	Agencies that Assist People with Disabilities			
The Arc of Oakland County	 Educational advocacy Community information and referrals Legal advocacy Government and financial benefits information 	<u>thearcoakland.org</u>	(248) 816-1900	
The Arc of Macomb	 Advocacy Community Employment Residential & Community Support Services Legal Services Representative Payee Shared Parenting Vocational Training Work Incentive and Planning Assistance (WIPA) 	<u>arcservices.org</u>	(586) 469-1600	
The Arc Detroit	 Self-advocacy group Information Mentoring Advocacy Parenting support, workshops, information Social 	arc-detroit.org	(313) 831-0202	
The Arc Dearborn	 Advocacy Parent mentoring Independent facilitation System navigation Future planning Dignified lifestyle 	thearcdearborn.org	(313) 562-1787	
Arc Downriver, Inc.	 Advocacy Sports Dances Craft classes Painting classes 	downriverarc.org	(734) 283-0710	
Gross Pointe/Harper Woods Arc	 Advocacy/system navigation Educational advocacy Plan for lifelong support Housing 	thearcgp-hw.org	(586) 457-8588	

	Respite care		
	Learning opportunities		
The Ave of Newthere et	Friends group	the second second	(242) 522 7045
The Arc of Northwest	Advocacy	thearcnw.org	(313) 532-7915
Wayne County	Athletic program		
	Just Fun Club		
	Guardianship		
	Alternatives Information		
	Network		
The Arc of Western	Information and	thearcww.org	(734) 729-9100
Wayne County	referrals		
	Independent facilitation		
	of person-centered		
	planning		
	Guardianship		
	Alternatives Information		
	Network		
	Advocacy		
	Independent support		
	coordination		
Disability Network	Advocacy	dnemichigan.org	Troy Office
Eastern Michigan	Independent living skills		(586) 268-4160
	training		
	Information and		
	referrals		
	Peer support		
	Transition Services		
Disability Network	Information and	disabilitynetworkwcd.or	(313) 923-1655
Wayne County –	referrals	g	
Detroit	Independent living skills		
	development		
	Peer support services		
	Community transition		
	services		
	Benefits counseling		
	Employment services		
	Housing assistance		
Easterseals-MORC	Supports/benefits	easterseals.com/MORC	(248) 475-6300
	coordination		
	Self-determination		
	Skill building		
	Respite		
	Residential supports		
Community Living	Advocacy	comlivserv.com	Oakland/Macom
Services	Clinical Supports		b (248) 547-2668
	Peer Mentor		
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	 Supports Coordination Skill-Building Behavioral Health Supports Community Living Supports Respite Self Determination Benefits Coordination Crisis Intervention Independent Facilitation Residential Supports Supported Employment 	Wayne (734) 467-7600
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Employment Resources			
Michigan Rehabilitation Services (MRS)	Skill building and job coaching services	michigan.gov/mrs	(517) 241-5324
Oakland County Michigan Works	Employment services	oakgov.com/workforce	
Michigan Works Macomb/St. Clair	Employment service	<u>macomb-</u> stclairworks.org	
Detroit Employment Solutions Corporation	Employment services	descmiworks.org	(313) 876-0674
SEMCA Michigan Works	Employment services	semcamiworks.org	

Mental Health Resources			
Oakland Community Health Network	Mental health services	oaklandchn.org	(248) 464-6363 Crisis Line (800) 231-1127

Macomb County Community Mental Health	Mental health services	<u>mccmh.net</u>	(855) 996-2264 Crisis Line (586) 307-9100
Detroit Wayne Integrated Health Network	Mental health services	<u>dwihn.org</u>	(313) 344-9099 (313) 833-2500 Helpline (800) 241-4949
Common Ground	 Behavioral health urgent care 24/7 help line 	<u>commongroundhelps.or</u> g	(248) 456-8150
Suicide and Crisis Lifeline	24/7 crisis line for suicide prevention.		Call 988
Open Path Collective: Affordable Counseling	Therapy sessions that cost \$30-\$60.	openpathcollective.org	
MI-DDI Self-Care Resource List	List of informational resources about self-care.	ddi.wayne.edu/selfcare	

Food and Nutrition			
MSU Extension	Expanded Food and	canr.msu.edu/efnep/	Oakland Office
	Nutrition Education		(248) 858-0880
	Program		
	Informational resource to		Macomb Office
	help children and families		(586) 469-5180
	acquire the knowledge,		
	skills, attitudes and changed		Wayne Office
	behavior necessary for		(313) 494-4797
	nutritionally sound diets.		
	Michigan State University		
	Extension delivers EFNEP in		
	a group setting environment		
	throughout 15 counties.		
	Food and Health	canr.msu.edu/food_heal	
	Informational resource	<u>th/</u>	
	about how to build		
	nutritious diets on a budget,		
	avoid foodborne diseases		
	and become leaders in the		
	food industry.		

