

## Muskegon County Resources for Pregnancy and Parenting

Category	Description	Address	Phone	Eligibility	Required Documents	Application Process	Contact	Program Hours	Fees
<b>Dental</b>									
Hackley Community Care Center (Program: Dental)	Provides dental care and treatment to kids of all ages and adults.	2700 Baker St., 3rd Fl. Muskegon	(231) 737-8603, ext. 6775	Those who are uninsured or have Medicaid.	Medicaid card or proof of income and picture ID.	Call for information/appt.		8-6, M-F	Call for info.
Muskegon Family Care (Program: Dental Services)	General Dentistry services for patients of all ages, including emergency dental care and hygiene visits. Provides care for children with Medicaid. Adults without dental insurance are accepted on a limited basis.	2201 S. Getty St.	(231) 739-9315		Need proof of income to determine sliding fee scale.	Call for information/appt.		Mon 7am-8pm Tues-Thur: 7am-5:30pm Fri: 7am-5pm	Call for info.
<b>Domestic Violence</b>									
Every Woman's Place/Webster House Youth Services (Program: Domestic Violence Shelter)	Emergency shelter available to victims of DV. If space available, may also provide short-term shelter for homeless women and children.	175 W. Apple	Crisis Hotline: (231) 722-3333	This service is for women only.		Call for information or come directly to shelter.		24/7	None
Every Woman's Place/Webster House Youth Services (Program: Domestic Violence Support Group for Children)	A DV support group for children who have been exposed to DV.	1121 W. Laketon Muskegon, MI	(231) 759-7909, ext. 253	For children ages 5 - 12			Sarah Moss	Tues. nights: 6:30 - 7:30 PM	
National Domestic Violence Hotline	Provides information and referrals.		Hotline: 800-799-7233 or TTY: 800-787-3224					24/7	
<b>Fitness</b>									
Mercy Health Partners (Program: Aquatics for Two)	Enjoy prenatal aquatherapy in a heated, indoor swimming pool.	Lakes Campus 6401 Prairie St. Muskegon, MI	(231) 727-7960			Call to register		Tues. and Thurs. @ 6:25 PM - 7:15 PM	\$4 per class
<b>Health Insurance</b>									
Muskegon Community Health Project (Program: MIChild/Healthy Kids Outreach and Enrollment)	Provides information and assistance in completing the MIChild/Healthy Kids application for children and pregnant women.	565 W. Western Ave. Muskegon,	(231) 672-3201	Uninsured pregnant women and children under 19. Must be a U.S. citizen and a MI resident.	Proof of income and social security numbers for everyone in household.				None

Category (Health Insurance, Cont.)	Description	Address	Phone	Eligibility	Required Documents	Application Process	Contact	Program Hours	Fees
<b>Home Visit Support</b>									
Catholic Charities - W. MI (Program: Healthy Families)	Home visits, referrals and parent support.	1095 Third St., Ste. 125 Muskegon, MI 49441	(231) 726-4735	Last trimester of pregnancy, or if baby is 3 months old or younger.			Monica Marchell		None
Hackley Community Care Center (Program: Maternal Infant Health or MIHP)	Home visiting program for pregnant women and infants up to 1 year of age.	2700 Baker St. Muskegon Heights, MI 49444	(231) 733-6677	Must be Medicaid-eligible.		Refer pt. to MIHP program	Lori Wiltenburg, Program Coordinator		None
Muskegon Area Intermediate School District (Program: Early On)	A home visiting program for pregnant women and children up to 3 years of age.	630 Harvey St. Muskegon, MI 49442-2309	(231) 767-7253	Income and other eligibility requirements apply. Call to speak with a staff member.	Completed application, signed program requirements, proof of family income. Additional documentation required upon enrollment.	Call for assistance.	Melba White-Newsome, Coordinator of Birth-to-Three Early Childhood Services		Free to eligible families.
