Resources

**Abused Women Shelters and Support Groups**

* [Safehouse](http://www.safehousecenter.org) - (734) 995-5444
* [LACASA](http://www.lacasacenter.org) - (866) 522-2725

**Abortion Resources, abortion funds, hotlines, education**

* [**https://womenhelp.org/**](https://womenhelp.org/) **(an amazing website that includes getting abortion pills, contraception, education, and hotlines, locally and globally)**
* **Abortionpillinfo.org**
* [**http://womenonwaves.org**](http://womenonwaves.org) **(education on at home abortions, accessing abortion pills)**
* [**https://accesswhj.org/**](https://accesswhj.org/)
* [**https://www.plannedparenthood.org/health-center/michigan/ann-arbor/48104/ann-arbor-health-center-3296-90630/abortion**](https://www.plannedparenthood.org/health-center/michigan/ann-arbor/48104/ann-arbor-health-center-3296-90630/abortion)
* <https://exhaleprovoice.org> (text or call hotline)
* [**https://www.all-options.org**](https://www.all-options.org)
* [**https://radicaldoula.com**](https://radicaldoula.com)
* [**https://prochoice.org**](https://prochoice.org) **(abortion funds)**
* [**https://safe2choose.org**](https://safe2choose.org)
* [**http://www.thereddoorcollective.com**](http://www.thereddoorcollective.com) **(Comprehensive holistic abortion education and support)**

**Addiction Services and Support Groups**

* [Dawn Farm](http://www.dawnfarm.org) - (734) 485-8725
* <https://www.perinatalharmreduction.org>
* <https://www.michigan.gov/documents/opioids/Naloxone_Request_Form__Button_Added_678817_7.pdf> (Free Narcan in Michigan)
* <https://www.careofsem.com/prevention-services/>

**Holisitic health care for Women**

* [WomanSafeHealth](http://www.womansafehealth.com)
2340 E. Stadium Blvd, Suite 8 | Ann Arbor | 734-477-5100
info@womansafehealth.com
\*Serving Southeast Michigan

**Incarcerated pregnant people doula services**

* <https://momsbeyondbars.org>

**Trans friendly and knowledgeable health care**

* <http://www.cornerhealth.org/> (Ypsilanti Michigan)
* [www.Translifeline.org](http://www.Translifeline.org)
* <https://transline.zendesk.com/home>
* [www.Transequality.org](http://www.Transequality.org)

**LGBTQA services**

* <http://www.goaffirmations.org/programs-services>
* <http://jimtoycenter.org>
* <https://www.equalitymi.org/>
* <http://www.lgbtdetroit.org>
* <http://www.ruthelliscenter.org/>
* [www.transgendermichigan.org](http://www.transgendermichigan.org)

**Sex Workers Advocacy**

* <http://www.swop-mi.org/>

**Free and low-cost counseling centers**

* [**https://www.opencounseling.com/michigan/ann-arbor**](https://www.opencounseling.com/michigan/ann-arbor)
* [**https://womenscentersemi.org/**](https://womenscentersemi.org/)
* [**https://www.loringtherapy.com/**](https://www.loringtherapy.com/)

**Breastfeeding and Covid**

* [**https://www.the-scientist.com/news-opinion/breastmilk-harbors-antibodies-to-sars-cov-2-68162**](https://www.the-scientist.com/news-opinion/breastmilk-harbors-antibodies-to-sars-cov-2-68162)
* [**https://www.llli.org/coronavirus-resources/**](https://www.llli.org/coronavirus-resources/)

**Breastfeeding Pump and Supply Sources**

* [Breastfeeding Center of Ann Arbor](http://bfcaa.com/) - (734) 975-6534

**Breastfeeding Support Groups, drug interactions, and Classes**

* [**Breastfeeding Center of Ann Arbor**](http://www.bfcaa.com) **- (734) 975-6534**
* [**La Leche League**](http://www.lllaa.org) **- (734) 332-9080**
* [**Briarwood Center for Women, Children and Young Adults**](http://www.uofmhealth.org/our-locations/briarwood-wcya)**- (734) 232-2600**
* <https://www.mibreastfeeding.org/> (breastfeeding advocacy and education)
* <https://wicworks.fns.usda.gov/resources/substance-use-and-medication-safety>
* <https://www.infantrisk.com>
* <https://kellymom.com/bf/can-i-breastfeed/illness-surgery/med-risks/>
* <https://mibreastfeeding.org/semi/>
* <https://www.annarborbirth.com>

