

Community & Online Resources

Emergency Assistance: Food, Housing, Utilities

The Foundation: Father Fred

(231) 947-2055

info@fatherfred.org

Fatherfred.org

- Provide emergency assistance with food, medical & dental care, utilities, and housing
- Financial Assessment - over the phone
- Food distribution schedule through the end of March
 - Distributed at the door
 - Families with school aged children will receive a Boost Bag with additional food
 - Tuesday, Thursday, Friday 10am-2pm
 - Wednesday 2pm-6pm

Helplink

(231) 946-6278

helplinktc.karen@gmail.com

networksnorthwest.org/community/governments/poverty-reduction/helplink/

- Assistance with navigating all options for help
 - Connection with local area support networks
- Tuesdays & Thursdays 10am-3pm

Michigan Department of Education School Food program

(517) 241-5374

mde-sfsp@michigan.gov

- Locate area schools nearest your location
- providing food for students while school is closed

Northwest Coalition to End Homelessness

(844) 900-0500

Email: homeless@nmcaa.net

nwmichcoc.com

- Emergency assistance for anyone facing eviction

Northwest Community Action Agency

(231) 947-3780, (800) 632-7334

Nmcaa.net

- Emergency housing and budget assistance

Pantry.net

- Assistance locating all food pantries nearest your location, see below for some options

Food Pantry Information

ACTS	8925 M-72 East	231-267-3002	Appointments encouraged
Father Fred	826 Hastings Street	231-947-2055	T-F 10am-2pm, W 10am-7pm
Salvation Army	1239 Barlow Street	231-946-4644	M-F 9:30-11:30am, 1-3pm Call ahead
Christ Church	430 Fair Street	231-946-9451	M, W, F 11am-1pm
Grace Episcopal Church	341 Washington Street	231-947-2330	M, F 12-2pm Call between 9-11:30am
Kandu Island	3003 Garfield Road, Suite B	231-932-1590	T, Th 12:30-2:30pm Call ahead
St. Patrick Church	630 West Silver Lake Road	231-943-4633	T, Th 10am-noon Call ahead
Trinity Lutheran Church	1003 South Maple Street	231-946-2720	T-F 9am-4pm Call ahead

TBAISD Supplemental School Food Service Meal Schedule

tbaisd.org/services/communication-services/covid-19-coronavirus-information/

- Schools in the five-county Traverse Bay Area Intermediate School District region have released food service schedules and distribution plans. Hours of operation and distribution plans vary by school. Click this link for the complete list of [School Food Service Distribution Schedules](#).

Centers for Disease Control

Helpful information about how best to prevent the spread of COVID-19 and what to do if you think you have symptoms.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklist-household-ready.html>

Medical & Counseling Services

Psychology Today

psychologytoday.com/us/therapist

- Find a therapist in an area near you
- Search by location, area of need
- Some therapists provide tele mental health counseling
- Provides personal profiles for each provider
 - Contact information
 - Insurances accepted
 - Education & qualifications
 - Specialties
 - Patient age range

Traverse Health Clinic

(231) 935-0799

[Traversehealthclinic.org](https://traversehealthclinic.org)

- Comprehensive community health center
- Medical services; primary care, women's health, pediatric care
- Behavioral Health Counseling services
- Accept many different insurance, providers:
 - Medicare, Medicaid and sliding scale for uninsured or underinsured

Youth Health and Wellness Center

(231) 922-6416

Email: YHWC@gtchd.org

co.grand-traverse.mi.us/742/Youth-Health-Wellness-Center

- Child and adolescent health center
- Serves youth between the ages of 10 and 21
- Comprehensive community health center
- Medical services
- Counseling services

Tele Mental Health online counseling services

- Check with your insurance company for approved providers
- Access convenient counseling services from home

Online Resources

Anxiety & Depression Association of America

[Adaa.org](https://adaa.org)

- Comprehensive information for parents and educators supporting children with symptoms of anxiety and/or depression
- Searchable database for tele mental health professionals
- Many COVID-19 specific resources
 - adaa.org/finding-help/coronavirus-anxiety-helpful-resources
 - Sign-up for daily podcast email with information and tips for parents during COVID-19 pandemic

Child Mind Institute

[Childmind.org](https://childmind.org)

- A wealth of resources for parents and educators on a wide range of topics
- Specific supports during the COVID-19 pandemic
 - childmind.org/coping-during-covid-19-resources-for-parents
- Lots of resources, including activities, talking points for COVID-19, managing stress & fears, behavioral supports, and daily video posts to help support parents with children at home

Choose Love

[Jesselewischooselove.org](https://jesselewischooselove.org)

- A wealth of social-emotional supports for parents and educators
- Parent-based curriculum Pk-12 grade
- Daily LIVE podcasts weekdays at 12pm during the scheduled school closures
 - Geared towards adolescents & their parents

GoZen!

[Gozen.com](https://gozen.com)

- Is anxiety disrupting your child's happiness?
- Relieve anxiety with a unique animated program on **GoZen!**

Trails to Wellness

[Trailstowellness.org](https://trailstowellness.org)

- Incredibly helpful website for supporting people experiencing symptoms of anxiety and/or depression
- Utilized by GTA secondary counselors in skill-based group classroom setting
- Can be utilized as a self-help platform or for parents supporting children
- Curriculum is created by the University of Michigan Center for Depression

Zensational Kids

zensationalkids.com

- Two no-cost Zoom calls for parents
- Lots of resources for parents and educators under the Free Tools tab
- Helping children/adolescents by offering activities focused on:
 - breathing, movement, and mindfulness
 - reduce stress and worry
 - increase positive mindset
 - calm the nervous system
 - increase self-regulation, and much more!
- Fun activities

Local Counseling Resources

Adaptive Case Management & Counseling	715-8466
Bay Area Counseling LLC	933-4009
Catholic Human Services	947-8110
Child and Family Services of Northwest MI	946-8975
Dakoske-Phoenix Addiction Treatment.....	922-4804
Forest Lakes Counseling	946-4440
Lakeview Counseling	929-0300
People in Bloom Therapy Center	492-3170
Pine Rest Traverse City Clinic	947-2255
Mental Wellness Counseling	714-0282
Northern Lakes Community Mental Health	922-4850
Traverse Health Clinic.....	642-5813
Wedgwood Christian Counseling	922-2885
Vickie L. Green MA, LPC	943-0500
Rob Raetz, MA, LPC	947-3414
Karen Schultz, MA, LPC.....	935-4672

Psychology Today - www.psychologytoday.com/us/therapists to search a database of local therapists and sort based on your desired criteria

Crisis Intervention Services

Family Assessment & Safety Team (FAST)	833-295-0616 (CMH mobile version for crisis response)
Northern Lakes Community Mental Health	922-4850
(CMH) Munson	935-6333 (direct line to ER/ psych evaluation)
Third Level Crisis Center.....	922-4850
Suicide Intervention Hotline	1-800-273-TALK
Suicide Intervention Text Line	741-741