Muskegon Community Health Project (Program: Muskegon Area Pregnancy Pathways Program)	Intensive case management for pregnant, at-risk women and teens.	565 W. Western Muskegon, MI 49440	(231) 672-3201	Must be high-risk (teen, single, homeless, DV, etc.)		Call to register or refer.	Tressa Crosby, Community Health Worker	varies	None
Muskegon Family Care (Program: Maternal Infant Health or MIHP)	Home visiting program for pregnant women and infants up to 1 year of age.	2201 S. Getty St. Muskegon Heights, MI 49444	(231) 737-1760	Must be Medicaid-eligible.		Refer pt. to MIHP program	Kim Kuharevicz, Program Coordinator		None
Pathways (Program: Parent Aide)	Volunteers provide support and guidance to parents.	1050 W. Western Suite 302 Muskegon, MI 49441	(231) 728-7152	Must be a DHS client.		Contact DHS worker.	Heather Wolf	8:30 - 5 PM, M-F	None
<b>Housing</b>									
Community EnCompass (Program Bethany Housing Ministries)	Provides housing information and a weekly list of cheap apartments (also available at Sacred Suds on E. Larch see below). Advice to secure housing.	19 Hartford Ave. Muskegon, MI 49442	(231) 728-3117			Call, walk-in or make an appt. to pick up list.		9 - 5, M-Th	None
Community EnCompass (Program Housing Navigator)	Provides case management to secure permanent housing.	Sacred Suds 289 E. Larch Muskegon, MI 49442	(231) 726-4161			Walk-in to speak to community health worker.	Tay Jones	Varies	
Every Woman's Place/Webster House (Program: Maternity Group Home)	Serving girls 16 - 22 who are homeless or at risk of homelessness, using a graduated housing design. Girls attend both life skills and parenting girls.	175 W. Apple Ave. Muskegon, MI 49440	(231) 759-7909, e	Pregnant or parenting		Walk-in to complete application.	Jennifer Chartier	9 - 5, M-F	None

Category (Housing, Cont.)	Description	Address	Phone	Eligibility	Required Documents	Application Process	Contact	Program Hours	Fees
Rescue Mission (Program: Shelter for Women and Children)	Emergency shelter.	1691 Peck St. Muskegon, MI 49441	(231) 727-6010	Shelter is for women and their children, only.					None
Transitional Living Center (Program: Housing Navigation Center)	Assists in overcoming homelessness by determining what plans and resources will help find housing quickly.	2333 Jarman Muskegon Heights, MI 49444	(231) 739-6840, ext. 106	Cannot be receiving services from other housing agencies. Preference to chronically homeless and those with incomes below 30% of Muskegon County's median.	Valid ID and income verification, eventually.	Call for appt.		9 - 5, M-F	None
<b>Material Support</b>									
Catholic Charities - W. MI (Program: Baby Pantry)	Offers baby-related items, including diapers, food, clothing, toys, strollers, high chairs and cribs. May access every 4 weeks.	1095 Third St. Muskegon, MI 49441	(231) 726-4735	Financial need, must be primary caregiver of infant - size 5 child	Driver's license or state ID. If no ID, utility bill with name and address.		Diane Musk	Tues. and Thurs.: 9 - 11 AM	None
Community EnCompass (Program Laundry and Shower Facilities)	Showers are for walk-ins or by appt. Four clothes washers and dryers are available by appt.	Sacred Suds 289 E. Larch Muskegon, MI 49442	(231) 726-4161	Focused on, but not restricted to, McLaughlin neighborhood or downtown Muskegon residents.				9-2:30 M, W and Th; Tues: 10 - 2:30	\$1/load for wash, dry and soap
Love, Inc. -- Muskegon County (Program: Infant and Toddler Ministries)	Offers a number of baby-related items, like diapers, formula/food, clothing and some furniture. They also have a crib program.	2735 E. Apple Ave., in Community Ministries Bldg.	(231) 777-3905	Ages newborn to three.	Picture ID			1st and 3rd Tues., 10 - 11:30; 2nd and 4th Thurs., 5 - 6:30	None
