

Pregnancy Resource Guide

a Michigan Family Forum Publication

Pregnancy Care Centers in Michigan

Typical Pregnancy Care Center Services

COUNSELING

Pregnancy and the decisions surrounding abortion, adoption, and delivery are often very difficult and trying experiences for women, particularly unmarried women. Pregnancy care centers realize this and offer counseling to women going through these circumstances.

Mentoring, counseling, and peer support are available to women. These support groups will stand with women and offer their advice as they make difficult life decisions.

EDUCATION FOR SUPPLIES

Education for cash programs provide pregnant women with an incentive to enroll in classes which teach the participants valuable lessons about parenting, children, and marriage. Each class or lesson garners the viewer a certain number of “points” or “dollars.” Clients may trade the points in for supplies such as diapers, baby bottles, formula, clothing, cribs, etc. This program serves two purposes: first, it gives invaluable education to young women; second, it provides pregnant women with much needed supplies for their pregnancy. This program may be offered in an actual classroom setting with a workbook and an instructor or through videos.

BIBLE STUDIES

Many faith-based pregnancy care centers offer women in need group Bible studies. In these Bible studies, women will come together for a time of fellowship and learning to discover what the Bible has to say on important issues that women today face. Topics covered include: persevering through life’s difficulties, God’s love, and peace from past decisions.

These Bible studies usually meet on a regular, pre-determined basis and include time for fellowshiping with other women in addition to the time spent studying scripture.

SUPPLIES

Supplies for pregnant mothers are often distributed through pregnancy care centers. The care centers usually offer supplies such as diapers, baby food, baby bottles, clothing for infants, and educational resources. The educational resources typically include information about fetal development, sexually transmitted diseases, parenting, and adoption.

POST-ABORTIVE SUPPORT

Counseling and emotional support are available to women who have recently undergone an abortion. Some centers will lead a Bible study focusing on God’s forgiveness and love.

HOUSING

Some centers offer homeless or abused women short-term housing where they can safely live and raise their infant. In some cases, housing grants or referrals are offered to help get housing.

MEDICAL SERVICES

Most pregnancy care centers offer ultrasounds, medical referrals, and STD testing free of charge.

Michigan Pregnancy Care Centers

Allegan

Lakeshore Pregnancy Center

114 Chestnut Street
Allegan, MI 49010
269-686-7111
www.lakeshorepregnancycenters.com

Alpena

CFCS Catholic Charities

154 S. Ripley Blvd
Alpena, MI 49707-3406
989-356-6385
www.catholichumanservices.org

Antrim

Good Samaritan Family Services

PO Box 208
Ellsworth, MI 49729

Moms & Tots Pregnancy Resource Ctr.

9333 Main St.
P.O. Box 206
Ellsworth, MI 49729
231-588-2200

Barry

Alpha Women's Center

136 East State Street
P.O. Box 87
Hastings, MI 49058-0087
616-948-9013
269-948-9013

Delton Women's Center

503 S. Grove Street
Delton, MI 49046
269-623-4061

Bay

Beacon of Hope PCC

901 Salzburg Ave
Suite 2
Bay City, MI 48706
989-922-5433
www.beaconofhopepcc.com

Berrien

Birthright

2700 Niles Ave.
St. Joseph, MI 49085
269-983-0700
www.birthright.org

Michiana Life Resource Center & Preg. Ctr.

