CENTER PROGRAMS

SUPPORT & DISCUSSION GROUPS
Affirmations’ Support & Discussion Groups are peer led and group driven support for any and all identities. Group names, descriptions, meeting dates and times are located on advertising materials in and around The Welcome & Resource Desk, and on our website.

Contact: Kathleen Redmon, Director of Programs, kredmon@goaffirmations.org

YOUTH LEADERSHIP AND DEVELOPMENT PROGRAM AND DISCORD
Leadership and Development: Sponsored by Flagstar Foundation, DeRoy, FCA Foundation, Ford Motor Company, General Motors, and the Walters Family Foundation, this is a 16-week, curriculum-based program that molds LGBTQ+ Youth, ages 12-22, into leaders by providing them with career development skills and advocacy tools. Topics include resume writing, interview skills, race and racism, mental health, self-care, safer sex, risk reduction, and much more.

Carl Rippberger Youth Drop-In Center: A safe space for youth ages 13-18 to engage their peers in networking, fun, and learning. The Youth Drop-In is open Fridays and Saturdays from 4-9 pm and is staffed by adult allies (volunteers). The Drop-In Center is equipped with an Xbox One, board games, foosball, Netflix, Disney+, and much more. *Closed due to COVID-19

Discord Channel: To replace the current absence of our on-site Youth Drop-In, Affirmations set up a DISCORD server. The Friday & Saturday 4-9 PM in-person option was replaced by this 24/7 access counterpart, for the duration of COVID restrictions. The youth are able to connect and express themselves in different themed “chat rooms” within our private server. This is offered to our youth ages 12-18 and is monitored by Affirmations’ staff and adult volunteers. For an invitation, please email Justin Bettcher at jbettcher@goaffirmations.org for information.

Contact: Justin Bettcher, jbettcher@goaffirmations.org

COUNSELING PROGRAM
We offer LGBTQ-affirming counseling services in a safe and welcoming environment for people of all cultures, ethnicities, sexual orientations, and gender identities. For individuals and couples age 18+ in Southeast Michigan. To Apply: www.goaffirmations.org/health-and-wellness/

Contact: Zoe Russick Steinfield, zsteinfield@goaffirmations.org

LGBTQ+ EDUCATION AND LEARNING LABS
Affirmations offers a variety of Diversity and Inclusion educational opportunities for center guests, businesses, high schools, and universities. D&I trainings are crafted to an organization’s specific needs and interests on any topic regarding LGBTQ+ identity and intersectionality. Offerings include LGBTQ+ 101, Intersectionality and Oppression, Coming Out, and Creating Safe Spaces.

Contact: Kathleen Remond, Director of Programs, kredmon@goaffirmations.org
SEXUAL HEALTH TESTING
Affirmations’ Center Partners offer FREE HIV & STI testing at the Center. Free condoms, lube & health education resources are also available. Calendar available online under the Health & Wellness services.
Contact: Kathleen Remond, Director of Programs, kredmon@goaffirmations.org

THE PITTMAN-PUCKETT GALLERY
Affirmations’ The Pittman-Puckett Gallery is an exhibition and performance space intended for the presentation of work by lesbian, gay, bisexual, transgender and allied artists. Available to established and emerging artists, especially those whose work speaks to or about the LGBTQ+ community, The Pittman-Puckett Gallery is a space for artists to exhibit and sell their work. For Information: info@goaffirmations.org

VOLUNTEER PROGRAM
Since 1989 we have remained committed to fostering community involvement through an active volunteer program. All prospective volunteers must attend Volunteer Orientation & Training and Adult Ally Training, complete the volunteer application, submit to and pass a background check and sign a Confidentiality Agreement, to be eligible for service with Affirmations.
To apply: www.goaffirmations.org/volunteer

PARTNER ORGANIZATIONS

OFFICES IN AFFIRMATIONS

HUMAN RIGHTS CAMPAIGN  www.hrc.org The HRC is a national LGBTQ advocacy organization that works to end discrimination against LGBTQ people and realize a world that achieves fundamental fairness and equality for all.

SAGE METRO DETROIT www.sagemetrodetroit.org SAGE Metro Detroit is a local affiliate of the national Services & Advocacy for GLBT Elders SAGE, the country’s largest and oldest organization dedicated to improving the lives of lesbian, gay, bisexual, and transgender older adults. Main Line: 734-681-0854 Email: info@sagemetrodetroit.org

TRANSCEND THE BINARY www.transcendthebinary.org Provides peer counseling, surgery consults, therapist referrals, insurance navigation, fitness/nutrition, HRT education, affirming doctors, and free syringes for transgender and non-binary individuals. Appointment Line: 248-533-0797 Email: consults@transcendthebinary.org

COMMUNITY PARTNERS

LGBT DETROIT  www.lgbtdetroit.org LGBT Detroit is a Detroit-based nonprofit organization whose mission is to increase awareness of and support for Detroit's dynamic LGBT culture through education and advocacy with integrity and pride. 20025 Greenfield Rd., Detroit, MI 48235 Main Line: 313-397-2127

Great Lakes Bay Pride (formerly Perceptions)  www.greatlakesbaypride.org Seeks to provide information, education, social events, and advocacy by and for the Queer and Ally community in the Great Lakes Bay area. P.O Box 1525 Midland Midland, MI 48641 Website: www.greatlakesbaypride.org Phone: 989-891-1429 Email: info@greatlakesbaypride.org
JIM TOY COMMUNITY CENTER  www.jimtoycenter.org  Exists to provide information, education, social events, and advocacy by and for the Queer and Ally community in the Washtenaw County area. JTCC welcomes all who support its mission to participate in its activities. 319 Braun Court, Ann Arbor, MI 48104  
Main Line: 734-995-9867

JACKSON PRIDE CENTER  www.jacksonpridecenter.org  Focuses on education and advocacy as well as providing resources to the LGBTQ population within the Jackson County area. 536 N. Jackson St, Jackson, MI 49201  
Main Line: 734-627-7570