**Michigan Midwife/doula Directory**

* **https://michiganmidwives.org**

**Childbirth Educators**

* [Center for the Childbearing Year](http://center4cby.com/) - (734) 663-1523
* <http://www.ypsiarborcbe.com>
* <https://www.birthdetroit.com/resources-page> (huge resource page)
* [Hygeia](http://www.hygeiacenter.org) - (734) 769-6100
* [Lamaze](http://www.lamazefamilycenter.org) - (734) 973-1014

**Childcare Options**

* [**Department of Human Service**](http://www.michigan.gov/dhs/0%2C4562%2C7-124-5529---%2C00.html)

**Michigan Mutual Aid/Covid resources**

* [**https://micovidcommunity.com/find-help-1**](https://micovidcommunity.com/find-help-1)
* **https://ypsimutualaid.org**

**Food Assistance Programs and Services**

* [**Department of Human Services**](http://www.michigan.gov/dhs/0%2C4562%2C7-124-5453_5527---%2C00.html)
* **https://www.foodgatherers.org**
* [**Gleaners Food Bank**](http://www.gcfb.org)
* [**WIC**](https://www.michigan.gov/mdch/0%2C4612%2C7-132-2942_4910---%2C00.html)

**Health Food Stores**

* [Whole Foods](http://www.wholefoodsmarket.com/)
* [Trader Joes](http://www.traderjoes.com)
* [People’s Food Coop](http://www.peoplesfood.coop) (Ann Arbor)
* [Natural View Market](http://naturalviewmarket.com) (Brighton)
* Plum Market, Plymouth rd, maple rd, (ann arbor)
* Better Health

**Farmers Markets (most markets accept WIC, EBT)**

* Ann Arbor farmers market, every Wednesday, and Saturday 7-3pm
* Ypsilanti farmers market

**Hospitals/Minor Emergency Services**

* [**University of Michigan Health System**](http://www.med.umich.edu)
* [**St. Joseph Mercy Health System**](http://www.stjoeshealth.org/)
* [**St. John Providence Health System**](http://www.stjohnprovidence.org/providencepark/)
* [**Detroit Medical Center**](http://www.dmc.org)

**Lactation Consultants**

* [Barbara Roberts, IBCLC - Breastfeeding Center of Ann Arbor](http://bfcaa.com) - (734) 975-6534
* Lisa Hartmann, BSW, IBCLC - (734) 846-1922 (Ann Arbor)
* Marilee Woodworth, IBCLC - (734) 995-2256 (Ann Arbor)
* Amy Slotten, RN, IBCLC - (734) 945-4765 (Ann Arbor)
* Pat Ashley, RN, IBCLC - (313) 378-0823 (Ann Arbor)
* Karen Koss, MPH, IBCLC - (810) 229-2612 (Brighton)
* Kathy Malone, RN, IBCLC - (810) 229-3328 (Brighton)
* Ellen Doenitz, RN, IBCLC - (734) 451-5657 (Plymouth/Canton)
* [La Leche](https://www.llli.org/web/michigan.html) [League](http://www.lllaa.org) [(local chapters)](https://www.llli.org/web/michigan.html)
* [WIC Breastfeeding Peer Counseling](http://www.michigan.gov/mdch/0%2C1607%2C7-132-2939-13925--%2C00.html)
* [University of Michigan Health System Family Breastfeeding Support](http://www.uofmhealth.org/medical-services/breastfeeding) - (734) 232-7885
* [St. Joseph Mercy Hospital Breastfeeding Clinic](http://www.stjoesannarbor.org/breastfeeding-services) - (734) 712-4214

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**Mental Health Resources Mother**

* [Postpartum Depression](https://www.postpartumdepression.org/)

