

RESOURCE GUIDE

If you are staring at tough choices, go to findhelp.org. Type in your zip code—get connected with **local food banks, free groceries, and emergency aid**. It works in every city. No strings. Just help. Very helpful and easy to use.

If you need help with utilities, housing, food, clothing and household goods, transportation, contact mi211.org or dial 2-1-1

This is free, confidential and supportive.

Available 24 hours a day - 7 days a week - 365 days a year.

Food Bank Council of Michigan www.fbcmich.org

Locate nearby food banks and other hunger relief programs available in your community.

You can also call the F.O.R. (food and other resources) Helpline

For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call **1-888-544-8773**

Helpline is available Monday - Friday 8:30 a.m. - 5 p.m.

Available to all 83 counties of Michigan.

Gleaners Community Food Bank

Feeding people and nourishing lives in Southeast Michigan.

Gleaners Community Food Bank exists to provide households with access to sufficient nutritious foods and related resources

gcfb.org

Area Agencies on Aging (AAA)

Seniors, adults with disabilities, and aging caregivers may be eligible for home-delivered meals and/or nutrition sites at community centers. To find out if you are eligible, contact your local AAA at www.4ami.org/members or call **517-886-1029**.

Center for Independent Living, www.dnmichigan.org/cils/

People with disabilities and their families can contact the local Center for Independent Living (CIL) for Information and Referral (I&R) services. I&R services connect you to the community resources available in your area.

This institution is an equal opportunity provider

For help in locating a Food Pantry visit pantrynet.org

- **Zion Lutheran Food Pantry:** 143 Albany, Ferndale. 3rd Wednesday of each month. 9:00 a.m. - 10:30 a.m. No appointment needed. Emergency food is also available upon request.
- **Open Hands Food Pantry at St. John's Episcopal Church:** 26998 Woodward, Royal Oak (11 Mile and Woodward) 1st and 3rd Saturdays 8:30 a.m. - 10:00 a.m. Drive through - weather permitting. openhandspantry.org
- **Berkley Cares Food Pantry at Berkley First United Methodist Church:** 2820 W. 12 Mile Road, Berkley. 2nd and 4th Saturdays 10:00 a.m. - 11:30 a.m. Pre-registration is required - berkleycaresfoodpantry.com 248-907-0723. At Berkley Cares Food Pantry, we aim to help our neighbors meet their food needs, one care box at a time.
- **Renaissance Vineyard Church:** 1841 Pinecrest Dr., Ferndale. 1st and 3rd Mondays 4 p.m. - 6 p.m. call 248-545-4664 ext. 2. An appointment is required.
- **Oakland County Health Department:** Southfield >27725 Greenfield Rd, Southfield, MI 48076. DRIVE UP ONLY.
- **Lighthouse of Oakland County at St. David's Episcopal Church:** 16200 Twelve Mile Rd., Southfield 248-920-6100. Hours are: Monday, Wednesday and Friday 9AM - 12PM. DRIVE TROUGH distribution; Please stay in your vehicle.
- Looking for kosher food - **Yad Ezra:** 2850 W. 11 Mile Road, Berkley. Please contact them to verify any requirements and client pick-up times. 248-548-3663 www.yadezra.org.
- **Ferndale First United Methodist Church:** 22331 Woodward Ave., Ferndale. Mission: To help the hungry, the homeless and those in need. We provide hot lunches and a sack meal to go every Monday, Wednesday and Friday from 1:00 pm until 2:30 pm. There is also a clothes closet and incontinence items are also available.
- **Gracious Savior Community Food Pantry:** 19484 James Couzens, Detroit, MI. Call 313-634-1311 to register. First and Third Thursdays from 11:00 a.m. - 1:00 p.m. Services the needs of the residents of the City of Detroit and surrounding areas. Must have proper ID and be at least 18 years old. GSLCPantry@gmail.com
- **Woodward Outreach:** email woodwardoutreach@gmail.com 313-883-9376