OUTCENTER  www.outcenter.org  Mission is to provide LGBTQ+ people and their families with the services and support they need to feel safe and comfortable in their communities, while also working with local and state-wide groups to establish respect and understanding of LGBTQ+ people and bring equality home to Southwest Michigan. 132 Water St., Benton Harbor, MI 49022. Main Line: 269-934-5633

PFLAG  www.pflag.org  PFLAG’s mission is to build on a foundation of loving families united with LGBTQ people and allies who support one another, and to educate ourselves and our communities to speak up as advocates until all hearts and minds respect, value and affirm LGBTQ people.  
PFLAG Detroit: 248-656-2875; pflagdetroit@outlook.com; Family Reunion/Detroit: 313-286-8572; info@pflagdetroit.org
PFLAG Clinton Township: pflag.ct@gmail.com
PFLAG Plymouth/Canton: 734-358-8280; gbelvitch910@gmail.com
PFLAG Ann Arbor: 734-741-0659; info@pflagaa.org
PFLAG Port Huron: pflagporthuron@gmail.com
PFLAG Livingston County: 517-548-1807; livingstonpflag@aol.com
PFLAG Genesee County/Flint: 810-496-8302; pflagflint@yahoo.com

TRANS SISTAS OF COLOR PROJECT  Works to connect transgender women of color to resources and social supports in Metro Detroit, Flint and Saginaw. Advocates for transgender women of color at both local and state levels. Email: tsocproject@gmail.com
COMMUNITY RESOURCES

Key:

Chat: Helpline/Crisis Services  🌱: Physical Healthcare Services  🧘: Mental Healthcare Services

🏠: Housing Resources/Services  👘: Family and Children’s Services  📲: Legal Support Services

💉: HIV and/or STI Testing Services  🌐: Community Support/Discussion

_operational during COVID-19 Safety Protocols

ADOPTION/FOSTER

ENNIS CENTER FOR CHILDREN
Services include: post-adoption support, counseling, behavioral intervention, mental health support programs, reintegration. Open by appointment only.
Multiple Locations
Website: www.enniscenter.org

FAMILY SERVICE & CHILDREN’S AID
Assisting with equal opportunity counseling, foster care, adoption, substance abuse treatments, and other family services. Also offers to see clients virtually and have contact by phone.
330 W. Michigan Ave, Jackson, MI 49201
Phone: 517-787-7920 Website: https://strong-families.org/

METHODIST CHILDREN'S HOME SOCIETY
Mentoring, foster care, aftercare, transitional living, therapy, and adoption services.
26645 W Six Mile Road, Redford, MI 48240
Phone: 313-531-4060 Email: info@mchsmi.org Website: https://mchsmi.org/

ORCHARD'S CHILDREN SERVICES
Provides adoption, family care, and family preservation services. Utilizes alternatives to face-to-face contact.
Multiple Locations
Phone: 313-531-4060 Website: www.orchards.org

SAMARITAS
Lutheran adoption services and family support services. Alternative means of remote communication, such as
digital, phone, or video.
8131 E. Jefferson Ave, Detroit, Mi. 48214
Phone: 313-823-770 Email: info@samartias.org Website: www.samaritas.org

HELPLINE/CRISIS

NATIONAL SUICIDE PREVENTION LIFELINE 📞
24/7, free, and confidential support for individuals in distress and crisis recovery resources.
Phone: 800-273-8255
Website: www.suicidepreventionlifeline.org

AMERICAN INDIAN HEALTH & FAMILY SERVICES 📞
Integrates traditional Native American healing and spiritual practices with contemporary western medicine in both treatment and prevention in medical care, behavioral health care, community health and family wellness services. Offering COVID-19 testing Mon-Friday 8:30 am - 1 pm by appointment only. Offering COVID-19 phone triage & Information. Behavioral health services are currently done through telehealth sessions.
4880 Lawndale St., Detroit, MI. 48210
Clinic Phone: 313-846-6030 Website: www.aihfs.org

COMMON GROUND 📞
Crisis line, crisis residential unit for adults, victim assistance, and transitional youth shelter.
1200 N. Telegraph Rd., Bldg. 32E Pontiac, MI. 48341
Resource Center: 248-451-2600 24/7 Hotline: 800-231-1127 Website: www.commongroundhelps.org

FIRST STEP 📞
Organization that works to reduce incidents of domestic and sexual violence. Provides temporary emergency housing, 24/7 crisis line, referrals, and advocacy services. Many services are available through video or phone.
24/7 Helpline: 734-722-6800 Email: info@firststep-mi.org Website: www.firststep-mi.org

NEW OAKLAND FAMILY CENTERS YOUTH MOBILE CRISIS TEAM 📞
Serving youth ages 0-21 experiencing crisis. Counseling/psychological care, outpatient treatment, and family support services. Currently does not travel, crisis intervention is remote / telehealth.
Multiple Locations
24/7 Crisis Line: 877-800-1650 Non-emergency: 800-395-3223 Website: www.newoakland.org

TRANSGENDER MICHIGAN 📞
Crisis support, advocacy, education services, and outreach for transgender and gender non-conforming communities.
Helpline(s): 855-345-8464; (fax) 800-842-2954 Email: info@transgendermichigan.org
Website: www.transgendermichigan.org

TRANS LIFELINE 📞
Crisis line staff by trans-identified volunteers for transitioning or gender questioning callers.
24/7 Crisis line: 877-565-8860 Website: www.translifeline.org
THE TREVOR PROJECT
Crisis intervention and suicide prevention hotline and text services for LGBTQ youth ages 13-24.
24/7 Crisis line: 866-488-7386  text “Trevor” to 202-304-1200 Website: www.trevorproject.org

TURNING POINT
Provides emergency shelter, remote counseling, legal services, and other support services to victims of domestic violence and sexual violence.
Mailing Address: P.O. Box 1123, Mt. Clemens, MI. 48046
24/7 Crisis line: 586-463-6990 Non-emergency: 586-463-4430 Website: www.turningpointmacomb.org