**Midwives**

* [Metro Partners in Women's Health](http://www.womensdocs.com) - (248) 662-4388
* [New Moon Midwifery](http://newmoonmidwifery.com) - (734) 424-0220
* [Mazzara Midwifery](http://www.mazzaramidwifery.com/) - (810) 333-1325
* [University of Michigan Nurse Midwifery](http://obgyn.med.umich.edu/divisions-specialties/midwifery) - (734) 763-6295

**Homeless Youth Centers**

* <https://www.michigan.gov/documents/mshda/YouthAgencies_400656_7.pdf>

**Youth Center/drop in**

* http://neutral-zone.org/

**Disability services**

* [https://www.michigan.gov/mshda/0,4641,7-141-5515\_49144---,00.html](https://www.michigan.gov/mshda/0%2C4641%2C7-141-5515_49144---%2C00.html)

**Free Clinics**

[**http://www.fcomi.org/find-a-clinic.html**](http://www.fcomi.org/find-a-clinic.html) **(Database to search free clinics in your county)**

|  |  |
| --- | --- |
| [Hope Medical Clinic, Inc.](http://www.thehopeclinic.org)518 Harriet St.Ypsilanti, MI  48198(734) 961-0540Email: rlewis@thehopeclinic.org [Chelsea Grace Clinic](http://www.chelseagraceclinic.blogspot.com/)603 S. Main St.Chelsea, MI 48118(888) 331-1174Wayne[Cabrini Clinic](http://www.cabriniclinic.org/)1234 Porter St.Detroit, MI 48226(313) 961-7863Email:contactus@cabriniclinic.orgCass Clinic3745 Cass Ave.Detroit, MI 48201    walk in only  Sat. am​Hope Clinic33608 Palmer Rd.Westland, MI 48186734-710-6688​apeterson@thehopeclinic.orgThe Luke Project 52 ClinicPrenatal and infant care only7354 WhitakerDetroit, MI 49209​313-789-7862[HUDA Clinic](http://www.hudaclinic.org/)13240 Woodrow Wilson Ave. Detroit, MI 48238313.865.8446Email: badeel@aol.org | MAPI Free Clinic12701 Telegraph Rd., Suite 202Taylor, MI 48180734.374.3152​[Robert](http://www.mercyprimarycare.com) R. Frank Student Run Clinic at Mercy Place Clinic5555 Connor Ave., Suite 2691 Detroit, MI 48213313.692.8400[Wyandotte Clinic for the Working Uninsured](http://www.wyandotteclinic.com)3333 Biddle Ave., Suite A,​ Wyandotte, MI 48192734.365.3560Order of Malta Medical/Dental Clinic4860 15th St. (c/o St. Leo's Church)Detroit, MI 48208313.894.2240[St. Vincent de Paul's Dental Clinic](http://svdpdet.org/need-help/dental-services/)3000 Gratiot Ave.Detroit, MI 48207313.393.3009Wexford[﻿Stehouwer Free Clinic](http://stehouwerfreeclinic.org/)201 N. Mitchell St., Suite L-1Cadillac, MI 49601231.876-6150Email: cevans3@trinity-health.org |

**Native American Health Service**

* https://www.ihs.gov/index.cfm?module=AreaOffices

**Immigration advocacy and shelter, legal services**

* <https://freedomhousedetroit.org/index.php> (Detroit)
* <https://michiganimmigrant.org/> (Ann Arbor)
* <https://www.samaritas.org/New-Americans/Resettlement>
* [https://www.michigan.gov/mdhhs/0,5885,7-339-71547\_5526-15492--,00.html](https://www.michigan.gov/mdhhs/0%2C5885%2C7-339-71547_5526-15492--%2C00.html)

**Food Pantries Southeast Michigan**

* <https://www.foodpantries.org/ci/mi-ann_arbor>
* St Clares Back Door Food Pantry
**Website: http://www.saintclareschurch.org**
2309 Packard Street

Ann Arbor, MI – 48104

* Second Baptist Church Ann Arbor
**Website: http://www.sbcannarbor.com/**
850 Red Oak Road