671 McAllister Ave
Benton Harbor, MI 49022
269-925-1335

Pregnancy Care Center of Niles

311 E. Main St.
Niles, MI 49120
269-684-6200
www.pregnancyniles.com

Pregnancy Counseling Center

1381 E. Napier Ave
Benton Harbor, MI 49022
269-925-2320

Michigan Pregnancy Care Centers

Branch

Beginnings Care for Life Center

213 Marshall St.
Coldwater, MI 49036
517-278-3355
www.beginningscare.com

Calhoun

Calhoun County CPC

157 E. Columbia Ave
Battle Creek, MI 49015-3734
269-963-6206

Cheboygan

AA Crisis Pregnancy Center

228 N. Main St
P.O. Box 5
Cheboygan, MI 49721
231-627-2626

Chippewa

Care Net PC of the EUP

1420 Ashmun St.
Sault Ste Marie, MI 49783
906-635-0561

Clinton

Beacon of Hope Pregnancy Center

503 E. Buchanan St.
St. Johns, MI 48879
989-224-0328

Delta

Pregnancy Services of Delta Cty

P.O. Box 274 ???
Wells, MI 49894 ???
906-786-7474

Dickinson

Birthright

617 North Stephenson Ave.
Iron Mountain, MI 49801
906-774-1822
www.birthright.org

Walk of Life Pregnancy Services

1018 Cedar Ave.
Iron Mountain, MI 49801
906-774-4707

Eaton

Pregnancy Services of Greater Lansing

420 Elmwood
Lansing, MI 48917
517-580-8185
www.pregnancylansing.com

Emmet

Pregnancy & Resource Center

2206 Mitchell Park Drive Unit 9
Petoskey, MI 49770
231-348-3388

Michigan Pregnancy Care Centers

Genesee

Answer Center for Women

626 Stevens St.
Flint, MI 48502
810-234-7777
www.answercenterforwomen.org

Flint Crisis Pregnancy Services

3404 South Saginaw St, Ste. 101
Flint, MI 48503
810-767-7153
www.flintcps.org -x

Pregnancy Counseling Center

2710 Court St. Ste 7
Flint, MI 48503
810-767-1262
www.pregnancycounselingcenters.org

The Listen Center

508 N. Adelaide St.
Fenton, MI 48430
810-629-1876

Gogebic

New Beginnings Preg. Support Services

126 W. Aurora St.
PO Box 103
Ironwood, MI 49938
906-932-0414

Grand Traverse

Pregnancy Care Center

121 Garfield Ave, Ste. C
P.O. Box 5363
Traverse City, MI 49686
231-929-3488
www.pregnancycarecentertc.org

Gratiot

Pregnancy Services of Gratiot City

303 W. Superior St.
P.O.Box 74
Alma, MI 48801
989-466-2295
www.pregsrv-gratiot.org

Hillsdale

Alpha Omega Women's Care Center

46 S. Howell St.
Hillsdale, MI 49242-1835
517-437-7020

Houghton

Life Outreach Center

222 Sheldon Ave. Ste 1
Houghton, MI 49931
906-482-8681
www.pregserv.org

Pregnancy Service of Houghton

616 Sheldon St. PO Box 503
Houghton, MI 49931-1836
906-482-8681

Michigan Pregnancy Care Centers

Ingham

Hannah's House

625 N. Walnut St, P.O. Box 27595
Lansing, MI 48909-7595
517-482-5856
www.hannahshouselansing.org

Pregnancy Services of Greater Lansing

1045 E. Grand River
East Lansing, MI 48823
517-332-0633
www.pregnancylansing.com

Shared Pregnancy Women's Center

503 N. Walnut St.
Lansing, MI 48933
517-484-0365
www.sharedpregnancy.org

Ionia

Portland Crisis Pregnancy Information

845 Ionia Rd.
Portland, MI 48875
517-647-4136

Pregnancy Services of Ionia County

P.O. Box 233 208 W. Main St.
Ionia, MI 48846
616-527-4626

Jackson

Birthline of Jackson, Inc.

817 W. High St.
Jackson, MI 49203-2989
517-784-9187
www.birthline.community.officelive.com -x

Center for Women

434 Wildwood Ave.
Jackson, MI 49201
517-787-4673

Kalamazoo

Alternatives Pregnancy Care Center

4200 W. Michigan Ave.
Suite. 100
Kalamazoo, MI 49006
269-345-1740
www.pregnancychoices.com

Caring Network

1441 S. Westnedge Ave.
Kalamazoo, MI 49008
269-381-1234
www.catholicfamilyservices.org

Kent

Alpha Women's Center

1725 S. Division Ave
Grand Rapids, MI 49503
616-459-9955
www.alphawc.org

Alpha Women's Center of Lowell

2251 West Main St.
Lowell, MI 49331
616-987-9533

Cradles of Grace

5821 Arbol Court NE, PO Box 459
Rockford, MI 49341
616-233-0441
www.cradlesofgrace.org

Michigan Pregnancy Care Centers

Kent - Continued

Help Pregnancy Crisis Aid, Inc.