HIV/STI/STD RESOURCES

ALL WELL BEING SERVICES
Provides primary care services, chronic disease management, HIV prevention, testing and treatment, mental health and substance abuse services, benefits enrollment, and senior living apartments. Sight or telehealth intake. Clinic hours of operation have changed to Tuesday and Thursday 9:00 am to 1:00 pm.
1423 Field St., Detroit, MI. 48214
Phone: 313-924-7860 Email: awbsdetroit@gmail.com Website: www.awbs.org

HEALTH EMERGENCY LIFELINE PROGRAM (HELP)
HELP can provide early intervention and other services to those impacted by HIV with medical treatment, case management, insurance navigation, housing assistance along with a variety of other medical and support services. Clinic hours 8:30 am – 5 pm, Monday – Friday. Telehealth Visits after 5 PM Tuesdays and Thursdays by Appointment.
1726 Howards St., Detroit, MI. 48216
Phone: 888-435-5655 Email: help@helpoffice.org Website: www.helpoffice.org

LINK-UP OAKLAND
A free, confidential service to help people who are living with HIV access medical care, transportation to medical providers, Insurance Enrollment, Nutritional Therapy and Counseling, Addiction Treatment, and other support services in Oakland County. Tele-visit services available. Clinic services currently by appointment only, call 248-858-1302.
Phone: 248-858-5416 Email: HIVservices@oakgov.com

LOCAL HEALTH DEPARTMENT
Your local city, county, or state health department will usually provide free HIV and STI/STD testing and treatment or treatment referrals. They may also provide immunizations and other preventive medical services.
City of Detroit: 313-876-4000
Macomb County: 586-465-8090
Oakland County: 248-424-7000
Wayne County: 734-721-7000
Washtenaw County: 734-544-6700

MATRIX HUMAN SERVICES
Ryan White HIV/AIDS program offers testing, medical referrals, insurance assistance, mental health services and primary care. Matrix MAC Health offers intensive, individualized counseling and HIV testing, safer sex trainings and patient support. HIV testing services available at Affirmations. Intakes are done via phone. Virtual support.
429 Livernois, Detroit, MI. 48201 HIV Testing hours: M-F 9:30a-4:30pm
Phone: 313-305-0311 MAC Health Phone: 313-831-1000 Website: www.matrixhumanservices.org Testing Phone:
PLANNED PARENTHOOD
Non-profit health organization that provides HIV and STD/STI testing and treatment services, vaccines, cancer screenings, primary care, mental health care, and other medical services. Telehealth virtual health care appointments available. Home service delivery, such as birth control, emergency contraception, and UTI treatment with Planned Parenthood Direct smartphone app.

Multiple Locations
**PP Michigan Phone:** 1-800-230-7526 **Email:** contact@ppmi.org
**Website:** www.plannedparenthood.org/planned-parenthood-michigan

UNIFIED
Offers testing, case management, counseling, medical and legal support, budget planning, emergency financial assistance, and medical transport. **HIV testing services available at Affirmations.** Some services are operating at limited capacity. Case managers available via phone and/or email.

**Detroit Location:** 3011 West Grand BLVD., Suite 230, Detroit, MI. 48202
**Phone (Detroit):** 313-446-9800 **Email:** info@miunified.org **Website:** www.miunified.org

**Jackson Location:** 211 West Ganson Street Suite 110, Jackson, MI 49201
**Phone (Jackson):** 517-780-3262 **Email:** info@miunified.org **Website:** www.miunified.org

**Ypsilanti Location:** 2287 Ellsworth Road Suite B, Ypsilanti, MI 48197
**Phone (Ypsilanti):** 734-572-9355 **Email:** info@miunified.org **Website:** www.miunified.org

MEDICAL

AMERICAN INDIAN HEALTH & FAMILY SERVICES
Integrates traditional Native American healing and spiritual practices with contemporary western medicine in both treatment and prevention in medical care, behavioral health care, community health and family wellness services. Offering COVID-19 testing Mon-Friday 8:30 am - 1 pm by appointment only. Offering COVID-19 phone triage & Information. Behavioral health services are currently done through telehealth sessions.

**4880 Lawndale St., Detroit, MI. 48210**
**Clinic Phone:** 313-846-6030 **Website:** www.aihfs.org

BE WELL MEDICAL CENTER
Primary Medical care center specializing in family medicine, skin rejuvenation, HIV Care & testing, and pharmacy. Telemedical visits available when appropriate.

**1964 W. 11 Mile Rd., Berkley, MI. 48027**
**Phone:** 248-544-9300 **Website:** www.doctorbewell.com

CORKTOWN HEALTH CENTER
LGBTQ friendly primary care medical space. Includes diagnosis and treatment, behavioral health, HIV testing and treatment, cancer screening and insurance assistance. Telehealth visits after 5 PM Tuesdays and Thursdays by appointment.

**1726 Howard St. Detroit, MI 48216**
**Phone:** 313-832-330 **Website:** www.corktownhealth.org

HENRY FORD TRANSGENDER HEALTH
The transgender healthworks team provides services such as hormone therapy, gender affirming surgery, PrEP
and HIV treatment, voice therapy, and referrals to medical and mental health care.

Multiple Locations
Main Phone: 800-436-7936
Online Contact: https://www.henryford.com/services/transgender-health/contact

POWERS FAMILY MEDICINE
LGBTQ affirming primary care facility and staff. Walk-in appointments currently not available, and office hours are for existing patients only. In-Person appointments Monday-Thursday 9 am – 4 pm. Virtual/Televisits Friday 9 am – 4 pm. COVID-19 testing Monday-Thursday, 9am - 4pm. Hours can vary during pandemic protocol.
Dr. William J. Powers, DO
23700 Orchard Lake Rd., Suite E, Farmington Hills, MI. 48336
Phone: 248-482-6222 Email: questions@powersfamilymedicine.com Website:www.powersfamilymedicine.com