Ann Arbor, MI - 48103
(734) 663-6045

* Salvation Army Ann Arbor
**Website: http://www.usc.salvationarmy.org/usc/www\_usc\_washtenaw.nsf/vw-sublinks/12F93FFB7FCFA7058625744100776**
100 Arbana Drive

Ann Arbor, MI - 48103
(734) 668-8353

* Northside Community Center
815 Taylor Street

Ann Arbor, MI - 48105
(734) 662-4462

* Bryant Community Center
**Website: http://www.hvcn.org/info/can/bryant.html**
3 West Eden Court

Ann Arbor, MI - 48108
(734) 477-0292

* Catholic Social Services Of Washtenaw County - Northside Com

 815 Taylor St. Ann Arbor, MI - 48108
 734-662-4462

**Michigan Free Rehab Centers**

* <http://www.freerehabcenters.org/state/michigan>

**Planned Parenthood Southeast Michigan Locations**

* <https://www.plannedparenthood.org/health-center/mi>

**Michigan Food Not Bombs**

* <https://www.foodnotbombs.net/michigan.html>

 Ann Arbor serves on Sundays at 5pm at liberty plaza

* <https://www.facebook.com/fnbfncdetroit/>

**POC Herbal/holistic Practitioners**

* Lottie Spady- <https://www.earthseeddetroit.com/?fbclid=IwAR1-ctVa4lu0mPUjA3yTbE77YO6GLBe6exjkbtviOQ12e0MEBioc1k-oBN8>
* Healing by choice Detroit-https://www.healingbychoicedetroit.com

**Queer Herbal/holistic practitioners**

* Cal Janae-  I see clients via the doxy.me telemedicine platform. As an herbalist I am working on specializations in harm reductions, mental health and queer and women's health but am a general practitioner. I identify as nonbinary genderqueer and queer. email to cali\_janae@yahoo.com
* Leslita Williams -I do work with lesbian, gay, trans, nonbinary and queer folk for the past 35 or so years. I also have some experience with holistic herbal support for recovery from alcohol and drug addiction resolution. I will work online with a sliding scale. [greyrat.com](https://l.facebook.com/l.php?u=http%3A%2F%2Fgreyrat.com%2F%3Ffbclid%3DIwAR0cRTvb45cxmrHBAiUY1YUEXoA8WPzdjlfcpWZTfyy90I-S1pHfJlkRdC4&h=AT1Ebjcald7GlQGoW_U92Gs7hSTr02VPkhhDpPPin9_V-LNZrya9sDOLyiUm3RZjumoT9qbKmxUx-bZzucfL53C0cVKsenzo37QPum0OJmtAix2PUm6cmp7xW715w952JuY9IQvBZwk-sgbUmexWMBQ) OR [ordinaryherbalist.com](https://l.facebook.com/l.php?u=http%3A%2F%2Fordinaryherbalist.com%2F%3Ffbclid%3DIwAR0g5LJZ2fanBLPX-0rayC6PiJztoYicZ-649KjgPLjK8OIRV6xWeYn1JyE&h=AT1A8qpnW_z31bWPVu1De1AkjuzRDBhlCKFaCYoCUKCOCq6sOBZjjVw5favmJUJOiJm_x3hkqSzIZP7bB2lTttq0PixDRE86ZmfJRaCEX9gRVOy934pfC9zLi5mYFATEuXwh4R5t4mD_DVILY8enBoo)
* Healing By Choice Detroit-https://www.healingbychoicedetroit.com

**Queer POC Herbal Resource Website**

* <http://queerherbalism.blogspot.com/>

**Daytime and Night Warming Centers for the houseless in Ann Arbor, MI**

* https://www.washtenaw.org/2789/Winter-Warming-Centers

**Herbal Resources**

* United Plant Savers: <http://unitedplantsavers.org>
* Herbalists Without Borders: <http://herbalistswithoutborders.weebly.com>
* American Herbalist Guild: <http://www.americanherbalistsguild.com>
* Jim Mcdonalds Master Herbal Index <https://herbcraft.org/articleindex.html>
* Sevensong Resource <http://7song.com/resources/>
* Lorna Mauney-Brodek- herbalista.org