 p.m. Tuesday</p>	<p>Care Clinic offers the following confidential services, free of charge:</p> <ul style="list-style-type: none"> <li>-Pregnancy Tests</li> <li>-Ultrasound</li> <li>-Abortion Information</li> <li>-Adoption Information</li> <li>-Pregnancy and Fetal Development Information</li> <li>-Post-Abortion Counseling - Surrendering the Secret</li> <li>-Maternity Clothes</li> <li>-Baby Clothes and Other Supplies</li> <li>-Advocacy Services For Men</li> <li>-Referrals to Community Resources and Agencies</li> </ul>
<p><b>Care Clinic – Gwinn</b> Sawyer Care Clinic 330 Fortress Gwinn, MI. 49841 (906) 346-2606</p>	<p>1:00 p.m. – 7:00 p.m. Tuesday, Thursday 10:00 a.m. – 4:00 p.m. Wednesday, Friday</p>	<p><b>Same as Marquette Clinic</b></p>
<p><b>Great Lakes Recovery Center</b> 1009 W. Ridge St. Marquette, MI. 49855 (906) 228-9699</p> <p><b>Adult Services</b> 241 Wright St. Marquette, MI. 49855 (906) 228-7611</p>	<p>Call for information.</p>	<p>Often called “rehab” or “in-patient treatment”, residential substance abuse treatment refers to a short-term (30 day) or long-term (more than 30 day) arrangement, where clients live in a therapeutic environment, alongside other clients, with 24-hour supervision and access to on-site clinicians. The general intent is to provide the tools that will allow clients to cease substance abuse in order to avoid the negative psychological, legal, financial and health consequences. Clients typically suffer from symptoms of dependence on psychoactive substances such as alcohol, prescriptions drugs or various “street drugs” such as heroine, amphetamines or cocaine.</p>

<p><b>Youth Services</b>  104 Malton Rd.  Negaunee, MI. 49866  (906) 228-4692</p>		<p>Treatment usually includes:</p> <ul style="list-style-type: none"> <li>– Assessments of physical and mental health, substance abuse and coordination of medical services</li> <li>– A designated counselor and individualized treatment plan for each client</li> <li>– Individual and Group Therapy Sessions</li> <li>– Transition planning (finding stable housing, securing access to follow up care, employment and/or educational services, and other community resources)</li> </ul> <p><u>Adult Residential Services</u> in Marquette consists of two wings, separating the genders and focuses on providing services to clients who are 18 and up.</p> <p><u>Youth Residential Services</u> in Negaunee is the only residential substance abuse treatment provider in Michigan’s Upper Peninsula that specializes in working with adolescents age 12-17.</p>
<p><b>Healthy Kids Health Insurance – DHS &amp; MCHD</b>  234 W. Baraga Ave.  Marquette, MI. 49855  (906) 228-9691</p> <p>184 US Hwy. 41 East  Negaunee, MI. 49866  (906) 475-7844</p> <p><a href="http://www.healthcare4mi.com">www.healthcare4mi.com</a></p>	<p>Call for information.</p>	<p>Healthy Kids is a Medicaid health care program for low-income children under the age of 19 and also for pregnant women of any age. There is an income limit. Healthy Kids is free except for small co-pays for some services if you are age 21 or older.</p> <p>To qualify, you or your children must:</p> <ul style="list-style-type: none"> <li>-Be under age 19, or pregnant</li> <li>-Have a Social Security Number ( or have applied for one)</li> <li>-Live in Michigan, even for a short time</li> <li>-Be a U.S. citizen or a qualified immigrant</li> <li>-Meet monthly family income limits</li> </ul>
<p><b>Lake Superior Hospice Association</b>  914 W. Baraga Ave.  Marquette, MI. 49855  (906) 225-7760</p>	<p>Call for information.</p>	<p>Lake Superior Hospice is a nonprofit, community-based organization serving Marquette County since 1979. As Michigan’s oldest existing hospice, LSH provides personal and professional care 24 hours a day 7 days a week. LSH strives to comfort patients and their families during time limiting situations. Hospice is palliative care for patients near the end of their life. Hospice care can be provided in a patients’ home, hospice centers, hospitals, long-term care facilities, or wherever a patient resides. Palliative care focuses on improving a patient’s quality of life by managing pain and other distressing symptoms of a serious illness. Palliative care should be provided along with other medical treatments.</p> <p>LSH creates a personal and specialized care to ensure each patient</p>

		and their families are getting the care they deserve. Physicians, who specialize in hospice and palliative medicine work with other doctors and healthcare professionals, listen to patients and align their treatments with what is important to them, and help families navigate the complex healthcare system. LSH offers expert emotional, spiritual, and physical support to take away some of the burdens from the families during a difficult time to allow them to spend quality time together.
<b>March of Dimes</b> 1055 W. Baraga Ave. Marquette, MI. 49855 (906) 228-6942	Call for information.	In local communities across the country, they're helping moms take charge of their health, and supporting families when something goes wrong. The March of Dimes also acts globally: sharing best practices in perinatal health and helping improve birth outcomes where the needs are the most urgent. They help moms have full-term pregnancies and healthy babies. If something goes wrong, they offer information and comfort to families. They research the problems that threaten our babies and work on preventing them.
<b>Marquette County Health Department</b> 184 US Hwy. 41 East Negaunee, MI. 49866 (906) 475-7844	8:00 a.m. – 5:00 p.m. Monday – Friday	Adolescent Health Clinics, Breast & Cervical Cancer Navigation Services, Cholesterol Screening, Family Planning, HIV/AIDS Screening, Immunizations/Vaccines, Senior Screening, STD Program, WIC Office, Communicable Disease Services, Dental Education, Emergency Preparedness, Marquette Co. Substance Abuse Prevention Coalition, School Vision & Hearing, Tobacco/Smoking Education & Prevention, Mi Child Insurance
<b>Marquette Dental Clinic</b> 989 W. Washington St. #104 Marquette, MI. 49855 (906) 226-9992	8:00 a.m. – 4:30 p.m. Monday - Friday	Michigan Community Dental Clinics, Inc. is a not-for-profit 501(c)3 corporation, established in 2006, dedicated to providing dental services to Medicaid enrollees and low-income, uninsured residents throughout the state of Michigan. It is their mission to create and expand access to ever-improving, quality dental care for Medicaid recipients and low-income, uninsured individuals. The care they provide is customized to meet the appropriate individual needs of each patient, and is offered in a patient-centered atmosphere with exceptional customer service. MCDC is committed to continuous, quality improvement with this "patient first" perspective. Their clinics offer comprehensive dental services to improve and maintain the health of Michigan families:

		<ul style="list-style-type: none"> <li>-Oral Exams and Cleanings</li> <li>-Fillings</li> <li>-Tooth Removal</li> <li>-Fluoride Treatments</li> <li>-Dentures/Bridges</li> <li>-Crowns</li> <li>-Pediatric Dentistry</li> <li>-Periodontal Treatments</li> <li>-Sedation Dentistry</li> <li>-Emergency Dental Care</li> </ul>
<p><b>MiChild Health Insurance – MCHD</b>  184 US Hwy 41 East  Negaunee, MI. 49866  (906) 475-7844  <a href="http://www.healthcare4mi.com">www.healthcare4mi.com</a></p>	<p>8:00 a.m. – 5:00 p.m.  Monday – Friday</p>	<p>If you have children under age 19, you may be able to get health and dental care for them through MiChild.  To qualify, your children must:</p> <ul style="list-style-type: none"> <li>-Be under age 19</li> <li>-Have no comprehensive health insurance, including Medicaid</li> <li>-Have a Social Security Number (or have applied for one)</li> <li>-Live in Michigan, even for a short time</li> <li>-Be a U.S. citizen or qualified immigrant</li> <li>-Meet monthly family income limits</li> </ul> <p>How much does MiChild cost?  -You pay just \$10 a month for your whole family (even if you have more than one child).</p>
<p><b>Munising Memorial Hospital</b>  1500 Sand Point Rd.  Munising, MI. 49862  (906) 387-4110  <a href="http://www.munisingmemorial.org">www.munisingmemorial.org</a></p>	<p>Call for information and appointment.</p>	<p>The facility incorporates all aspects of a patient care under one roof. Completely digitized, the radiology department now includes a digital X-ray room, CT, Fluoroscopy, 4D Ultrasound, Dexascan and digital mammography.  The operating room consists of one main suite, a scope room and a five bed recovery area. The new OR allows for same day outpatient surgery. Currently, MMH has an Orthopedic Surgeon, General Surgeon, and Ophthalmologist on its medical staff.  Laboratory services were designed to accommodate two private drawing rooms and several upgrades to equipment, computer systems and space.  The Outpatient Rehabilitation department has moved into the new building, allowing easier access for patients and includes a new and upgraded gym. There are four treatment rooms, a hydrotherapy</p>



		<p>room, as well as a shower for gym participants.</p> <p>The all new Emergency Department is triple the size of the old facility. The new ER includes a walk-in area, three private exam rooms and a three bay trauma room. The new building has also allowed for enlargement of the ambulance garage. The two bay garage also includes a decontamination area.</p> <p>Inpatient rooms display a hotel like, comfortable atmosphere. The six rooms are equipped with flat panel televisions and face the lake for a beautiful view.</p> <p>Two conference centers can be used for support groups, educational programs and administrative meetings.</p>
<p><b>Northern Michigan University Speech Clinic</b>  West Science Building of the Seaborg Science Complex, located on Center Street  (906) 227-2125</p>	<p>8:00 a.m. – 5:00 p.m.  Monday – Friday</p>	<p>Patients or parents must contact the NMU Speech-Language and Hearing Clinic at 906-227-2125. Our school secretary will ask for some preliminary information and mail out a case history form for the patient or parents to complete and return. This includes a release of information form that must be completed and signed in order for us to provide services. It also provides clients the opportunity to list any individuals or agencies that are to receive copies of our reports, and allows us to video tape, audiotape, and have our students observe sessions. This is particularly important because the only reason the clinic exists is to support the education of the students in the Speech, Language and Hearing Sciences Program. Such observation and field work is valuable to teach our students.</p>
<p><b>Planned Parenthood</b>  1219 N. Third St.  Marquette, MI. 49855  (906) 225-5070</p>	<p>11:00 a.m. – 5:00 p.m.  Monday, Thursday  11:00 a.m. – 7:00 p.m.  Thursday</p>	<p>Services Offered:</p> <ul style="list-style-type: none"> <li>-Abortion Referral</li> <li>-Birth Control</li> <li>-General Health Care</li> <li>-HIV Testing</li> <li>-LGBT Services</li> <li>-Men's Health Care</li> <li>-Morning-After Pill (Emergency Contraception)</li> <li>-Pregnancy Testing &amp; Services</li> <li>-STD Testing, Treatment &amp; Vaccines</li> <li>-Women's Health Care</li> </ul>

<p><b>Sault Ste. Marie Tribe of Chippewa Indians Health Center</b>  Munising Rural Health Center  622 W. Superior St.  Munising, MI. 49862  (906) 387-4721</p>	<p>8:00 a.m. – 5:00 p.m.  Monday - Friday</p>	<p>Types of services available at Sault Tribe Health facilities include:</p> <ul style="list-style-type: none"> <li>-General Medical Care</li> <li>-Clinical Nursing</li> <li>-Community Health Nursing</li> <li>-Health Education</li> <li>-Nutrition Services</li> <li>-Diabetes Program</li> <li>-Immunizations</li> <li>-Laboratory</li> <li>-Dental Services</li> <li>-Optical Services</li> <li>-Audiology</li> <li>-Pharmacy</li> <li>-Radiology</li> <li>-Mental Health / Psychology</li> <li>-Psychiatry</li> <li>-Physical Therapy</li> <li>-Substance Abuse</li> <li>-Traditional Medicine</li> <li>-Ultrasound</li> <li>-Wellness Programs</li> <li>-HIV Awareness</li> </ul>
<p><b>Superior Walk-In Clinic</b>  1414 W. Fair Ave.  Marquette, MI. 49855  (906) 226-2233</p> <p>1504 Sand Point Rd.  Munising, MI. 49862  (906) 387-4220</p>	<p>9:00 a.m. – 9:00 p.m.  Monday – Sunday  365 Days a Year</p> <p>9:00 a.m. – 7:00 p.m.  Monday – Thursday  9:00 a.m. – 2:00 p.m.  Friday, Sunday  Closed Saturdays and  Holidays</p>	<p>Comprehensive care that they provide includes treatment of:</p> <ul style="list-style-type: none"> <li>-illness</li> <li>-injury</li> <li>-minor trauma</li> <li>-acute pain</li> <li>-broken bones</li> <li>-splints</li> <li>-cuts</li> <li>-burns</li> </ul> <p>They also provide:</p> <ul style="list-style-type: none"> <li>-routine physical exams</li> <li>-employment physicals</li> <li>-sports physicals</li> <li>-school physicals</li> <li>-DOT physicals</li> <li>-FAA physicals</li> <li>-referrals to specialists and physical therapy</li> </ul>