RADICAL WELL BEING CENTER
Believes in the value of every individual, affirms lived experience, and recognizes the impact of stress, trauma, and oppression on people, our community, and our environment. Offers mental, spiritual, and physical well-being services. Virtual and in-person meetings with social distancing.
20411 W. 12 Mile Road., Suite 101 Southfield, MI. 48076
Phone: 866-703-1901 Website:www.radicalwellbeingcenter.com

PLANNED PARENTHOOD
Non-profit health organization that provides HIV and STD/STI testing and treatment services, cancer screenings, vaccines, primary care, mental health care, and other medical services. Telehealth virtual health care appointments available. Home service delivery, such as birth control, emergency contraception, and UTI treatment with Planned Parenthood Direct smartphone app.
Multiple Locations
PP Michigan Phone: 1-800-230-7526 Email: contact@ppmi.org
Website:www.plannedparenthood.org/planned-parenthood-michigan
Michigan Dental Association
Phone: 800-589-2632  Website: https://www.smilemichigan.com/

Try-County Dental Health Council
Referral agency of dental resources for people in need.
Phone: 248-559-7767  Website: http://www.dentalhealthcouncil.org/

University of Detroit/Mercy Dental School
Sliding scale program: 25-50% less than private dentists. They do not take referrals.
2700 Martin Luther King Jr. Blvd, Detroit, MI 48208
Phone: 313-494-6700  Website: https://dentalpatients.udmercy.edu/index.php

Detroit Mercy Orthodontics Clinic
Children under 16 only. $3335.00 flat fee.
Phone: 313-494-6731  Website: https://dentalpatients.udmercy.edu/clinics/index.php

Gary Burnstein Community Health Clinic
Free medical clinic in Pontiac offering dental care. Open Tuesday mornings and Thursday evenings.
Phone: 248-309-3752  Website: http://garyburnsteinclinic.org/

Family Health Clinic
Free health clinic in Dearborn that offers a variety of services.
Phone: 313-670-9943  Website: https://fhc.c-asist.org/free-dental/

Covenant Community Care
Federally qualified health clinics that offer dental care. It is not free.
5716 Michigan Ave, Detroit, MI 48210  Phone: 313-554-1095
20901 Moross, Detroit, MI 48236  Phone: 313-626-2600
Website: https://fhc.c-asist.org/free-dental/

Oakland Integrated Health Network
Sliding fee scale based on income.
816 Joslyn Ave., Pontiac, MI 48304
Phone: 248-758-1231  Website: https://honorcommunityhealth.org

HUDA Clinic
T, W, Th and Sat. 8:30 am - 2:00 pm.
13420 Woodrow Wilson, Detroit, MI 48238
Phone: 313-865-8446  Website: https://www.hudaclinic.org
MyCare
6900 10 Mile Road, Center Line, MI. 48015
Phone: 586-467-0980  Website: http://mycarehealthcenter.org/

Supertooth
23105 Van Dyke, Warren, MI.
Phone: 586-75-6888  Website: https://supertooth.com/

Michigan Donated Dental Services
Apply on website. Provides donated dental treatment to the elderly, chronically ill, and those with disabilities.
Phone: 517-34-9455  Website: http://www.smilemichigan.com/resources/michigan-donated-dental-services

Malta Medical and Dental Clinic
Services include dental-oral surgery, extractions, dentures, and medical services. Free or low cost.
8642 Woodward Ave., Detroit, MI. 48202
Phone: 313-894-2240  Website: http://www.maltaclinic.org  Email: info@maltaclinic.org

Oakland County Discount Dental Program
For Oakland County residents, no dental insurance, verifiable income. Registration fee of $15, visit fee of $15 per appointment. Co-pay depends on income.
Phone: 248-858-1306  Toll Free Phone: 888-350-0900 x 813-6
Website: https://www.oakgov.com/health/services/pages/dental.aspx
Dental Hygiene Clinics: Oral examinations, nutritional assessments, x-rays, oral hygiene instructions, dental cleanings, periodontal scaling and application of fluoride and dental sealants. Care is provided by students under the direct supervision of licensed dentists and hygienists.

Baker College of Clinton Township
34401 S. Gratiot, Clinton Twp., MI.
Phone: 586-790-5238  Website: https://www.baker.edu/about/get-to-know-us/news/baker-college-offers-low-cost-dental-hygiene-services

Wayne County Community College
8200 W. Outer Dr., Detroit, MI. 48219
Phone: 313-943-4009
ACLU OF MICHIGAN
National and state-wide organization that provides legislative and legal advocacy for individuals and organizations. Advocates on issues of freedom of speech, religion, and privacy, as well as provides representation for discrimination including race, gender, and sexual orientation.
2966 Woodward Ave., Detroit, MI. 48201
Phone: 313-578-6800 Email: info@aclumi.org Website: www.aclumich.org

BASSETT LAW
Provides legal services, LGB & Transgender Law, Assisted Reproduction law.
2045 Hogback Rd, Ann Arbor, MI 48105
Phone: 734-930-9200 Email: reception@bassettlaw.com Website: www.bassettlaw.com

COMMON GROUND
Provides a free, open to the public legal clinic where Michigan residents can receive free consultations and legal referrals. Available by phone.
1200 N. Telegraph Rd., Bldg. 32E Pontiac, MI. 48341
Resource Center: 248-451-2600 24/7 Hotline: 800-231-1127 Website: www.commongroundhelps.org

DANI WOODS: DETROIT POLICE LGBTQ LIAISON OFFICER
Officer Dani Woods serves as the liaison from the Detroit Police department to the LGBTQ community.
1301 Third Avenue, Suite 7. Detroit, MI. 48226
Phone: 313-596-2520 Email: woods666@detroitmi.gov

EQUALITY MICHIGAN
Provides support for victims and survivors of anti-LGBTQ and HIV positive discrimination and crime.
19641 W. 7 Mile Rd., Detroit, MI. 48219
Phone: 866-962-1147 Email: report@equailitymi.org Website: www.equailitymi.org

FAIR MICHIGAN
Advocacy, outreach, and education for LGBTQ civil rights in Michigan. Can provide legal services or referrals.
645 Griswold Ave. Suite 4300, Detroit, MI. 48226
Phone: 313-556-2300 Email: info@fairmichigan.org Website: www.fairmichigan.org