Mercy Health (Program: Safe Kids)	Provide car seats to needy families.	1500 Sherman Ave., Ste. 305	(231) 672-4910 Car seat hotline: (231) 672-3968	Referral from provider required.		Call or email.	<a href="mailto:always@mercyhealth.org">always@mercyhealth.org</a>		\$20 donation
Muskegon Pregnancy Services (Program: Life Plan Program)	Counseling and life skills program for pregnant women. An incentive program, whereby baby items are earned through participation.	1319 Peck St. Muskegon, MI 49441	(231) 726-2677	Women less than 25 weeks gestational age.			Judy Spoelman, Client Services Director	9-5, M, Wed., and Thurs.; 9-7 Tues.	None
Muskegon Pregnancy Services (Program: Maternity Clothes and Baby Layette)	Offers maternity clothes and baby layette baskets (containing most of what a newborn needs).	1319 Peck St. Muskegon, MI 49441	(231) 726-2677	Pregnant girls and women and their partners	Baby's social security card	Call for appt.	Tonya	9-5, M, Wed., and Thurs.; 11-7 Tues.	None

Category (Material Support, cont.)	Description	Address	Phone	Eligibility	Required Documents	Application Process	Contact	Program Hours	Fees
Muskegon Rescue Mission (Program: Layette Ministry and Infant Closet)	Provides first time mothers with baby gifts, like clothes, diapers, etc.	400 W. Laketon Ave.	(231) 727-6090	Layette Ministry -- mom must have given birth within last 2 wks. Infant Closet -- not intended to help new moms. More for parents in emergency situations.	Picture ID and copy of baby's birth certificate	Chapel at 10:30 AM.	Cindy Boyd	Every Thurs., between 9:30 and 10:30 AM.	None
<b>Medical</b>									
Hackley Community Care Center (Program: Living a Healthy Life Workshops)	Learn a step-by-step plan for managing chronic health conditions, such as asthma, health disease, hypertension, diabetes, etc.	2700 Baker St. Muskegon Heights, MI 49444	(231) 733-6654	Open to the public.		Call to register.	Callie	Varies	None
Muskegon Area Intermediate School District Education Services Center (Program: Early On)	Family focused services for infants and toddlers (0-3 years of age) who are at risk for developmental delays or have established conditions.	630 Harvey Muskegon, MI 49442	(231) 777-2637	Children must have disabilities/delays to qualify.		Call for information.		8-5, M-F	None
Public Health - Muskegon County (Program: Hearing and Vision)	Hearing and vision screening for pre-school through school-aged children.	209 E. Apple Ave. Muskegon, MI	(231) 724-1394			Call for appt		Mon-Fri 8-4:30 By appt	None
Planned Parenthood of MI (Title X)	Annual exams for those needing birth control; birth control counseling; contraceptives, EC, options counseling and referrals for sterilization.	209 E. Apple Ave. Muskegon, MI 49442	1-800-230-PLAN (231) 724-4415		Proof of income and insurance card, if applicable.	Call for appt		Mon 9-11 Walk-ins & 11-5 Appts Tue 9-3 Appts & 2-3 Walk-Ins for Depo/supplies Wed 9-3 Walk-ins STI Only Thur 9-4 Appts	Insurance accepted; sliding fee scale; help to apply for Plan First!
Public Health -- Muskegon County (Program: Immunization Clinic)	Offers childhood, adult and travel vaccines.	209 E. Apple Ave. Muskegon, MI 49442	(231) 724-1220	Children must be American Indian/Alaskan Native, have Medicaid, no insurance or have insurance that doesn't cover vaccines.		Call for appt	Immunization Staff	Mon-Fri 12-4:30 By appt	Accept Medicaid. Otherwise, fees vary.