705 Bridge St. NW
Grand Rapids, MI 49504
616-459-9139
www.helpgrandrapids.wordpress.com

Pregnancy Resource Center

415 Cherry St SE
Grand Rapids, MI 49503
616-456-6873
www.prcforlife.org

Lapeer

Pregnancy Resource Center of Lapeer

1715 Imlay City Road
Lapeer, MI 48446
810-667-0055
www.prcol.org

Leelanau

Alpha Family Center

6 N. First St.
Cedar Springs 49319
616-696-2616
www.alphafamilycentercs.org

Lenawee

Crisis Pregnancy Center of Lenawee

308 N. Broad St.
Adrian, MI 49221
517-263-5701
www.cpclenawee.com

Livingston

Pregnancy Help Clinic

7743 W. Grand River Ave., Ste 101
Brighton, MI 48114
866-611-TTYS (8897)
www.pregnancyhelpclinic.com

Macomb

Abigayle Ministries

12313 19 Mile Rd.
Sterling Heights, MI 48313
586-323-1411

Birthright

45464 Van Dyke
P.O. Box 180612
Utica, MI 48317
586-254-5930
www.birthright.org

Compassion Pregnancy Services

37540 S. Gratiot, Ste 100
Clinton Township, MI 48036
586-783-2229
www.compassionpregnancy.org

Manistee

Lighthouse Pregnancy Care Center

234 Parkdale Ave.
Manistee, MI 49660-1130
231-398-7984
866-693-1205

Michigan Pregnancy Care Centers

Marquette

Care Clinic

1213 N. Third St.
Marquette, MI 49855
906-228-2273
www.careclinicmqt.org

Pregnancy Resource Center

2828 N Saginaw Rd
P.O. Box 1804
Midland, MI 48640-1804
989-835-1587
www.michiganpregnancy.com

Mason

West Shore Pregnancy Care Center

5565 First St.
P.O. Box 364
Ludington, MI 49431
231-843-7094
www.wspcc.org

Monroe

Heartbeat of Monroe, Inc.

415 N. Monroe St.
P.O. Box 1624
Monroe, MI 48162
734-243-6550
www.heartbeatofmonroe.org

Mecosta

Care Net of Big Rapids

119 Linden St.
Big Rapids, MI 49307-1846
231-796-4919
www.carenetbigrapids.org

Montcalm

Alpha Family Center

117 E. Montcalm
Greenville, MI 48838
616-225-2265
www.alphafamilycenter.org

Midland

Pregnancy Aid of Midland County

1025 E. Wheeler, Ste. 11
P.O. Box 193
Midland, MI 48642
989-835-7144
www.pamidland.org

Carson City Area CPC

311 S Bloomer
Carson City, MI 48811
989-584-3721

Muskegon

Muskegon Pregnancy Services

1319 Peck St.
P.O. Box 1703
Muskegon, MI 49443
231-726-2677
www.bestoptions.org

Michigan Pregnancy Care Centers

Muskegon - Continued

Rocking Horse Home
3082 Whitehall Rd.
Muskegon, MI 49445
231-766-3773

Newaygo

Alpha Family Center of Newaygo
8235 Mason Dr.
Newaygo, MI 49337
231-652-1548

Oakland

AAA Pregnancy Help Center
6695 Highland Rd.
Suite 202
Waterford, MI 48327
248-886-1200

Another Way Pregnancy Center
33100 Grand River Ave.
Farmington, MI 48336-3120
248-471-5858
www.awpc-mi.org

Care Net Preg. Info Center of Berkley
2826 Coolidge Hwy.
Berkley, MI 48072-0923
248-545-6411

Christian Family Services
17105 W. Twelve Mile Rd.
Southfield, MI 48076
248-557-8390
www.cfs-michigan.org

Crossroads Pregnancy Center
3205 E. South Blvd
Auburn Hills, MI 48326
248-293-0070
www.crossroadspregnancy.org

East Pregnancy Counseling Center
27631 John R. Rd.
Madison Heights, MI 48071
248-546-5225

Problem Pregnancy Center
24500 Southfield Rd.
Southfield, MI 48075
248-559-7440
www.womenwhocare.com

Problem Pregnancy Center
35 N. Washington St.
Oxford, MI 48371
248-969-2177
www.ppcoxford.com

Women and Teens Pregnancy Ctr.
263 Cesar E. Chavez Ave.
PO Box 431734
Pontiac, MI 48342
248-338-4357
www.womenandteens.org

Ogemaw

Caring Pregnancy Center
337 E. Houghton Ave
P.O. Box 513
West Branch, MI 48661
989-345-3909
www.oopspregnant.com