MICHIGAN CRIME VICTIM SERVICES COMMISSION
The Crime Victims Compensation program can provide limited financial assistance to innocent people who are harmed by a crime in the State of Michigan who are in financial hardship.
320 South Walnut St., Lansing, MI. 48913
Phone: 517- 373-7373 Website: www.michigan.gov/crimevicitms

NEIGHBORHOOD LEGAL SERVICES
Provides legal services, financial assistance, housing relocation, stabilization services, rental assistance, children's resources, and senior focused legal services. Remote service optional.
7310 Woodward Ave, Suite 301., Detroit, MI. 48202
Phone: 248-764-8584 Website: www.nlsmichigan.org

SHELTON & DEON LAW GROUP
LGBTQ friendly law firm handling divorce, family, adoption, estate planning, business, and real estate issues.
612 E. 4th St, Royal Oak, MI 48067
Email: mkd@sheltondeonlaw.com Website: www.sheltondeonlaw.com
COMPREHENSIVE WOMEN’S HEALTH
Comprehensive obstetrical, gynecological, and contraceptive care and services. Only allowing patients into the office for appointments. The only exception is for fetal ultrasounds, for which patients will be allowed to bring their significant other only.
1157 S. Adams Rd., Birmingham, MI 48009
Phone: 248-236-0840  Website: https://www.comprehensivewomenshealth.net/

LIVE LIGHT DOULA
Free consultations, prenatal visits, labor & breastfeedings, postpartum assistance, and more. Doula Christie Spudoski. Services have virtual / remote options.
Phone: 586-215-4688  Email: livelightdoula@gmail.com  Website: https://www.livelightdetroit.com/

MICHIGAN REPRODUCTIVE MEDICINE
Personalized care for a variety of reproductive medicine services such as IVF, Egg freezing, egg/sperm donations and other services. Telemedicine services offered.
41000 Woodward Ave. Ste. 100 East Bloomfield Hills, MI 48043.
Phone: 248-593-6990  Email: info@mireproductivemedicine.com
Website: www.MiReproductiveMedicine.com

PARTRIDGE CREEK OBSTETRICS AND GYNECOLOGY
Comprehensive obstetrical, gynecological, and contraceptive care and services. Telehealth visits optional.
19991 Hall Rd., Suite 105, Macomb Township, MI 48044
Phone: 586-247-8055  Website: www.partridgecreekobgyn.com

SHAWNA QUEEN
Doula and Childbirth education providing birth, post-partum and other services. Temporarily only offering private childbirth classes digitally.
Phone: 313-949-3311  Website: www.shawnaqueen.com

TOBACCO CESSIONATION

LGBT DETROIT
Detroit based nonprofit that provides a variety of resources to the LGBT community including the Breaking the Cycle Tobacco Cessation program. Programming is currently completely digital.
20025 Greenfield Rd., Detroit, MI. 48235
Phone: 313-397-2127  Website: www.lgbtdetroit.org

MICHIGAN TOBACCO QUITLINE
LGBTQ friendly tobacco cessation assistance helpline.
Helpline: 800-784-8669
MENTAL HEALTH

ALOE INTEGRATIVE PSYCHOLOGY GROUP
Under the supervision of Dr. Nicole Law, Calli Johnson provides low-cost or sliding-scale therapy to the LGBTQIAP+ community. Calli can work with a variety of issues including identity affirmation, trauma, anxiety, depression, adjustment, self-injury and sizeism and is knowledgeable about the fields of polyamory and kink as well.
2490 Walton Blvd, Rochester Hills, MI 48309
Phone 248-218-0622  Website: https://www.aloepsychology.com/our-group/calli-johnson

ANTONIA CARETTO, Ph.D., PLLC
25882 Orchard Lake Rd., Suite 201. Farmington Hills, MI. 48336
Phone: 248-553-9053

BIRMINGHAM MAPLE CLINIC
Individual, relationship, and sexual therapy services available. Remote service via telephone and ZOOM conferencing for individual, couples, family and group sessions.
2075 West Big Beaver Road, Suite 520, Troy, MI 48084
Phone: 248-646-6659  Website: www.birminghammaple.com

CYNTHIA J. MACLEOD PsyD, PC
195 W. 9 Mile Rd.,Suite 103b, Ferndale, MI. 48220
Phone: 248-497-3921

CHANGING ECHOS, LLC : MEGAN HART MA LLP, CAADC
Megan Hart is a limited licensed psychologist, certified advanced alcohol and drug counselor and owner/operator of Change Echos, LLC, outpatient psychotherapy services. She earned her Masters degree in Clinical Psychology, with concentration in Addiction Studies from the University of Detroit Mercy. Megan has substantial experience working with both children/adult treatment populations; and adheres to a trauma informed model of care. Remote services available.
Phone: 586-764-6838

FENTON & ASSOCIATES
Dr. Ronald Fenton specializes in clinical psychology, addiction psychiatry, and more. In person is preferred, but remote services available.
39949 Garfield Rd, Suite C, Clinton Township, MI. 48038
Phone: 586-286-5870  Email: drfentonandassociates@yahoo.com

KADIMA MENTAL HEALTH SERVICES
Therapy for those with chronic mental health issues, and dual diagnosis. Remote / Telehealth services available.
15999 W. 12 Mile Rd, Southfield, MI 48076
Phone: 248-559-8235  Email: info@kadimacenter.org  Website: www.kadimacenter.org

JAMES KARAGON, LMSW
555 Brush St #2406, Detroit, MI 48226
Phone: 313-962-4075

JOY CAVANAUGH, MA, LBSW, LPC
Telehealth available.
524 E. 4th St., Royal Oak Mi. 48067
LIA JAMERSON, MA, LPC, NCC
Phone: 248-385-2320 Email: liajamerson@dayspringvision.org