<p><b>Upper Great Lakes Family Health Centers</b></p> <p>Sawyer Health Center 301 Explorer Gwinn, MI. 49841 (906) 346-9275</p> <p>Gwinn Health Center 135 E. M-35 Gwinn, MI. 49841 (906) 346-9275</p>	<p>8:00 a.m. – 6:00 p.m. Monday 8:00 a.m. – 7:00 p.m. Tuesday 8:00 a.m. – 5:00 p.m. Wednesday- Friday</p> <p>8:00 a.m. – 5:00 p.m. Monday, Tuesday, Wednesday, Friday 8:00 a.m. – 7:00 p.m. Thursday</p>	<p>Services:</p> <ul style="list-style-type: none"> <li>- Primary Care</li> <li>- Well Child Services</li> <li>- Gynecology</li> <li>- Obstetrics including Labor and Delivery</li> <li>- Behavioral Health</li> <li>- Geriatric Care</li> <li>- Diagnostic Laboratory</li> <li>- Diagnostic x-Ray</li> <li>- Screenings</li> <li>- Urgent Care</li> <li>- Voluntary Family Planning</li> <li>- Immunizations</li> <li>- Preventive Dental</li> <li>- Pharmaceutical Services</li> <li>- Case Management</li> <li>- Insurance Eligibility Assistance</li> <li>- Health Education</li> <li>- Outreach and Education</li> <li>- Nutrition Education</li> <li>- Transportation</li> <li>- Functional Medicine</li> <li>- Tele Psychiatry Services</li> <li>- Sliding Fee Scale</li> <li>- Discounted Prescription Program</li> <li>- Translation Services for those with Limited English Skills</li> </ul>
<p><b>U. P. Health System - Marquette Duke Lifepoint Hospital</b> 580 W. College Ave. Marquette, MI. 49855 (906) 228-9440 <a href="http://www.mgh.org">www.mgh.org</a></p>	<p>Call for information and appointment.</p>	<p>Emergency Services, General Services, Nutrition, Surgical Services, Health Information, Clinical Services, Bariatric &amp; Metabolic Institute, Cancer Center, Heart Center, Behavior Health, Rehabilitation Center, Trauma Center, Brain &amp; Spine Center, Homecare &amp; Hospice, Birthing Center, Wellness Center, Gift Shop, Chapel, CT Scan, MRI</p>
<p><b>Upper Peninsula Diabetes Outreach Network</b> 220 W. Washington St. Suite 340 Marquette, MI. 49855 (906) 228-9203</p>	<p>Call for information.</p>	<ul style="list-style-type: none"> <li>-Improving access to care, services and supplies.</li> <li>-Helping health care professionals stay up-to-date on diabetes care through educational and independent study programs.</li> <li>-Raising public awareness of diabetes through community programs and events.</li> </ul>

		<p>-Providing tools and expert assistance to measure outcomes, analyze data, and assess the quality of diabetes care.</p> <p>-Helping to develop and assist diabetes self-management programs, chronic care management in primary care and diabetes support groups.</p>
<p><b>Upper Peninsula Home Health and Hospice</b>  1414 W. Fair Ave. Suite 44  Marquette, MI. 49855  (906) 225-4545</p> <p>510 Mather Ave.  Ishpeming, MI. 49849  (906) 485-4545</p> <p><a href="http://www.uphomehealth.org">www.uphomehealth.org</a></p>	<p>Call for information.</p>	<p>Skilled Nursing, Certified Home Health Aides, Physical Therapy, Occupational Therapy, Speech Therapy, Medical Social Workers, Doctors, Chaplains</p> <ul style="list-style-type: none"> <li>-Nursing Services</li> <li>-Homemaker Services</li> <li>-Personal Care Services</li> <li>-Respite Care Services</li> </ul>



## Mental Health/Behavior Support Groups/Resources

Name, Address, Phone	Accessibility	Summary
<p><b>Addiction Rehabilitation Center</b>                      U.P. Health System Behavioral Health Services                      420 W. Magnetic St. 6<sup>th</sup> Floor RCN Building                      Marquette, MI. 49855                      (906) 225-3160</p>	<p>Call for information.</p>	<p>Location services description: Substance abuse treatment, Detoxification, Buprenorphine Services.                      Treatment received at location: Hospital inpatient, Residential short-term treatment (30 days or less), Outpatient, Partial hospitalization/day treatment                      Types of patients treated: DUI/DWI offenders.</p>
<p><b>Alcohol &amp; Drug Abuse Counseling Services</b>                      U.P. Health Systems                      Intensive Addiction Services                      Marquette, MI. 49855                      (906) 225-3330</p>	<p>Our admission coordinator will complete a screening with you over the phone and schedule you for admission to our program.</p>	<p>We offer psychiatrists, psychologists, therapists and addiction counselors. Outpatient &amp; residential treatment for addictions.</p>
<p><b>Alcoholics Anonymous</b>                      181 Miller Rd.                      Gwinn, MI. 49841                      (906) 249-4430</p>	<p>24-Hour Answering Service</p>	<p>Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.                      The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions.                      AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.                      Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.</p>
<p><b>Bereavement Support Group</b>                      Lake Superior Hospice Office                      914 W. Baraga Ave.                      Marquette, MI. 49855                      (906) 225-7760</p>	<p>12:00 p.m. – 2:00 p.m.                      2<sup>nd</sup> Thursday of every month</p>	<p>The luncheon is pot luck style, guests are welcome to bring a dish to pass, LSH will provide main course.</p>

<p><b>Northstar Employee Assistance Program</b>  710 Chippewa Square #206  Marquette, MI. 49855  (906) 225-3145</p>	<p>9:00 a.m. – 4:00 p.m.  Monday – Thursday  9:00 a.m. – 1:00 p.m.  Friday</p>	<p>Services Provided:  Providing individual, couples and family counseling. Treatment specialization includes:</p> <ul style="list-style-type: none"> <li>-Problems in the Workplace</li> <li>-Counseling for Depression and Anxiety</li> <li>-Couples Counseling</li> <li>-Family Counseling</li> <li>-Parenting Support</li> <li>-Grief Counseling</li> <li>-Work and Career issues</li> <li>-Stress Management</li> <li>-Addiction &amp; Recovery</li> <li>-Conflict Resolution</li> </ul> <p>They work with a wide range of emotional and behavioral issues providing services that span from counseling for depression and grief to parenting support, couples counseling and beyond. In a comfortable and supportive atmosphere, they offer a highly personalized approach tailored to each of their clients individual needs to help attain the personal growth they're striving for.</p>
<p><b>Open Grief Support</b>  Lake Superior Hospice Office  914 W. Baraga Ave.  Marquette, MI. 49855  (906) 225-7760</p>	<p>5:30 p.m. – 7:00 p.m.  1<sup>st</sup> and 3<sup>rd</sup> Wednesday  of every month</p>	<p>Bereavement Coordinator Tiffany Johnson will facilitate this support group.</p> <p>Lake Superior Hospice hosts a quarterly - four session interactive support group designed to help with the grieving process by using visual and thought provoking tools.</p> <p>Week 1: Keeping Your Memories Alive  Week 2: Letter Writing  Week 3: Journaling Your Thoughts  Week 4: Working Toward the Future</p> <p>Open to all who have experienced the death of a loved one. For questions or to register for an upcoming session please call Tiffany Johnson, Bereavement Coordinator, at 906.225.7760 or email <a href="mailto:tjohnson@lakesuperiorhospice.org">tjohnson@lakesuperiorhospice.org</a>.</p>

<p><b>Pathways Community Mental Health - Marquette</b>  200 W. Spring St.  Marquette, MI. 49855  (906) 225-1181  <a href="http://www.pathwaysup.org">www.pathwaysup.org</a></p>	<p>8:00 a.m. – 5:00 p.m.  Monday - Friday</p>	<p><u>Adults with Mental Illness:</u>  Adults who have a chronic or severe mental illness and have or are expected to experience significant impairment in their day to day functioning are eligible to receive services at Pathways. Bi-polar disorder, Schizophrenia, and severe depression are examples of the types of illnesses treated by Pathways.</p> <p><u>Children with Serious Emotional Disturbance:</u>  Children facing major struggles in their home, school, or community because of serious emotional disturbance are eligible for services at Pathways. A child with a serious emotional disturbance has a severe mental health diagnosis, a significant history of serious behavioral/emotional problems, and often a significant mental health treatment history.</p> <p><u>Adults with Developmental Disabilities:</u>  Adults who have a developmental disability that has occurred prior to the age of 22 and is contributing to major limitations in three or more areas of their everyday life. Such limits may include:</p> <ul style="list-style-type: none"> <li>-self-care</li> <li>-language</li> <li>-learning</li> <li>-ability to live on their own</li> <li>-mobility</li> <li>-self-direction</li> <li>-ability to financially support oneself</li> </ul> <p><u>Children with Developmental Disabilities:</u>  Children from birth to age 5 who have a major developmental delay or condition that most likely will lead to developmental delay. Also, children who are 6 to 17 years of age who have a developmental disability that is contributing to major limitations in three or more areas of their everyday life.  Such limits may include:</p> <ul style="list-style-type: none"> <li>-self-care</li> <li>-language</li> <li>-learning</li> <li>-mobility</li> <li>-self-direction</li> </ul>

<p><b>Pathways Community Mental Health - Alger</b>  1516 Sand Point Rd.  Munising, MI. 49862  (906) 387-3611  <a href="http://www.pathwaysup.org">www.pathwaysup.org</a></p>	<p>8:00 a.m. – 5:00 p.m.  Monday - Friday</p>	<p><b>Same as Marquette Agency</b></p>
<p><b>Gamblers Anonymous</b>  First Presbyterian Church  120 N. Front St.  Marquette, MI. 49855</p>	<p>7:00 p.m.  Thursday  Open Meeting</p>	<p>Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.  The only requirement for membership is a desire to stop gambling. There are no dues or fees for Gamblers Anonymous membership; we are self-supporting through our own contributions. Gamblers Anonymous is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any cause. Our primary purpose is to stop gambling and to help other compulsive gamblers do the same.</p>
<p><b>National Alliance for Mentally Ill (NAMI) Support Group – Marquette</b>  The Commons Conference Room  129 W. Baraga Ave.  Marquette, MI. 49855  <a href="http://namiam.org/">http://namiam.org/</a>  Jane – (906) 226-5881  Jeannette – (906) 226-6808</p>	<p>This group meets the 2nd Monday of every month for family members, and the last Monday of every month for an educational meeting. The meetings start at 7:00 p.m.</p>	<p>NAMIAM is an all volunteer non-profit organization dedicated to improving the quality of life for people with mental illness and their families through advocacy, support, and education.  Support for Families and Loved Ones of Persons with Mental Illnesses. Consumers of mental health services are also welcome.</p>





