

### **Employment Services**

- Michigan Works: 989-224-2000,  
[www.michiganworks.org](http://www.michiganworks.org)

### **Sharps Collection Programs**

- Clinton County/Granger Landfill Sharps Collection
- County: 989-224-5186
- Granger: 888-9-GRANGER

### **Practice Hours**

#### **Monday**

7:00 am – 7:00 pm

#### **Tuesday – Friday**

7:00 am – 5:00 pm

#### **Saturday**

8:00 am – 2:00 pm

### **Extended Hours**

#### **Tuesdays & Thursday**

5:15 pm – 7:00 pm

We can typically accommodate same day appointment requests.

### **Mental Health**

- Community Mental Health: 989-224-6729  
Provides mental health services for residents of Clinton County.
- Clinton County Medical Center, Psychological Services: 989-224-3000

### **Grief and Loss**

- Clinton Home Hospice – Sparrow Hospice Services: 888-636-8236
- Grief Share: [www.griefshare.org](http://www.griefshare.org)
- Great Lakes Caring Hospice: 989-224-4700
- Ele's Place: 517-482-1315

1055 S U.S. 27  
St. Johns, MI 48879  
Ph: 989-224-3000  
Fax: 989-224-1424  
[www.clintoncountymedicalcenter.com](http://www.clintoncountymedicalcenter.com)



# CCMC

Clinton County Medical Center

Community  
Resource Guide



Patient Centered Medical Home

## **2-1-1**

### **Central Michigan**

www.centralmichigan211.org

- Run by the United Way, this service provides information about and referrals to programs in your area.

### **Poison Control**

**1-800-222-1222**

### **Exercise and Fitness**

- Clinton County Senior Center: 989-224-4257
- Sparrow Clinton Fitness Center: 989-224-1575
- Snap Fitness: 989-227-8000
- Aqua Therapy, St. Johns Schools: 989-227-4050
- Fleet Feet, Running and Walking Club, Congregational Church, St. Johns 989-224-2636

### **Weight Management**

- CCMC Weight Loss Programs: 989-224-3000
- Weight Watchers: [www.weightwatchers.com](http://www.weightwatchers.com) Congregational Church, St. Johns: 989-224-2636
- Christ United Church, DeWitt: 517-669-9309
- K&G Wellness, Owosso: 989-723-9355
- TOPS: 269-685-8945
- First United Methodist Church, St. Johns
- Community Christian Church, St. Johns
- Seventh Day Adventist Church, St. Johns
- CURVES: Lake Lansing Rd., E. Lansing 517-332-9611

### **Nutrition**

- WIC, Clinton County: 989-224-2195 (Food assistance for pregnant women/children up to 5 yr)
- Breastfeeding support: 989-224-2195
- MSU Extension: 989-224-5240
- Clinton County Meals on Wheels: 989-224-3600

### **Smoking Cessation**

- Michigan Quit Line: 1-800-480-7848

### **Chronic Disease**

- P.A.T.H. Workshop: 517-699-1864

## **Monthly Food Distribution**

- Capital Area Community Services: 989-224-6702
- Bath Community Center: 989-227-3396
- Knight of Columbus, St. Johns: 989-224-1225
- Elsie United Methodist Church: 989-862-5239
- Mount Hope Church: 989-227-5366
- Redeemer United Methodist Church: 517-669-3430
- Catholic Community St. Jude: 517-669-5882

### **Capital Area Community Services (CACS)** 989-224-6702

- Homeless services, tax prep, home weatherization, migrant services, food distribution and emergency assistance.

### **Clothing and Baby Items**

- Baby Pantry: 989-224-2636
- St. Vincent DePaul: 989-224-8852
- Beacon of Hope: 989-224-0328
- Seventh Day Adventist Church Mission: 989-224-7779
- Goodwill Industries: 517-669-2914
- Lakeside Chapel: 989-227-5366
- Mt. Hope Family Church – Coat Closet

### **Transportation**

- Clinton Area Transit and Care A Van: 989-224-8127
- CATA/Spec-Tran (Lansing): 517-394-2282

### **Domestic and Sexual Violence Services**

- SafeCenter: 877-952-7283

### **Housing/Rent Assistance**

- DHS: 989-224-5500
- Salvation Army: 517-484-4424
- Capital Area Community Services: 989-224-6702
- St. Vincent DePaul: 989-224-8994
- MSHDA: 517-669-9706

### **Medicaid/MI Child/DHS** 989-224-5500

- Food and rent assistance, medical coverage, family support (has income limits)

## **Dental**

- Michigan Community Dental Clinic: 877-313-6232

### **Home Health Agencies**

- Great Lakes Home Health: 989-224-4700
- Sparrow Home Health: 800-968-0680
- McLaren Home Health: 866-323-5974

### **Vision**

- Eye Care America: 1-877-887-6327
- Provides referrals to doctors who will perform free or low cost eye exams and surgery to qualified individuals over 65 years.
- Lions Club International: <http://www.lionsclubs.org> Distributes glasses to those in need
- InfantSEE: [www.infantsee.org](http://www.infantsee.org)

### **Child Services**

- Early Head Start: 989-224-1368
- For pregnant women and children birth to 3 years Head Start: 989-224-6731
- Preschool education program for children 3 to 5
- Preschool/Child Care: 887-614-7328 [www.greatstartconnect.org](http://www.greatstartconnect.org): Online database to search for licensed child care
- Clinton County RESA: 989-224-6831
- Early on, preschool development screening, great parents great start
- Great Start Readiness Preschool Program: 517-285-4776, Free State funded preschool program for children who qualify.

### **Women's Health**

- Breast and Cervical Cancer Program, Clinton County Health Department: 989-227-3118 Offers FREE mammograms, breast exams, PAP Smears, pelvic exams to women ages 40-64 w/no insurance coverage or Medicaid/Medicare

### **Elder-Care**

- Tri-County Office on Aging: 800-405-9141 [www.tcoa.org](http://www.tcoa.org)
- Clinton County Meals on Wheels: 989-224-3600
- Capital Area Community Services: 989-224-6702
- Right at Home: 517-999-7132