MARIANNE CARNIAK, MS, TLLP
Phone: 248-420-6742 Email: mcarniak@gmail.com

MATT SWEET, MSW, PC
Specializing in anxiety, depression, sexual compulsion and sex therapy, abuse recovery, HIV/AIDs, polyamory/non-monogamy, and more. Remote therapy available.
Phone: 248-930-2137 Website: mattsweet.com

OAKLAND MEDIATION CENTER
Provides conflict resolution and education services that are quite affordable and quickly empower community members, families, businesses, courts and schools to resolve conflict. All mediation is conducted remotely over Zoom.
550 Hulet Dr #102, Bloomfield Hills, MI 48302
Phone: 248-338-4280 Website: https://mediation-omc.org/

RADICAL WELL BEING CENTER
Believes in the value of every individual, affirms lived experience, and recognizes the impact of stress, trauma, and oppression on people, our community, and our environment. Offers mental, spiritual, and physical well-being services. Offers both virtual and in-person meetings with social distancing.
20411 W. 12 Mile Road., Suite 101 Southfield, MI. 48076
Phone: 866-703-1901 Website: www.radicalwellbeingcenter.com

RESIDENTIAL RECOVERY RESOURCE CENTER
Offers therapy group therapy, art therapy, yoga, 12 step programs as well as additional resources. Both virtual and in-person meetings are available.
27700 Gratiot Ave, Roseville, MI 48066
Phone: 586-217-5899 Website: https://www.liveritestructuredcorp.com/resources/rrrc

SIMONE R. MARION, PhD., MHC, LLPC
24209 Northwestern Hwy., Suite 258, Southfield, MI. 48075
Phone: 313-265-3645

TANDY JURGENSEN, LLPC, MICHIGAN REHABILITATION SERVICES
Offers vocational rehabilitation, which is done remotely.
5111 Woodward Ave, Suite 4D., Pontiac, MI. 48343
Phone: 248-972-9168

THE CENTER FOR RELATIONSHIP AND SEXUAL HEALTH
Individual, relationship, and sexual therapy services available. Telehealth available.
25600 Woodward Avenue, Suite 215. Royal Oak, Mi. 48067
Phone: 248-399-7447 Email: OfficeMgr@crsh.com Website: www.CRSH.com

WELCOME INN DAY CENTER (Seasonal Dec-Mar)
Services include meals, transportation, clothing, medical care, mental health support, rehab programs, support & recovery groups, and shelter. All guests must have a negative COVID-19 test that is not more than 24 hours old. Check website for availability.
Mental Health and Wellness Clinic, Wayne State University College of Education

Services include individual mental health counseling, couples and group counseling, career counseling and art therapy. All sessions will be offered either via telephone (voice only), cell phone Facetime (iPhones only), or Zoom (video conferencing).

Website: go.wayne.edu/mhawc Email: mhawc@wayne.edu Counseling and Art Therapy: 313-557-1681
Counseling and School Psychology: 313-557-8744

JACKSON DALY, MSCP, LLPC
Professional Counselor
550 S. Saginaw St., Lapeer, MI 48446
Phone: 732-608-4674 Email: jacksondaly1390@gmail.com
Website: https://www.psychologytoday.com/us/therapists/jackson-daly-lapeer-mi/771500

PHARMACY

CROWN PHARMACY
Pharmacy that specializes in HIV and cancer drugs. Open weekdays 10 AM – 6 PM, except for Wednesday which is open till 5 PM. Free medication delivery.
24401 Plymouth Rd., Redford, MI 48239
Phone: 313-532-3784 Email: crownpharmacy1@aol.com

FERNDALE FAMILY PHARMACY
Offers free delivery. Open Mon-Fri: 9:30 AM – 6:00 PM. Sat: 10 AM – 2 PM.
753 W. Nine Mile Rd., Ferndale, MI 48220
Phone: 248-565-8031 Email: info@ferndalefamilypharmacy.com Website: Ferndalefamilypharmacy.org

MEDCART PHARMACY
Prescription pickup or delivery.
1964 W. 11 Mile Rd. Berkley, MI
Phone: 734-762-6660 Website: www.medcartpharmacy.com

SRX SPECIALTY CARE PHARMACY
Medication delivery. Open Mon-Fri: 9:00 AM – 6:00 PM.
3412 W 13 Mile Rd. Royal Oak, MI 48073
Phone: 248-607-3110 Email: info@srxcares.com Website: www.srxcares.com

WRIGLEY’S PHARMACY
LGBTQ friendly pharmacy. All insurances accepted. Provides free prescription pickup & delivery. Open weekdays 9 AM – 6 PM, and Saturday 10 AM – 2 PM.
14100 Woodward Ave., Highland Park, MI 48203
Phone: 313-867-5000
ALCOHOLICS ANONYMOUS (AA)
AA Brownbaggers group takes place both virtually and in-person. For more information on all recovery groups made available through the Center, please visit https://goaffirmations.org/support-and-discussion-groups/. For link and password, please email info@goaffirmations.org
Website: www.aa.org

CRYSTAL METH ANONYMOUS (CMA)
CMA Crystal Clean group takes place both virtually and in-person. For more information on all recovery groups made available through the Center, please visit https://goaffirmations.org/support-and-discussion-groups/. For link and password, please email info@goaffirmations.org
Website: www.crystalmeth.org

NARCOTIC ANONYMOUS (NA) METRO DETROIT REGIONAL
NA Diversity group takes place both virtually and in-person. For more information on all recovery groups made available through the Center, please visit https://goaffirmations.org/support-and-discussion-groups/. For link and password, please email info@goaffirmations.org.
Helpline: 248-543-7200; 877-338-1188 Website: www.michigan-na.org

Narcotics Anonymous (NA) LGBTQ group that takes place at Residential Recovery Resource Center every Sunday at 5pm.
Residential Recovery Resource Center
27700 Gratiot Ave, Roseville, MI 48066
Phone: 586-217-5899 Website: https://www.liveritestructuredcorp.com/resources/rrr

Start Your Recovery
Offers people who are dealing with substance use issues a single source of reputable, objective information about signs, symptoms, conditions, treatment options, and resources — presented in a user-friendly format and in language that's easy to understand.
Website: StartYourRecovery.org