### Mental Health Services Providers

Name	Address and Phone
Academy Psychological	1018 N. Third St. Marquette, MI. 49855 (906) 228-8135
Acker-Richards, Tonya	84 Croix St. Suite A Negaunee, MI. 49866 (906) 475-7856
Baldwin, Lynn	102 W. Washington St. Ste. 114 Marquette, MI. 49855 (906) 226-6059
Bell Behavioral Services	429 S. Corning Marquette, MI. 49855 (906) 249-9002
Berg, David	205 S. Front St. Suite D Marquette, MI. 49855 (906) 399-4463
Busser-DeMarte, Heather (U.P Health System Behavioral Health)	580 W. College Ave. Marquette, MI. 49855 (906) 225-3985
DeGroot, Susan	205 S. Front St. Suite D Marquette, MI. 49855 (906) 235-0914
Dunn, James (Homeport PCS)	104 E. Washington St. Marquette, MI. 49855 (906) 228-3092
Duquette, Karen (Discreet Confidential Psychological Services)	540 E. Division St. Ishpeming, MI. 49849 (906) 486-6860
Evans, Patrice	202 Elm St. Suite 2 Munising, MI. 49862 (906) 387-6404
Field, Cheryl and Samuel (Access Psychological)	1014 N. Third St. Marquette, MI. 49855 (906) 228-8881
Forrester, Danny (The Lighthouse)	130 W. Washington St. Marquette, MI. 49855 (906) 361-1551

Freeborn, Virginia (Ginny)	1229 W. Washington St. Suite 6 Marquette, MI. 49855 (906) 225-0093
Gamber, Carol (U.P Health System Behavioral Health)	580 W. College Ave. Marquette, MI. 49855 (906) 225-3985
Giordana, Jenna	307 S. Front St. Suite 130 Marquette, MI. 49855 (906) 273-1095
Great Lakes Outpatient Mental Health	1009 W. Ridge St. Suite C Marquette, MI. 49855 (906) 228-6545
Greer-Cole, Catherine	Northern Michigan University C.B. Hedgecock Building, Room 3405 Marquette, MI. 49855 (906) 227-2980
Greer, Wendy Jo	401 N. Third St. Suite B Marquette, MI. 49855 (906) 226-1454
Healing Arts Psychiatry & Psychotherapy	102 W. Washington St. Suite 106 Marquette, MI. 49855 (906) 228-9100
Henry-Burton, Jane	106 Coles Dr. Marquette, MI. 49855 (906) 228-6545
Hill, Karl	107 W. Main St. Marquette, MI. 49855 (906) 361-3985
Holzgang, Anthony (U.P Health System Behavioral Health)	580 W. College Ave. Marquette, MI. 49855 (906) 225-3985
Huotari, Tammy	413 Maple St. Suite 2 Munising, MI. 49862 (906) 202-9057
Johnson, Lori	710 Chippewa Square, Suite 208 Marquette, MI. 49855 (906) 360-7472
Jones, Gregory (Premier Psychological Services) <a href="http://www.premier-psych.com/">http://www.premier-psych.com/</a>	1300 W. Ridge St. Suite 2 Marquette, MI. 49855 (906) 228-6200

Kahler, Dorothy	290 Rublein St. Suite D Marquette, MI. 49855 (906) 226-9100
Kirkham, Julianne (U.P Health System Neuropsychology)	580 W. College Ave. Marquette, MI. 49855 (906) 225-7116
Kirkland-Caldwell, Jessica (U.P Health System Neuropsychology)	580 W. College Ave. Marquette, MI. 49855 (906) 225-7116
Kniskern, Jonathan	102 W. Washington St. Suite 226 Marquette, MI. 49855 (906) 228-4747
Kochis, Cynthia	401 N. Third St. Marquette, MI. 49855 (906) 226-1410
Koehn, Kent	580 W. College Ave. Marquette, MI. 49855 (906) 225-3170  Marquette VA Outpatient Clinic 1414 W. Fair Ave. Suite 285 Marquette, MI. 49855 (906) 226-4618
LaFreniere, Sue <a href="http://susanlafreniere.com/">http://susanlafreniere.com/</a>	104 E. Washington St. Marquette, MI. 49855 (906) 228-3092
Lackey, Nicole	102 W. Washington St. Suite 114 Marquette, MI. 49855 (906) 362-9060
MacDevitt, Margaret <a href="http://www.drmmaggiemacd.com/">http://www.drmmaggiemacd.com/</a>	505 Forestville Basin Dr. and 3224 US 41 West Marquette, MI. 49855 (906) 226-9584
Magnuson, Jon (Cedar Tree Institute)	403 E. Michigan St. Marquette, MI. 49855 (906) 228-5494
MGH Behavioral Health Services	580 W. College Ave. Marquette, MI. 49855 (906) 225-3985

Miller, Lynn	Marquette VA Outpatient Clinic 1414 W. Fair Ave. Suite 285 Marquette, MI. 49855 (906) 226-4618
Moore, Robert	425 Corning St. Suite B Marquette, MI. 49855 (906) 249-9002
Olesnavage, John (Olesnavage Psychological Services) <a href="http://johnolesnavage.com">http://johnolesnavage.com</a>	3925 Squaw Beach Rd. Big Bay, MI. 49808 (906) 250-4799
Olson, Ralph (Olson Psychological Services)	220 W. Washington St. Suite 420 Marquette, MI. 49855 (906) 225-5462
Pathways Community Mental Health Basse, John – Marquette Sperling, Richard – Marquette Kivel, Paulette, Munising <a href="http://www.pathwaysup.org">http://www.pathwaysup.org</a>	200 W. Spring St. Marquette, MI. 49855 (906) 225-1181  1516 Sand Point Road Munising, MI 49862 (906) 387-3611
Potter, Martha	220 W. Washington St. Suite 420 Marquette, MI. 49855 (714) 943-6112
Ransom, Dana (U.P Health System Behavioral Health)	580 W. College Ave. Marquette, MI. 49855 (906) 225-3985
Reed, Michael (Superior Paradigm Solutions)	104 E. Washington St. Marquette, MI. 49855 (906) 228-3092
Ritter, Mary Conoway	102 W. Washington St. Suite 114 Marquette, MI. 49855 (906) 362-1647
Sault Ste. Marie Tribal Health Center	622 W. Superior St. Munising, MI. 49862 (906) 387-4614
Schnmittziel, Charles (U.P Health System Behavioral Health)	580 W. College Ave. Marquette, MI. 49855 (906) 225-3985

Schneiderhan, Heidi	1414 W. Fair Ave. Suite 36 Marquette, MI. 49855 (906) 225-3864
Semashko, Norma (Child & Family Services of the U.P.)	706 Chippewa Square Suite 200 Marquette, MI. 49855 (906) 228-4050
Shelafoe, Peter (Child & Family Services of the U.P.)	706 Chippewa Square Suite 200 Marquette, MI. 49855 (906) 228-4050
Smith, Debra	112 W. Washington St. Suite E Marquette, MI. 49855 (906) 225-1776
Swenby, Sandra (U.P Health System Behavioral Health)	580 W. College Ave. Marquette, MI. 49855 (906) 225-4690
Teaching Family Homes	1000 Silver Creek Rd. Marquette, MI. 49855 (906) 249-5437
Tucker, Bill	401 N. Third St. Suite B Marquette, MI. 49855 (906) 226-3556
Turner, Eric	710 Chippewa Square Suite 208 Marquette, MI. 49855 (906) 361-3742
Upper Peninsula Family Solutions, Inc. <a href="http://www.upfs.org/Home_Page.php">http://www.upfs.org/Home_Page.php</a>	307 S. Front St. Suite 130 Marquette, MI. 49855 (906) 273-1095
Von Greiff, Hermann (U.P Health System Behavioral Health)	580 W. College Ave. Marquette, MI. 49855 (906) 225-4690
Waters, Fran	706 Chippewa Square, Suite 205-A Marquette, MI. 49855 (906) 226-2777
Wautier, Gary (U.P Health System Behavioral Health)	580 W. College Ave. Marquette, MI. 49855 (906) 225-3985
Wilcox, Cameron (U.P Health System Behavioral Health)	580 W. College Ave. Marquette, MI. 49855 (906) 225-3985

Wilcox, Lucy (Changes & Choices Counseling)	325 Erickson St. Marquette, MI. 49855 (906) 458-9890
Worthington, Candace (Child & Family Services of the U.P.)	706 Chippewa Square, Suite 200 Marquette, MI. 49855 (906) 228-4050



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Mental Health

## Pediatricians

Name, Address, Phone	Accessibility	Summary
<p><b>Bay Care Medical Center</b> 1500 Sand Point Rd. Munising, MI. 49862 (906) 387-4338</p> <p>Dr. Ray Dr. Irish</p>	<p>8:00 a.m. – 5:00 p.m. Monday – Friday By Appointment</p>	<p>Provides primary care for children of all ages, from newborns to teenagers.</p>
<p><b>Bell Medical Pediatrics</b> 901 Lakeshore Dr. Ishpeming, MI. 49849</p> <p>Dr. Rao (906) 485-2668 Suite 104</p> <p>Dr. Darr (906) 485-2683 Suite 208</p> <p>Dr. McMahan (906) 485-2683 Suite 208</p> <p>Dr. Atkins (906) 485-2683 Suite 208</p>	<p>10:00 a.m.- 6:00 p.m. Monday – Friday Saturday by appt.</p> <p>Receptionist 8:00 a.m. – 5:00 p.m. Monday – Friday Providers 8:30 a.m. – 5:00 p.m. Tuesday, Wednesday and Thursday</p>	<p>Provides primary care for children of all ages, from newborns to teenagers.</p>
<p><b>Pediatric Associates</b> U.P. Medical Center 1414 W. Fair Ave. Suite 201 Marquette, MI. 49855 (906) 225-4500</p> <p>Dr. Anderson Dr. Balmer Dr. Bartlett</p>	<p>8:00 a.m. – 5:00 p.m. Monday – Thursday 8:00 a.m. – 3:00 p.m. Friday</p>	<p>Provides primary care for children of all ages, from newborns to teenagers.</p>

<p><b>Pediatric Specialists</b>  U.P. Medical Center  1414 W. Fair Ave. Suite 226  Marquette, MI. 49855  (906) 225-3925</p> <p>Dr. Atkins  Dr. Brzezinski  Dr. Darr  Dr. McMahon  Dr. Nidiffer</p>	<p>8:00 a.m. – 5:00 p.m.  Monday - Friday  By Appointment</p>	<p>UP Health System - Marquette Pediatric Specialists provide comprehensive health care to infants, children, adolescents and young adults.</p>
<p><b>U.P. Health Systems  Marquette Neonatology</b>  580 W. College Ave.  Marquette, MI. 49855  (906) 225-6942</p> <p>Dr. Frei</p>	<p>Call for information.</p>	<p>Neo-Natal Surgical Specialist</p>





### Physicians/Family Medicine

Name, Address, Phone		Accessibility	Summary
<b>Bay Care Medical Center</b> 1510 Sand Point Rd. Munising, MI. 49862 (906) 387-3600  Dr. Said		9:00 a.m. – 5:30 p.m. Monday- Friday	General Family Medicine
<b>Bell Medical Family                      Medicine</b> 901 Lakeshore Dr. Ishpeming, MI. 49849 (906) 485-2687  Dr. Prevost Dr. Hooper Dr. Carlson Dr. Grossman Dr. Metcalf	Suite 201 Suite 203 Suite 205 Suite 205 Suite 205	8:00 a.m. – 5:00 p.m. Monday- Friday	General Family Medicine

<p><b>Family Care Doctors</b>  1414 W. Fair Ave. Suite 36  Marquette, MI. 49855  (906) 225-3864</p> <p>Dr. Alagappan  Dr. Bidle  Dr. Bluhm  Dr. Brang  Dr. Brang  Dr. Budloo  Dr. Clarke  Dr. Cutlip  Dr. Fletemier  Dr. Fulcher  Dr. Haken  Dr. Hoenke  Dr. Johnson  Dr. Kreis  Dr. LaCrosse  Dr. Lazet</p>	<p>Dr. Luoma  Dr. Nelson  Dr. O'Conner  Dr. Piggott  Dr. Rennie  Dr. Rowan  Dr. Rutterbush  Dr. Sahu  Dr. Shahbazi  Dr. Short  Dr. Soni  Dr. Steele  Dr. Vachon  Dr. van den Ende  Dr. Waite</p>	<p>8:00 am. – 8:00 p.m.  Monday – Thursday  7:00 a.m. – 5:00 p.m.  Friday  By appointment</p>	<p>General Family Medicine</p>
<p><b>Dr. Karr</b>  1030 Cornerstone Dr.  Marquette, MI. 49855  (906) 225-7120</p>		<p>8:30 – 5:00  Monday, Tuesday,  Thursday  8:30 – 3:00  Friday</p>	<p>General Family Medicine</p>
<p><b>Lakewood Medical Associates</b>  5089 US Hwy. 41 South  Marquette, MI. 49855  (906) 249-5589</p> <p>Dr. Dehlin  Dr. Dehlin  Dr. Tobin-Anderson</p>		<p>7:00 a.m. – 7:00 p.m.  Monday, Wednesday  7:00 a.m. – 5:00 p.m.  Tuesday, Thursday  7:00 a.m. – 3:00 p.m.</p>	<p>General Family Medicine</p>