Michigan Pregnancy Care Centers

Oscoda

His Love Family Resources

203 S Morenci
P.O.Box 217
Mio, MI 48647
989-826-5817
www.mipregnancyresources.org

Otsego

New Life Pregnancy Resource Center

705 S. Otsego Ave.
P.O. Box 790
Gaylord, MI 49734
989-732-1626
www.gaylordnewlife.com

Ottawa

A.R.I.N. East Coast Office

P.O. Box 174
Zeeland, MI 49464-0174

Family Life Center

5945 Fillmore ST
Allendale, MI 49401-9394
616-895-8336

Lakeshore Pregnancy Center

700 Washington St. Ste. 150
Grand Haven, MI 49417
616-842-7510
www.lpcenters.com

Lakeshore Pregnancy Center

339 River Ave.
Holland, MI 49423
616-396-5840
www.lpcenters.com

Lakeshore Pregnancy Ctr. Of Allendale

4623 Lake Michigan Dr.
Allendale, MI 49401
616-895-1893
www.lpcenters.com

Saginaw

Abortion Alternatives Information, Inc.

P.O. Box 1364
Saginaw, MI 48605
989-754-0091

Careline

5800 Weiss St.
Saginaw, MI 48603-2799
989-799-7910

Pregnancy Counseling Center

916 Gratiot Ave
Saginaw, MI 48602
989-752-7664
www.pregnancycounselingcenters.org

Saint Clair

Blue Water Pregnancy Care Center

730 Griswold St.
Port Huron, MI 48060
810-985-4673
www.realchoice4me.com

Michigan Pregnancy Care Centers

Saint Joseph

Pregnancy Helpline of St. Joe County

1125 Nottawa Rd
P.O. Box 8006
Sturgis, MI 49091
269-659-1100

Pregnancy Helpline of Three Rivers

172 E. Michigan Ave.
P.O. Box 129
Three Rivers, MI 49093
269-278-2211
www.pregnancyhelpline.org

Shiawassee

Pregnancy Resource Center of Shiawassee County

217 N. Washington St. Ste. 109
Owosso, MI 48867
989-723-4025
www.prcowosso.com

Tuscola

Positive Alternatives

1596 E. Caro Rd.
Caro, MI 48723
989-672-4673

Van Buren

Pregnancy Care Center

109 West Michigan
P.O.Box 522
Paw Paw, MI 49079
616-657-8124

Washtenaw

ArborVitae Women's Center

625 East Liberty Street
P.O. Box 7727
Ann Arbor, MI 48107-7727
734-994-8863
www.annarborvitae.com

Pregnancy Counseling Center

1360 Pauline Blvd
Ann Arbor, MI 48103
734-930-0013

Family Life Services Clinic and Pregnancy Counseling Center

2950 Packard Rd.
Ypsilanti, MI 48197
734-434-3088
www.women-helping-women.net

Wayne

AAA Crisis Pregnancy Center

16755 Middlebelt Rd.
Livonia, MI 48164
734-425-8060

Crisis Pregnancy Center

1760 Fort St.
Lincoln Park, MI 48146-1904
313-386-4005
www.cpc4lp.com

Guiding Hand Pregnancy Refuge

16994 Telegraph Rd.
Taylor, MI 48180
734-946-4121

Michigan Pregnancy Care Centers

Wayne - Continued

Melvindale Crisis Pregnancy Center

17729 Flint
Melvindale, MI 48122
313-382-5941

Pregnancy Aid, Inc.

17325 Mack Ave.
Detroit, MI 48224
313-882-1000
www.pregnancyaid.com

Pregnancy Counseling Center

25545 W. Five Mile Rd
Redford, MI 48239
313-952-2147
www.pregnancycounsel.com

The Lennon Center

24275 Ann Arbor Tr
Dearborn Heights, MI 48127
313-277-5637
www.lennoncenter.org

Wee Care

28200 7 Mile Rd. Ste 127
Livonia, MI 48152
248-777-2727

Wexford

Care Net of Cadillac

419 N Lake St
Cadillac, MI 49601
231-775-1545
www.carenetcadillac.org

State of Michigan Services to Pregnant Women

State of Michigan Services to Pregnant Women

WOMEN, INFANTS, AND CHILDREN

Women, Infants, and Children (WIC) is a health and nutrition program which distributes food to over 200,000 mothers, babies, and young children per month. People who participate in WIC also receive nutrition education as well as information about the benefits of breastfeeding. WIC helps reduce the number of malnourished infants, children, and women by supplying food and nutritional education.