Little Free Food Pantries

littlefreepantry.org

- Oak Park Gifting Little Pantry, 23400 Seneca, Oak Park, MI daily 9 a.m. - 7 p.m.
- Little Free Pantry on Planavon St., 2126 Planavon St., Ferndale, MI (between W. Lewiston & W. Cambourne St.)
- Mrs. Norris Memorial Little Free Library on Hyland Street, Ferndale, MI *Please note: This free library has temporarily been converted into a tiny pantry.*
- Renaissance Vineyard Church, 1841 Pinecrest Dr., Ferndale, MI
- Ferndale First United Methodist Church, 22331 Woodward Ave., Ferndale, MI
- Berkley First United Methodist Church, 2820 W. 12 Mile Road, Berkley, MI (between the Church and the Berkley Post Office)
- Greenfield Presbyterian Little Free Pantry, 2312 Greenfield Rd., Berkley, MI
- Brightmoor Connection Food Pantry, 20740 Grand River Ave., Detroit, MI 48219 313-740-7688 brightmoorconnection.org
- Madison Heights Food Pantry, 1529 E. 12 Mile Road, Madison Heights, MI 48071 madisonheightsfoodpantry.org
- Hazel Park Take it or Leave it Pantry, 569 E. Mapledale, Hazel Park, MI. This is a small pantry in a yard. Anyone can take what they need and leave what they can. Items are always changing.
- Forgotten Harvest, 15000 W. 8 Mile Road, Oak Park, MI 48237; 248-967-1500 forgottenharvest.org
- On W. Saratoga between Central & Republic in Ferndale.

Housing Assistance/Shelters:

- Welcome Inn – Covenant Presbyterian Church <http://www.sochwi.org/> 21575 W. Ten Mile Rd., Southfield MI 48075 248-677-8757.
 - Open as of Nov 17th - the only 'low-barrier' wintertime day-center in South Oakland County.
- South Oakland Shelter <https://southoaklandshelter.org/what-we-do/> 18505 W. 12 Mile Rd. , Lathrup Village MI 48076 More Info on Back 248-809-3773
 - Men, women and children. Call after 10am Sun. – Fri. to check bed availability
- For Detroit, Hamtramck, and Highland Park
 - If you are experiencing homelessness and need to get help, the process begins with contacting CAM (313) 305-0311
- Detroit - Pope Francis Center
 - Day Center Location: 438 Saint Antoine Street, Detroit, MI 48226. Open Monday-Saturday from 7am – 11am
 - Offer two nutritious meals per day and access to hot showers, restrooms, hygiene items, laundry services, mail services, and housing assistance. Guests also receive free medical, dental, and legal support through rotating clinics at the Center.
 - We serve anyone who seeks our support. We do not require identification, paperwork, or screening for drugs or alcohol. (Please note that within the Center, however, violence and drug use are strictly prohibited.)

Free Clinics:

- Ferncare Free Clinic
 - <https://ferncare.org/patients> or 248-677-2273
 - 751 E. Nine Mile Road, Suite 2, Ferndale, MI 48220
 - To use FernCare services, you must: Be between 19 and 64 years of age; Come to the clinic to pick up the registration packet and meet with the health insurance enrollment counselor; Make an appointment for in-clinic or on-line remote telehealth visit; Provide a photo ID for age verification; Not have medical insurance or a primary care provide; Sign a patient contract and fill out health history and information forms; Meet with an insurance enrollment volunteer at the initial visit
- Gary Burnstein Community Health Clinic
 - <https://garyburnsteinclinic.org/become-a-patient/> or (248) 309-3752
 - 45580 Woodward Avenue, Pontiac, MI, 48341
 - To become a patient, you must be: Age 18 or older; Uninsured/Underinsured; At or below 250% Federal Poverty Level; A Michigan Resident

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- MAPI Clinic
 - MAPI clinic provides health care services free of cost to persons in need. It is a vehicle for Physicians of Indian Heritage to donate their medical expertise and exercise Philanthropy
 - The MAPI Clinic serves recently discharged patients from the hospital in need of primary care physicians; referrals from places of worship i.e. temple, mosque, church, or gurudwara; parents, relatives, and friends of foreign-born residents, and new arrivals to the United States from abroad.
 - 28235 Southfield Rd, Lathrup Village, MI 48076
 - office@mapiusa.org or (248) 327-6748

Substance Use Disorder Assistance:

- SAMHSA National Helpline (Substance Abuse and Mental Health Services Administration) 24/7 Helpline 1-800-662-HELP (4357)
- Narcotics Anonymous <https://michigan-na.org/oakland-county-area/meetings/> NA helplines: 800-230-4085, 877-338-1188 > Zion Meeting Friday @7pm
- Alcoholics Anonymous - <https://www.aaferndale.org/> ; AA hotline: 248-541-6565

Other needs:

- Jewish Family Services - help with basic needs, public benefit enrollment (SNAP, Medicaid, etc.), healthcare navigation
<https://www.jfsdetroit.org/how-we-help/basic-needs/>
- Oakland County Resources - <https://www.oakgov.com/community/resources>
- Oakland County - <http://www.oaklandcountyresources.org/>
- Pamphlets and resources in Wayne County <https://camdetroit.org/resources/>