<p><b>Munising Tribal Health Center</b>  622 W. Superior St.  Munising, MI. 49862  (906) 387-4220</p> <p>Dr. Kroupa-Kulick</p>	<p>7:30 a.m. – 5:00 p.m.  Monday – Friday</p>	<p>General Family Medicine</p>
<p><b>Negaunee Family Medicine</b>  405 US Hwy 41 East  Negaunee, MI. 49866  (906) 475-6312</p> <p>Dr. Dank  Dr. Olson</p>	<p>8:00 a.m. – 5:00 p.m.  Monday – Thursday  7:00 a.m. – 3:00 p.m.  Friday</p>	<p>General Family Medicine</p>
<p><b>Stevens Hardie Family Practice</b>  107 W. Main St.  Marquette, MI. 49855  (906) 225-3988  <a href="http://stevenshardie.com/">http://stevenshardie.com/</a></p> <p>Dr. Stevens  Dr. Hardie</p>	<p>8:00 a.m. – 6:30 p.m.  Monday, Tuesday  8:00 a.m. – 5:00 p.m.  Wednesday  6:30 a.m. – 5:00 p.m.  Thursday  8:00 a.m. – 4:00 p.m.  Friday  Phones are only answered  from 8-4.</p>	<p>General Family Medicine</p>
<p><b>Upper Great Lakes Family Health Center</b>  301 Explorer St.  Gwinn, MI. 49841  (906) 346-9275</p> <p>135 E. State Hwy. M-35  Gwinn, MI. 49841  (906) 346-9275</p> <p>Dr. Kroll  Dr. Dehlin  Dr. Barry  <a href="http://www.uglhealth.org/">http://www.uglhealth.org/</a></p>	<p>8:00 a.m. – 6:00 p.m.  Monday  8:00 a.m. – 7:00 p.m.  Tuesday  8:00 a.m. – 5:00 p.m.  Wednesday- Friday</p> <p>8:00 a.m. – 5:00 p.m.  Monday, Tuesday,  Wednesday, Friday  8:00 a.m. – 7:00 p.m.  Thursday</p>	<p>General Family Medicine</p>

## Recreation

Name, Address, Phone	Accessibility	Summary
<p><b>AdvantEdge Sports Training</b>            906 W. Baraga Ave.            Marquette, MI. 49855            (906) 371-0780  <a href="http://www.advantedgesports.com/">http://www.advantedgesports.com/</a></p>	<p>Call for appointment</p>	<p>AdvantEdge Sports provides the highest quality athletic training to teams and individuals seeking to take their performance to the most competitive level. Working with highly credentialed training staff in a highly driven and encouraging environment, athletes often experience strength and performance gains of 30-50% in a matter of months.</p>
<p><b>AI Quaal Recreation Area</b>            501 Poplar St.            Ishpeming, MI. 49849            (906) 486-9371</p>	<p>Outside Accessibility</p>	<p>Disc Golf, Hiking Trails, Cross Country Skiing Trails, Picnic Areas, Lodge Rental for Birthday Party? Retirement? Toboggan Party? Graduation?</p>
<p><b>Alger Parks and Recreation</b>            413 Maple St.            Munising, MI. 49862            (906) 387-5636  <a href="http://algerparksandrec.com/">http://algerparksandrec.com/</a></p>	<p>Fitness Center open 24/7</p>	<p>Youth Programming, Adult Health and Fitness, Senior Programming, Concerts in the Park, Day Kamp, Indoor Playground, Yoga, Thai Chi, Walking Track</p>
<p><b>Anytime Fitness</b>            1175 W. Washington St.            Marquette, MI. 49855            (906) 226-6000  <a href="http://www.anytimefitness.com/gyms/514/marquette-mi-49855">http://www.anytimefitness.com/gyms/514/marquette-mi-49855</a></p> <p>101 M-28 East            Harvey, MI. 49855            (906) 249-9800  <a href="http://www.anytimefitness.com/gyms/2391/harvey-mi-49855">http://www.anytimefitness.com/gyms/2391/harvey-mi-49855</a></p> <p>130 N. Pansy St.            Ishpeming, MI. 49849            (906) 485-4502  <a href="http://www.anytimefitness.com/gyms/2743/ishpeming-mi-49849">http://www.anytimefitness.com/gyms/2743/ishpeming-mi-49849</a></p>	<p>24/7 with Membership</p>	<p>Club at a Glance            24-hour access            24-hour security            convenient parking            anywhere club access            private restrooms            private showers            tanning            personal training            classes            cardio tvs            health plan discounts            wellness programs</p> <p>Cardio Equipment            treadmills            elliptical            exercise cycles            stair climbers</p>

48 E. Stephenson Ave. Gwinn, MI. 49841 (906) 346-2525 <a href="http://www.anytimefitness.com/gyms/2742/gwinn-mi-49841">http://www.anytimefitness.com/gyms/2742/gwinn-mi-49841</a>		Strength Equipment circuit/selectorized free weights racks plate loaded
<b>B Cubed Fitness</b> 1025 W. Washington St. Suite 2 Marquette, MI. 49855 (906) 273-2264 <a href="http://www.bcubedfitness.com/">http://www.bcubedfitness.com/</a>	Call for appointment	Personal Training, Small Group Training
<b>Cave Fitness Center</b> 301 Avenue A Gwinn, MI. 49841 (906) 346-2318	7:00 a.m. – 7:00 p.m. Monday – Friday 8:00 a.m. – Noon Saturday	Inside Track for Walking & Running Weights & other workout Equipment Gym Groups
<b>Blackfly Crossfit</b> 1202 Wright St. Unit 3 Marquette, MI. 49855 (906) 273-0150 <a href="http://blackflycrossfit.com/">http://blackflycrossfit.com/</a>	Call for information.	Crossfit, Yoga, Lifting, Gymnastics
<b>Blueberry Ridge Pathway</b>	Outside Accessibility	Cross-Country Skiing. One pathway system with seven loops, 20 km (12 miles) of groomed and marked ski and hike. Novice or advanced skiers. 1.7 miles lighted for night skiing. Trails maps available. Please phone for details (906) 339-4461. Six miles S of Marquette.
<b>Country Village Resort/Campground</b> 1200 Country Ln. Ishpeming, MI. 49849 (906) 486-0300 <a href="http://countryvillageresort.com/httpdocs/html/campground.html">http://countryvillageresort.com/httpdocs/html/campground.html</a>	Call for availability	The Country Village RV Park offers 105 R.V. sites and four cabins. Most sites will provide full service, while others will have basic or no utilities. Pull/thru sites are also available. The cabins contain sleeping accommodations for four (linens not provided), table & chairs and electricity. The park also includes a large Pavilion, swimming pool, wading pool, spa and children's play area. The park is within walking distance of restaurants, shops, a movie theater and a bowling and billiard center.

<p><b>Country Village Cinema</b>  1120 Country Ln.  Ishpeming, MI. 49849  (906) 486-7469  <a href="http://countryvillageresort.com/httpdocs/html/cinema5.html">http://countryvillageresort.com/httpdocs/html/cinema5.html</a></p>	<p>Call for movie times</p>	<p>The Country Village Cinema V is Ishpeming's premiere movie theater offering 5 screens of Hollywood's newest releases with Dolby Digital quality sound. You can even catch a movie in RealD 3D!</p>
<p><b>Curves</b>  1108 Champion St.  Marquette, MI. 49855  (906) 228-2878  <a href="http://www.curves.com">www.curves.com</a></p>	<p>7:00 a.m. – 1:30 p.m.  3:00 p.m. – 7:00 p.m.  Monday – Friday  8:00 a.m. – Noon  Saturday</p>	<p>Circuit Training Fitness for Women</p>
<p><b>Dawn Dott Dance Studio</b>  121 N. Front St.  Marquette, MI. 49855  (906) 225-1050</p>	<p>Call for class information.</p>	<p>Dawn Dott Dance Studio is located in Marquette, MI and offers classes including ballet, company, hip-hop, jazz, lyrical, modern, musical theater, pointe, tap and tots. Classes are taught Monday – Friday and are available to students age 2.5 to infinity! The dance "season" follows Marquette Public Schools, typically beginning in September with recitals in May.</p>
<p><b>Ellwood A. Mattson Lower Harbor Park</b>  100-174 N. Lakeshore Blvd.  Marquette, MI. 49855  (906) 228-0460</p>	<p>Outside Accessibility</p>	<p>Located just north of the ore dock in Marquette's Lower Harbor, the 22 acre Mattson Lower Harbor Park has a large grassy open space area, park benches, and picnic tables, Kid's Cove Playground (a very large wooden play structure built through community donations and volunteers), an architecturally designed period concession/restroom facility, boat ramp and a large nearby breakwater. The shoreline bike path runs through the park and an illuminated walkway with period style lighting parallels the waterfront along the bulkhead. The Park has become the City's most popular location for special events, playing host to such activities as The Seafood Festival, the International Food Festival, Winterfest, concerts, fireworks and other large gatherings. An outdoor ice rink (lighted) is located in the park during the winter months. The 101 slip Cinder Pond Marine, completed in 1995, is located immediately east of the park.</p>
<p><b>Fit Strip (Cemetery) Cross-Country Trail</b></p>	<p>Outside Accessibility</p>	<p>Located on West Ridge at the southwest corner of the Park Cemetery, this site contains 1.7 and 1 kilometer cross-country ski trails which are lighted until 11 p.m. during the winter months. This trail also serves as a jogging trail in the summer and includes developed exercise stations. A parking area is also provided.</p>

<p><b>Harlow Park</b></p>	<p>Outside Accessibility</p>	<p>Occupying a typical city-size block located on Washington Street between Seventh and Morgan Streets, Harlow Park has a grassy open space, paved play area, fourteen swings, slides, seesaws, large play tires, climbing apparatus, asphalt surface basketball court (two hoops), tetherball pole, shuffleboard court, bike rack, 20 park benches, picnic tables, a drinking fountain and a utility building. The approximately five-acre historic park has a variety of large conifers and deciduous trees, the latter of which are laid out symmetrically (with benches) paralleling Washington Street. There is also an established walkway system with period style lighting. This park has been adopted by the American Legion Post 44, along with the American Legion Auxiliary. Harlow Park has the only outdoor regulation size basketball court in Marquette. It was renovated in 2008 with restroom facilities, new playground equipment and landscaping.</p>
<p><b>High Fives Bowling Lanes</b> 124 E. Munising Ave. Munising, MI. 49862 (906) 387-2614</p>	<p>12:00 p.m. – 12:00 a.m. Monday – Saturday 12:00 p.m. – 9:00 p.m. Sunday</p>	<p>Bowling Lanes and Grill.</p>
<p><b>Hot Plate Pottery</b> 153 W. Washington St. Marquette, MI. 49855 (906) 228-9577 <a href="http://www.hotplatepottery.com">http://www.hotplatepottery.com</a></p>	<p>11:00 a.m. – 7:00 p.m. Monday – Saturday 12:00 p.m. – 4:00 p.m. Saturday</p>	<p>Paint Pottery, Fuse Glass. Group activities or parties.</p>
<p><b>Iron Ore Heritage Trail</b></p>	<p>Outside Accessibility</p>	<p>If you are a walker, biker, runner, inline skater, nature enthusiast, equestrian, xc skier, snowmobiler, history buff or ATVer... this trail is for you! The trail is being designed for a multitude of users. Wherever possible and allowed, parallel but separate trails will be developed for motorized and non-motorized for the safety and enjoyment of both types of trail users.</p> <p>The Iron Ore Heritage Trail will be a 48-mile, multi-use, year round trail that connects communities and people to the region's historic sites and human stories. Through a multitude of interpretation methods, we can share the story of the Marquette Iron Range and our 160+ years of mining ore that changed the landscape of Marquette County and the United States.</p>