<b>Mental Health</b>									
Bethany Christian Services (Program: Pregnancy Counseling and Options)	Provides crisis pregnancy counseling and information on adoption for families with unplanned pregnancies (do not give referrals for abortions).	1848 E. Sherman Blvd., Ste. I Muskegon, MI 49444	(231) 733-1618				Reva Schultz	8-5 PM, M-F	None

Category (Mental Health, cont.)	Description	Address	Phone	Eligibility	Required Documents	Application Process	Contact	Program Hours	Fees
Catholic Charities of W. MI (Program: Behavioral and Mental Health Care Counseling)	Provides individual, couples and group mental health counseling.	1095 Third St. Muskegon, MI 49441	(231) 726-4735			All calls go through Grand Rapids office.	MaryAnne Kowalski	8:30 - 5PM, M-F	Sliding fee scales. Accept fee for service, and most insurance plans.
Community Mental Health (CMH)	Public service provider for those with developmental disabilities or who are seriously mentally ill. Infant mental health program treats infants and their parents.	376 E. Apple Ave. Muskegon, MI 49442	(231) 720-3200	Residents of Muskegon Co. with developmental disabilities or serious mental illness who have Medicaid or are uninsured and are eligible under the MI Mental Health Code.		Call the Access Center and their staff will determine eligibility and provide additional referrals.		Emergency services available 24/7.	
Hackley Community Care Center (Program: Postpartum Support Group)	A Postpartum Support Group for families in the Lake Shore area. The group is designed to serve pregnant and/or new mothers who are adjusting to the changes in their lives	2700 Baker St., Muskegon Heights, MI 49444	(231) 733-6624 or (231) 737-1335	Pregnant women and new moms. Support person and babies are welcome.	None.	Walk-ins welcome.		Groups are held on the 1st and 3rd Mon. of the month, from 10 AM - 11:30 AM	None
Perinatal Program (Hospice of Michigan)	Provides support to families throughout a pregnancy involving a lethal fetal diagnosis.	1930 E. Apple Avenue Muskegon, MI 49442	24-hr info and referral line: (888) 247-5701	Any family dealing with a lethal fetal diagnosis prior to delivery.	None. Families can be referred by a provider or self-refer.	Call the referral line.		Varies	Free
Mercy Health Life Counseling	Wide variety of mental health services, including at least one therapist with specialized training in perinatal mood disorders (PMD).	125 E. Southern Ave. Muskegon, MI 49442	(231) 726-3582				Stephanie Dickinson	Varies	Sliding fee scale, Medicaid HMOs and private insurance.
Mercy VNS and Hospice Muskegon	Grief counseling and referrals. All counselors have extensive grief training.	888 Terrace Muskegon, MI 49440	(231) 672-4663	Anyone who has experienced any loss.	None.	Call to initiate intake process.		Varies	Grief counseling is free.
Pine Rest North Shore Clinic	Counseling with therapists who have specialized training in PMD. They have one of the only mother-baby treatment programs for PMD in the country.	17325 Van Wagoner Rd. Spring Lake, MI 49456	1-(866) 852-4001			Call for appt.		Varies	Medicaid, Medicare and private insurance
Tomorrow's Child	Grief support for any family who has experienced a perinatal loss (miscarriage, stillborn, infant death, etc.).	612 W. Lake Lansing Rd, Suite 800 East Lansing, MI 48823	1-800-331-7437	Any family with a perinatal loss. No income requirements.	None.	The statewide organization will connect families to a counselor in their area.	You can also email: info@tomorrowschildmi.org	Varies	None
<b>Nutrition/Breastfeeding</b>									
Hackley Community Care Center Lactation Support			(231) 737-1335, ext. 6655						

Category (Nutrition/ Breastfeeding, cont.)	Description	Address	Phone	Eligibility	Required Documents	Application Process	Contact	Program Hours	Fees
Hope Lighthouse Mission Church (Program: Food Pantry)	Food and pantry. May access once/mo.	2731 Peck St. Muskegon Heights, MI 49444	(231) 722-4673		Picture ID and Social Security cards for all household members.	Walk-in to apply	Joyce Ellcey	Tues: 10 - 2	None
La Leche League International	Women interested in breastfeeding are welcome to attend the monthly group meetings or call a Leader for help.	3990 S. Sheridan Dr. Muskegon, MI 49444	Laurie: (231) 821-9619; Mary: (231) 777-3238; Rachael: (231) 206-5027 and Tracie: (231) 828-5265			Call to verify location and get directions.	Laurie, Mary, Rachael or Tracie	Third Thurs. @ 10 AM	None