ELIGIBILITY

Applicants must meet all of the following 4 criteria:

- 1) Fall into one of the following categories:
 - a. Pregnant Women
 - b. Breastfeeding Women up to 1 year from delivery
 - c. Postpartum Women up to 6 months from delivery
 - d. Infants
 - e. Children up to their 5th birthday
- 2) Resident of the state of Michigan. U.S. Citizenship is not required.
- 3) Income eligible (at or below 185% of Federal Poverty Guidelines or on Medicaid or food stamps)
- 4) Determined by WIC clinic staff to be at nutrition and/or health risk.
Some typical health risks are: low blood iron or anemia; too much or too little weight gain (for pregnant women and children), poor diet, chronic disease, and developmental disabilities.

To apply, contact your local WIC agency.

A listing of WIC agencies across the state can be found at www.michigan.gov/wic.

State of Michigan Services to Pregnant Women

MATERNAL INFANT HEALTH PROGRAM (MIHP)

The Maternal Infant Health Program is a home visiting program designed for all pregnant Michigan women who have Medicaid health insurance. Through the provision of services and aid, the MIHP promotes healthy infants and mothers.

Among the benefits provided for this program are:

- 1) Free health and psychosocial assessment
- 2) Help from a registered nurse, a licensed social worker, or a registered dietician for the development of care plans
- 3) Transportation services if needed
- 4) Referrals
- 5) Counsel on issues such as pregnancy, infant care, dieting, health questions, and lifestyle decisions.

Further information can be found at www.michigan.gov/mihp.

FAMILY INDEPENDENCE PROGRAM

The Family Independence Program helps families become self-supporting and no longer reliant upon government aid for their wellbeing. FIP is temporary cash-assistance designated for low-income families with minor children and pregnant women.

FIP gives money to help cover:

- 1) Rent
- 2) Heat
- 3) Utilities
- 4) Clothing
- 5) Food
- 6) Personal care items.

Eligibility requirements and contacts may be found at this website:
www.michigan.gov/dhs/0,1607,7-124-5453_5526-21229--,00.html

State of Michigan Services to Pregnant Women

HEALTHY KIDS

Healthy Kids is a health insurance program that is provided to pregnant women, infants, and children to help cover the costs of basic prenatal and postpartum care. In addition, Healthy Kids insurance helps to cover medical necessities for young children. The insurance is free to those who meet the eligibility criteria and are accepted into the program. For questions about eligibility and applying, contact 1-888-988-6300

COVERAGE INCLUDES:

- 1) Checkups (prenatal care) before the baby is born
- 2) Lab and X-ray tests
- 3) Prenatal vitamins
- 4) Delivery (birth) of the baby
- 5) Ambulance
- 6) Dental
- 7) Doctor visits
- 8) Family Planning
- 9) Health check-ups
- 10) Hearing and speech
- 11) Home health care
- 12) Hospice care
- 13) Hospital care
- 14) Immunizations (shots)
- 15) Lab and x-ray tests
- 16) Nursing home care
- 17) Medical supplies
- 18) Medicine
- 19) Mental Health
- 20) Personal care services
- 21) Physical therapy
- 22) Prenatal care and support services (MSS/ISS)
- 23) Substance abuse
- 24) Surgery
- 25) Vision
- 26) Well-child visits

The application can be filled out online at:

www.michigan.gov/documents/MiChildApplication_11847_7.pdf

Further information can be found at:

www.michigan.gov/mdch/0,1607,7-132-2943_4845_5035-17752--,00.html -x

State of Michigan Services to Pregnant Women

MATERNITY OUTPATIENT MEDICAL SERVICES

Maternity Outpatient Medical Services (M.O.M.S.) provides free prenatal care to eligible women who meet the application criteria. Application can be done at any of the three Mid-Michigan District Health departments.

Services provided to pregnant women include:

- 1) Prenatal care
- 2) Pharmaceuticals
- 3) Laboratory services
- 4) Ultrasounds
- 5) Radiology
- 6) Prescription vitamins
- 7) Maternal support services
- 8) Postpartum care
- 9) Inpatient hospital delivery
- 10) Professional fees for labor and delivery.

ELIGIBILITY

Recipients must:

- 1) Be Michigan resident
- 2) Be Pregnant
- 3) Have applied for Medicaid
- 4) Have income at or below 185% of the federal poverty line

CONTACTS AND APPLICATION

To apply online, visit this site:

www.healthcare4mi.com/michild-web