<p><b>JAB Boxing Club</b> 205 W. Furnace St. Marquette, MI. 49855 (906) 228-8744</p>	<p>Call for information.</p>	<p>Personal Training, Open Gym</p>
<p><b>Joe's Gym</b> 148 W. Spring St. Marquette, MI. 49855 (906) 228-5661</p>	<p>9:00 a.m. 9:00 p.m. Monday – Friday Noon – 5:00 p.m. Saturday, Sunday</p>	<p>Strength Training, Personal Training</p>
<p><b>Kaufman Sports Complex</b> 846 Hawley St. Marquette, MI. 49855</p>	<p>Outside Accessibility</p>	<p>Soccer, Baseball, BMX, Disc Golf The city of Marquette operates multiple Ballfields across the city. Kaufman sports complex, constructed in 1996 is home to 3 regular sized soccer fields, 4 softball fields, spectator seating, a BMX track and a pavilion with restroom and picnic area. Many area youth sports clubs and adult sports clubs utilized this field. North Marquette Athletic Field complex is located off of Presque Isle and Wright St. contains regulation baseball diamonds and junior baseball diamond. Two basketball courts are located on the south end of the site and a lighted outdoor ice rink completes this multi-season field. Hurley Field located in South Marquette has regulation fast pitch softball field, with a lighted scoreboard, park and concession facilities. Fields are available for rent through the Parks and Recreation Office.</p>
<p><b>K.I. Sawyer Community Center</b> 302 Explorer St. Gwinn, MI. 49841 (906) 346-3108</p>	<p>4:00 p.m. – 9:00 p.m. Monday – Friday 11:00 a.m. – 7:00 p.m. Saturday Call for reservations.</p>	<p>Monday – Friday FREE Dinner at 5:00 p.m. and Snack at 7:00 p.m. Saturday – FREE Breakfast Club at 12:00 Noon, Snack at 2:00 p.m. and Dinner at 5:00 p.m. Meals are free to all community members. The Community Center has a TV Room, Gym, Game Room, Library, Cafeteria, Indoor and Outdoor Basketball Courts and Art Center.</p> <p>Monday – Arts and Crafts Night Tuesday – Literacy Night Wednesday – Game Night Thursday – Guest/Theme Night Friday – Movie Night Saturday – Music Night</p>



<p><b>Lakenenland Sculpture Park</b></p>	<p>Outside Accessibility</p>	<p>Sculptures built from scrap iron. These, along with many other creations, can be found at Lakenenland Sculpture Park, 15 miles east of Marquette, MI on highway M-28, across from Shot Point Road. You may also find it along the snowmobile trail #417. It's open free to the public 7 days a week.</p>
<p><b>Lake Effects Youth Center</b> 113 E. Superior St. Munising, MI. 49862 (906) 387-5800</p>	<p>Call for information.</p>	<p>Child and Youth Services</p>
<p><b>Lakeview Arena</b> 401 E. Fair Ave Marquette, MI 49855 (906) 228-0460</p>	<p>Call for information.</p>	<p>The Lakeview Arena is home to the Parks and Recreation Department office, the facility houses a variety of recreational activities year round. From September to April the two-ice sheets at Lakeview are available for public and private use. Various uses include; adult and junior hockey programs, figure skating clubs, public skate for all ages, while also providing skate rental and private ice rental! Lakeview is available April through August as a dry floor venue for many community events and weddings. Home of the Dead River Derby bouts, food shows, car shows, circus performances and race headquarters. The large reception/banquet hall has seating for up to 600 guests for weddings and large community dinners. The Citizen's Forum is also available for rent and is located in the Lakeview Arena. The Forum hosts numerous community meetings, parties and events throughout the year. Wireless internet is provided for facility user's convenience.</p>
<p><b>Marquette Center for Dance</b> 147 W. Washington St. Marquette, MI. 49855 (906) 228-5890 <a href="http://www.mqtdance.com/">http://www.mqtdance.com/</a></p>	<p>Call for class information.</p>	<p><b>Ballet</b> MCD classes are based on the Cecchetti Method, which is a graded system for the study of ballet and is recognized throughout the world. It offers a completely balanced and analyzed system for the development of the student from the very first lesson to professional status. Included are set exercises to train the body and unseen steps to train the students to adapt quickly.</p> <p><u>Class Levels</u> Baby Ballet – 3 and 4 year olds</p>

		<p>Pre-Ballet – Kindergarten and 1st grade  Primary – 2nd grade  Classical Ballet – minimum 3rd grade  Beginning – Advanced levels of Ballet  Beginning – Advanced levels of Pointe  Teen/Adult classes</p> <p><u>Class Levels</u>  Beginning in 1st grade, continuing through advanced levels  Placement is based on ability and age</p>
<p><b>Marquette City Parks &amp; Recreation</b>  401 E. Fair Avenue  Marquette, MI. 49855  (906) 228-0460  <a href="http://mqctcy.org/parks.php">http://mqctcy.org/parks.php</a></p>	Call for information.	The Parks and Recreation Department is responsible for all park facilities including the Tourist Park campground, two marinas, Lakeview Arena, and the Presque Isle Park and Pavilion. The department maintains reservations and schedules at the various soccer, softball and baseball fields within the park system.
<p><b>Marquette Harbor Cruises</b>  290 S. Lakeshore Blvd.  Marquette, MI. 49855  (906) 225-9000</p>	Call for cruise times	Marquette Harbor Cruises is a scenic boat tour of the Marquette, Michigan - Upper Peninsula area. Travel on Lake Superior to view harbor scenes and landscapes. Private charters also available for weddings, reunions and parties. Restrooms and light refreshments available.
<p><b>Marquette Golf Club</b>  1075 Grove St.  Marquette, MI. 49855  (906) 226-0721  <a href="http://www.marquettgolfclub.com/">http://www.marquettgolfclub.com/</a></p>	Call for tee times	Nestled in the highlands surrounding Marquette, Michigan, you'll find Marquette Golf Club, Upper Michigan's only 36-hole facility.
<p><b>Marquette Mountain Lookout</b></p>	Outside Accessibility	Located on Mount Marquette off the Mount Marquette Road near the Carp River, a lookout provides a panoramic scenic view of the City of Marquette and Lake Superior. It is also part of a groomed snowmobile trail and has hiking trails.
<p><b>Marquette Mountain Ski Area</b>  4501 County Road 553  Marquette, MI. 49855  (906) 225-1155  <a href="http://www.marquettmountain.com/">http://www.marquettmountain.com/</a></p>	<p>Winter Sports  Summer Sports</p> <p>Call for availability for  Wedding/Banquet</p>	Ski & Snowboard School, Kids Program, Racing, Sport Shop, Food & Beverage, Summer: Volleyball and Weddings/Banquets

<p><b>McCarty's Cove and South Beach</b></p>	<p>Outside Accessibility</p>	<p><b>McCarty's Cove</b>          Located adjacent to the US Coast Guard Station near the intersection of Lakeshore Boulevard and East Michigan Street, McCarty's Cove (officially the south extremity of Shiras Park) includes a swimming beach on Lake Superior with lifeguard watch, two volleyball areas, picnic tables, four permanent park benches overlooking the lake, grassy open space, small restroom facility, drinking fountain, cooking grills (three), parking area, and a playground with a wooden play structure on the bluff above the beach.</p> <p><b>South Beach</b>          A very popular swimming area is located immediately south of the Municipal Power Plant off of Lake Street. South Beach Park has two sets of stairs and a handicapped ramp providing access to the beach/restrooms, five swings, climbing apparatus, tot riding apparatus, two permanent benches and extensive lighted/paved parking. A unique feature is the custom-designed recreational building set into the bluff. The building contains accessible restrooms and storage facilities, and a top-sided handicapped accessible viewing platform facing the lake. There are volleyball poles available if you bring your own net and ball.</p>
<p><b>Michigamme Shores Campground</b>          64 Purple Rd.          Champion, MI. 49861          (906) 339-2116  <a href="http://www.michigammeshores.com/">http://www.michigammeshores.com/</a></p>	<p>Call for availability</p>	<p>Open from May 1st through October 15th, located on Lake Michigamme two and one-half miles west of Champion on U.S. Hwy 41 West. Pull through, full hook-up, tenting and cabin sites are complemented by a full-service camp store, modern restrooms, laundry facility and recreational activity areas. Basketball, Tennis, Volleyball, Hiking, Swimming, Horseshoes, Bike Rentals, Fishing, Beach, Boat Rentals.</p>
<p><b>Moosewood Nature Center</b>          Shiras Pool Building at Presque Isle Park          2 Peter White Dr.          Marquette, MI. 49855          (906) 228-6250  <a href="http://moosewood.org/">http://moosewood.org/</a></p>	<p>Noon – 4:00 p.m.          Saturday – Sunday</p>	<p>Moosewood Nature Center is an independent, non-profit organization supported by memberships, donations and grants. Most programs are suitable for all ages -- children under 10 must be accompanied by an adult. Moosewood provides programs for schools and groups.</p>

<p><b>MOTIONS Fitness</b>  910 Wright St.  Marquette, MI. 49855  (906) 228-2233  <a href="http://motionsfitness.com/">http://motionsfitness.com/</a></p>	<p>5:00 a.m. – 7:00 p.m.  Monday – Thursday  3:00 p.m. – 6:00 p.m.  Friday  8:00 a.m. – Noon  Saturday</p>	<p>With your membership, all of the group exercise classes are included, along with use of full locker rooms, towel service and access to use all state-of-the art equipment.</p>
<p><b>Munising Tourist Park Campground</b>  8518 E. M-28 W  Munising, MI. 49862  (906) 387-3145  <a href="http://munisingtouristpark.com/">http://munisingtouristpark.com/</a></p>	<p>Call for availability</p>	<p>Munising Tourist Park Campground will be open no later than May 15 and closed no sooner than October 10th.</p> <ul style="list-style-type: none"> <li>• 127 scenic campsites</li> <li>• 2 sets of modern bathrooms and showers</li> <li>• 78 sites with Electric and Water hookup</li> <li>• 26 sites with water, electric and sewer hookup</li> <li>• 23 walk-in rustic tent sites</li> <li>• 8 overflow sites with electric and water</li> <li>• Dump station</li> <li>• Free Wi-Fi</li> <li>• Pets Permitted – must be on leashes at all times and picked up after</li> </ul>
<p><b>New Attitudes Dance Studio</b>  118 W. Washington St.  Marquette, MI. 49855  (906) 226-8580  <a href="http://www.newattitudesdance.com/">http://www.newattitudesdance.com/</a></p>	<p>3:00 p.m. – 9:00 p.m.  Monday – Thursday</p>	<p>Little Munchkins, Tot, Jazz, Tap, Ballet, Beyond the Basics, Lyrical, Modern, Hip Hop, Performance Company, Competition Company, Audition</p>
<p><b>Peak Gymnastics &amp; Fitness</b>  1224 Wright St.  Marquette, MI. 49855  (906) 273-0696  <a href="http://www.peakgymfit.com/">http://www.peakgymfit.com/</a></p>	<p>Call for information.</p>	<p>PEAK Gymnastics &amp; Fitness offers a variety of Events &amp; Activities to suit your needs! Please check out our Open Gym, Birthday Parties, Parent’s Night Out, and Rent Gym Space Pages.</p>
<p><b>PEIF – NMU</b>  Northern Michigan University Campus  Physical Educational and Instructional Facility  Marquette, MI. 49855  (906) 227-2519  <a href="http://www.nmu.edu/PEIF">http://www.nmu.edu/PEIF</a></p>	<p>Call for information.  School and summer hours differ.</p>	<p>The PEIF offers a variety of services to the community at large, such as youth summer camps, birthday parties, and recreation passes. The PEIF houses a two-level recreation center, complete with a climbing wall, weight room, cardiovascular area, two basketball courts, two lounge areas, and spinning room. Also located in the PEIF are six racquetball courts, a golf simulator, a dance studio, athletic training facilities, locker rooms, and classrooms.</p>