WELCOME INN DAY CENTER (Seasonal Dec-Mar)
Services include meals, transportation, clothing, medical care, mental health support, rehab programs, support & recovery groups, and shelter. All guests must have a negative COVID-19 test that is not more than 24 hours old. Check website for availability.
1717 W. 13 Mile Rd., Royal Oak, MI 48073
Main Line: 248-850-3219 Email: WelcomeInnSOCH@gmail.com Website: http://www.sochwi.org/

DETOX CENTERS

ADVANCE RAPID DETOX
Services include 3-day detox services under sedation.
461 W. Huron St. Pontiac, MI 48341
Phone: 800-603-1813 Email: info@advancedrapiddetox.com Website: www.advancedrapiddetox.com

RAPID DRUG DETOX CENTER
Services include anesthesia-assisted opiate detoxification, Naltrexone Therapy, and lodging.
5130 Coolidge Hwy, Suite 250, Royal Oak, MI 48073
SACRED HEART
Services include detoxification, residential inpatient services, women's specialty care, and outpatient therapy.
1400 East 12 Mile Rd, Madison Heights, MI 48071
Phone: 248-658-1116
Website: www.sacredheartcenter.com

SHELTER/HOUSING

ALTERNATIVES FOR GIRLS
Services include shelter, counseling, life-skills training, outreach, walk-in center, and crisis line. Open weekdays 9 AM – 5 PM.
903 W. Grand Blvd., Detroit, MI 48208
Main Line: 313-361-4000 Crisis Line: 888-234-3919 Email: resourcecenter@alternativesforgirls.org
Resource Center: 313-461-4000, ext. 295
Resource Center Hours: Mon – Sun: 9 AM – 9:30 PM
Website: www.alternativesforgirls.org

COMMON GROUND
Services include 24/7 crisis hotline/text/chat, sexual-assault empowerment groups, loss support groups, and legal clinic. Active programming at the Resource and Crisis Center includes: crisis stabilization, sober support and crisis residential services.
1200 N. Telegraph Rd., Bldg. 32 E Pontiac, MI 48341

COMMUNITY HOUSING NETWORK
Non-profit housing resource center that provides home buying/renting workshops, financial education, and the Home Ownership Program for low-income households.
570 Kirts Blvd., Suite 231, Troy, MI 48084
Housing Resources Center: 248-269-1335 Main Line: 248-928-0111
Website: www.communityhousingnetwork.org

FREEDOM HOUSE (adult)
Services include free legal aid, shelter, ESL training, medical/mental health care, and job services for refugees and asylum seekers.
2630 W. Lafayette Blvd., Detroit, MI 48216
Mainline: 313-964-4320 Website: https://freedomhousedetroit.org/

HOPE WARMING SHELTER
Services include adult shelter offering medical, housing, and employment support. ID, Sobriety, and Background Check NOT REQUIRED. You have to call/sign up to get a bed, no longer walk-in.
249 Baldwin Ave, Pontiac, MI 48342
Website: http://www.hopewarmingpontiac.org/ Adult Shelter: 248-499-7345
NEIGHBORHOOD LEGAL SERVICES
Provides legal services, financial assistance, housing relocation, stabilization services, rental assistance, children's resources, and senior focused legal services.
7310 Woodward Ave, Suite 301, Detroit, MI 48202
Phone: 248-764-8584 Website: www.nlsmichigan.org

OZONE HOUSE (Youth 13-20)
Provides drop-in services, runaway services, emergency shelter, crisis lines, counseling, job training as well as support for homeless, runaway and at-risk youth+LGBTQ. Drop-In Center is appointment only. Some services may be on hold or limited to comply with COVID safety protocol, contact for more information. Food and personal hygiene items are available on the front porch at 102 N. Hamilton in downtown Ypsilanti.
Drop-in Center: 102 N. Hamilton, Ypsilanti, MI 48197  Youth Shelter: 1705 Washtenaw, Ann Arbor, MI 48104
Crisis Line: 734-662-2222 Mainline: 734-662-2265

RUTH ELLIS (youth)
Services include residential beds, drop-in center, health and wellness center, case management, and educational/job services for homeless and at-risk LGBTQ+ youth. Volunteer projects, and in-person meetings are canceled until further notice.
77 Victor St., Highland Park, MI 48203
Drop-In Center: 313-867-6936
Residential Facility: 313-252-1950
Health and Wellness Center: 313-365-3326
Website: https://www.ruthelliscenter.org/

WELCOME INN DAY CENTER (Seasonal Dec-Mar)
Services include meals, transportation, clothing, medical care, mental health support, rehab programs, support & recovery groups, and shelter. All guests must have a negative COVID test that is not more than 24 hours old. Check their website for availability.
1717 W. 13 Mile Rd., Royal Oak, MI 48073
Main Line: 248-850-3219  Website: http://www.sochwi.org/

DOMESTIC VIOLENCE SHELTERS

FIRST STEP
Services include temporary emergency housing, 24/7 helpline, domestic violence and sexual assault advocacy, and assault response. Many services are available through video or phone.
Helpline: 734-722-6800; 888-453-5900 Email: info@first-step-mi.org Website: www.firststep-mi.org

HAVEN
Services include a 24-hour emergency shelter (animal friendly), counseling services, assault response teams, support groups, and Personal Protection Orders. Services have remote options.
Phone: 877-922-1274; 248-334-1274 Website: www.haven-oakland.org

TURNING POINT
Provides domestic violence centered services such as emergency shelter housing, forensic examination, Legal Aid/PPO, counseling and advocacy, and children/teen services. All counseling sessions are available via phone. Personal Protection Office services are available only by phone (586-469-7494).
24/7 Crisis Line: 586-463-6990  Counseling: 586-463-4430 Website: www.turningpointmacomb.org
**TRAN TRAN SERVICES**