Mercy Health Birth Center -- Hackley Campus (Program: Breastfeeding Support Group)	Provides information on breastfeeding for expectant moms and dads to develop skills and build confidence.	1700 Clinton Ave. Muskegon, MI 49442, 2nd fl., Rm 2210 A	(231) 728-5691			Call for next scheduled class.		Mon: 5 - 7 PM and Thurs.: 11 AM - 1 PM	None
MSU Extension (Program: Expanded Food and Nutrition Education Program (EFNEP))	Provides food and nutrition education to low-income families with children.	97 E. Apple Ave. Muskegon, MI 49442	(231) 724-4732	WIC or EBT eligible.		Call or walk-in for information	Lisa	8 - 5, Mon. - Fri. Closed 12-1 for lunch.	None
MSU Extension (Program: Supplemental Nutrition Assistance Program Education (SNAP-ed))	Provides food and nutrition education to anyone eligible for or receiving EBT.	97 E. Apple Ave. Muskegon, MI 49442	(231) 724-6694	Must be EBT eligible and have children over 12 or no children.		Call or walk-in for information	Jane	8 - 5, Mon. - Fri. Closed 12-1 for lunch.	None
Muskegon Family Care (Program: Lactation Support)			(231) 739-9315, ext. 1141 or 1175						
Public Health -- Muskegon County (Program: WIC)	Families receive free, nutritious foods nutrition education, referrals and breastfeeding promotion and support.	209 E. Apple Ave. Muskegon, MI 49442	(231) 724-1391	Pregnant, breastfeeding or postpartum women, infants and children under 5 who meet income requirements.	Proof of income or Medicaid card and valid ID.	Walk-in		8-4:30, Mon, Wed, Thur, Fri; 10 AM - 4:30 PM Tues.	None
<b>Parenting</b>									
Catholic Charities (Program: Parent Cafes)	Networking and meal for community parents.	Varies	(231) 726-4735	Any parent of school-aged child			Nan Andrews	Varies	None
Every Woman's Place/Webster House Youth Services (Program: Parenting Classes)	An 8-wk series (1-hr./wk), covering a variety of parenting topics, specific for parents of children who has witnessed domestic violence.	175 W. Apple Ave.	(231) 759-7909, ext. 284	Parent must be a domestic violence survivor.		Must complete intake and assessment process.	Amber Mount	Wednesdays, 10:30 to 11:30 AM	None

Category (Parenting, cont.)	Description	Address	Phone	Eligibility	Required Documents	Application Process	Contact	Program Hours	Fees
Every Woman's Place/Webster House Youth Services (Program: Parenting Wisely)	A self-administered, highly interactive computer-based program that teaches parents and children, ages 9-18, skills to improve their relationships and decrease conflict through support and behavior management.	175 W. Apple Ave. Muskegon, MI 49440	(231) 759-7909, ext. 269	No income requirements.		Fax or email referral form to (231) 759-8618 or maribeld@everywomansplace.org	Maribel Diaz	Varies	None
Every Woman's Place/Webster House Youth Services (Program: Strengthening Families)	An intensive 8-wk skill building program that targets families with youth ages 8-17 with risk factors for substance abuse and/or violence.	1121 W. Laketon Muskegon, MI 49441	(231) 759-7909				Maribel Diaz		None
Hackley Community Care Center (Program: Grandparents Raising Grandchildren)	Gives grandparents the opportunity to share common experiences and gain information from professionals.	2700 Baker St. Muskegon Heights, MI 49444	(231) 733-6654	All caregiving grandparents and relative caregivers are welcome.		Call for dates and times.	Callie Sierra (sierrac@hccc-health.org)		None
Lakeshore Area Multiple Birth Support (LAMBS)	A social and support group for mothers of twins or more.	NOCH 1309 Sheldon Rd. Grand Haven, MI 49417	(616) 847-6161	Pregnant with or parenting twins or more.			Jennifer Tripp	Third Thurs. of each month	None
Lakeshore Pregnancy Center (Program: One-on-One Parenting for Dads)	Individualized support for dads and dads-to-be. Open to dads and children of any age. Snack	700 Washington Suite 150 Grand Haven, MI 49417	(616) 842-7510. After hours helpline: (800) 238-4269.					6-7:30PM, every Monday	
Love, Inc. (Program: Powerful Parenting)	Christ-centered 7-wk classes, offered 3 times/yr.	3815 Henry St. Muskegon, MI 49441	(231) 773-3905			Call Love, Inc.			