<p><b>Perkins Park</b>  County Road 550  Big Bay, MI. 49808  (906) 345-9353  <a href="http://www.michigan.org/property/perkins-park-campground/">http://www.michigan.org/property/perkins-park-campground/</a></p>	<p>Call for availability</p>	<p>Perkins Park is on the shore of Lake Independence in Big Bay, MI which is known for its good fishing and the Big Bay Harbor Refuge on Lake Superior offers 72 campsites, lifeguards at the beach, a boat launch, handicapped facilities, modern bathrooms and showers. Enjoy the walking trail and observation deck added in south end of park property where you can enjoy the outdoors.</p>
<p><b>Pictured Rocks Cruises</b>  100 City Park Drive  Munising, Michigan 49862  (906) 387-2379  <a href="http://www.picturedrocks.com/">http://www.picturedrocks.com/</a></p>	<p>Call for cruise times</p>	<p>Pictured Rocks Cruises offers three distinct tours. Open daily, from 8 am (EST) until the last boat returns to our dock, from mid-May through mid-October.  Regular Cruise, Spray Fall Cruise, and Sunset Cruise.</p>
<p><b>Pictured Rocks Golf Club</b>  E10240 County Road H-58  PO Box 236  Munising, MI 49862  (906) 387-3970  <a href="http://picturedrocksgolfcourse.com/">http://picturedrocksgolfcourse.com/</a></p>	<p>Call for tee times</p>	<p>Pictured Rocks Golf Club features:</p> <ul style="list-style-type: none"> <li>• 18-holes of challenging golf</li> <li>• Driving range</li> <li>• Practice putting green</li> <li>• Powered golf cart rentals</li> <li>• Rental clubs</li> <li>• Pro shop</li> <li>• Restaurant/bar</li> </ul>
<p><b>Presque Isle Park</b>  Marquette, MI. 49855  (906) 228-0460  <a href="http://www.mqtcty.org/parks-presque-isle.php">http://www.mqtcty.org/parks-presque-isle.php</a></p>	<p>Outside Accessibility</p>	<p>The popular regional facility is located on Presque Isle ("almost" an island), a 323 acre forested oval shaped headland/peninsula which juts into Lake Superior in the northern tip of the City. Presque Isle offers walking trails, 3 Pavilions, a bandshell, gazebo, public beach and plenty of beautiful views.  Presque Isle is also the site of the City owned about 60 slip Presque Isle Marina as well as the Upper Harbor lighthouse and a long breakwater (or "break wall".)</p> <p><u>Presque Isle Park Road</u>  The road to Presque Isle will remain open until 10:00 pm nightly during the summer months. Restricted hours for walkers are: Saturday and Sunday 7:00 am - 10:00 am, Monday and Wednesday 6:00 pm - 8:00 pm, and Tuesday and Thursday 7:00 am - 1:00 pm.</p> <p>*Note: During the winter, the park closes between 8:30-9:00 pm. All other hours are open for vehicular traffic around Presque Isle. Please</p>

		<p>remember that dogs are not allowed on the island other than in an enclosed vehicle. Should you have any questions please contact the Parks and Recreation Department at 228-0460.</p> <p><u>Walking Around Presque Isle</u> Below are the days and times the Presque Isle Park will be open to foot traffic and all motor vehicles are prohibited from traveling around the island.</p> <ul style="list-style-type: none"> <li>• Monday and Wednesday 6:00 pm to 8:00 pm</li> <li>• Tuesday and Thursday 7:00 am to 1:00 pm</li> <li>• Saturday and Sunday 7:00 am to 10:00 am</li> </ul> <p>The Presque Isle Park will remain open to pedestrians through November 30, unless closed early due to accumulation of snow on the road.</p>
<p><b>Red Fox Run Golf Course</b> 217 5<sup>th</sup> St. Gwinn, MI. 49841 (906) 346-7010 <a href="http://www.redfoxrun.com/">http://www.redfoxrun.com/</a></p>	Call for tee times	<p>Located just three minutes from Sawyer International Airport in Gwinn, Michigan, Red Fox Run Golf Course offers a great golfing experience. Red Fox Run Golf Course is an 18-hole golf course. The elegance of the trees that surround the golf course makes each hole a breathtaking experience. Many great changes have been made since Red Fox Run Golf Course came under new ownership for the 2008 golf season. A new pro shop, golf cart storage building have been added, the club house and grill renovated, and new 2010 electric club carts purchased.</p>
<p><b>Red Rock Lanes &amp; Banquet Center</b> 1011 North Rd. Ishpeming, MI. 49849 (906) 486-8000 <a href="http://countryvillageresort.com/httpdocs/html/bowling.html">http://countryvillageresort.com/httpdocs/html/bowling.html</a></p>	12:00 p.m. – 12:00 a.m. Every day.	<p>16 bowling lanes and bumpers for the kids are available. Glow bowling on the weekends, as well as, many other daily specials. Men's, Women's and Coed leagues are also running daily.</p>
<p><b>Synergy Fitness</b> 181 W. Bluff St. Marquette, MI. 49855 (906) 228-7600 <a href="http://synergymqt.com/">http://synergymqt.com/</a></p>	5:00 a.m. – 8:00 p.m. Monday – Thursday 5:00 a.m. – 7:00 p.m. Friday 7:00 a.m. – 12:00 p.m. Saturday 8:00 a.m. – 12:00 p.m. Sunday	<p>Synergy Fitness is a full service health club in Downtown Marquette dedicated to the needs of adults seeking premium fitness services and environment. The 10,000 square foot facility is staffed during all hours of operation and has dedicated spaces for indoor cycling, weight training, personal training, and aerobic fitness. Personal Training, Med Fit, Sports Performance and Massage Therapy.</p>

<p><b>Shape Up Fitness</b>  1015 Country Lane  Ishpeming, MI. 49849  (906) 485-4416  <a href="http://countryvillageresort.com/httpdocs/html/shape_up_fit_tan.html">http://countryvillageresort.com/httpdocs/html/shape_up_fit_tan.html</a></p>	<p>6:00 a.m. – 8:00 p.m.  Monday – Friday  8:00 a.m. – 4:00 p.m.  Saturday</p>	<p>Fitness, Tanning, Massage Bed</p>
<p><b>Shiras Park (Picnic Rocks)</b></p>	<p>Outside Accessibility</p>	<p>Shiras Park is located on the shore of Lake Superior, the bulk and northernmost part of which accommodates the area known as Picnic Rocks near the intersection of Lakeshore Boulevard and East Fair Street. The approximately 31 acre park has a beautiful 5/8 mile long sand beach. The Picnic Rocks area has restrooms, grassy open space, benches, cooking facilities, picnic tables, a drinking fountain, and paved and graveled parking lots. There is also a playground which was dedicated by the Zonta Club of Marquette, with swing sets, tot riding apparatus (two), a wood/steel play unit, and climbing tires. In addition to motor vehicle access, the park is accessible by the shoreline bike path. Improvements to the Picnic Rocks area were part of a U.S. Land and Water Conservation Project. For the past several years the site has accommodated the annual Outback Art Fair.</p>
<p><b>SNAP Fitness and Cycle Soleil</b>  101 S. Third St.  Marquette, MI. 49855  (906) 226-7627</p>	<p>24/7 Access for Members</p>	<p>Free Weights, Strength Training, Cardio, Group Classes, Personal Trainers, Indoor Cycling Studio</p>
<p><b>Special Olympics Marquette-Alger County</b>  Area 36 Director:  Theresa Vincent  P.O. Box 242  Gwinn, MI 49841  Home: (906) 346-9495  area36@somi.org  <a href="http://somi.org/area36/index.html">http://somi.org/area36/index.html</a></p>	<p>Call for information.</p>	<p>Upper Peninsula Area 36 serves Marquette, Alger, Baraga, Houghton and Keweenaw Areas.</p> <p>Alpine Skiing, Basketball, Cross Country Skiing, Powerlifting, Softball, Aquatics, Bocce, Cycling, Snowboarding, Bowling, Golf, Snowshoeing</p>

<b>Sugarloaf Mountain</b>	Outside Accessibility	Sugarloaf Mountain Natural Area is owned by Marquette County and located in Marquette Township. Sugarloaf Mountain is one of the most popular scenic overlooks on the central Upper Peninsula coastline. The Sugarloaf Mountain Natural Area consists of a 3,200 foot trail of pathway and stairway segments that lead to the mountain's summit 470 feet above Lake Superior. There are viewing platforms on the mountain's summit which provide a spectacular view of the rugged coastline and surrounding forestlands for miles.
<b>Superior Dome</b>	6:00 a.m. – 10:00 p.m. Monday - Thursday 6:00 a.m. – 5:00 p.m. Friday CLOSED Saturday & Sunday	Walking  *Hours are subject to change due to events. **Floor / turf is NOT available at all times due to team practices, classes, intramurals, etc. Please call 227-2850 for more information.
<b>Superior Entertainment Center - Bowling Lanes</b> 3060 US Hwy. 41 West Marquette, MI. 49855 (906) 225-9230 <a href="http://www.wingsandbowling.com/">http://www.wingsandbowling.com/</a>	Noon – 12:00 a.m. Every Day	Bowling, Food, Leagues, Parties
<b>Thomas Movie Theater</b> 1525 Commerce Drive Marquette, MI. 49855 (906) 273-2529 <a href="http://www.marquettecinemas.com/">http://www.marquettecinemas.com/</a>	Call for movie times	Cinema, Private Events, Birthday Parties
<b>Tourist Park</b> 2145 Sugarloaf Road Marquette, MI. 49855 (906) 228-0465	Call for availability	Tourist Park is a 40 acre, 110-site campground along the Dead River in the North Western part of the city. The campground has Full Utility Hook-Ups (Water, Sewer, Electric), and Primitive Tent sites. Amenities at the campground include; centrally located office, camping concessions (firewood & ice), bath houses, playground, Wi-fi, water filling station, dump stations, life-guarded beach, Dead River Basin, bike trails, and hiking trails all minutes from downtown Marquette and Lake Superior. Most sites have a fire ring and picnic table; limited availability for 50 amp sites and grilles. The campground season is May 15th to October 15th based on weather. There are 3 picnic sites available for reservation at Tourist Park as well.