**FtM DETROIT**
Community-based group for transmasculine identified people that partake in social gatherings, support groups, and activism projects. Discussion groups are held every 2nd and 4th Wednesdays at 7 pm, https://us02web.zoom.us/j/5683807337 is the link and the Meeting ID is 713 420 8861.  
Facebook/Twitter/Instagram: @ftmdetroit Email: ftmdetroit@gmail.com

**GENDER-IDENTITY NETWORK ALLIANCE (GNA)**
Services include social advocacy, community education, and events.
Website: www.gnausa.org  
Facebook: Gender Network Alliance Email: michellefp@gnausa.org

**HENRY FORD TRANSGENDER HEALTH**
The transgender healthworks team provides services such as hormone therapy, gender affirming surgery, PrEP and HIV treatment, voice therapy, and referrals to medical and mental health care. Visitor restrictions based on hospital location.  
Multiple Locations
Phone: 800-436-7936 Online Contact: https://www.henryford.com/services/transgender-health/contact

**STAND WITH TRANS**
Services include virtual support groups, transition resources, events, and ALLY hotline.  
Email: roz@standwithtrans.org Website: www.standwithtrans.org

**TRANSCEND THE BINARY**
Trans focused community organization that provides peer counseling, surgery consults, therapy referrals, insurance navigation, fitness/nutrition guidance, HRT education, affirming doctor referrals, and free syringes.  
Telehealth / video chat sessions available.  
Phone: 248-533-0797  
Email: info@transcendthebinary.org Website: www.transcendthebinary.org

**TRANSGENDER MICHIGAN**
Services include helpline, advocacy, and community education.  
Helpline: 855-345-8464; 800-842-2954  
Email: info@transgendermichigan.org Website: www.transgendermichigan.org

**TRANS SISTAS OF COLOR PROJECT**
Community group for trans women of color that provides resources, support, and advocacy services.  
Email: tsocproject@gmail.com Facebook: Trans Sistas of Color Project – Detroit

**TRANS LIFELINE**
24/7 hotline staffed by Trans-identified volunteers for crisis support and transitioning /gender-questioning resources.  
24/7 Crisis Line: 877-565-8860 Website: www.translifeline.org
UMHS COMPREHENSIVE GENDER SERVICES PROGRAM
Healthcare program run by the University of Michigan that provides primary medical care, hormone therapy, mental health care, and other transition services. Intake is in person, follow up mental health care is done remotely.

2025 Traverwood Dr., Suite A. Ann Arbor, MI. 48105
   Phone: 734-998-2150 Email: um-cgsp@umich.edu   Website: www.med.umich.edu/transgender

ADDITIONAL RESOURCES

DETOUR REGIONAL LGBT CHAMBER OF COMMERCE
Advocates for inclusion of all people, espically the Lesbian, Gay, Bisexual, Transgender, + Ally Business Community in South East Michigan. Our Chamber believes including diverse cultural groups creates a wealth of knowledge and robust product/service creation. Recognizing our differences can organically create innovations in enterprise. Connecting our LGBT members to a strong base of ally partners and corporate support; we provide real growth opportunities for all businesses in the region.
   Website: www.detroitlgbtchamber.com

GLTB NATIONAL HELP CENTER
Hotline that refers callers to LGBTQ friendly resources in the caller’s area and maintains an online data base of LGBTQ friendly resources.
   Hotline: 888-843-4564   Youth: 800-246-7743 Email: help@glbthotline.org   Website: www.glbthotline.org

METRO DETROIT GAY AND LESBIAN SOFTBALL LEAGUE LOCAL
The Metro Detroit Gay and Lesbian Softball League is celebrating its 25th season this year. Games are played in Rochester Hills every Sunday from May 2 - August 22. We offer different skill levels for all ball players, whether you are a starter or you tried out for the Detroit Tigers.
   Mailing Address: P.O. Box 20215, Ferndale, MI 48220   Administration: 586-945-4029
   Website: www.mdsl.org

PRIDE SOURCE
   Website: www.pridesource.com

RAD REMEDY
Contacts trans, gender non-conforming, intersex, and queer folks to LGBTQ affirming resources.
   Website: www.radremedy.org   Facebook: https://www.facebook.com/radremedy/

HWAN STRINGS
Detroit-based provider of live music (solo, duo, trio, string quartet) for private & public special events, and of private music instruction including cello & violin lessons traditional or Suzuki, music theory, song-writing & composition, and music technology, either in-person or online, and accepting all students ages 3+

CHAEWON HELGE
B.M. Indiana University
M.M. Western Michigan University
D.M.A. University of Oklahoma (ABD)
OLDER ADULT/SENIOR RESOURCES

AE HOMECARE
Provides coordinated care for senior adults including respite care, housekeeping, meal prep, personal care and companionship.
275 E. Big Beaver Rd Suite 109, Troy, MI
Main Line: 248-601-0777 Email: andrew.green@vidaseniorresource.com
Website: http://www.aehomecareco.com/

ALZHEIMER'S ASSOCIATION
Provides Family support and resources to those with dementia and alzheimer's disease. Offers some virtual services & support.
25200 Telegraph Suite 100, Southfield, MI 48033
Main Line: 800-272-3900 Email: helplinegmc@alz.org Website: www.alz.org/gmc

AREA ON AGING 1-B
Services Oakland, Monroe, Macomb, Livingston
Services and Resources for Seniors Programs, resources and services from the AAA 1-B support older adults and help them live safely and comfortably at home. Offers virtual events & programs.
29100 Northwestern Hwy, Southfield, MI 48034
Main Line: 800-852-7795 Website: www.aaa1b.org

COMFORT KEEPERS (Oakland & Wayne Counties)
Provides coordinated services for seniors that include dementia care, respite care, housekeeping, nursing services, assisted living, mental health services and more.
Main Line: 248-957-9717 Website: www.comfortcarepartners.com

LAJOY GROUP/HOME HEALTHCARE
Services in Wayne, Macomb, Oakland, and Washtenaw Counties
Provides coordinated care for senior adults including respite care, housekeeping, personal care and limited transportation.
Main Line: 734-259-7626 Email: mkalish@lajoygroup.com Website: https://www.lajoygroup.com