Mercy Health Partners -- Hackley Campus (Program: Baby Signing)	Teach babies to communicate through sign language.	1700 Clinton Ave. Muskegon, MI 49442	(231) 728-5691			Call for schedule.	Deb	Offered based on demand.	\$50
American Red Cross	Childcare classes for teens (\$80) and adult and pediatric CPR classes for adults (\$110).	313 W. Webster Ave. Muskegon, MI 49440	(800) 733-2767	Childcare/babysitting class is for teens 11 - 15. Adult and pediatric CPR is for adults.		Call (800) 733-2767 or go to www.redcross.org to register online.		Varies.	\$80 (childcare), \$110 (CPR)
Mercy Health Partners Birthing Center -- Hackley Campus (Program: Expectant Parents Class)	Childbirth preparation classes.	1700 Clinton Ave. Muskegon, MI 49442	(231) 728-4092			Call for schedule.		A 2-session weekend or evening course.	\$40 or Medicaid

Category (Parenting, cont.)	Description	Address	Phone	Eligibility	Required Documents	Application Process	Contact	Program Hours	Fees
Mercy Health Partners Birth Center -- Hackley Campus (Program: New Brother/New Sister)	Helps children ages 2 and older to prepare for being big brothers and sisters. Should take 1 mo. prior to due date.	1700 Clinton Ave. Muskegon, MI 49442	(231) 672-4800			Call for next scheduled class. Recommended to register 2 mo. prior to due date.			\$5 for first child, \$2.50 for each additional child
Michigan Doula Connection	A volunteer birth and postpartum doula referral service for low-income families.	<a href="http://www.michigandoulaconnection.org/">http://www.michigandoulaconnection.org/</a>	This is an online service.	Most volunteer doulas serve families within 185% of US poverty guidelines ( <a href="http://www.michigandoulaconnection.org/income-guidelines">http://www.michigandoulaconnection.org/income-guidelines</a> ). Families who do not fit within these guidelines are expected to pay for services.	None.	Visit the website.		Varies	Dependent upon income.