<p><b>U.P. Children’s Museum</b>  123 W. Baraga Ave.  Marquette, MI. 49855  (906) 226-3911  <a href="http://www.upchildrensmuseum.com/">http://www.upchildrensmuseum.com/</a></p>	<p>Noon – 5:00 p.m.  Sunday  10:00 a.m. – 6:00 p.m.  Monday - Wednesday  10:00 a.m. – 7:30 p.m.  Thursday  10:00 a.m. – 8:00 p.m.  Friday  10:00 a.m. – 6:00 p.m.  Saturday</p>	<p>The Upper Peninsula Children’s Museum, Inc. (UPCM) is an umbrella organization that includes an interactive museum featuring displays and innovative programs within the subjects of Art, Health, Science, Communication, Global Issues, and the Environment and related youth empowerment programming. The UPCM provides a unique place for children and families to learn through participation. The Upper Peninsula Children’s Museum’s Mission: Engaging Youth and Families to discover through interactive exhibits and learning opportunities.</p>
<p><b>U.P. SportsPlex</b>  1110 Wright St.  Marquette, MI. 49855  (906) 225-5005  <a href="http://upsportsplex.com/">http://upsportsplex.com/</a></p>	<p>Monday CLOSED (Rent for Parties!)  Tuesday CLOSED (Rent for Parties!)  Noon – 6:00 p.m.  Wednesday  Noon – 9:00 p.m.  Thursday  Noon – 9:00 p.m.  Friday  11:00 a.m. – 8:00 p.m.  Saturday  Noon – 6:00 p.m.  Sunday</p>	<p>The U.P. SportsPlex, located in Marquette, Michigan, is indoor athletic facility featuring:</p> <ul style="list-style-type: none"> <li>Miniature Golf – Mayan-themed</li> <li>Inflatables (slides, bounce houses and obstacle course)</li> <li>Roller Skating</li> <li>Arcade</li> <li>Batting Cage</li> <li>Youth &amp; Adult Leagues</li> <li>Sport Court &amp; Turf Surfaces</li> <li>Facility Rental for Parties, Events &amp; More</li> </ul>
<p><b>Van Riper Campground</b>  851 County Road AKE  Champion, MI. 49814  (906) 339-4461</p>	<p>Call for availability</p>	<p>Van Riper State Park contains one-half mile of frontage on Lake Michigamme with a fine sandy beach. There is also one and one-half miles of frontage on the Peshekee River. A slow drive through the north of the park may reward you with the sight of a majestic moose! Free wireless Internet is available at Van Riper State Park’s modern campground the wireless signal reaches into the far corners of the park’s 147-site modern campground, and can also be picked up at the day-use pavilion. Two mini cabins and one rustic cabin are also available. Designated Watchable Wildlife Site, picnic area &amp; pavilion, biking and hiking trails, hunting, as well as non-groomed cross-country ski trails. Metal detecting areas.</p>

<p><b>Wawonowin Country Club</b>  3432 Co. Rd. 478  Ishpeming, MI. 49849  (906) 485-1435  <a href="http://wawonowin.com/">http://wawonowin.com/</a></p>	<p>Call for tee times</p>	<p>This hidden gem of Western Marquette County features 18 beautiful and challenging holes of golf, a full service pro shop, bar and restaurant.</p>
<p><b>Williams Park - Marquette</b></p>	<p>Outside Accessibility</p>	<p>Located at the corner of Ohio Street and Pine Street in Marquette, across from Parkview School, the Williams Park (aka Ohio Street Park) has three tennis courts, basketball court (two hoops) and playground with tetherball pole, wooden play structure, small climbing apparatus, two swing sets (nine swings total), three slides, seesaw, merry-go-round, park benches, picnic tables, a paved play area, and a drinking fountain. Restrooms (portable) are available on a seasonal basis.</p>
<p><b>Wyatt's World</b>  301 N. Main St.  Ishpeming, MI. 49849  (906) 486-8525  (906) 204-9044</p>	<p>Call for booking.</p>	<p>FUN FOR AGES 2-14  FUN FOR ANY OCCASION  Indoor Jump Houses  Huge Slide  UP TO 15 CHILDREN PER PARTY  UP TO 2 PARTIES AT A TIME  Toddler Jumpers  WII U &amp; X-BOX 360  A variety of bounce-houses for fun for all ages from 2-14! Sit &amp; relax parents, the staff does all the work. From greeting, serving, clean-up and entertaining the kids.</p>
<p><b>YMCA – Marquette</b>  1420 Pine St.  Marquette, MI. 49855  (906) 227-9622  <a href="http://www.ycamqt.org/index.php">http://www.ycamqt.org/index.php</a></p>	<p>5:30 a.m. – 8:00 p.m.  Monday – Friday  7:00 a.m. – 5:00 p.m.  Saturday  10:00 a.m. – 3:00 p.m.  Sunday</p>	<p>Wellness Center complete with a variety of cardio and strength training equipment, stretching area and knowledgeable staff to help train and support you.  The Kids' Gym is a padded area that allows kids ages 5-10 to burn off some energy or build a fort with the colorful foam shapes. Youth ages 1-4 are welcome with a parent or guardian.  The Kidz Zone is a drop-in program that offers a safe and fun environment for your child (ages 6 weeks to 7 years) while you are working out. Additional fees apply.  The Y Lounge for members ages 5 and up has a Wii, PlayStation, games, crafts, billiards, ping pong and a comfortable setting for the</p>

		<p>whole family.</p> <p>Our pool has a great slide and rain tree, as well as a hot tub and sauna. Come relax, swim laps, join an aqua aerobics class or play on the slide - it's not just for kids!</p> <p>Complimentary group exercise classes, showers and lockers (you provide the lock) are included with membership and day passes, as well as use of the gymnasium (basketballs provided).</p>
<p><b>YMCA – Negaunee</b>  350 Iron St.  Negaunee, MI. 49855  (906) 475-9666  <a href="http://www.ymcamgt.org/index.php">http://www.ymcamgt.org/index.php</a></p>	<p>5:00 a.m. – 8:00 p.m.  Monday – Thursday  5:00 a.m. – 7:00 p.m.  Friday  7:30 a.m. – 3:00 p.m.  Saturday  10:00 a.m. – 3:00 p.m.  Sunday</p>	<p>Reception area will serve as a welcome area and space where people can relax and visit with one another.</p> <p>Wellness Area with cardiovascular conditioning; strength training and flexibility equipment.</p> <p>A Meeting &amp; Conference area to hold community meetings. Handicap Accessibility and ADA compliance to serve more members in our area.</p> <p>Bouldering wall for youth to build confidence and strength.</p> <p>A Multi-Purpose room to hold community meetings, events, additional programming and group exercise classes.</p> <p>Men and Women Locker Rooms to accommodate the needs of all our members.</p> <p>Group Exercise room to provide more classes that focus on healthy living. Sauna to relax and soothe aches and pains.</p>

## Resale Shops

Name, Address, Phone	Accessibility	Summary
<b>Divine Consign</b> 2162 US 41 West (next to Lawry's Pasty Shop) Marquette, MI. 49855 (906) 458-4406	1:00 p.m. – 7:00 p.m. Thursday 9:00 a.m. – 3:00 p.m. Saturday	Quality furniture consignment store
<b>Goodwill Industries</b> 3125 US Hwy. 41 West Marquette, MI. 49855 (906) 226-2444	9:00 a.m. – 9:00 p.m. Monday – Saturday 10:00 a.m. – 6:00 p.m. Sunday	Retail Store and Donation Site
<b>Granny Grunts Resale Shop</b> 114 Elm Ave. Munising, MI. 49862 (906) 387-3050	11:00 a.m. – 4:00 p.m. Tuesday, Friday 11:00 a.m. – 3:00 p.m. Saturday	Reselling quality slightly used clothes and home decor
<b>Habitat for Humanity ReStore</b> 133 Carmen Dr. Marquette, MI. 49855 (906) 249-4416	10:00 a.m. – 6:00 p.m. Monday – Friday 10:00 a.m. – 4:00 p.m. Saturday	ReStores are sales outlets open to the public where Habitat for Humanity affiliates sell quality used and new home improvement products at 50-90% off retail prices. Visit one in your area to find amazing deals on everything from doors and windows to couches and televisions. ReStores accept donations of building supplies and other items. Contact your local ReStore for information on accepted donations and donation pickup.
<b>Nifty Thrifty Inc.</b> N5383 ET Rd. Eben Junction, MI. 49825 (906) 439-5697 <a href="http://www.heartlandgazette.com/nifty_thrifty.htm">http://www.heartlandgazette.com/nifty_thrifty.htm</a>	10:00 a.m. – 2:00 p.m. Wednesday, Saturday	New and used clothes are sold at the Nifty Thrifty for \$3.00 per bag. Donations are the main source of revenue for the Nifty Thrifty to enable the organization to keep helping those in need. Donations are greatly appreciated and needed.
<b>Phat Closet</b> 2168 US 41 West Marquette, MI. 49855 (906) 273-1180	10:00 a.m. – 7:00 p.m. Monday – Saturday Noon – 5:00 p.m. Sunday	Trendy teen and adult resale

<p><b>Pak Ratz Resale Shop</b>  1310 S. Front St.  Marquette, MI. 49855  (906) 225-1103</p>	<p>10:00 a.m. – 5:00 p.m.  Monday – Wednesday  10:00 a.m. – 6:00 p.m.  Thursday  11:00 a.m. – 4:00 p.m.  Saturday</p>	<p>Resale shop. All proceeds go to the Harbor House in Marquette.</p>
<p><b>Reblossom Consignment Shop</b>  104 W. Washington St.  Marquette, MI. 49855  (906) 228-9820  <a href="http://reblossomconsignment.boutiquewindow.com/InStore">http://reblossomconsignment.boutiquewindow.com/InStore</a></p>	<p>10:00 a.m. – 6:00 p.m.  Monday, Tuesday,  Wednesday, Friday  10:00 a.m. – 7:00 p.m.  Thursday  10:00 a.m. – 5:00 p.m.  Saturday  Noon – 4:00 p.m.  Sunday</p>	<p>Upscale resale boutique for women.</p>
<p><b>Salvation Army – Marquette</b>  1009 W. Baraga Ave.  Marquette, MI. 49855  (906) 226-2241  <a href="http://www.salvationarmywi.org/wum/marquette">http://www.salvationarmywi.org/wum/marquette</a></p>	<p>10:00 a.m. – 5:00 p.m.  Monday – Saturday</p>	<p>Thrift Store</p>
<p><b>Salvation Army – Ishpeming</b>  222 E. Division St.  Ishpeming, MI. 49849  (906) 486-8121  <a href="http://www.salvationarmywi.org/wum/ishpeming">http://www.salvationarmywi.org/wum/ishpeming</a></p>	<p>9:00 a.m. – Noon &amp;  1:00 p.m. – 4:00 p.m.  Monday – Thursday  1:00 p.m. – 3:00 p.m.  Friday</p>	<p>Thrift Store</p>
<p><b>Second Hand Rose</b>  313 W. Washington St.  Marquette, MI. 49855  (906) 226-6161</p>	<p>10:30 a.m. – 5:30 p.m.  Monday – Friday  10:00 a.m. – 4:00 p.m.  Saturday</p>	<p>Consignment Fashions, Costumes, Make-up, Balloons, Small household Decorations</p>
<p><b>Silver Creek Thrift</b>  219 Silver Creek Rd.  Marquette, MI. 49855  (906) 273-2473  <a href="http://www.silvercreekthrift.org/">http://www.silvercreekthrift.org/</a></p>	<p>11:00 a.m. – 6:00 p.m.  Monday – Friday  10:00 a.m. – 4:00 p.m.  Saturday</p>	<p>Silver Creek Thrift is a ministry of Silver Creek Church. They exist to be a good neighbor through providing quality, used goods at pocket friendly prices.</p>

<p><b>St. Vincent De Paul – Marquette</b>  2119 Presque Isle Ave.  Marquette, MI. 49855  (906) 226-3721</p>	<p>9:00 a.m. – 4:45 p.m.  Monday, Tuesday  Wednesday, Friday  9:00 a.m. – 7:45 p.m.  Thursday  10:00 a.m. – 3:45 p.m.  Saturday</p>	<p>New and gently used clothing, shoes, best second hand books in all Marquette, furniture, electrical items, and many other wonderful things</p>
<p><b>St. Vincent De Paul – Munising</b>  107 Elm St.  Munising, MI. 49862  (906) 387-3496</p>	<p>10:00 a.m. – 4:00 p.m.  Monday – Friday</p>	<p>Thrift Store</p>
<p><b>St. Vincent De Paul – Gwinn</b>  111 N. Pine St.  Gwinn, MI. 49841  (906) 346-5610</p>	<p>9:00 a.m. – 4:45 p.m.  Monday, Friday  9:00 a.m. – 6:45 p.m.  Thursday  10:00 a.m. – 2:45 p.m.  Saturday</p>	<p>Thrift Store</p>
<p><b>St. Vincent De Paul – Ishpeming</b>  322 Cleveland Ave.  Ishpeming, MI. 49849  (906) 486-4237</p>	<p>10:00 a.m. – 4:45 p.m.  Monday – Friday  10:00 a.m. – 3:45 p.m.  Saturday</p>	<p>Thrift Store</p>
<p><b>St. Vincent De Paul – Republic</b>  317 Kloman Ave.  Republic, MI. 49879  (906) 376-2400</p>	<p>10:00 a.m. – 2:00 p.m.  Tuesday, Thursday  10:00 a.m. – 4:00 p.m.  Wednesday</p>	<p>Thrift Store</p>
<p><b>Victory Lutheran Thrift Shop</b>  4417 Eagle St.  Gwinn, MI. 49841  (906) 346-6326  <a href="http://www.victorykisawyer.org/thrift-store/">http://www.victorykisawyer.org/thrift-store/</a></p>	<p>12:00 p.m. – 4:00 p.m.  Monday - Friday</p>	<p>Thrift Shop</p>
<p><b>Vista Theater Thrift Shop</b>  218 Iron St.  Negaunee, MI. 49866  (906) 475-7188</p>	<p>12:00 p.m. – 6:00 p.m.  Monday – Friday  12:00 p.m. – 4:00 p.m.  Saturday, Sunday</p>	<p>The Vista Theater Thrift Shop is a great place to find deals on books, clothes, furniture and more!</p>