Michigan Food	Food assistance for low-	michigan.gov/mdhhs/as	
Assistance Program	income families and	sistance-programs/food	
	individuals		

	Independent Living/Housing			
One My Own Michigan	 Family consulting Independence prep Independence college Skill building Independent living 	onmyownofmi.org	(248) 649-3739	
Solutions for Adult Independent Living (SAIL)	SAIL provides mentorship, education, and an opportunity to connect with others through SAIL's Friendship Connect and SAILing Lessons.	sailhousingsolutions.org		
Community Housing Network	 Homeless Services Shelters and Subsidized Housing List Homeownership Landlord Engagement Program Property and Asset Management Oakland Housing Link Permanent Supportive Housing Programs Independent Living 	<u>communityhousingnetw</u> ork.org	Troy Office (248) 928-0111 Macomb Office (586) 221-0122	

Assistive Technology			
Michigan Disability Rights Coalition	 Assistive technology information Assistive technology lending library Demonstration 	mdrc.wpengine.com/ass istive-tech-program/	(517) 333-2477

Substa	ance Use

Oakland Community Health Network	Substance Use Disorder Prevention and Treatment Services	oaklandchn.org	(248) 464-6363 Crisis Line (800) 231-1127
Macomb County Community Mental Health	Substance use disorder prevention, treatment, and recovery services	<u>mccmh.net/substance-</u> <u>use-disorder</u>	(586) 469-5278
Detroit Wayne Integrated Health Network	Substance use disorder treatment	<u>dwihn.org</u>	(313) 344-9099 (313) 833-2500

LGBTQ+ Resources			
Affirmation Community Resource List	Detailed list of LGBTQ+ community services and resources	goaffirmations.org	
Affirmations LGBTQ+ Community Center	 Advocacy Mental Health Services Center for Inclusion Training HIV/STI Testing Food Assistance Name/Gender Marker Change Clinic Youth Programs Support and Discussion Groups 	<u>goaffirmations.org</u>	(248) 398-7105
Stand With Trans	 LGBTQ+ Affirming Therapy Services Support Groups Trainings 	standwithtrans.org	(248) 907-4853
Transcend the Binary	 Camp for Trans/Gender Diverse Youth Fitness Peer Counseling and Supports Telehealth Supportive Services 	transcendthebinary.org	(248) 533-0797
Sage Metro Detroit	Services for LGBTQ+ older adults	sagemetrodetroit.org	(313) 241-8994

	 Tech Buddy Virtual Socials Food Box Delivery Friendly Caller Program Transgender Aging & Adult Project LGBTQIA+ Intergenerational Timebank Collaborative 		
Transgender Michigan	 Transgender Inclusive Resource Directory Education 	<u>transgendermichigan.or</u> g	(855) 345-8464
Gender Identity Network Alliance	Workshops	gnausa.org	
Trans Lifeline	HotlineFriend and Family Hotline	translifeline.org	(877) 565-8860
The Trevor Project	EducationCrisis InterventionSuicide Prevention	thetrevorproject.org	(212) 695-8650

Exercise/Fitness			
Arc Downriver, Inc.	Sports teams	downriverarc.org	(734) 283-0710
The Arc of Northwest Wayne County	Athletic program	thearcnw.org/athletic- program/	(313) 532-7915

Dental				
Affordable Dentist Care 18181 W 12 Mile Rd #1, Lathrup Village, MI 48076		Accepts Medicaid Offers sedation	affordabledentalcaremi .com	(248) 849-9310
Briar Point Dental 47210 W. Ten Mile, Novi, MI 48374	•	Offers sedation	<u>briarpointedentistry.co</u> <u>m</u>	(248) 347-0030

Brightside Dental (multiple locations)	 No insurance options Offers sedation 	brightsidedental.com	(248) 266-1647 (Bloomfield Hills) (734) 221-3189 (Canton) (248) 621-4654 (Farmington) (734) 288-7135 (Livonia) (586) 739-6363 (Shelby Twp) (248) 289-8624 (Southfield) (586) 200-4522 (St. Clair Shores) (586) 229-1916 (Sterling Heights) (586) 217-2547 (Warren)
Dominic Verderese, DDS	 Provides services in patient's home Only accepts cash and check payment 	https://www.mihousec alldentist.com/	(989) 671-3777
Michigan Donated Dental Services	 Eligibility: Have a permanent disability, or Are elderly: age 65 or older, or Have a chronic health condition AND Have income below 200% of the federal poverty level Have no dental insurance Need extensive dental care (we are unable to 	https://www.smilemich igan.com/resources/mi chigan-donated-dental- services/	(517) 346-9454

	provide emergency services)		
Oakland Community College Dental Hygiene Clinic 7350 Cooley Lake Rd., Waterford, MI 48327		https://www.oaklandcc .edu/health/dental- hygiene/clinic	(248) 942-3260
Oakland County Health Dental Program 1200 North Telegraph Rd. Building #34E Pontiac, MI 48341		https://www.oakgov.co m/health/services/Pag es/Dental.aspx	(248) 858-1280
Portable Dental Services Louay Mansour, DDS	 Provides services in patient's home Requires full payment at time of service 	https://portabledentals ervices.com/	(586) 873-5567
Royal Chiropractic & Dental Center 530 W. Huron St., Pontiac, MI 48341	 Accepts Medicaid Offers sedation 	https://royalclinics.com	(248) 221-2502
Sedation Dentistry Center 16211 E. Eleven Mile Rd, Roseville, MI 48066	Offers sedation	http://sedationdentistr ycenter.com/about-dr- kaminski/	(586) 779-2216
Aviles Family Dentistry 30555 Southfield Rd #320 Southfield MI 48076	Accepts Medicaid		(248) 433-1469
Malta Clinic 8642 Woodward Avenue Detroit, MI 48202	 Free/low-cost dental services 	https://maltaclinic.org/	(313) 894-2240
Oakland Family Dentistry 7125 Orchard Lake Rd #310 West Bloomfield, MI 48322	Accepts Medicaid		(248) 855-1855

U of D Mercy Dental 2700 Martin Luther King Blvd Detroit MI 48208			(313) 494-6700 or (313) 494-6729
U of M Clinic 1011 N. University Ann Arbor, MI 48109			(734) 764-1568
Refresh Dental Care 19189 W Ten Mile Rd. Southfield, MI 48075	Accepts Medicaid	https://gorefreshdental .com/refresh-dental- southfield	(248) 996-8756