Michigan Works! (Program: Dad's Only)	Empowers dads to be emotionally, socially and financially involved with their children, families and communities.	1516 Peck St. Muskegon, MI 49441	(231) 726-2626				McKinley Copeland	10-12 Sat.	None
Pathways (Program: Childcare Resources and Referrals)	Provides parents with referrals to childcare facilities.	1050 W. Western, Suite 302 Muskegon, MI 49441	(231) 728-7152 or (800) 882-5213				Child Care Consultant @ 1-866-424-4532	8:30 - 5 PM, M-F	None
Rocking Horse Home	A religious organization, providing education and support to young pregnant women.	3082 Whitehall Rd. Muskegon, MI 49445	(231) 766-3773	18 years old and over.					None
<b>Pregnancy Testing</b>									
Catholic Charities - W. MI (Program: Pregnancy Testing and Counseling)	Pregnancy tests and options counseling (no abortion referrals or info on contraception).	1095 Third St. Muskegon, MI 49441	(231) 726-4735			Call for Appt.	Michelle	Testing available for walk-ins M: 9-11 AM	None
Positive Options	Confidential urine pregnancy testing, options counseling, ultrasound and OB/GYN referrals. Best Life classes for both mothers and fathers. One on one classes offered for pre and postnatal education. Group classes available for parenting education.	700 Washington, Ste 130 Grand Haven, MI 49417	(616) 842-7510. After hours helpline 800-238-4269	No income requirements	Photo ID	Walk-In pregnancy tests available; ultrasound by appt only. Education services by appt only.		Mon, Tue, Thur 10-6; Wed 2-6 Fri 10-2	No fee for services
Muskegon Pregnancy Services (Program: Pregnancy Testing and Counseling)	Confidential urine pregnancy testing and options counseling (no abortion referrals).	1319 Peck St. Muskegon, MI 49441	(231) 726-2677			Call or email <a href="mailto:judy@bestoptions.org">judy@bestoptions.org</a>	Judy Spoelman, Client Services Director	9-5, M, W, and Thurs.; 9-7 Tues.	None



Category (Pregnancy Testing, cont.)	Description	Address	Phone	Eligibility	Required Documents	Application Process	Contact	Program Hours	Fees
Muskegon Pregnancy Services (Program: Ultrasound Pregnancy Verification)	Limited obstetrical U/S scans for pregnancy verification purposed.	1319 Peck St. Muskegon, MI 49441	(231) 726-2677	Positive pregnancy test clients, pregnant women who haven't received prenatal care yet, or have an order from provider.		Call of walk-in for appt. or information	Kathy Monroe	9-5, M - Thurs.	None
<b>Smoking Cessation</b>									
A-1 Acupuncture and Pain Management	Acupuncture and herbs are used together to effectively treat addictions such as smoking.	1784 Oak Ave. Muskegon, MI 49442	(231) 767-0326						Fee-based
Access Health - Freedom From Smoking	A 7 week, 8 session class.		(231) 728-5180			Call for class availability	Amy Forward		Call for more information
Emerging Paths (Program: Hypnosis for Smoking Cessation)	One private session with follow-up tape.		(231) 727-2901				Diane Wiegand		Nominal fee
Hackley Community Care Center (Program: Smoking Cessation)	Education includes how to quit, the truth about tobacco, changing behaviors, managing stress, planning ahead and more!	2700 Baker St. Muskegon Heights, MI 49444	Carl: (231) 733-6651 and Lee: (231) 733-6650			Call to register.	Carl and Lee		None
Michigan Department of Community Health (Program: MI Tobacco Quitline)	Phone-based smoking cessation counseling, special services for pregnant women and incentives for participation.	Phone-based	A-	Anyone who lives in MI.		Call to register	None		None
<b>Substance Abuse</b>									
Eastside Substance Abuse Clinic (Program: Outpatient Methadone Maintenance Treatment)	Treatment for opioid addiction through methadone maintenance or detox.	445 E. Sherman Blvd. Muskegon, MI 49444	(231) 739-4359	18 yrs. of age or older, history of substance abuse.	Picture ID	Intakes processed by appt. Referrals are required if services paid for by coordinating agency.		6:15-1:15, M-Thurs.; 6:15-12:15, F; 8-10 Sat.	Varies
Mercy Health Life Counseling (Program: Enhanced Women's Services)	Provides case management and home visitation for substance abusing pregnant women.	125 E. Southern Ave. Muskegon, MI 49442	(231) 672-0286	Women who abuse alcohol during pregnancy and up to 6 months postpartum and are ineffectively connected to community services.		Call to register or refer.	Jill Stamison, Program Supervisor		None
Category	Description	Address	Phone	Eligibility	Required Documents	Application Process	Contact	Program Hours	Fees
<b>Transportation</b>									
MI Dept. of Human Services -- Muskegon County	Volunteers provide transportation to medical and other approved appts., if no other transportation is available.	2700 Baker St. Muskegon Heights, MI 49444	(231) 733-3700	Must be a DHS client with straight Medicaid with approval by caseworker.				7-5, M-F.	None