## Support Groups/Resources

Name	Phone
AIDS Hotline of Michigan	800-872-2437
Addiction Services	906-225-3330
Alcoholics Anonymous	906-249-4430
Alzheimer's Association of Marquette	906-228-3910
American Cancer Society	906-225-3507
American Heart Association	800-242-8721
ARC Disability Advocacy	800-292-7851
Autism Society of Michigan	800-328-8476
Big Brothers/Big Sisters of Marquette County	906-475-7801
Boy Scouts of America – Marquette	906-249-1461
Cancer Support Group	906-225-3500
CARE Clinic – Pregnancy Services	906-228-2273
Catholic Social Services	906-227-9119
Central U.P. Food Bank	906-485-4988
Cerebral Palsy Association	906-226-9903
CHADD – Children and Adults with ADD	800-233-4050
Child and Family Services	906-228-4050
Children's Leukemia Foundation	800-825-2536
Civil Rights Department	906-226-6393
Cystic Fibrosis Foundation	800-343-4823
Families First	517-335-3704
Gamblers Anonymous	855-222-5542
Girl Scouts of America	888-747-6945
Great Start Collaborative – Marquette/Alger	906-226-5157
Lake Superior Village Youth and Family Center	906-228-3771
Lifeline – Michigan	888-256-5378
Lutheran Social Services	906-226-9800
Marquette Commission on Aging	906-228-1515
Marquette Senior Day Care Center	906-226-2142
Michigan Rehabilitation Services	906-226-6578
Michigan Parent Helpline	800-942-4357
Michigan Protection and Advocacy Service	906-228-5910
Mother's Without Custody	800-457-6962
Munising Community Support Services	906-387-4288
MSU Extension – Marquette	906-475-5731

MSU Extension – Alger	906-387-2530
Pathways	906-225-7202
Resolve Through Sharing	906-225-3081
Retired Senior Volunteer Program	906-485-1782
Special Education Parent Advisory Council (SEPAC)	906-226-5149
Spina Bifida Chapter of the U.P.	906-485-5127
Superior Alliance for Independent Living (SAIL)	906-228-5744
Superior Central School – Parents As Teachers	906-439-5531
Teaching Family Homes	906-249-5437
U.P. Downs Syndrome Association	906-233-1482
U.P. Autism Spectrum Disorder Services	906-226-5176
Women’s Center – Alger Co.	906-387-4554
Women’s Center – Marquette Co.	906-225-1346
Wrap Around – Marquette	906-228-4050
Wrap Around – Alger	906-387-4440
Youth Crisis Hotline	800-448-4663
Youth Volunteer Corps	888-828-9822



## Transportation

Name	Phone
<b>All Star Taxi</b> 24 Hour Dispatch	(906) 225-5553
<b>Al-Tran</b> ALTRAN provides dial-a-ride service for all your transportation needs. To better serve all passengers, make reservations in advance. Same day call ins may not be able to get the scheduled time they request due to advance reservations. If you are in need of transportation, please call 24 hours in advance to make a reservation. Calling ahead helps to pick you up on time and to schedule rides.  When you call to reserve your ride we will need to know these specifics: <b>Your name and phone number</b> <b>Your pick up address</b> <b>Your destination</b> <b>Time you need to be there</b> <b>Time you want to return</b> <b>Any special needs you have (walker, wheelchair, or have difficulty with steps)</b>  When making a reservation, we urge you to schedule a time for your return trip. Waiting until the last minute to schedule a return trip could result in a long wait.	(906) 387-4845
<b>Check Cab Taxi</b> 24 Hour Dispatch	(906) 226-7777
<b>Marq-Tran</b> Marq-Tran operates throughout Marquette County 365 days a year. We provide service with 9 fixed routes Monday – Saturday, door to door service 7 days a week and 2 deviated fixed routes. For more information on our deviated routes, call (906)228-2112. Senior citizens (60 years or older), students (K thru 12 & college students with a valid school ID) and people with disabilities ride for half fare. Preschool children ride free of charge with a paying adult. Tickets, monthly, and quarterly passes are available for purchase at the Marq-Tran station.	(906) 225-1112
<b>Uptown Taxi</b> 24 Hour Dispatch	(906) 362-2331



## Violence Support


Name	Phone	Summary
<p><b>Harbor House</b> 245 W. Baraga St. Marquette, MI. 49855</p> <p><b>Women's Center</b> 1310 S Front St. Marquette, MI. 49855</p> <p><b>Women's Center</b> 101 Court St. Munising, MI. 49862</p> <p>No matter how you feel, there are people out there waiting to help you. It can get better, and it will. Confidential domestic violence counseling is available by phone 24 hours a day/7 days a week. You can also stop by the offices at 1310 S. Front Street in Marquette, or 101 Court Street in Munising to talk to someone or get free information between 8-4 Monday - Friday.</p> <p><a href="http://wcmqt.weebly.com/">http://wcmqt.weebly.com/</a></p>	<p>(906) 226-6611 (800) 455-6611</p> <p>(906) 225-1346</p> <p>(906) 387-4554</p>	<p>This Women's Center program provides shelter to victims of intimate partner violence and provides services to both residential and outreach clients.</p> <p>Some of the Services Provided:</p> <p><b>All services are free of charge to women and children in need.</b></p> <p><b>Safety Planning:</b> an advocate can assist with developing a safety plan around your circumstances, living situations, work place, school, etc. Personal safety is our priority.</p> <p><b>Personal Protection Orders:</b> an advocate can assist with obtaining a personal protection order by providing the forms, assist with completing and filing the order. An advocate will provide information on enforcement, reporting violations, court proceedings on violations, modifying a PPO, renewing a PPO, Full Faith and Credit. For more information on PPOs, click here.</p> <p><b>Advocacy:</b> an advocate is available to assist and support victims of Intimate Partner Violence for a variety of legal proceedings, both criminal and civil. PPO hearings, attorney appointments, divorce and child custody hearings, appointments with Prosecutor's Office, Friend of the Court, etc. An advocate can assist and support victims at appointments with other community agencies such as: DHS, community mental health, medical appointments, schools, housing, etc.</p> <p><b>Individual Counseling:</b> Confidential one-on-one counseling is available for both adult and</p>

		<p>child victims of domestic abuse.</p> <p><b>Support Groups:</b> Both adult and children's support groups provide counseling and peer support in a safe, confidential atmosphere.</p> <p><b>Child Care:</b> is available to clients for counseling appointments, court hearings, PPO assistance, meetings with the Prosecutor's Office, attorney appointments and other related appointments.</p> <p><b>Transportation:</b> can be provided to clients for court hearings and PPO assistance, as well as, appointments with the Prosecutor's Office, other attorneys and police agencies, and for appointments concerning housing, financial issues and medical needs.</p> <p><b>Information &amp; Referrals:</b> Information and education on domestic violence and options available to victims of intimate partner violence are available. Referrals to community services and agencies will be provided as appropriate for legal, financial, housing, medical and counseling services.</p> <p><b>Housing Assistance:</b> Assistance and advocacy is provided to clients in obtaining safe housing. Information and referral to community housing, assistance with applications, transportation, referrals and advocacy in obtaining financial assistance for securing housing.</p> <p><b>Financial Assistance:</b> Information, referrals and advocacy for clients accessing appropriate community agencies that provide financial assistance. Assistance provided to victims for changing locks on the home.</p> <p><b>Resale Shop:</b> An account can be established for clients in need of emergency clothing for court, job interviews, etc. Household items can also be provided.</p>

National Domestic Violence Hotline	(800) 799-7233	Operating around the clock, seven days a week, confidential and free of cost, the National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Callers to the Hotline at 1-800-799-SAFE (7233) can expect highly trained experienced advocates to offer compassionate support, crisis intervention information and referral services in over 170 languages.
National Youth Crisis Hotline	(800) 442-4673	Provides counseling and referrals to local drug treatment centers, shelters, and counseling services. Responds to youth dealing with pregnancy, molestation, suicide, and child abuse. Operates 24 hours, seven days a week.



**STATE AND NATIONAL HELP LINES**  
**(800, 866, 877, 888 NUMBERS ARE TOLL FREE)**

<b>Information and Referral</b>			
National 211 Collaborative Information Helpline 24/7 2-1-1 is a free and confidential service that helps people across North America find the local resources they need.	211		
<b>Abuse &amp; Assault Services</b>		<b>Crisis/Suicide Prevention</b>	
National Child Abuse Hotline	800-422-4453	Boys Town National Hotline	800-448-3000
National Domestic Violence Hotline	800-799-7233	Children of the Night	800-551-1300
National Teen Dating Helpline – Abused Teens	866-331-9474	Gay & Lesbian Youth Suicide Hotline	800-850-8078
Gay & Transgender Hate Crime Hotline	800-616-4283	National Hotline for Missing & Exploited Children	800-843-5678
Self-Injury Hotline	800-366-8288	National Runaway Hotline	800-621-4000
Sexual Assault Hotline	800-656-4673	Suicide and Crisis Hotline	800-999-9999
<b>Adoption &amp; Foster Care</b>		<b>First Aid</b>	
Children of the World Adoption	973-239-0100	Poison Control Hotline	800-222-1222
Independent Adoption Center	800-877-6736		
MI Adoption Resource Exchange	800-589-6273	<b>Disability</b>	
National Adoption Center	877-648-4400	Arc Michigan	800-292-7851
National Safe Haven Alliance Crisis Hotline – Don't abandon your baby	888-510-2229	Association for Children's Mental Health	888-226-4543
Rosie Adoptions – If you are pregnant	800-841-0804	Association for Blind & Visually Impaired	800-466-8084
<b>Alcohol/Drug/Addiction Problems</b>		Autism Society of Michigan	800-223-6722
Alcoholics Anonymous 24 Hour Hotline	856-486-4444	Brain Injury Association of Michigan	800-772-4323
The Alcohol & Drug Addiction Resource Center	800-390-4056	Children & Adults with ADD	800-233-4050
National Drug Information Treatment Hotline	800-662-4357	Children with Emotional Disorders	248-433-2200
Alcohol Abuse and Crisis Intervention	800-234-0246	Children's Special Health Care Services	800-359-3722
Alcohol & Drug Abuse Helpline and Treatment	800-234-0420	Cleft Palate Foundation	800-242-5338
Alcohol Hotline Support & Information	800-331-2900	Cystic Fibrosis	800-344-4823
Al-Anon/Al-Ateen Hotline	800-344-2666	MI Coalition for Deaf People	586-778-4188
Be Sober Hotline	800-237-6237	Epilepsy Foundation of MI	800-377-6226
Drug Help National Helpline	800-378-4435	Hearing Impaired Relay (TDD)	800-649-3777
Marijuana Anonymous	800-766-6779	Learning Disabilities Association of MI	517-319-0370
National Institute on Drug Abuse & Alcoholism	888-644-6432	MI Protection and Advocacy	800-288-5923
National Association for Children of Alcoholics	888-554-2627	Muscular Dystrophy Association	800-572-1717
<b>Childcare</b>		National Alliance on Mental Illness	800-950-6264
Great Start Regional Child Care Resource Center	877-614-7328	National Center for Stuttering	800-221-2483
		National Down Syndrome Hotline	800-221-4602
		National MS Society	800-344-4867
		National Organization for Rare Disorders	800-999-6673
		Spina Bifida Association	800-621-3141
		United Cerebral Palsy of MI	800-828-2714

## **Your Center Information**

**Center:**

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**Center Phone:**

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**Teachers:**

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**Family Advocate:**

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**Head Start/Early Head Start/Great Start Main Office**

**228-6522 or 800-562-9762**